



Analysis of Adolescent Reproductive Health Risk Factors in Purwakarta Regency, Indonesia

Khusnul Khotimah^{1*}

¹Politeknik Bhakti Asih, Purwakarta, Indonesia

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*Corresponding author:

Khusnul Khotimah

E-mail address:

khusnulchotimah@polbap.ac.id

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ABSTRACT

Adolescent reproductive health is an important issue in Indonesia. This study aims to analyze risk factors for adolescent reproductive health in Purwakarta Regency, Indonesia. This research used a cross-sectional survey method involving 400 teenagers aged 15-24 years. Data was collected through questionnaires. Data analysis used the Chi-square test. The research results show that risk factors for adolescent reproductive health in Purwakarta Regency include: Low adolescent knowledge about reproductive health (OR: 2.17; 95% CI: 1.45-3.24); Risky sexual behavior, such as having had premarital sexual relations (OR: 2.88; 95% CI: 1.99-4.19); Unsafe use of contraceptives, such as not using contraceptives at all (OR: 2.87; 95% CI: 1.99-4.19); Lack of adolescent access to reproductive health services (OR: 2.67; 95% CI: 1.87-3.83). The conclusion of this study shows that efforts need to be made to increase teenagers' knowledge about reproductive health, reduce risky sexual behavior, increase the use of safe contraceptives, and increase teenagers' access to reproductive health services.

1. Introduction

Adolescent reproductive health is an important issue in Indonesia. According to the 2017 Indonesian Demographic and Health Survey (SDKI), the prevalence of teenage pregnancy in Indonesia is 25.1%. This prevalence is higher compared to neighboring countries, such as Malaysia (11.4%) and Thailand (12.8%). Teenage pregnancy can have a negative impact on the physical and mental health of teenagers, such as the risk of maternal and infant mortality, mental health disorders, dropping out of school, and poverty. Apart from that, teenage pregnancy can also have a negative impact on the social and economic development of a country.¹⁻³

Adolescent reproductive health risk factors can be grouped into individual factors, family factors, and

environmental factors. Individual factors that can increase the risk of adolescent reproductive health include Low knowledge of adolescents about reproductive health, Risky sexual behavior, such as having had premarital sexual relations, and Unsafe use of contraceptives. Family factors that can increase the risk of adolescent reproductive health include Poor family communication about reproductive health, Parental risk of sexual behavior, and domestic violence. Environmental factors that can increase the risk of adolescent reproductive health include Limited access to reproductive health services and an environment that is not conducive to adolescent reproductive health, such as an environment that is prone to sexual violence.⁴⁻⁶ This study aims to analyze risk factors for adolescent reproductive health in



Purwakarta Regency, Indonesia.

2. Methods

This research uses a cross-sectional survey method. This method is used to study the relationship between two or more variables at a certain point in time. The research population was teenagers aged 15-24 years in Purwakarta Regency, Indonesia. The research sample consisted of 400 teenagers randomly selected from the population. Data was collected through a questionnaire containing questions about teenagers' knowledge of reproductive health, sexual behavior, use of contraceptives, and teenagers' access to reproductive health services. The questionnaire was tested for validity and reliability before being used in research. Data analysis used the chi-square test. This test is used to test the relationship between two categorical variables. Data was collected through questionnaires distributed to teenagers aged 15-24 years in Purwakarta Regency, Indonesia. The questionnaire was distributed by researchers directly to teenagers who met the sample criteria. Adolescents who are willing to participate in the research are asked to fill out the questionnaire honestly and thoroughly. The data collected was processed using the statistical package for the social sciences (SPSS) computer program version 26.0. Data analysis uses the Chi-square test to test the relationship between two categorical variables.

3. Results and Discussion

The research results show that risk factors for adolescent reproductive health in Purwakarta Regency include low knowledge of reproductive health among adolescents (OR: 2.17; 95% CI: 1.45-3.24). Risky sexual behavior, such as having had premarital sexual relations (OR: 2.88; 95% CI: 1.99-4.19). Unsafe use of contraceptives, such as not using contraceptives at all (OR: 2.87; 95% CI: 1.99-4.19). Lack of adolescent access to reproductive health services (OR: 2.67; 95% CI: 1.87-3.83).

Low knowledge of adolescent reproductive health is a risk factor for adolescent reproductive health in Purwakarta Regency. This is demonstrated by research results, which show that adolescents with low reproductive health knowledge have a 2.17 times higher risk of experiencing reproductive health problems compared to adolescents with high reproductive health knowledge. Low knowledge of adolescents about reproductive health can cause adolescents to not realize the importance of reproductive health and not take action to protect their reproductive health. Adolescents with low reproductive health knowledge may not know about the physical and emotional changes that occur during puberty, the risk of unwanted pregnancy, sexually transmitted infections (STIs), and sexual violence.⁷⁻¹⁰

Adolescents with low reproductive health knowledge may also not know about ways to protect their reproductive health, such as using safe contraceptives, avoiding premarital sexual relations, and maintaining the cleanliness of reproductive organs. Adolescents with low reproductive health knowledge may not know that unwanted pregnancies can carry high risks, such as maternal and infant deaths, mental health disorders, dropping out of school, and poverty. Adolescents with low reproductive health knowledge may not know that STIs can cause serious complications, such as infertility, cancer, and death. Adolescents with low reproductive health knowledge may not know that sexual violence can have a negative impact on physical and mental health. Efforts to increase adolescent knowledge about reproductive health are important to reduce adolescent reproductive health risks. These efforts can be carried out through various activities, such as reproductive health education in schools, reproductive health education by health workers, and reproductive health campaigns by the government and community organizations.¹¹⁻¹³

Risky sexual behavior, such as having had premarital sexual relations, is also a risk factor for



adolescent reproductive health in Purwakarta Regency. This is demonstrated by research results, which show that teenagers who have had premarital sexual relations have a 2.88 times higher risk of experiencing reproductive health problems compared to teenagers who have never had premarital sexual relations. Premarital sexual relations can increase the risk of unwanted pregnancy because teenagers are not physically and mentally ready to become pregnant. Unwanted pregnancies can cause various problems, such as maternal and infant deaths, mental health problems, dropping out of school, and poverty. Premarital sexual relations can also increase the risk of abortion. Abortion is the act of terminating an unwanted pregnancy, both medically and non-medically. Abortion can cause various complications, such as infection, bleeding, and death. Apart from that, premarital sexual relations can also increase the risk of sexually transmitted infections (STIs). STIs are infections that are transmitted through sexual contact. STIs can cause various complications, such as infertility, cancer, and death. Lastly, premarital sexual relations can also increase the risk of sexual violence. Sexual violence is a sexual act carried out without consent. Sexual violence can have a negative impact on physical and mental health.^{14,15}

Efforts to reduce adolescent risky sexual behavior are important to reduce adolescent reproductive health risks. These efforts can be carried out through various activities, such as reproductive health education in schools, reproductive health education by health workers, and reproductive health campaigns by the government and community organizations. Adolescents who have premarital sexual relations without using contraception have a high risk of unwanted pregnancy. Adolescents who have premarital sexual relations with multiple partners have a high risk of being infected with STIs. Adolescents who have premarital sexual relations with older partners have a high risk of becoming victims of sexual violence. By understanding the risks that can

occur due to risky sexual behavior, it is hoped that teenagers can make better decisions to protect their reproductive health.¹⁶

4. Conclusion

The conclusion of this study shows that efforts need to be made to increase teenagers' knowledge about reproductive health, reduce risky sexual behavior, increase the use of safe contraceptives, and increase teenagers' access to reproductive health services.

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