The Influence of Health Education with the Lecture Method on the Level of Knowledge About Reproductive Health

Feti Fajri Khayatul Mei ¹, Ikit Netra Wirakhmi ², Tin Utami ³
Fakultas Kesehatan,
Universitas Harapan Bangsa, Purwokerto

ABSTRACT
Reproductive health is a healthy condition that concerns the system, function, and process of reproduction in adolescents. Adolescents need to gather knowledge about reproductive health to avoid unwanted pregnancies, be protected from Sexually Transmitted Infections (STIs), and grow into sexually healthy adolescents. The purpose of the study was to determine the effect of health education with the lecture method on reproductive health. Research method using the type of pre-experimental research design with a one-group pre-post-test design approach. The study was conducted at SMK Ma'arif NU 1 Cilongok with a grade 12 population of 407 students and a sample of 202 students using cluster random sampling techniques. The instruments used in this study were questionnaires. Data processing editing, scoring, coding and tabulating, data analysis using non-parametric tests with Wilcoxon Signed Rank Test. The results were obtained from as many as 174 respondents with a good category (86.1%) and 28 respondents with a sufficient category (13.9%). The Wilcoxon test found that there was an influence of health education with the lecture method on the level of knowledge about reproductive health at SMK Ma'arif NU 1 Cilongok p value 0.000 (<0.05). The conclusion is that health education with the lecture method influences the level of knowledge about reproductive health in students at SMK Ma'arif NU 1 Cilongok.

Keywords: Health Education Knowledge Reproductive Health

This is an open access article under the CC BY-SA license.
about the risks involved. It is known, cases of HIV sufferers in the age group of 15-19 years there were 1,510 cases and increased in 2017 to 48,300 cases. The results of the Indonesian Health Data Survey (IDHS) in 2017 stated that adolescent knowledge about reproductive health is still lacking, only 33 percent of adolescent girls and 37 percent of adolescent boys aged 15-24 years know that the chances of getting pregnant are greater if they have sexual intercourse (Sutjiato, 2022). The number of adolescent boys and girls in 2022 is at the age of 10-14 years, boys are 11,356.2 and girls are 10,732.4. Ages 15-19 years, males as many as 11,432.9 and females as many as 10,730.6. Ages 20-24 years amounted to 11,553.1 males and 10,937.3 females (BPS, 2022).

According to Notoatmodjo (2010) in Tumurang (2018) Health education is an effort to persuade or learn from the community so that people are willing to take action to maintain and improve their health status. So it can be concluded that health education is a form of activity with the delivery of material about health that aims to change behavioral targets. Health education will have a good impact if the process uses good methods and media. Various ways of health promotion are usually carried out in the form of seminars, lectures, discussions, role plays, booklets, leaflets, and posters. In delivering reproductive health information to adolescents, health promotion can be done by lecture method. The lecture method is effective because the instructor and counseling participants can interact directly (As Electricity, 2022).

Results of research conducted by Fidora & Utami (2022), at SMPN Bukittinggi, found a significant influence between the implementation of adolescent reproductive health education on the level of adolescent knowledge about reproductive health. Results of other studies conducted by Sumianto et al., (2022), at SMK Al-Faruqi show that there is a significant influence between health education on adolescent knowledge about reproductive health. Research conducted by Sutjiato (2022), at SMA Negeri 7 Manado showed an influence on respondents' knowledge before being given reproductive health education, most of them had a poor level of knowledge. The knowledge of respondents after being given reproductive health education was mostly good. So there is an influence on adolescent knowledge before and after health education about adolescent reproductive health.

The results of a preliminary survey conducted by researchers on December 28, 2022, at one of the high schools in Cilongok District, namely at SMK Ma'arif NU 1 Cilongok, obtained data conducted through interviews with BK students and teachers at the school. There is the provision of health-related materials. reproduction in physical education lessons. The number of students at SMK Ma'arif NU 1 Cilongok is more than at MA Ma'arif NU 1 Cilongok, namely the number of grade 12 male students as many as 186 people and 221 women while in MA there are 43 men and 63 women. At SMK Ma'arif NU 1 Cilongok there are several problems including cigarettes, illegal drugs, unwanted pregnancies, and other juvenile delinquency. Based on the above background, the researcher is interested in conducting a study entitled "The Effect of Health Education Using the Lecture Method on the Level of Knowledge about Reproductive Health of Students of SMK Ma'arif NU 1 Cilongok".

