



# Sexual Reproduction Counseling Education Strategies to Increase Adolescent Awareness (Case Study of Adolescents in Kampung Baru Hamlet, Sidomukti Village)

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**Abstract.** *This study discusses sexual reproductive health education strategies aimed at increasing adolescent awareness in Kampung Baru Hamlet, Sidomukti Village, Indonesia. It identifies key challenges, including limited knowledge, social taboos, and ineffective educational approaches related to reproductive health. The authors recommend interactive and participatory educational methods that actively involve adolescents in the learning process, making the content more relevant and easier to understand. The use of digital media and technology is also emphasized as an effective means to reach and engage young people. In addition, collaboration between parents, teachers, and health professionals, along with supportive government policies, is essential to create an environment conducive to reproductive health education. The main goal of this study is to empower adolescents to make informed and responsible decisions regarding their sexual health.*

**Keywords:** *Educational strategies, sexual reproduction, adolescents*

## 1. INTRODUCTION

Adolescence is a transitional period full of significant changes in an individual's life. During this time, adolescents undergo various physical, emotional, and social changes that affect their self-identity. (Huta et al., 2023) One of the important aspects that has undergone development is the understanding of reproduction and sexual health. However, in Indonesia, adolescents' knowledge about reproductive health is often limited and inadequate. This lack of knowledge can lead to a variety of problems, including risky sexual behaviors, unwanted pregnancies, and the spread of sexually transmitted diseases (STDs). (Widayati, 2022) This condition raises serious concerns because it can have a long-term impact on the lives of adolescents.

Sexual reproduction counseling is one of the important efforts to provide appropriate education to adolescents on this topic. Effective counseling can help adolescents understand the changes that occur in their bodies, the risks and consequences of unsafe sexual behavior, and the importance of maintaining reproductive health. (Hidayat et al., 2023) However, in practice, sexual reproduction counseling often faces various challenges. For example, the social taboos surrounding this topic make adolescents reluctant to talk or seek information related to reproductive health. In addition, the educational approach used in counseling is often not in accordance with the needs and characteristics of adolescents, so the information conveyed is not always well received by them.

To overcome this problem, a more effective educational strategy is needed in sexual reproduction counseling. This strategy must be designed in such a way that it can answer the needs of adolescents and be able to overcome existing obstacles.(Auria et al., 2022) One approach that can be done is to adopt interactive and participatory learning methods. Through this approach, adolescents not only become passive listeners, but also actively participate in the learning process. They can participate in discussions, simulations, and other activities that make them better understand and feel the importance of the topics discussed.(Widayati, 2022)

In addition, it is important to ensure that the material presented in counseling is relevant to the daily life of adolescents. Materials that are too theoretical and not directly related to the adolescent experience may be difficult to understand and apply. Therefore, counseling materials must be prepared by considering the social and cultural context in which adolescents live. This context-based approach can help adolescents relate the information they receive to situations they experience in real life, thereby increasing their relevance and receptivity to the material.

Furthermore, the use of digital media can also be part of an effective education strategy. Today, teenagers are very familiar with digital technology and social media. Therefore, sexual reproduction counseling that utilizes digital media such as educational videos, applications, and social media platforms can be more accessible and more attractive to adolescents. The use of digital media also allows for a wider and faster dissemination of information, so that more teenagers can be reached by this counseling.(Yusnia et al., 2022)

However, to ensure the success of educational strategies in sexual reproduction counseling, it is important to involve various related parties, including parents, teachers, and health workers. Collaboration between these parties can help create a supportive environment for adolescents to learn about reproductive health. Parents, for example, can be encouraged to be more open in discussing this topic with their children. Teachers can also be trained to deliver reproductive health materials in schools in a way that is effective and sensitive to the needs of adolescents. Meanwhile, health workers can act as an accurate and reliable source of information for adolescents who need further consultation.

In addition, government policies also have an important role in supporting the implementation of effective sexual reproductive counseling. The government can make policies that support the implementation of extension programs in schools and communities. In addition, the government can also ensure that information about reproductive and sexual health disseminated through the mass media is accurate and not misleading. Policies that favor

adolescent reproductive health can help create a more conducive environment for efforts to raise adolescent awareness on this topic.

Overall, effective sexual reproductive counseling requires a comprehensive and sustainable approach. Educational strategies that are interactive, relevant, and utilize digital technology can help increase adolescents' awareness and understanding of reproductive health.(Aristotle RCC., 2021) Thus, it is hoped that adolescents can make wiser and more responsible decisions regarding their sexual life, so that they can avoid various risks that can endanger their future.

