

## Tangerang High School Students' Behavior in Protecting Female Reproductive Organs (case study)

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### ABSTRACT

**Background:** Knowledge of maintaining reproductive organs is very important for adolescents, because during adolescence there are developments and changes both physically and emotionally. According to statistical data in Indonesia, there are 63 million young women who behave in poor health out of 69.4 million young women in Indonesia. And one of the reasons is the lack of maintaining the health of the reproductive organs. In order to achieve reproductive health, it is necessary to maintain reproductive health. It is based on knowledge, attitudes, and behavior.

**Objective:** The purpose of this study was to determine the relationship between knowledge and attitudes towards the behavior of 10th grade student Tangerang students in maintaining the female reproductive organs.

**Research Methodology:** The type of research used is descriptive analytic. The design used in this study was cross sectional and used a simple random sampling technique with the Slovin formula to determine the total number of respondents 149. Data collection was carried out using a questionnaire distributed online to 10th grade student Tangerang students to protect their reproductive organs.

**Results:** From a total of 149 respondents, the analysis showed that 10th grade student Tangerang students had good knowledge with good behavior as many as 93 students (78.8%).

**Conclusion:** The results of the Chi-Square test showed that there was a relationship between knowledge and behavior towards maintaining reproductive organs in 10th grade student Tangerang students (p-value 0.007 < 0.05)

**Keywords:** Maintaining Reproductive Organs, Level of Knowledge, Attitude, Behavior, Relationship between Knowledge and Behavior, Relationship between Attitude and Behavior

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### Abstract (10 Pt)

*A well-prepared abstract enables the reader to identify the basic content of a document quickly and accurately, to determine its relevance to their interests, and thus to decide whether to read the document in its entirety. The Abstract should be informative and completely self-explanatory, provide a clear statement of the problem, the proposed approach or solution, and point out major findings and conclusions. The Abstract should be 100 to 200 words in length. The abstract should be written in the past tense. Standard nomenclature should be used and abbreviations should be avoided. No literature should be cited. The keyword list provides the opportunity to add keywords, used by the indexing and abstracting services, in addition to those already present in the title. Judicious use of keywords may increase the ease with which interested parties can locate our article (10 pt).*

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## 1. INTRODUCTION

Clean and healthy living behavior is a reflection of a family's lifestyle that always pays attention to and maintains the health of all family members, including clean and healthy living behavior in schools which was introduced through the School Health Business to students (Kemkes, June 2018).

The Ministry of Health through its website promotes the importance of basic knowledge of reproductive health in adolescents, both boys and girls (Kemkes August 2018). Knowledge and

attitudes can influence behavior (Notoatmodjo, 2012) in maintaining reproductive health for women. Indonesian women are at risk of various health problems, as well as all promotion and prevention efforts (preventive) on the health of women's reproductive organs. Whereas the group of healthy people in a community is around 80-85% of the population (Durham, R., & Chapman, L, 2014). RSIA Permata's pathological fluor albus Serdang is most common in married women between the ages of 25 and 29 (Hans EM dan Adinta A, 2020). Based on research conducted by Adawiyah in 2015 showed that a survey conducted on high school students equivalent in the South Tangerang area, adolescents who had less knowledge about adolescent reproductive health were 802 respondents (77.9%), adolescents who had moderate knowledge were 193 respondents (18.8%), and those who have good knowledge are 34 respondents (3.3%) out of 1,029 respondents. To increase adolescent knowledge about reproductive health, it is necessary to improve health by providing health education or counseling. Health education is a planned effort to influence other people, whether individuals, groups or communities so that they do what educators expect, so health education is the application of education in the health sector (Notoatmodjo, 2012).

Behavior is the result of experience and the process of interacting with the environment, which is expressed in the form of knowledge, attitudes and actions to achieve a balance between motivational and repressive forces (Lewit, Notoatmodjo 1993).

The factors that influence a behavior are as follows in the research of Mokodongan et al., 2015 namely internal factors and external factors. Internal factors are the innate character of a person, such as level of education, emotional, self-concept, and others, while external factors are a good environment physically, socially, culturally, and others. Environmental factors are factors that arise in shaping a person's behavior, because it will lead to adapting and following the habits that exist in their environment. (Amelia, 2012)

## 2. METHOD

### Sample

This research was conducted in October-November 2021 at a South Tangerang High School followed by 1 school with 149 students 10th grade. The type of research used was descriptive analytic and questionnaire research design with a cross sectional approach. The independent variable in this study was the knowledge and attitude of the Tangerang 10th grade students in maintaining the reproductive organs while the dependent variable was the behavior of the Tangerang 10th grade students in maintaining the reproductive organs.

### Variable

There are 3 variables that were tested for validation, namely: knowledge, attitudes and behavior. Knowledge is an understanding of the results of knowing an object through the five senses. Knowledge is obtained from hearing and sight (Notoadmojo, 2014). Attitude is the reaction or response of a person to a situation or object (Notoatmodjo, 2003). Behavior is a reaction to things that come from outside and from within (Notoatmodjo, 2010). How to measure using a validated instrument. Measuring results are categorized as good if 70% answered correctly and less if < 70% answered correctly using a measuring scale

### Data collection

Using primary data collected by using a validated questionnaire. Then the data is processed using the SPSS program SPSS (Statistical Package for Social Sciences)

### Validity test

This study uses a validity test with a significant level of 0.05. The test criteria are if  $r$  arithmetic  $> r$  table, (measuring instrument used is valid) if  $r$  statistic  $< r$  table, (measuring instrument used is invalid). The validity test was carried out on 30 respondents. In the validation test with the knowledge level variable from 10 items, 9 were valid. In the Validation Test with the Attitude variable, 10 items are valid. In the Validation test with the Behavior variable from 10 items, 9 valid items were obtained.

