

Media Education Quartet Card Play on Reproductive Health Learning in Adolescents

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ABSTRACT

Background: The low knowledge of adolescents about reproductive health is due to a variety of factors, among others customs, culture, religion, and the lack of information from the right sources. This lack of knowledge will lead to various impacts that are especially detrimental to the youth group and their families. Preparing adolescent women with adequate knowledge of reproductive health is crucial for optimizing the quality of life of adolescents in the future.

Purpose: This study aimed to analyze the influence of quartet card game media education on reproductive health on knowledge in adolescents.

Methods: The study uses a pre-experimental research design and one group pre-posttest design. The population in this study is the entire youth SMP YBPK Kota Kediri as many as 50 respondents, sample 24 respondents selected using accidental sampling technique. Free variables are educational media card games about reproductive health and bound variables are knowledge. Quartet card media educational instruments use SOP, and knowledge using questionnaires. Data analysis using the Wilcoxon test.

Results: The results of the statistical tests showed that the value of Asymp.Sig. (2-tailed) is 0.01 less than 0.05, then H_a is accepted, meaning there is an influence of the educational media of the quartet card game on reproductive health on knowledge in adolescents.

Conclusion: Quartet media can create enjoyable learning situations that can enhance adolescent knowledge about reproductive health.

Keywords: adolescents, education, quartet cards, reproductive health

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BACKGROUND

Adolescence is a period of transition from childhood to adulthood, marked by a variety of physical, psychological, and social changes. These various changes can raise questions that may potentially interfere with the future development of adolescents. One of the major problems facing adolescents is reproductive health. According to several studies compiled by the National Family Planning Coordination Agency (BKKBN), over time it turns out that the reproductive health problems faced by adolescents are increasing both quantitatively and qualitatively (Ingrit et al., 2022).

Around 33.3% of teen girls and 34.5% of teen boys start dating when they are not 17 years old yet, so concerned at that age teenagers do not have adequate life skills, so they are at risk of unhealthy boyfriend behavior, including having pre-marriage sex (FEBY, 2020). According to data, currently, adolescents in Indonesia first date at the age of 12, and 92% of adolescents hold hands when dating, 82% kiss, and 63% get petting. This behavior will trigger teenagers into sexual intercourse which will affect teenage pregnancy (Madinah et al., 2017).

Knowledge of adolescent reproductive health is very important to possess. Adolescent reproductive health is a condition in which adolescents can enjoy their sexual life and be able to carry out their reproductive functions and processes healthily and safely (Astuti et al., 2021). Adolescence is a transitional period from childhood to adulthood. Adolescents at this stage have not yet reached mental and social maturity so adolescents must face a lot of contradictory emotional and social pressures (Permatasari & Suprayitno, 2021).

Adolescents who have sufficient knowledge about reproductive health will be able to avoid risky behavior, unwanted pregnancies, and diseases related to the reproductive organs. Therefore, preparing adolescent women with adequate knowledge of reproductive health is crucial for optimizing the quality of life of adolescents in the future. Adolescent reproductive health knowledge optimization methods include early knowledge screening, development of action plans, and educational programs (Johariyah & Mariati, 2018).

Lack of knowledge and understanding of adolescent reproductive health is caused by a variety of factors including customs, culture, religion, and lack of information from the right sources. This lack of knowledge and understanding will lead to various impacts that are very detrimental to the teenage group and their families (Astuti et al., 2021).

Several research results at various levels of education revealed that the media of quartet card games positively influenced the attitude and knowledge of students in receiving lessons (Ismail et al., 2020). Quartet media is also able to enhance students' skills in conducting group collaboration, helping each other in learning, and creating enjoyable learning situations. In addition, the materials for teaching materials are very flexible to change according to needs (Fitri et al., 2022).

The use of quartet cards is one of the alternatives to the learning media that will be applied to this survey. Quartet cards are learning media by creating educational elements related to reproductive health so that students do not feel bored and there is an interest in studying reproductive Health so that the knowledge of adolescents is good (Samsiyah et al., 2021).

Based on this background, the researchers wanted to know the impact of quartet card game media education on reproductive health on knowledge in adolescents.

METHODS

This study is an experimental study with a pre-experimental research design one group pre-post test design aimed at distinguishing between conditions before and after

treatment in a group. The population in this study is the entire youth SMP YBPK City of Kediri which is as many as 50 people. A large sample of 24 respondents was selected using accidental sampling techniques. Free variables is a quartet card game about reproductive health and bound variables are knowledge. The study was conducted over a period of 2 months. Quartet card game data collection using SOP, knowledge using questionnaires. Each respondent will be measured for knowledge before and after being given treatment i.e. educational media card game quartet on reproductive health versus knowledge in adolescents. Data analysis using statistical tests using Wilcoxon.

RESULTS

Table 1. Social demographic characteristics of respondents

Characteristics	Frekuensi	Persen (%)
Type of female		
female	12	50
Men	12	50
Classes		
7	10	41,7
8	14	58,3
Aged		
12 years	1	4,2
13 years	11	45,8
14 years	7	29,2
15 years	4	16,6
16 years	1	4,2
Source of information		
Teacher	7	29.2
Social media	1	4.2
Parents	4	16.7
Energy of Health	3	12.5
Never	9	37.5

Based on Table 1, it is known that half of the respondents, namely 12 people (50%) are male, and half of the respondents, namely 12 people (50%) are female, most of them come from grade 8, namely 14 respondents (58.3%), almost half of the respondents are 13 years old, namely 11 people (45.8%), most respondents have received information about reproductive health as many as 15 people (62.5%), and almost half of respondents received information from teachers as many as 7 people (29.2%).

