

# MODULE OF REPRODUCTIVE HEALTH GUIDANCE IN IMPROVING UNDERSTANDING OF PUBERTY IN STUDENT'S OF JUNIOR HIGH SCHOOL 18 MAKASSAR

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## ABSTRACT

The main objectives of this study are (i) to describe the needs of puberty in students of SMP Negeri 18 Makassar; (ii) Develop acceptable reproductive health guidance modules; (iii) determine whether the development of reproductive health guidance modules is effective in increasing students' understanding of puberty. This research is a research and development, Borg and Gall model. Data collection techniques used are interviews, observations, and questionnaires. The results of this study are (i) The description of the needs of puberty in SMP Negeri 18 Makassar students is in the high category due to a lack of understanding of puberty among students so that the development of reproductive health guidance modules is very necessary as one of the guidance and counseling media to improve understanding of puberty. student; (ii) The reproductive health guidance module that has been developed has been tested by 3 experts, namely psychologists, biologists, and practitioners in the field, so that it gets a scale of 4 for each expert which can be said to be suitable for use. Based on this, this module underwent various revisions. Furthermore, the acceptability of the module was tested through a small group test involving 10 students who were ready to be used in schools in helping students to improve their understanding of puberty.

**Keywords:** guidance module; reproduction health; puberty.

## 1) INTRODUCTION

Adolescence is a transitional period in the human life span, connecting childhood and adulthood is known as puberty. Understanding the meaning of youth is important because youth are the future of every society. Adolescence is not a time of rebellion, crisis, disease and deviation. A much more accurate depiction of adolescence is as a time for evaluation, decision making, commitment, and finding a place in the world. Adolescents need access to appropriate opportunities and long-term support from adults who love them dearly.

Stanley Hall argues in his book entitled *Perspectives on Adolescent Development* (Santrock, 2006) that development in adolescents is more sudden, sexual urges dominate and cause chaos in the form of hidden crimes, social instincts are open and love lives have begun to emerge. Santrock (2006) adds that most adolescents at puberty do not have the thinking skills and moral rules to protect themselves from problems with pregnancy, sexual relations diseases, and it is so easy to accept the invitation of the opposite sex to have sex before marriage on the grounds that

they are consensual and mutual. love each other. Teenagers never think what harm they will receive if they have sex outside of marriage.

Adolescents who live in Makassar as a metropolitan city are increasingly rampant with free sex behavior, this fact is strengthened by research conducted by Prawirodihardjo (2014) which states that out of 4,000 people with AIDS in South Sulawesi, around 3,134 sufferers or about 80% of teenagers living in South Sulawesi. Makassar city. Hayati (2011) explained that a study in Makassar of 161 people (52.4%) of teenagers living in cottages showed that teenagers who were exposed to pornographic media tended to have free sex.

Based on the data presented, a conclusion can be drawn that the association of adolescents during puberty is currently very worrying. There are many factors behind the rise of free sex among teenagers today, Sarwono (2012) explains that the factors that cause free sex in adolescents are due to a lack of understanding about puberty, which at that time experienced hormonal changes that increased adolescent sexual desire (libido sexuality), increased sexual desire. This requires channeling in certain forms of sexual behavior, teenagers who cannot restrain themselves tend to violate religious and moral norms, the tendency of violations is increasing due to the dissemination of information and sexual stimulation through mass media, advanced technology (video cassettes, satellites, cell phones, etc.) internet, etc.) and lack of parental supervision. Teenagers who are in the puberty period are curious and want to try, will imitate what they see or hear from the mass media, because they generally have never known the full understanding of puberty, especially regarding sexual problems from their parents and closest people.

Based on the results of initial interviews at SMP Negeri 18 Makassar on January 25, 2017 with 3 students, 2 students said they were dating because of the attraction of the opposite sex and were ashamed to be said to be tacky and not manly by their friends, while 1 student admitted that she did not understand about puberty as well as anxiety, shock, shame and feeling that they are not normal to the changes in themselves when they first experience signs of puberty such as menstruation. This incident is explained by Santrock (2006) that changes in puberty can confuse teenagers, causing various questions, fears and anxiety.