**Reliability test**

The reliability test in this study used Cronbach's Alpha. Calculations using the Cronbach's Alpha formula are accepted, if the calculation of the value of Chrocobach's Alpha(a) > r table (Widiyanto Joko, 2010). The reliability test of the three variables (level of knowledge, attitude, behavior) showed reliable results

**Analysis**

The analysis test used univariate analysis and bivariate analysis using chi square analysis to see the relationship variables

**3. RESULT AND DISCUSSION****3.1.Result****Table 1. Univariate analysis**

Knowledge		
Category	Frequency (F)	Percentage (%)
Good	118	79.2
Less	31	20.8
Attitude		
Category	Frequency (F)	Percentage (%)
Good	141	94.6
Less	8	5.4
Behaviour		
Category	Frequency (F)	Percentage (%)
Good	110	73.8
Less	39	26.2

**Table 2. Bivariate analysis**

	Behaviour						<i>P-VALUE</i>
	Good		Less		Total		
Knowledge	n	%	n	%	n	%	0.007
Good	93	78.8	25	21.2	118	100	
Less	17	54.8	14	45.2	31	100	
	Perilaku						<i>P-VALUE</i>
	Baik		Kurang		Total		
Attitude	n	%	n	%	n	%	0.016
Good	107	75.9	34	24.1	141	100	
Less	3	37.5	5	62.5	8	100	

**3.2.Discussion**

Based on research results respondents in this study have a good level of knowledge as many as 118 respondents (79.2%). If they know a good level of knowledge, they understand about maintaining good reproductive organs. Knowledge or understanding is the result of human perception or the result of knowing an object (Notoadmodjo, 2014), and the understanding they get can be from remembering events that they have heard, seen or felt (Notoadmodjo, 2012). Knowledge is influenced by education, age, interests, experience, culture, and information (Mubarak, 2012). Amount 141 respondents (94.6%) have good attitude. Good attitude can support maintaining good reproductive organs. Attitude is responding (positive or negative) to certain people, situations or objects (Sarwono, 1997).

The results of the analysis of behavior obtained 110 (73.8%) respondents behaved well from 149 respondents. Behavior is an appreciation and end result activity that affects various types of symptoms such as attention, observation, thinking, memory, and imagination. Acceptance of a behavior will be realized by knowledge, awareness and a good attitude.

The relationship between knowledge and behavior towards maintaining reproductive organs, it is known that those with good knowledge have good behavior, namely 93 (78.8%) respondents from 149 respondents, the data also shows that 25 (21.2%) respondents with good knowledge can behave less. And respondents who are less knowledgeable can have good behavior, namely 17 respondents (54.8%), and respondents who are less knowledgeable can have poor behavior as well, namely 14 respondents (45.2%).

The results of this study indicate that there is a relationship between knowledge and behavior of teenager girls in maintaining reproductive organs at 10th grade student Tangerang, because from the results using chi-square test, obtained  $p\text{-value} = 0.007$  ( $0.005 < 0.05$ ) then  $H_0$  is rejected, which means there is a relationship between knowledge and behavior of young women in maintaining reproductive organs in high school students.

The results of this study are also supported by the theory obtained from Mubarak (2012), which says that knowledge is the result of remembering something, including recalling events that were experienced intentionally or not, and after people come into contact or observe a certain object. Knowledge-based behavior is more durable than non-knowledge-based behavior. And according to the 2003 BKKBN (Indriastuti, 2009) a person who does not have sufficient knowledge about health will tend to ignore his reproductive health and in the end will take actions that endanger himself. Knowledge of reproductive health is an important factor in determining women's clean and healthy living behavior in maintaining reproductive organs.

The relationship between attitude and behavior from the results of the analysis using the chi-square test, obtained  $p\text{-value} 0.016 < 0.05$ , then  $H_0$  is rejected, which means that there is a relationship between attitude and behavior in maintaining reproductive organs at 10th grade student Tangerang. Based on the results of research by Ayu (2013) with the title of research on the relationship of knowledge and attitudes with reproductive health behavior in adolescent girls at 10th grade student 5 Aceh, it was obtained a  $p\text{-value}$  of 0.007, then  $H_0$  was rejected. It can be concluded that there is a relationship between attitude and behavior in maintaining reproductive organs. Based on the results of research and theories that have been put forward, it can be concluded that adolescents who have good attitudes will take care of their reproductive organs well, this can happen because a good attitude will provide a positive impetus for good behavior as well. However, not all good attitudes will always lead to good behavior, this is shown from the results of this study that there are still a small number of respondents who have good attitudes but still behave fairly. This is because there are other factors such as a lack of extrinsic and intrinsic motivation of adolescents, or it may also be due to a lack of a good overall understanding of the object of behavior. Attitude is also an orientation or desire to act, and is not intended to fulfill a particular motive. In determining the overall attitude, knowledge, thoughts, beliefs and feelings (emotions) play an important role (Azwar, 2003).

#### 4. CONCLUSION

10th grade students high school Tangerang have a relationship of knowledge with behavior and attitudes with good behavior in maintaining reproductive organs, this can be seen from the results of bivariate analysis of  $p\text{-value} < 0.05$ .

The limitations of this research are due to time and cost. This instrument needs to be developed with more diverse samples and a wider range.

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