This article will discuss educational strategies in sexual reproduction counseling to increase adolescent awareness in Kampung Baru Hamlet, Sidomukti Village. Through a case study approach, this article aims to delve deeper into the conditions and challenges faced in reproductive health counseling in the area, as well as identify effective strategies to increase adolescents' knowledge and awareness about the importance of maintaining reproductive health.

## **2. THEORETICAL STUDIES**

This study focuses on the theories underlying reproductive health education, especially in the context of adolescents. Education about reproductive and sexual health in adolescents is very important, because it is an essential part of the process of achieving adolescent development tasks. Donovan (1998) stated that the main purpose of sexual education is to provide information to adolescents to empower them in developing values and relationship skills that enable them to make responsible decisions, so that they can become sexually healthy individuals in adulthood.(Taukhit, 2014)

Providing information and education about reproductive health to adolescents through counseling is effective in increasing their knowledge of how to maintain reproductive health. This finding is in line with research conducted by Husaini et al., which shows a correlation between counseling about HIV/AIDS and increasing student knowledge related to HIV/AIDS. Students who received counseling on HIV/AIDS had 4,206 times better knowledge compared to students who did not receive counseling.(Greece, 2023)

Interactive and participatory approaches in reproductive health education, as proposed by some researchers, allow adolescents to collaborate and share experiences, thereby creating a more supportive and relevant learning atmosphere. Through informative interviews and group discussions, adolescents can play an active role in the learning process, exchange information, and ask questions. This creates a positive learning environment and strengthens

their understanding of the importance of reproductive health. Because adolescents are highly curious, love challenges, and love to try new things as part of their search for identity, it is important to provide them with a variety of relevant reading resources regarding health.(Widhiastuti et al., 2023)

Various reproductive health service strategies for adolescents have been identified through a literature review. Auria et al. (2022) conducted a literature review related to this strategy and found that the use of mass media such as television, radio, leaflets, and pocket books can be an effective option in providing reproductive health education to adolescents. These strategies have proven to be beneficial in increasing the knowledge of adolescents. In addition, Auria et al. (2022) also proposed the use of mobile phones through social media applications and services as a means of education. Technological advancements, which make it easier to access information, are very important to be maximized, because they can help adolescents in seeking information related to their growth and development.(Dungga & Ihsan, 2023)

Thus, this theoretical study emphasizes the need for an approach that suits the characteristics and needs of adolescents, as well as the use of digital media as a tool to reach them more effectively. This is in line with the goal of empowering adolescents to make informed decisions regarding their reproductive health.

### **3. RESEARCH METHODS**

This study uses a qualitative approach to understand the educational strategies used in this counseling. The qualitative approach was chosen because it allows the researcher to explore in depth the experiences, views, and perceptions of the participants related to the topic being studied. This method also provides flexibility in collecting rich and detailed data, which can help in understanding the social and cultural complexities that affect sexual reproductive counseling.

### **4. RESULTS AND DISCUSSION**

Kampung Baru Hamlet is an area in Sidomukti Village, Weleri District, Kendal Regency, Central Java. Most of the population are farmers and laborers with varying levels of education, on average having attended school until graduating from high school. Access to health information and services, including reproductive health, is very limited. On the other hand, adolescents in this area grew up in an environment that was still steeped in traditional values,

where the topic of sexuality was often considered taboo to be discussed openly, both in the family and in the community.

The lack of knowledge about reproductive health among adolescents in Kampung Baru Hamlet is one of the factors causing various health problems. In addition, the social stigma attached to the topic of sexuality makes adolescents reluctant to seek information or consult about the problems they face.(Aryani et al., 2022)

Sexual reproduction counseling is one of the most important efforts in increasing adolescents' awareness of sexual and reproductive health. Adolescents, as an age group that is undergoing many physical, psychological, and social changes, urgently need adequate knowledge to face these challenges. Unfortunately, in many regions, especially in Indonesia, adolescents' knowledge about reproductive health is still very limited. This is due to several factors, including social taboos, lack of access to accurate information, and less effective educational approaches. Therefore, the counseling carried out must use appropriate educational strategies to ensure that the messages conveyed can be well received and understood by adolescents.(Narti et al., 2024)

One of the effective educational strategies in sexual reproductive counseling is an interactive and participatory approach.(Muhajarah & Fitriani, 2022) In contrast to the one-way counseling method, this approach places adolescents as active subjects in the learning process. They not only listen to the information presented by the facilitator, but also get directly involved in discussions, questions and answers, and simulation activities. This approach allows adolescents to better understand the material being presented because they can relate it to their personal experiences and situations.(Stepped on et al., 2023) For example, in group discussions, adolescents can share their experiences or views on the topics discussed, thus creating a collaborative and supportive learning atmosphere.