The questionnaire on understanding of puberty filled by 30 students of SMP Negeri 18 Makassar obtained the following results, there was no understanding of the cognitive aspect of puberty at 61.44%, biological aspects of lack of understanding of physical changes in early adolescence 63.16%, social aspects of environmental influences in adolescent growth 58.16%, personality aspects lack self-confidence and self assertiveness 53.44% and lack of understanding of religion 63.27%. Based on the information above, it can be concluded that the lack of understanding of puberty among students of SMP Negeri 18 Makassar in the high category.

Starting from the results of the initial need assessment, the impact of a lack of understanding during puberty is not being ready to face physical changes in early adolescence, the magnitude of environmental influences that can lead to negative things, lack of confidence and self assertiveness. Therefore, in the process of transitioning children to adults, they need help, information and guidance. Guidance is needed by students in order to obtain optimal understanding. The better the guidance provided, the greater the opportunity to gain a good understanding to achieve a prosperous life.

Santrock (2006) suggests that guidance on reproductive health needs to be used as a material for discussion about the sequence and timing of puberty and the interpersonal diversity needed to relieve the feelings of mature adolescents. Precise and accurate information in guidance on reproductive health is very important so that adolescents do not seek information from sources that cannot be accounted for.

The party that is able to provide guidance to adolescents appropriately is the school (Pokharel, Kulczycki & Shakya, 2006). Guidance and counseling in schools there are four areas that are handled, namely personal guidance, social, career and learning. Related to the problem of lack of understanding of puberty, which will be discussed further is reproductive health personal guidance services because it is related to self-regulation. The World Health Organization (WHO, 2011) emphasizes the importance of reproductive health education for young adolescent groups, namely the age group 10-17 years. . This age is a golden period to shape and prepare them to make more responsible decisions on reproductive health.

The Indonesian Ministry of Health (2010) explains that reproductive health education in Indonesia is given more to high school students (SMA) than junior high schools (SMP) even though the number of junior high school students is more than the number of high school students. Teenagers who are in junior high school have the risk of having sexual relations outside of marriage either intentionally or not because at that stage adolescents are in the period of looking for identity, causing adolescents to still wonder about the changes that occur in their bodies both biological, cognitive, and socio-emotional changes. Teenagers begin to develop new thoughts and begin to find out about the changes that are happening within them.

Guidance and counseling in schools must play an active role in helping students understand reproductive health and provide direction for adolescent development. Based on the results of interviews during the initial need assessment at SMP Negeri 18 Makassar on January 25, 2017, the counseling teacher at the school explained that the school really needed services on reproductive health to improve students' understanding of puberty. This is related to the case that occurred at the school, he said that recently there was a case of a student sending a nude photo to his girlfriend which resulted in the student being expelled from school. There are also students dating which lead to free sex behavior and the number of students' ignorance of the changes experienced during puberty.

The Guidance and Counseling teacher at the school also said that the focus of guidance at school is learning, social and career guidance, while personal guidance on reproductive health is rarely done because of the lack of reference books. The supervising teacher once provided information related to reproductive and menstrual tools, systems and processes, but only limited to the biological process. The method used on average uses the lecture and discussion method and is not supported by the media and has never used media in the form of modules. They also said that information related to reproductive health in providing an understanding of adolescent puberty really needs to be given to students in order to help teachers provide the right information about students' needs.

Reproductive health guidance materials can be in the form of all materials that support the provision of counseling services, one of which is personal guidance materials in the form of reading resources in the form of modules. Winkel (2014) explains that the module is the smallest unit of teaching and learning program, which is studied by students themselves individually or taught by students to themselves (self-instruction). The reproductive health guidance module aims to form good attitudes and the development of positive reproductive behavior. The provision of reproductive health guidance modules makes students learn independently with correct information.