METHOD
This research method is a pre-experimental design with a one-group pre-post-test design approach. The research was conducted at SMK Ma'arif NU 1 Cilongok on July 21, 2023. The population was 407 students and the sample was 202 students. Data were collected by cluster random sampling technique and data analysis using the Wilcoxon test.

RESULTS
A. Students' Level of Knowledge About Reproductive Health Before Being Given Health Education at SMK Ma'arif NU 1 Cilongok

<table>
<thead>
<tr>
<th>Before Penkes</th>
<th>n</th>
<th>Percent (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good (76%-100%)</td>
<td>71</td>
<td>35.1%</td>
</tr>
<tr>
<td>Sufficient (56%-75%)</td>
<td>131</td>
<td>64.9%</td>
</tr>
<tr>
<td>Less (40%-55%)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>202</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

Sumber: Data Primer, 2023

Based on table 4.1 shows that most of the student's knowledge before being given health education was in the sufficient category, namely as many as 131 respondents (64.9%).
**B. Students' Level of Knowledge About Reproductive Health After Being Provided Health Education at SMK Ma'arif NU 1 Cilongok**

Table 4.2 Distribution of Knowledge Frequency of Respondents After Being Given Health Education at SMK Ma'arif NU 1 Cilongok

<table>
<thead>
<tr>
<th>After Penkes</th>
<th>n</th>
<th>Percent (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good (76%-100%)</td>
<td>187</td>
<td>92.6%</td>
</tr>
<tr>
<td>Sufficient (56%-75%)</td>
<td>15</td>
<td>7.4%</td>
</tr>
<tr>
<td>Less (40%-55%)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>202</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

Sumber: Data Primer, 2023

Based on table 4.2 shows that most of the students' knowledge after being given health education is in a good category, which is as many as 187 respondents (92.6%).

**C. The Effect of Providing Health Education with the Lecture Method on the Level of Knowledge about Reproductive Health in Students at SMK Ma'arif NU 1 Cilongok**

Table 4.3 Knowledge Level Data Normality Test

<table>
<thead>
<tr>
<th>Class</th>
<th>Kolmogorov-Smirnov Statistic</th>
<th>df</th>
<th>Say.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge Pre-test</td>
<td>117</td>
<td>202</td>
<td>0.000</td>
</tr>
<tr>
<td>Knowledge Level Results</td>
<td>149</td>
<td>202</td>
<td>0.000</td>
</tr>
</tbody>
</table>

Sumber: SPSS, 2023

Based on table 4.3 it can be seen that the data results are abnormal because of the sig value. <0.05. So data analysis uses a non-parametric test, namely by using the Wilcoxon test.

Table 4.4 Uji Wilcoxon

<table>
<thead>
<tr>
<th>Variable</th>
<th>n</th>
<th>Median (minimum-maximum)</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge before health care</td>
<td>202</td>
<td>18(13-23)</td>
<td>0.000</td>
</tr>
<tr>
<td>Knowledge after health care</td>
<td>202</td>
<td>21(17-24)</td>
<td>0.000</td>
</tr>
</tbody>
</table>

Sumber: SPSS, 2023

Based on Table 4.4 after the Wilcoxon test, it was found that 202 research respondents experienced an increase in score. The median score before health education was 18, while after health education was 21. The test results of the above data show the value of p (asymp.sign.(2-tailed)) = 0.000 < 0.05, so it can be concluded that there is an effect. What is significant is students' knowledge of the interventions provided, namely health education with lecture methods on adolescent reproductive health on pre-test and post-test results.

Table 4.5 Results of Pre-test and Post-test Analysis of Reproductive Health Knowledge

<table>
<thead>
<tr>
<th>Variable</th>
<th>n</th>
<th>Median (minimum-maximum)</th>
<th>Mean±s.b.</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Test Knowledge</td>
<td>202</td>
<td>18(13-23)</td>
<td>17.83±2.114</td>
<td>0.000</td>
</tr>
<tr>
<td>Post-Test Knowledge</td>
<td>202</td>
<td>21(17-24)</td>
<td>20.58±1.458</td>
<td>0.000</td>
</tr>
</tbody>
</table>

Source: SPSS, 2023

Based on Table 4.5, the average value of knowledge before being given health education was 17.83, while the average value of knowledge after being given health education was 20.58.
**DISCUSSION**