In addition, the use of visual media and digital technology has also proven to be an effective strategy in sexual reproduction counseling. Today's teenagers are very familiar with technology and social media, so it is easier for an approach that utilizes this medium to attract their attention.(Fitri Mutmainah & Katon Mahendra, 2019) For example, counseling that uses educational videos, infographics, or interactive applications can convey information in a more engaging and easy-to-understand way. In addition, the use of digital media allows the information to be disseminated more widely and faster, so that it can reach more teenagers.(Society, 2021) This is very important considering that most adolescents today spend a lot of time in the digital world, so access to reproductive health information through this media becomes more relevant.

However, the effectiveness of digital media in sexual reproduction counseling does not only depend on the delivery of interesting information, but also on the quality of the content conveyed.(Supiyani & Bride, 2023) The content used must be accurate, relevant, and appropriate to the needs of teenagers. The material presented must be able to overcome myths or misconceptions that often arise among adolescents about reproductive and sexual health. Therefore, it is important to involve experts, such as doctors, psychologists, and health educators, in the preparation of educational materials so that the information provided is reliable and in accordance with scientific standards.

In addition, the importance of the involvement of parents and teachers in sexual reproduction counseling should not be ignored. Parents have a key role to play in providing sexual education to their children.(Bauer et al., 2020) However, in many cultures, including in Indonesia, talking about sexuality is still considered taboo, so many parents feel uncomfortable or don't know how to start a conversation about this topic with their children. To overcome these barriers, counseling programs also need to include education for parents, so that they can be better prepared and confident in discussing reproductive health issues with their children.

Teachers also play an important role in sexual reproduction counseling, especially in the school environment. As educators, teachers are often the main source of information for adolescents.(Mark & Wu, 2022) Therefore, training for teachers in delivering reproductive health material in an effective and sensitive way is very necessary. Teachers need to be equipped with adequate knowledge and good communication skills so that they can convey this information in an appropriate manner and not cause discomfort to students.(Basri et al., 2021)

On the other hand, government policies also have an important role in supporting sexual reproduction counseling. Policies that support the implementation of sexual education programs in schools and communities can provide a clear framework for the implementation of counseling.(Koch & Wehmeyer, 2022) In addition, the government can also play a role in providing the resources needed, such as educational materials, training for educators, and facilities for counseling. Policies that favor reproductive health education can also ensure that information disseminated through mass media and digital platforms is correct and not misleading.(Beni Pebrianti, 2020)

Effective sexual reproduction counseling also needs to consider the cultural and social aspects that exist in society. In many cases, cultural and social norms can be an obstacle to the dissemination of information about reproductive health.(Jusuf et al., 2023) For example, in a very conservative society, the topic of sexuality may not be considered appropriate for open

discussion, especially among teenagers. Therefore, the educational strategies used must be adapted to the local cultural context. An approach that is sensitive to cultural values can help reduce resistance and increase acceptance of extension programs.(Amalia et al., 2022)

In addition, research shows that sexual reproductive counseling based on the peer education approach, where adolescents are trained to become peer educators, can also be effective. Teenagers tend to be more open and comfortable discussing with their peers compared to adults.(Lehtonen et al., 2023) With this approach, peer educators can be a bridge between the information provided by adults and the needs and understanding of adolescents. The program can also increase confidence and leadership among the youth involved, so that they become not only recipients of information, but also agents of change in their communities.

However, it is important to remember that no single strategy can be considered a universal solution to sexual reproductive counseling. The success of the extension program depends largely on how the strategy is implemented in a specific context.(Nurgitz et al., 2021) For example, in areas with low levels of education, a simpler, more direct approach may be more effective compared to the complex use of digital media. On the other hand, in urban environments with good access to technology, digital media can be a very powerful tool in reaching teenagers.(Amalia et al., 2022)

Finally, continuous evaluation and feedback from participants is key to improving the quality of sexual reproductive counseling. Through evaluation, program organizers can find out what works and what doesn't, as well as identify areas that need improvement. Feedback from adolescents as the main target of counseling is essential to ensure that the program truly meets their needs. Evaluation also allows for continuous program adjustments to remain relevant to social and technological developments.(Koch & Wehmeyer, 2022)

## **5. CONCLUSIONS AND SUGGESTIONS**

Educational strategies in sexual reproductive counseling that focus on interactivity, relevance, and adaptation to adolescent needs, and supported by collaboration with various stakeholders and supportive policies, can significantly increase adolescent awareness of reproductive health. With the right approach, sexual reproduction counseling can be an effective tool in equipping adolescents with the knowledge and skills they need to make healthy and responsible decisions regarding their sexual lives. This is not only important for the well-being of adolescents themselves, but also for society as a whole, as well-informed adolescents will be more likely to lead healthy and productive lives in the future.

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