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DESCRIPTIVE OF QUANTITATIVE DATA | ARTICLE RESEARCH

The Effect of Reproductive Health Counseling on the Level of Knowledge About Premarital Sex

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Abstract: This study investigates the impact of reproductive health counseling on adolescents' knowledge regarding premarital sex. Reproductive health counseling serves as an educational tool to improve adolescents' understanding of reproductive health issues, aiming to reduce the prevalence of risky sexual behaviors and the negative consequences associated with premarital sex, such as sexually transmitted infections (STIs) and unintended pregnancies. A pre-experimental design was employed, utilizing a one-group pretest-posttest approach. The sample consisted of 81 adolescents selected from a population of 433 students at MAN 2 Deli Serdang in 2023. Data was collected through direct engagement with participants, who completed a structured questionnaire to assess their knowledge before and after the counseling sessions. The findings indicate a significant improvement in adolescents' knowledge levels after receiving reproductive health counseling. The analysis, conducted using a paired sample T-test via SPSS, resulted in a p-value of 0.000, indicating a statistically significant difference between pre-counseling and post-counseling knowledge levels ($p < 0.05$). This suggests that reproductive health counseling effectively increased the adolescents' knowledge about premarital sex. The study concludes that reproductive health counseling positively impacts the level of knowledge regarding premarital sex among adolescents at MAN 2 Deli Serdang. It is recommended that school authorities collaborate with healthcare centers to facilitate regular educational sessions, ensuring that adolescents are well-informed about reproductive health and the risks associated with premarital sexual activities.

Keywords: Reproductive Health, Counseling, Premarital Sex.

1. INTRODUCTION

According to the World Health Organization (WHO), each year, 21 million adolescent females aged 15–19 in developing countries experience pregnancy, with 49% of these pregnancies being unintended due to deviant sexual behavior (Adawiyah & Winarti, 2021). Data from the United Nations Economic and Social Development Affairs (UNDESA) shows that Indonesia has a high rate of early marriage, with 34% of girls marrying early, ranking 37th out of 158 countries globally and second in the ASEAN region after Cambodia (Sisilia & Rindu, 2020). According to a 2018 survey by the Department of Health and Human Services, 41% of high school female students aged 15–19 in the United States engaged in sexual activity, resulting in 230,000 births (Alhidayati et al., 2021).

According to Erna Setiawan (2017), adolescence is a transition period from childhood to adulthood (Setyaningrum, 2017). This stage is characterized by rapid physical, psychological, and intellectual growth, which makes adolescents highly curious, adventurous, and eager to accept challenges (Multi & Lestari, 2019). In Deli Serdang Regency, many adolescents experience early pregnancies due to early sexual activity. Interviews with community leaders and the subdistrict head of Lubuk Pakam revealed that teenagers need special attention, especially those in school, as many adolescents are expelled due to pregnancies outside of marriage (Siregar et al., 2022).

Research by Deddy Mizwar and Tarihoran (2018) titled "Influence of Counseling to Increase Knowledge of the Dangers of Premarital Sex in Adolescent Students of SMAN-1 Pinang Sori, Central Tapanuli Regency" found that, before counseling, 51.4% of adolescents had moderate knowledge about the dangers of premarital sex, while 48.6% had limited knowledge. After receiving counseling,



72.9% of adolescents demonstrated good knowledge, while 27.1% still had insufficient knowledge. The conclusion was that knowledge among adolescents increased significantly after receiving information about the dangers of premarital sex. Similarly, research by Yuli Bahria and Yuni (2022) on the "Influence of Reproductive Health Counseling on Adolescent Knowledge About Premarital Sex" found that, before counseling, 48.9% of adolescents had moderate knowledge, and after counseling, all (100%) had improved knowledge. The conclusion is that there is a significant impact on adolescent knowledge before and after reproductive health counseling.

Based on an initial survey, MAN 2 Deli Serdang is a madrasah located in Lubuk Pakam subdistrict, consisting of students from various regions, which results in diverse views on premarital sex. Additionally, these students have never received counseling on premarital sex. Given this background, the researcher is interested in conducting a study on "The Influence of Reproductive Health Counseling on Knowledge Levels About Premarital Sex Among Adolescents," as there is a noticeable lack of knowledge about premarital sex among teenagers in Deli Serdang. MAN 2 Deli Serdang was chosen for the study because it is one of the schools where teenagers receive their education.

