



Community Empowerment of Parents Concerned about Adolescent Reproductive Health in Krucil District Probolinggo with CBR Approach (Community-Based Research)

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Article History:

Received: July 15th 2022

Revised: Sept 27th 2022

Accepted: Nov 30th 2022

Abstract: *Adolescence is a period of transition from childhood to adulthood. Teenager experience changes both physically and psychologically that are vulnerable to experiencing problems such as free sex, unwanted pregnancy, abortion, sexually transmitted diseases to early marriage. In Krucil District, Probolinggo, there are still many early marriages found. The marriage rate of less than 20 years in Krucil District is 61. Parents have an important role in determining child marriage. Formation The Community of Parents Caring for Adolescent Reproductive Health is expected to improve knowledge, attitudes and behavior of parents related to adolescent reproductive health so that they can prevent reproductive health problems. The method of community service that used is CBR (Community-Based Research). Devotion is done with empowering stakeholders in the community, namely health workers, educators and local community leaders. Establishment of a community of parents who care about reproductive health This is done by providing education and knowledge about reproductive health. After getting education, parents have good knowledge and there are changes attitudes and behavior of parents towards reproductive health. People are able to explain return the reproductive health materials that have been submitted. It is hoped that with this community, there is an increase in public knowledge about reproductive health and Changes in people's attitudes and behavior, especially in preventing health problems reproduction.*

Keywords: *community, adolescent reproductive health, ,Community Based Research (CBR).*

Introduction

Teenagers are the next generation of the nation, the progress of a nation requires a large role of a healthy and intellectual young generation. Along with a fairly high percentage of adolescents, the phenomenon of problems in adolescents is still a problem that has not undergone significant improvement efforts. Adolescent problems in

reproductive health include lack of information, knowledge, and education about reproductive health, changes in adolescent sexual behavior, poor health services and unsupportive legislation. The cause of this problem is the lack of knowledge of adolescents about reproductive health. In accordance with data from the National Medium-Term Government Plan (RPJMN) in 2016, East Java stated that one of the problems of adolescents is the lack of knowledge about Kesehatan Reproduksi Remaja (KRR). The Youth Knowledge Index about KRR also stated that it was still low at around 53%, in contrast to the Youth Knowledge Index about HIV/AIDS and the Youth Knowledge Index about drugs which were still high, respectively 82.1% and 93.4%¹.

The ignorance of adolescent girls and boys to the changes that occur during the transition period, especially related to reproductive organs, can lead to misunderstandings about reproductive health. Lack of education from parents and the environment about reproductive health results in promiscuity, juvenile delinquency, sexually transmitted diseases, dropping out of school, early marriage, unwanted pregnancy (KTD), *human trafficking*, and others².

UNICEF in 2018 stated that Indonesia is ranked among the *top 10* countries with the largest early marriages in the world with 1,220,900 girls married under the age of 18. The percentage of early marriage in East Java is 20.73%. The number has increased from the previous year. National Census 2014 results Probolinggo Regency became the regency with the highest number in East Java Province, women first married at the age of less than 17 years as much as 53.07%³. Krucil Subdistrict, Probolinggo Regency, occupies the highest number of marriages aged less than 20 years, there are 61.70% (Data from the Population and Family Planning Office of Probolinggo Regency, 2020).

Early marriage is a marriage under the age of 18 or commonly also called child marriage. Early marriage is included in child abuse. Adolescents under the age of 18 who marry are at higher risk of access to education, experiencing violence, quality of health, and living in poverty. Based on Susenas data and literature studies, it is stated that girls in rural areas, from poor families, and low education are more vulnerable to the incidence of early marriage.

The main impact of early marriage is more dominantly experienced by women, both physically and psychologically because the reproductive organs of adolescents are not well developed so that they can cause various reproductive organ disorders such as vaginal discharge, infectious diseases, inflammation to the cervical ca. Women who marry

¹ Bappenas, "Rencana Pemerintah Jangka Menengah Nasional 2015-2019," <https://www.bappenas.go.id/id/Data-Dan-Informasi-Utama/Dokumen-Perencanaan-Dan-Pelaksanaan/Dokumen-Rencana-Pembangunan-Nasional/Rpjp-2005-2025/Rpjm-2015-2019/>. ² "BPS Provinsi Jawa Timur," last modified 2021, <https://www.bappenas.go.id/id/data-dan-informasi-utama/dokumen-perencanaan-dan-pelaksanaan/dokumen-rencana-pembangunan-nasional/rpjp-2005-2025/rpjm-2015-2019/%0A2> "BPS Provinsi Jawa Timur," .

² Badan Pusat Statistik, *Jawa Timur Dalam Angka 2020* (Surabaya: BPS Surabaya, Jawa Timur, 2020).

