

PREVENTIVE EFFORTS OF YOUTH REPRODUCTIVE HEALTH PROBLEMS THROUGH INFORMATIVE MEDIA: HEALTH REPRODUCTIVE POCKET BOOK BASED ON LOCAL CULTURE FOR PARENTS IN LIMA PULUH KOTA REGENCY, WEST SUMATERA PROVINCE

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ABSTRACT

This article was the result of study based on the low knowledge of adolescent about reproductive health. Lack of parental involvement in prevention efforts to prevent the adolescent reproductive health problems in Lima Puluh Kota Regency are one of the factors related to the low knowledge of adolescent about reproductive health. Therefore, a manual pocketbook about reproductive health for parents with local culture approach was needed. This study used the research and development method, which used to produce a particular product, and test the effectiveness of the product. The result was the sources of information on adolescent reproductive health in Lima Puluh Kota Regency are close person, health counselor, Integrated Service Post cadres, and mass media. The role of parents was being the first informant and monitoring the development of adolescents reproductive health. Preventive strategy by providing information to adolescents can be given through health education by parents using a reproductive health pocketbook based on local culture approach.

Keywords: Preventive Effort, Adolescent Reproductive Health

INTRODUCTION

Adolescence is a transition period from childhood to adulthood. At that period, they often overwhelmed by a lot of ignorance about the development of themselves that can cause its own problems. The problems faced by lots of teenagers are none other than the lack of information about the changes within themselves, especially those related to reproductive health. Specifically, reproductive health lesson were not given in the

schools by the teachers as part of the curriculum. While at home and in the social environment, only information about matters relating to reproductive health can be assessed properly (Erianjoni, 2014).

Based on a survey conducted by IRRMA in 5 provinces in Sumatera (North Sumatera, West Sumatera, Jambi, Lampung and Bengkulu) about the knowledge, attitudes and sexual behavior of adolescents in 2003, from 1,450 teenagers who became respondents, 22.36% have been sexually active since the age of 16 for girls and 17 for boys. 19.70% of those teenagers did it with prostitutes and 79.30% with their boy/girlfriends. Most (86.87%) of those who have been sexually active do not have the slightest knowledge about reproductive health, while the rest, only got a bit piece of knowledge from their friends or through the media (Saeroni, 2008; Erianjoni, 2012).

In Jakarta, Boy *et al* surveyed 1,400 girls on May 1 - 30, 2007, and conclude that high school students got sex information from friends (69%), parents (14%) school (13%) and boyfriend (4 %). Another important point discussed in this study is about the understanding of female students about virginity. High school students in Jakarta state that virginity is still important. So, with the loss of virginity, it means also losing the future (63%). Then, due to the loss of virginity, the teenager state "They didn' t want both, whether life or die" as much as 23%. As many as 6% of girls said they just follow the trend. Only 6% of them consider virginity to be a mere symbol, and another 8% (Saputra, 2008).

The National Commission for Child Protection conducted a survey of 4,726 junior and senior high school students in 2008. From 33 provinces in Indonesia, it showed that 62.7% of female respondents said that they were no longer virgins (Prasasti and Ririn Indriani, 2009). In West Sumatera Province, especially in Lima Puluh Kota Regency based on data from Lima Puluh Kota Regency, 3 teenage girls are not attending National Examination 2014 due to pregnancy before marriage. After further investigation, the three teenagers in the South of Lima Puluh Kota regency were pregnant due to "ArisanSex / Social Gathering for Sex ". The mode is the same as a woman gathering, create your own community, then hold meetings, hold lottery and picked the lottery.

METHOD

Research and Development is a method used to produce a particular product, and test the effectiveness of the product. This study was conducted for three months, from May - July 2016 in Lima Puluh Kota Regency, West Sumatera Province (Nagari Situjuh Banda Dalam). Purposive sampling technique (Intentional sampling) was used as sampling technique. The informants are parents who have teenagers, teenagers, midwives, cultural figure, teachers, health offices and State Ministry for National Population and Family Planning. Data collected from observation, interview, document study and Focus Group Discussion (FGD). The data were analyzed using the taxonomy analysis of James Spradley.

RESULTS AND DISCUSSION

Information obtained by parents, especially mothers about adolescent reproductive health generally comes from the socialization of (1) mother/grandmother when they were a teenager, (2) neighbors and (3) discussion with peers in the spare time. In addition to information from the close person, knowledge about adolescent reproductive health also obtained by parents of health workers including Intergated Service Post cadres, through health counseling activities, either by officers or health education activities conducted by students conducting health practices in that area.