2. LITERATURE REVIEW

Premarital sexual behavior is sexual activity driven by sexual desire, conducted before a legal or religious marriage (Asdar, 2020). According to Salma Nur Shohimah et al. (2022), premarital sex refers to intimate relationships among teenagers without the bond of marriage, with sexual activity occurring without a legitimate marriage process according to law, religion, or customs (Salma & Indah, 2022). According to the Indonesian Demographic and Health Survey (SDKI), 7.8% of adolescents have engaged in premarital sex—1.5% of males and 1.5% of females. Additionally, 75.4% of these adolescents did not use contraception, and 60% lacked knowledge about sexually transmitted infections (STIs) (Sir et al., 2020). The Ministry of Health and the National Commission on Child Protection (KPAI) reported that, in 2014, 62.7% of teenagers in Indonesia engaged in premarital sex (Adawiyah & Winarti, 2021).

Factors influencing adolescents to engage in sexual relationships include family influences, external factors such as school and community, social interactions, sexual drive, physical and psychological health conditions, past sexual experiences, exposure to information, and sexual knowledge (Sari et al., 2020). The impacts of premarital sexual activity include sexually transmitted infections (STIs), unwanted pregnancies, and abortions that may result in life-threatening bleeding (Maros, 2022). According to Salma Nur Shohimah et al. (2022), the consequences of premarital sex can include diseases like HIV/AIDS, gonorrhea, syphilis, herpes, trichomoniasis vaginalis, chancroid, chlamydia, and condyloma acuminata (Salma & Indah, 2022). To prevent premarital sexual behavior, Salma Nur Shohimah and Ritanti (2022) suggest approaches such as providing love, care, and non-restrictive supervision during adolescence, monitoring social media, encouraging participation in positive activities outside of school hours (e.g., sports and community service), and promoting youth counseling or positive development. Additionally, government action is needed to address premarital sexual behavior among adolescents (Salma & Indah, 2022).

3. RESEARCH DESIGN AND METHOD

This study employs a pre-experimental design. The research design used is a one-group pretest-posttest design. The purpose of this study is to determine the influence of Reproductive Health Counseling on the knowledge level about premarital sex among adolescents at MAN-2 Deli Serdang in 2023. The population in this study includes all tenth-grade adolescents at MAN-2 Deli Serdang, totaling 433 students across 12 classes. Sampling was conducted using the simple random sampling method, where samples were selected randomly without considering the population's level or grouping. The number of samples in this study was 81 male and female adolescents at MAN-2 Deli Serdang.



4. RESULT AND DISCUSSION

4.1. Analysis Bivariate

Table 1. Frequency Distribution of Adolescent Characteristics at MAN 2 Deli Serdang in 2023

Characteristics	Frequency	Percentage (%)
Age		
15 year	52	64.2
16 year	29	35.8
Total	81	100.0
Type Sex		
Man	37	45.7
Woman	44	54.3
Total	81	100.0
Activity Daily		
There is	43	53.1
No There is	38	46.9
Total	81	100.0

Source: Output SPSS

On table 1 from 81 Respondent in MAN 2 Deli Serdang year 2023, based on age, most respondents are 15 years old. that is as much as 52 Respondent (64.2%). Based on type sex majority Respondent various sex woman that is as much as 44 Respondent (54.3%). Based on daily activities, most respondents have daily activities such as playing games, *tadarus*, extracurricular activities, tutoring and watching movie that is as much as 43 Respondent (53.1%).

Table 2. Frequency distribution of adolescent knowledge before being given reproductive health counseling on the level of knowledge about premarital sex in adolescents in 2023

Knowledge	Before			%
	LK	PR	F	
Good	3	7	10	12.3
Enough	19	19	38	46.9
Not enough	15	18	33	40.7
Total	37	44	81	100.0

Source: Output SPSS

Table 2 shows that teenagers given counseling knowledge about sex premarital on teenager part big is Enough that is as 38 Respondents (46.9%).

Table 3. Frequency distribution of adolescent knowledge after being given reproductive health counseling on the level of knowledge about premarital sex in adolescents in 2023

Knowledge	After			%
	LK	PR	F	
Good	24	33	57	70.4
Enough	13	11	24	29.6
Not enough	0	0	0	0
Total	37	44	81	100.0

In table 3 we can see the knowledge of adolescents after being given counseling knowledge about sex premarital on teenager part big is Good that is as much as 57 Respondent (70.4%).