Based on this background, the authors are interested in conducting a research entitled Development of a Reproductive Health Guidance Module to Improve Understanding Puberty of Students at SMP Negeri 18 Makassar.

## **2) METHOD**

This type of research is research and development (research and development). The development model used in this study is a procedural development model. The procedural model

is a descriptive model that describes the flow or procedural steps that must be followed to produce a certain product

This development model refers to the development strategy proposed by Borg and Gall which consists of 10 general stages, namely: 1) Initial research and information gathering, 2) Planning, 3) Initial product development, 4) expert validation, 5) Product revision. initial, 6) Conduct small group test, 7) Revise product II, 8) Final product.

The data collection techniques used are interviews, scale and Focuss Group Discussion (FGD). The data analysis technique used to process the research data is descriptive analysis.

### 3) RESULTS

The results of the needs assessment, a questionnaire filled out by 30 students obtained the following results, there is no understanding of the cognitive aspect of puberty at 61.44%, the biological aspect of the lack of understanding of the changes that occur caused by growth hormones and sex hormones 63.16%, social aspects of environmental influences in adolescent growth 58.16%, personality aspects lack of self-understanding, self-assertiveness 53.44% and lack of understanding of religion 63.27%. Based on the information above, it can be concluded that the lack of understanding of puberty among students of SMP Negeri 18 Makassar is in the high category.

From the results of a survey through interviews with BK teachers at SMP Negeri 18 Makassar, information was obtained that the school really needed guidance on reproductive health and understanding of puberty. This is related to the case that occurred at the school, he said that recently there was a case of a student sending a nude photo to his girlfriend who was caught by the school so that the student was expelled from school. The BK teacher said that the school had never given an understanding to students about reproductive health guidance.

Based on the results of interviews with BK teachers at SMP Negeri 18 Makassar. The BK teacher at the school said that the focus of guidance at school is learning, social and career guidance, while personal guidance on reproductive health is rarely done because of the lack of reference books. The supervising teacher once provided information related to reproductive and menstrual tools, systems and processes, but only limited to the biological process. The method used on average uses the lecture and discussion method and is not supported by the media and has never used media in the form of modules. They also said that information related to reproductive health in providing an understanding of adolescent puberty really needs to be given to students in order to help teachers provide the right information about students' needs.

Initial module development. The resulting product is a Reproductive Health Guidance module, the following sections of the module include: 1) Introduction to the module, namely cover, introduction, table of contents, overview of B-Kespro, introduction, ice breaking guide 2) Contents of the Reproductive Health Guidance module namely Guidance Objectives and main material, material descriptions, worksheets, student evaluation sheets. 3) The final part of the Reproductive Health Guidance module consists of a bibliography and answer sheets.

Expert Validation, hypothetical models or draft modules that have been designed then go through the assessment or validation stage from competent experts in the field of guidance and counseling. The purpose of this assessment is to determine the feasibility of constructs and empirically on products that have been designed before being implemented. The validity or validity test was carried out in two forms, namely the construct validity carried out by two adolescent psychologists and a biologist. Meanwhile, the empirical validity test was carried out by involving prospective users of the module, namely the BK teacher.

NO	SUGGESTION	REPAIR	DESCRIPTION
Expert in Adolescent and Family Clinical Psychology			
1	The skills developed should be re-examined in relation to the reproductive health module.	Based on the input that has been given, improvements have been made by researchers regarding the skills developed.	
2	Instead of building report cards into good relations and ice breaking into breaking the atmosphere.	Based on the input that has been given, the researcher has corrected the word "build a report card" into a good relationship and ice breaker became an atmosphere breaker.	
3	Simplify some words/sentences so students understand better	Researchers have simplified some words that are considered difficult for students to understand, so that students can better understand the materials presented.	
<b>EXPERT IN BIOLOGY</b>			
1	Determine important and clear material and worksheets to discuss so that they can fit into the time allotted at school.	Based on the input that has been given, the researcher has determined the material and worksheets that will be presented and adjusted to the time provided at school.	
2	The images in the second module, understanding the tools, functions and reproductive health of male and female genital images are removed.	Researchers have removed male and female reproductive images in the second module on understanding reproductive organs, functions and health.	
3	In the introductory section, competency standards are the subject of study.	The researcher has changed the introductory part of the competency standard into study material.	
4	Use colors that don't obscure existing text or text.	Researchers have changed several colors in the reproductive health guidance module so that it no longer obscures the text on the module	