³ Badan Pusat Statistik, *Jawa Timur Dalam Angka 2020*; Mia Rosita and Ita Mardiani Zain, "Analisis Faktor-Faktor Penyebab Pernikahan Usia Muda Di Kabupaten Probolinggo Berbasis Cluster," *Swara Bhumi [e-journal]* 4, no. 2 (2016).

at a young age are not psychologically ready to become a mother will have difficulty in parenting and will have an impact on the growth and development of the child. In undergoing a marriage that should not have been passed by adolescent girls and boys has a detrimental impact on adolescents starting with pregnancy at a young age which causes various complications, anemia, bleeding, even worse resulting in maternal and fetal death, congenital abnormalities, preeclampsia, premature labor, BBLR, Sexually transmitted diseases, and *postpartum blues*. The parenting style of the baby born also cannot be given appropriately because it is not psychologically ready emotionally. In educating children, they can be more emotional and tend to commit acts of domestic violence against children who are born.⁴

Krucil Subdistrict, Probolinggo Regency, is the second highest number of early marriages with a percentage of 73.47% or as many as 373 out of 798 marriages⁵. The causes of early marriage are diverse, namely the condition of the region where it is located in the highlands and rural areas, the culture of arranged marriages, the low level of education⁶, Low economic factors⁷, Factors of tradition in which parents who have a daughter in their teens are not married are considered "virgins or unsold", and personal desires due to associations such as dating and not being able to resist lust⁸.

Based on these conditions, preventive efforts are needed to prevent reproductive health problems. One of them is with community service activities in the field of reproductive health. Community service activities will involve the community in this case parents of adolescents by forming a community, namely parents caring about reproductive health which will later invite parents to be more concerned about the reproductive health of their sons and daughters⁹. Providing education about reproductive health to parents can affect the improvement of adolescent knowledge, attitudes and behaviors¹⁰. The formation of a community of parents concerned about reproductive health can have implications for adolescents by playing an active role in assisting adolescent girls or boys in dealing with problems related to adolescent

⁴ Eddy Fadlyana and Shinta Larasaty, "Pernikahan Usia Dini Dan Permasalahannya," *Sari Pediatri* 11, no. 2 (2016): 136, <http://dx.doi.org/10.14238/sp11.2.2009.136-41>.

⁵ "Increasing the Capacity of KB Extension Workers in the Management of the KKBPK Program – Probolinggo Regency Portal," *Dinas Kominfo*, last modified 2021, accessed November 21, 2023, <https://probolinggokab.go.id/tingkatkan-capacity-extension-kb-in-management-program-kkbpk/>.

⁶ MINJA KIM CHOE, SHYAM THAPA, and VINOD MISHRA, "EARLY MARRIAGE AND EARLY MOTHERHOOD IN NEPAL," *Journal of Biosocial Science* 37, no. 2 (2004): 143–162, <http://dx.doi.org/10.1017/s0021932003006527>.

⁷ Rosita and Zain, "Analisis Faktor-Faktor Penyebab Pernikahan Usia Muda Di Kabupaten Probolinggo Berbasis Cluster."

⁸ Umar Faruq Thohir, "Korelasi Pendapatan Ekonomi Dan Kedewasaan Pasangan Terhadap Keharmonisan Rumah Tangga Pelaku Pernikahan Di Bawah Umur Di Desa Wedusan, Tiris, Probolinggo.," *Asy-Syari'ah : Jurnal Hukum Islam* 4, no. 1 (2018): 77–110, <http://dx.doi.org/10.36835/assyariah.v4i1.103>.

⁹ Henry Arianto, "Peran Orang Tua Dalam Upaya Pencegahan Pernikahan Dini," *Lex Jurnalica* 16, no. 1 (2019): 40–41.

¹⁰ Siti Aisah, Junaiti Sahar, and Sutanto Priyo Hastono, "Pengaruh Edukasi Kelompok Sebaya Terhadap Perubahan Perilaku Pencegahan Anemia Gizi Besi Pada Wanita Usia Subur Di Kota Semarang," in *Prosiding Seminar Nasional & Internasional*, vol. 1, 2010.

reproductive health.

Community empowerment by involving the local community is important to do because accurate information can be obtained about the conditions and needs of the local community. The community can participate in planning a program of activities implemented. In addition, the communities involved will be more committed to implementing the activity program so that it can ensure the sustainability of the program¹¹.

Based on this background, how the formation of a community of parents concerned about reproductive health can improve parental behavior related to adolescent reproductive health.

Method

The method used to achieve the expected goals is to use a Community-Based Research (CBR) strategy. This strategy has four stages, namely laying the foundation, research planning, data collection and analysis as well as action on findings¹².