**A. Level of Knowledge of Respondents Before Being Given Health Education with the Lecture Method on Reproductive Health at SMK Ma'arif NU 1 Cilongok**

Table 4.1 shows that before being given health education, out of 202 respondents, as many as 131 respondents (64.9%) obtained sufficient knowledge. The results of this study are in line with Sutjiarto's research (2022) which shows that before being given health education, respondents' knowledge was still lacking, namely 15 respondents (33.3%), 23 respondents (51.1%) was sufficient and 7 respondents (15.6%) had good knowledge. The results of this study are also in line with Sitompu & Ananda's (2022) research which shows that before being given reproductive health education, 14 respondents (46.7%) had good knowledge, and 16 respondents (53.3%) in the less good category.

This is supported by research by Nurafriani, Mahmud, & Anggeraeni (2022), in his research stated that health education is the application of the concept of education in the health sector. The basic concept of education is the learning process, meaning that in education there is a process of growth, development, or change toward individuals, groups, or societies that are more mature, good, and mature. A lack of understanding of sexual behavior is very detrimental to adolescents themselves and their families because at this time adolescents experience important developments, namely cognitive, emotional, social, and sexual.

In the pre-test given to students about adolescent reproductive health, many of them did not know some things related to adolescent reproductive health, such as they as adolescents do not know the characteristics of primary and secondary changes that occur in adolescent boys and girls, respondents did not know how to transmit HIV / AIDS, respondents do not know how to prevent sexually transmitted diseases and respondents do not know the physical characteristics and psychic drug users.

Based on the results of the study, researchers assume that knowledge before being given health education can be influenced by several factors including age, education, environment, mass media, and experience. Because lack of information can affect everyone's knowledge (Mursit 2018).

**B. Level of Knowledge of Respondents After Being Given Health Education with the Lecture Method on Reproductive Health at SMK Ma'arif NU 1 Cilongok**

Table 4.2 The results obtained were that after being given health education about reproductive health with the lecture method, the level of knowledge of respondents increased, namely from 202 respondents there were 187 respondents with good categories (92.6%). The results of this study are in line with research Sumianto et al., (2022) which shows that knowledge after being given health education about reproductive health has increased, namely 9 respondents in the good category (42.9%), 7 respondents in the good category, sufficient category (33.3%) and good category as many as 7 respondents (33.3%) less than 5 respondents (23.8%). Other research results that are in line with this study are research by Haswati (2023) which shows that the level of knowledge after providing reproductive health education resulted in 59 respondents in the good category (90.8%) and 6 respondents in the sufficient category (9.2%).

To increase respondents' knowledge about adolescent reproductive health can be done by conveying information. Deep Sutjiarto (2022), the delivery of information is influenced by the methods and media used, where the methods and media of delivering information can have a significant influence. The method used in this study is the lecture method. The lecture method is a way of explaining and explaining an idea, understanding, or message orally to the target group to obtain health information (Tumurang, 2018).

Based on the results of the study by Elektrina (2022), it was found that the intervention provided, namely counseling with the lecture method, could improve the knowledge and attitudes of respondents. This research uses media in the form of leaflets. Based on the results of the study showed that adolescent reproductive health education using leaflets was able to increase adolescent knowledge about reproductive health Elvina, Syafitasari, & Afriannisyah (2023). This is in line with the research by Azhari et al., (2022) entitled “The Effect of Education Through Leaflet Media on Student Knowledge about Adolescent Reproductive Health”. The results showed an increase in knowledge about reproductive health after being given an intervention using leaflets with a p-value of 0.000< 0.05.

Based on the results of the study, researchers assume that health education with the lecture method can increase knowledge from before health education to after being given health education with a score of 92.6% of respondents in the good category (Elektrina 2022).

**C. The Effect of Health Education with the Lecture Method on the Level of Knowledge about Reproductive Health in Students at SMK Ma'arif NU 1 Cilongok**

The results of the analysis conducted before and after health education were given with the lecture method on the level of knowledge about reproductive health in students of SMK Ma'arif NU 1 Cilongok, the results obtained were that before being given reproductive health education as many as 71 respondents (35.1%) were in the good and good categories. A total of 131 respondents (64.9%) were in the sufficient category.
results of the study after being given reproductive health education as many as 187 respondents (92.6%) with good categories and 15 respondents (7.4%) with sufficient categories.