4.2. Bivariate Analysis



Analysis Bivariate used for seeing influence between variable independent with dependent variables which is done using T-Test. Then first, a data normality test was carried out using the Kolmogorov test. Smirnov. The following are the results of the data normality test which can be seen in table 4 below:

Table 4. Data Normality Test Results Using Kolmogorov Smirnov

Knowledge	p-value	Information
Before	0.074	Normal
After	0.079	Normal

Source: SPSS Output

Based on the Test Normality, which was tested on Table 4, it is known that all knowledge data is normally distributed because all p-values are bigger from 0.05. Then, you can conclude that the data is distributed normally, so bivariate analysis was carried out using the Paired Sample Test T-Test to compare the influence of counseling on health reproduction on teenagers before and after the counseling. Analysis which used for seeing There is an influence of counseling Health Reproduction to level knowledge about sex premarital pa da teenager in MAN-2 Deli Serdang year 2023.

Table 5. The Influence of Reproductive Health Counseling on the Level of Knowledge About Premarital Sex in Adolescents at MAN 2 Deli Serdang in 2023

Knowledge	Mean	Difference	Std.Deviation	N	p- value
Before	8.9012	-3.3334	2.14828	81	0.000
After	12.2346		2.13466		

Source: SPSS Output

Based on table 5 known that average knowledge about premarital sex among teenagers is 8,9012 (less), and after being given counseling average knowledge about sex premarital on teenager is 12.2346 (good). The average difference obtained was -3.3334, meaning that between before and after there was an increase in the average knowledge about premarital sex on teenager as big as 3.3334. From the results of the Paired Sample T-Test, the ρ value was obtained. 0.000 is smaller than 0.05 or ρ -value namely $0.000 < 0.05$ so H_a accepted and H_0 is rejected, so it can be concluded that there is a difference in the average meaningful average before and after health education was given Reproduction to level knowledge about Sex Pre-Wedding on teenager in MAN 2 Deli Serdang Year 2023.

4.3. Discussion

This research aligns with the study conducted by Intan Permatasari in 2019, titled "The Influence of Health Counseling on the Knowledge Level of Students at Senior High School YBP Tateli, Minahasa Regency." In her study, the respondents consisted of 26 adolescents aged 15 (50.0%) (19). According to the researcher's assumptions, at the age of 15, adolescents tend to prioritize their friendships and begin to distance themselves from family, seeking more privacy than before. Adolescents are more open with their peers compared to their families. At this age, they are developing independence, making decisions autonomously, and engaging in activities based on their interests. They also experience a phase of searching for self-identity, developing romantic interests, and engaging in behaviors such as dressing immodestly to show off their body shape, and frequently daydreaming about sexual matters, which sometimes leads to dropping out of school due to premarital pregnancies. Based on gender, most of the respondents were female, with 44 respondents (54.3%). Previous research by Wulandari et al. (2021), titled "Characteristics and Premarital Sex Knowledge in Adolescents," found different results, indicating that the majority of respondents were male (59.2%).

According to the researcher's assumption, a person's knowledge is influenced by their gender. However, this trend is changing, as individuals—regardless of gender—who are productive, educated, or experienced tend to have a high level of knowledge. Teenage girls undergo a faster rate of physical

and intellectual growth compared to boys, as their bodies prepare for reproductive age. Boys, on the other hand, experience a longer growth spurt. Boys also tend to have higher sexual desires than girls, as they are more active in using mobile phones and engage more in outdoor activities. Regarding daily activities, the majority of respondents were involved in playing games, reciting the Qur'an (*tadarus*), participating in extracurricular activities, tutoring, and watching movies, with 43 respondents (53.1%). According to the researcher's assumption, adolescents' activities outside of school can be either positive or negative. Those who engage in positive activities are more likely to avoid negative influences and contribute positively to their mental and social growth. The role of social media and other news sources, as well as engaging in positive activities with friends, can increase happiness and help adolescents respect both their own interests and those of others.

4.3.1 *Adolescent Knowledge Before Being Given Reproductive Health Counseling About Premarital Sex*

The knowledge possessed by humans is the result of information, learning, experience, and analysis of an object perceived through human senses, which is then evaluated by the individual and becomes knowledge. Information greatly influences the intensity of knowledge an individual possesses, and most knowledge is generally acquired through the senses of hearing (ears) and sight (eyes) (Salma & Indah, 2022). Based on the results presented in Table 3, it can be seen that adolescent knowledge before receiving counseling on premarital sex was largely moderate, with 38 respondents (46.9%). These findings are not consistent with previous research conducted by Rafika Bilhuda (2022), which found that adolescent knowledge before receiving counseling was good, with 44 respondents (48.9%) (Bahriah & Novalia, 2018). According to the researcher's assumption, adolescent knowledge is obtained from seeking information independently, experiences, and the influence of culture and habits practiced within families and society. These factors can expand or influence an individual's knowledge (Ginting et al., 2022). Before being given reproductive health counseling, knowledge increased, particularly regarding gender equality, indicating that regardless of gender, individuals who are productive, educated, or experienced tend to have a high level of knowledge.