Table 2. Frequency distribution of the level of knowledge of reproductive health in adolescents before being given media education.

Knowledge of Level	Frekuensi	Persen (%)
Good	4	16.7
Enough	11	45.8
Less than	9	37.5
Total	24	100.0

Based on table 2 showed that almost half of the respondents before being given the media education game quartet knew a category of enough as many as 11 respondents (45.8%).

Table 3. Frequency Distribution of Reproductive Health Knowledge Levels in Adolescents After Media Education Quartet Card Game

Knowledge of Level	Frekuensi	Persen (%)
Good	10	41.7
Enough	11	45.8
Less than	3	12.5
Total	24	100.0

Based on table 3 showed that almost half of the respondents after being given media education card games knew the category enough as many as 11 respondents (45.8%) and almost half respondents know either category as much as 10 respondents (41.7%).

Table 4 Table uji statistics Wilcoxon Match Pairs Test

Test	P Value	Tagged Mean <i>Pretest & Posttest</i>
Pre Test	0,018	-2,364
Post Test		

Based on Table 6 above known output Asymp.Sig. (2-tailed) is worth 0.01 less than 0.05, then H_a is accepted, meaning there is a difference between the knowledge of adolescent reproduction before and after medial education of quartet card games, so it can be concluded that quartet (X) card games have a significant influence on knowledge of reproductive health in adolescents. (Y).

DISCUSSION

Knowledge of reproductive health before given methods of media education card games

Based on the results of the study showed that almost half of the respondents before being given the media education game quartet knew the category enough as many as 11 respondents (45.8%) and less than 9 respondents (37,5%). According to Nasution (2012), adolescent knowledge about reproductive health and ways to protect themselves from health risks is still very low and is a concern for all of us. Their knowledge and understanding of reproductive health is still low and this makes adolescents still very vulnerable and at risk for health. Knowledge of adolescent reproductive health is very important to possess. Adolescent reproductive health is a condition in which the female can enjoy their sexual life and be able to carry out their reproductive functions and processes healthily and safely (Prasetyawati, 2012). According to Husaini (2016) that information or knowledge will be formed after a person gains experience and observation that is beneficial or beneficial to him or her.

Knowledge of adolescent reproductive health is very important to possess. Adolescent reproductive health is a condition in which adolescents can carry out their reproductive functions and processes healthily and safely. A lack of knowledge about adolescent reproductive health can cause problems with their reproductive well-being. The question that will arise when adolescents do not know enough about reproductive health such as sexually transmitted diseases and sexual infections.

Knowledge of reproductive health after given methods of media education card games

Based on the results of the study showed that almost half of the respondents after being given media education card games knew a category of enough as 11 respondents (45.8%) and almost half respondents know in either 10 respondents category (41.7%).

Various forms and alternatives of media are used to disseminate information about adolescent reproductive health. Media is a medium that plays a huge role in the socialization and dissemination of information to increase knowledge. (Juwita, 2021). The knowledge, attitude, and skills of adolescents about reproductive health are heavily influenced by the

information they obtain. Educational reproductive health information and packed with engaging, challenging and entertaining images can provide effective reproduction health education for adolescents. (Marsiami, 2021). Efforts to enhance knowledge in particular about reproductive health, through health education, counseling, experience, reading material about reproduction health through print media such as magazines, leaflets, books about health or electronic media, and education both in school and within the family (Galbinur, Defitra, & Venny, 2021).

Adolescents' knowledge of reproductive health is heavily influenced by the information they obtain. Educational reproductive health information and packed with engaging, challenging and entertaining images can provide effective reproduction health education for adolescents.

Influence of Quartet Card Games on Reproductive Health on Knowledge in Adolescents

Based on the results of statistical tests known output Asymp.Sig. (2-tailed) is worth 0.01 less than 0.05, then H_a is accepted, meaning there is a difference between the knowledge of adolescent reproduction before and after the median education of quartet card games, so it can be concluded that quartet (X) card games have a significant influence on knowledge of reproductive health in adolescents (Y).

Quarter-card games are commonly referred to as cards that describe one of the games used in learning. The game is fun, this game is also not alien to its existence to students, the material used in this quartet card can be accompanied by descriptions according to the picture, so it can stimulate the desire of children to learn it (Ismail et al., 2020). Modified quartet cards not only help improve a child's knowledge but are also used to improve behavior. Education using quarter card media with learning materials referring to the teaching of the Prophet Muhammad saw no influence on knowledge, attitude, and actions of the first Islamic integrated secondary school (SMPIT) in Makassar (Fitri et al., 2022).

The results of the data knowledge respondents experienced an improvement demonstrated by the presence of test values before and after given health education on the reproductive organs, puberty, how to maintain hygiene, sexually transmitted diseases, the impact of behavior disrupting reproductive health, ways to prevent sexual abuse applied with the quarter card. Developments in health education in the quarter card media on reproductive health can be used as an innovative, educational, and efficient medium to attract new things.

CONCLUSION

Nearly half of the respondents before being given the media education game quartet had knowledge in the category enough. Nearly half of respondents after being educated in card game media had knowledge in a category of enough and almost half of the respondents have knowledge in either category.

There is a difference between the knowledge of adolescent reproduction before and after the given media education of quartet card games.

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CONFLICTS OF INTEREST

No conflict

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