This research is in line with Utami, Yunida, &; Netra (2022) who state that most of the patient's knowledge is in a good category, namely as many as 37 people (59.7%) and 2 people (3.2%) have less knowledge. With the results of Wilcoxon’s statistical test obtained p-value (0.007), it can be concluded that Ha is accepted and H0 is rejected so that there is an influence between the level of knowledge of respondents before and after health education. Carried out using audio-visual media. Other studies that are in line with this research are from Afridayanti et al., (2020) which show that the results of students' knowledge before and after being given education with the lecture method increased by 89.3% in the good category and 10.7% in the good category, good category, % in the category is sufficient.

Other research results that are in line with this study are from Pertiwi, Ruspita, &; Anitasari (2020), it was found that there was an increase in respondents’ knowledge before being given health education with a good knowledge category, which was 65%. After being given counseling at 81%, in the sufficient category before counseling was given at 27%. After being given counseling of 19% and the category of lack of knowledge before being given counseling amounted to 8% after being given counseling, no respondents were included in the category of lack of knowledge.

Based on theory, knowledge is the result of knowing, after humans feel a certain object through the senses of sight, hearing, taste, and body. Knowledge is a very important factor in the formation of one's actions and information because behavior based on knowledge will last longer than behavior that is not based on knowledge (Setyawan, 2018). The lecture method is a way of explaining and explaining an idea, understanding, or message orally to the target group to obtain health information (Nilasari, 2019). Research results in Putri & Ratnaawati (2020), after being given the lecture method there is a very significant influence. By applying the lecture method, the interaction between respondents and researchers becomes more pleasant so that adolescent knowledge increases.

Based on Table 4.3, normality tests conducted with the Kolmogorov-Smirnov test before and after health education showed insignificant values, namely pre-test and post-test knowledge scores of less than 0.05. Therefore, it can be concluded that knowledge scores before and after health education are not normally distributed, so it can be done using the Wilcoxon test. These results are in line with research by Rindayani et al., (2023) which states that normality test results using the Shapiro-Wilk test before and after health education produce insignificant values. This is because the pre-test and post-test knowledge score is less than 0.05. Therefore, it can be concluded that the knowledge score before and after health counseling is not normally distributed, so it can be continued with the Wilcoxon test.

Based on Table 4.4, the results of the Wilcoxon test analysis showed that the median value before health education about reproductive health was only 18 and increased after health education about reproductive health with a median value of 21. Wilcoxon test results. Tests conducted showed that none of the respondents experienced a decrease. sign. So there is a significant influence between before and after health education using the lecture method on the level of knowledge about reproductive health. These results are in line with research by Elektrina (2022), this study obtained the median score before counseling was given which was 2, and after counseling got a score of 8.

Based on Table 4.5 shows the average score before and after health education about reproductive health. The average score before health education was 17.83 and the average score after health education was 20.58. The results of this study are in line with research by Setiawati, Ulfa, &; Kridawati (2022), from the study, the average score before being given health education was 53.51, while after being given health education was 84.28.

Based on the results of the Wilcoxon test, it is known that Asymp Sig. (2-tailed) has a value of 0.000. Since the value of 0.000 is less than <0.05, it can be concluded that the hypothesis is accepted. This means that providing health education with the lecture method influences the level of knowledge about the reproductive health of students of SMK Ma'arif NU 1 Cilongok. This research is in line with Setiawati, Ulfa, &; Kridawati (2022), it is known that after analysis using the Wilcoxon test, a significance value of 0.000 was obtained. So, it was concluded that there is an influence of health education on adolescent knowledge about reproductive health.

Based on the results of the study, researchers assume that what influences knowledge through health education with the lecture method is because it can interact directly with respondents and the material delivered is easy to understand so that the level of knowledge increases from 71 respondents with good categories (35.1%) to 187 respondents (92.6%) (Afridayanti et al., 2020).
CONCLUSION

a. The level of knowledge of students about reproductive health before being given health education with the lecture method at SMK Ma’arif NU 1 Cilongok is in the sufficient category, which is 64.9%.

b. The level of knowledge of students about reproductive health after being given health education with the lecture method at SMK Ma’arif NU 1 Cilongok is in a good category, which is 92.6%.

c. There is an influence of providing health education with the lecture method before and after on the level of knowledge about the reproductive health of students of SMK Ma’arif NU 1 Cilongok with a significance value of 0.000.

REFERENCES


PROMOTOR : Jurnal Mahasiswa Kesehatan Masyarakat, Vol. 6, No. 5, Oktober 2023: 505-511