5	Add the word understand in each module title.	Researchers have added the word understand to each module title, such as: <ol style="list-style-type: none"> <li>Understanding adolescent growth and development</li> <li>Understand the tools, functions and reproductive health</li> <li>Understanding about dating</li> <li>Understanding sexual behavior and the impact of sex</li> <li>Understanding healthy adolescent life</li> </ol>
<b>TEACHER GUIDENCE AND COUNSELING SMP 18 MAKASSAR</b>		
1	Simplify some words/sentences so students understand better	Researchers have simplified some words that are considered difficult for students to understand, so that students can better understand the materials presented.

Suggestion table given by validator

Small Group Test. Product trials were carried out in small groups of 10 students. Students are given treatment in the form of classical reproductive health guidance activities and general assessment in the form of filling out worksheets in each meeting to determine students' understanding of the implementation of reproductive health guidance modules to improve students' understanding of puberty.

Data on the Level of Understanding of Puberty in SMP Negeri 18 Makassar Before and After Giving Reproductive Health Guidance Modules to Improve Understanding of Puberty

Interval	Students' Puberty Understanding Level	Experimental Group			
		<i>Pretest</i>		<i>Posttest</i>	
		F	P (%)	F	P (%)
90 – 100	Very High	-	-	-	-
80 – 89	High	-	-	10	100%
70 – 79	Low	2	20%	-	-
60 - 69	Very Low		80%	-	-
<b>Amount</b>			<b>100</b>	<b>100</b>	

Table of Understanding Levels Before and After Giving the Module.

Based on the data, it was found that the level of understanding of the puberty period of students before being given a reproductive health guidance module was 8 students (80%) in the very low category, 2 students (20%) in the low category. However, after being given a reproductive health guidance module, there was an increase in students' understanding of puberty.

Based on the data above, after being given the reproductive health guidance module, there were no students (0%) whose level of understanding of puberty was in the very low and low categories, 10 students (100%) had the level of understanding of puberty in the high category, 0 students (0%) which is in the very high category.

Revision II, the second revision is carried out based on the data from the small group test results that have been carried out in five stages of implementation activities. The implementation process of the five stages of activities that have been carried out by researchers in the small group test includes the stages of preparation, delivery, training and assessment or evaluation. The results of the incoming data are used as material for analysis in conducting the second revision of the reproductive health guidance module in increasing students' understanding of puberty.

Final Module, at this stage, the reproductive health guidance module guide has reached the final stage where the guidance module can be used as a guide for supervising teachers in schools. After carrying out the research stages above, the reproductive health guidance module was born to improve understanding of puberty in students who have been tested by experts, through small group tests (effectiveness tests) which have been proven to provide significant changes, namely increasing students' understanding of puberty. at SMP Negeri 18 Makassar.

#### **4) DISCUSSION**

- a. The description of the needs of puberty in students of SMP Negeri 18 Makassar is in the high category due to the lack of understanding of puberty among students so that the development of a reproductive health guidance module is needed as one of the guidance and counseling media to improve students' understanding of puberty.
- b. The reproductive health guidance module that has been developed has been tested by 3 experts, namely psychologists, biologists, and practitioners in the field, so that it gets a scale of 4 for each expert which can be said to be feasible to use. Based on this, this module underwent various revisions. Furthermore, the acceptability of the module was tested through a small group test involving 10 students who were ready to be used in schools in helping students to improve their understanding of puberty.
- c. Development of an effective reproductive health guidance module to improve students' understanding of puberty.

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