4.3.2 *Adolescent Knowledge After Being Given Reproductive Health Counseling About Premarital Sex*

Human knowledge is the result of information, learning, experience, and analysis of an object perceived through the senses, which is then evaluated by the individual to become knowledge. Information greatly influences the level of knowledge that individuals possess, and most knowledge is generally acquired through the sense of hearing (ears) and sight (eyes) (Salma & Indah, 2022). Based on Table 4, it can be observed that after receiving reproductive health counseling, the majority of adolescents had a good level of knowledge about premarital sex, with 57 respondents (70.4%). The results of this study are consistent with research conducted by Rafika Bilhuda (2022), which found that after reproductive health counseling, all 90 respondents (100%) had a good level of knowledge (Bahriah & Novalia, 2018). According to the researcher's assumption, the level of education is also a factor that can influence the level of knowledge—individuals with higher education tend to have broader knowledge. The sources of information available to adolescents are also important factors influencing their knowledge and behavior in daily life (Salma & Indah, 2022). At this stage, adolescents are capable of thinking about matters related to sexuality. After receiving reproductive health counseling, knowledge improved more significantly among females, as they tend to have better knowledge than males. This may be because women usually read more and pay more attention to news or information, while men tend to use cellphones mainly for playing games.

4.3.3 *The Influence of Reproductive Health Counseling on the Level of Knowledge about Premarital Sex in Adolescents at MAN 2 Deli Serdang in 2023*

Based on Table 5 above, the average level of knowledge among adolescents before receiving reproductive health counseling was 8.9012 (categorized as low), and after the counseling, the average knowledge about premarital sex increased to 12.2346 (categorized as good). The difference between these averages is -3.3334, indicating an increase in the average knowledge about premarital sex among adolescents of 3.3334 points. The results of the paired sample t-test yielded a probability (p) value of 0.000, which is less than 0.05. This means that the null hypothesis (H_0) is rejected and the alternative hypothesis (H_a) is accepted, indicating a significant difference in the impact of reproductive health counseling before and after it was provided. Counseling is a process aimed at changing public behavior so that they are informed and able to make positive changes for the sake of improvement. Essentially, health counseling is identical to health education, as both focus on promoting desired behavioral changes toward healthy practices, enabling individuals to recognize health issues affecting themselves, their families, and their communities and take actions to improve health outcomes (Ginting et al., 2022). The results of this study align with those of Yuli Bahria and Yuni (2022), which explored the impact of reproductive health counseling on adolescent knowledge about premarital sex at Bina Cipta High School, Palembang. They found that the average knowledge before counseling was 8.48, while the average after counseling was 11.69, proving a significant influence of counseling on adolescent knowledge (Simanjuntak, 2018). Similarly, research conducted by Dedi Mizwar and Tarihoran (2018) on the "Influence of Counseling on Improving Knowledge of the Dangers of Premarital Sex among Teenage Students at SMAN-1 Pinang Sori, Pinang Sori District, Tapanuli Tengah Regency" found that the average knowledge before counseling was 68.80, and the average after counseling was 74.46. The conclusion drawn from this research was that there is an improvement in adolescent knowledge regarding the dangers of premarital sex after receiving counseling. According to the researcher's assumption, counseling as a form of non-formal education is intended to raise awareness and encourage the adoption of new ideas. It aims to disseminate new concepts in a way that captures public interest and inspires individuals to apply them in their daily lives. The ultimate goal is to improve people's lives by advancing their behaviors to a better level. Counseling methods used include lectures and question-and-answer sessions, and the procedure follows the SAP (Counseling Event Unit). Based on theoretical findings, reproductive health education significantly influences adolescent knowledge regarding premarital sex.

5. CONCLUSIONS

Based on the results of the research and discussion as previously described, the following conclusions can be drawn:

- a. Characteristics teenager based on (age, type sex and activity a day - day teenagers at school) is based on the age of the majority of respondents aged 15 year that is as much as 52 Respondent (64.2%). Based on type sex majority Respondent various sex Woman that is as much as 44 Respondent (54.3%). Based on activity daily majority Respondent own daily activities such as playing games, tadarus, extracurricular activities, tutoring and watching movies that is as much as 43 Respondent (53.1%).
- b. Average knowledge teenagers before given counseling is 8.9012
- c. The average knowledge of adolescents after being given counseling was 12.2346 This means there was an increase after being given reproductive health education. about premarital sex on teenager.
- d. There is influence counseling health reproduction to level knowledge about premarital sex among teenagers at MAN 2 Deli Serdang, namely P-value $0.000 < 0.05$.

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