The first stage of laying the foundation is carried out with preliminary studies in the Krucil area. Then conduct discussions with health workers, educators and community leaders about problems in the Krucil area related to reproductive health. Furthermore, research planning is carried out for data collection and data analysis. Data collection was carried out to 60 parents of adolescents. The results of data collection and analysis are discussed with stakeholders. Furthermore, it was agreed to follow up on the findings of the analysis with the formation of a community of parents concerned about adolescent reproductive health.

Result

Community service activities on reproductive health are carried out using the Community Based Research or CBR strategy. The activity stage begins with carrying out the laying foundation or laying foundation at the place of service. The UINSA service team conducted a preliminary study to the Krucil Probolinggo area by meeting the Head of the Puskesmas, Midwives and local community leaders. Previously, the service team had communicated with midwives and health workers in the Krucil area online to study problems in the area.

The preliminary study was conducted on June 25-27, 2022 at the Krucil Health Center. The results of preliminary studies found that there are still many cases of early

¹¹ Fathurrahman Fadil, "Partisipasi Masyarakat Dalam Musyawarah Perencanaan Pembangunan Di Kelurahan Kotabaru Tengah," *Jurnal Ilmu Politik & Pemerintahan Lokal* 2, no. 2 (2013).

¹² CBR UIN Sunan Surabaya Guide Drafting Team, *Community Based Research: An Introduction* (Surabaya: SILE/LLD, 2015).

marriage in the Krucil area of Probolinggo. In addition, based on previous community development activities carried out in MTs, Krucil District, adolescents' knowledge about reproductive health was obtained as much as 53.3% less. Then another data was obtained that 85% of information sources about reproductive health were obtained by adolescents from parents. Based on this data, the role of parents is very important in providing reproductive health education. The provision of adolescent reproductive health education to parents has never been done before in Krucil District. People still think that reproductive health is a taboo thing to talk about with children.



Figure 1 Groundbreaking Activities in Krucil District

Data collection and data analysis (information gathering and analysis) will be held on July 30-31, 2022. The data collected are related to the knowledge, attitudes and behaviors of parents in adolescent reproductive health. Data collection used a questionnaire filled out by parents of 60 MTs Zainul Hasan 3 grade 7 and 8 students. The results of data collection are then analyzed and discussed with health workers and teaching staff involved.



Figure 2 Data and Information Collection Activities

Discussion

The last stage in the community service process is the follow-up of findings or action on findings. Based on the results of data collection and discussion, it was agreed that there was a community of parents concerned about adolescent reproductive health in Krucil Probolinggo village. In order to form this community, parents need to be equipped with knowledge about adolescent reproductive health. Parents are given knowledge about physical and psychological changes in adolescents in puberty, then problems related to reproductive health, as well as how parents play a role in adolescent reproductive health. After receiving reproductive health education, parents can understand the changes that occur in adolescents, so that they are able to accompany and supervise so as not to fall into reproductive health problems¹³. Parents can also provide reproductive health education to other parents in the community so that not only participants in the activity understand about adolescent reproductive health but also other members of the community. The more parents who care about adolescent reproductive health, the more adolescent reproductive health problems can be suppressed or prevented, especially the problem of marriage at an early age which still occurs a lot in the Krucil area of Probolinggo.

There was a change in parents' attitudes and behaviors after being given education about reproductive health. Parents who were initially embarrassed when talking about reproductive health became more courageous to express their opinions when asked about their role in accompanying children during puberty. Parents who initially considered marriage early age as a natural thing to understand more about the impact of early marriage, this can be seen from the response of participants when

¹³ Yulrina Ardhiyanti, "Pengaruh Peran Orang Tua Terhadap Pengetahuan Remaja Tentang Kesehatan Reproduksi," *Jurnal Kesehatan Komunitas* 2, no. 3 (2013): 117-121, <http://dx.doi.org/10.25311/keskom.vol2.iss3.57>.

answering questions from the service team.

Some parents are able to practice how to communicate with children regarding reproductive health problems. This can be seen when participants do role play with the team. These parents are able to practice how to answer reproductive problems experienced by children. Participants were able to explain how to maintain reproductive organs in boys and girls. In addition, parents are also able to convey the impact of early marriage.

The provision of education is expected to be able to improve the knowledge, attitudes and behaviors of parents related to reproductive health. Furthermore, this community is able to disseminate the knowledge gained to the surrounding community so that it can form a change in people's views or perceptions of reproductive health so that it can prevent problems in reproductive health, especially marriage at an early age which occurs a lot in the area.

Conclusion

The establishment of a Community of Parents concerned about adolescent reproductive health is able to increase parental knowledge and there is a change in parents' attitudes and behaviors towards adolescent reproductive health.

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