Due to the advancement of the telecommunications and information all over the world, parents and teenagers use it to obtain information using mass media, such as radio, television and the internet, so parents who are literate with the virtual world, do not find it difficult to access the information about health. Parents have a significant role in reproductive health education to adolescent in Lima Puluh Kota Regency. Parental involvement existed since adolescence period, a form of parental involvement in providing reproductive health information.

In fact, reproductive health information has been given by parents before and during adolescence period, for example when the first menstrual period, or issues about reproductive health, girls are usually talk to their mothers and mothers will provide answers based on their experience from sources of information, whether friends, health

workers or through mass media or from Biology subject teachers in schools. Parents also play their role in controlling by monitoring the physical changes and behavior in teenagers. The role of mother in Nagari Situjuh Banda Dalam has existed when their child grew into adolescence. Parents are always aware of the physical and psychological changes of teenager in an attempt to prevent child sexual abuse. Mothers always have a discussion and answered the their children's stories about their reproductive health. There are three preventive strategies that are considered important to assist parents in socialization about adolescents knowledge on reproductive health in Lima Puluh Kota Regency, especially in Nagari Situjuh Banda Dalam.

One strategy that parents play with the teenager uses the local cultural symbols that have profound meaning. The cultural symbols are verbal symbols using the local language, for example: (1) Bakecegak (joking), is a joking with children but far from vulgar meaning and words; This is deemed appropriate, usually done by a father to his son, (2) The parents use the local term like "*padusi umpamo tolua*" (female like egg), the meaning is girls is physically weak and easily damaged because of wrong socialization. Another term also used like "*padusi umpamo timun, laki-laki umpamo durian, makonyo timun jan mandakek ka durian*" (female like cucumber and men like durian fruit, cucumber do not come near the durian), the reason is because the cucumber is easily damaged or injured by durian fruit. In addition, to provide information on the impact of reproductive health problems, parents also use "*dulu bajak dari kabau*" (interpreted an unusual forbidden behavior, for having sex before marriage legally by religion and state). Another meaningful behavior to prevent reproductive health problems of adolescent parents always reminds adolescents that do not be like *anau mangaja sigai*(women chasing men), should be *sigai yang mangaja anau*(men chasing women).

The media used are drama art and traditional music art, such as (1) media of *randai*; Reproductive health information is included in the dialogue between the player and the singer of the *randai*, so that the message or information of the reproductive health of adolescents is indirectly conveyed by the player to the audience, then through (2) media *saluang*: this media is a traditional musical media which contains of informative poems and life stories, messages and stories in Nagari Situjuh Banda Dalam. The reproductive health pocket book is an effective media in the present study,

since there are lots of parents do not have enough knowledge to provide information on reproductive health issues in Nagari Situjuh Banda Dalam. Factors like educational background, work of parents and the intimacy of parents with teenager affect the successful in giving the appropriate or directed information to adolescent. Through a reproductive health book that contains of Minangkabau cultural values can be a source of information easily understood by the parents.

In UU No.7 in 1984 on the Convention on the Elimination of All forms of Discrimination against Woman (CEDAW). It is also stated that it is a right to receive educational information relating to reproductive rights, access to reproductive health services, information, education and facilities relating to reproductive rights (article 16). In relation to this study problem, there has been a parental preventive effort in Nagari Situjuh Banda in prevent adolescent reproductive health problems. Preventive strategies to provide reproductive health information in adolescents in solving the reproductive health problems consist of; (A) Reproductive health education by parents with local cultural values, (b) Integration of reproductive health education materials through traditional art media, and (c) Pocketbook of reproductive health for parents based on local culture.

CONCLUSION

Sources of information on adolescent reproductive health in Lima Puluh Kota Regency are (a) close person, (b) health education and intergrated services post cadres, and (c) mass media. The role of parents in providing information on adolescent reproductive health in Lima Puluh Kota regency are : (A) as the first informant and (b) monitoring the development of adolescent reproductive health. Preventive strategies to provide reproductive health information in adolescents in solving reproductive health problems are; (A) Reproductive health education by parents with local cultural values, (b) Integration of reproductive health education materials through traditional art media, and (c) Reproductive Health Pocketbooks for parents based on local culture.

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