

Increasing Health and Nutrition Degrees of Young Women through Education on Reproductive Health and Nutrition (Application of Research-Based Learning Video media)

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ABSTRACT

This Community Service (P2M) activity aims to improve young women's health in the health sector, to improve the health of young women, especially reproductive health. One of the problems faced by adolescents is the lack of knowledge about health, especially reproductive health. Efforts to increase understanding of reproduction are by providing education. Counseling on reproductive health and nutrition for young women has given in basic nutrition subjects, which are adaptive in Vocational High Schools (SMK) in Catering expertise. The method used is by providing lectures, discussions, and evaluation of activities. The review has carried out by distributing a satisfaction questionnaire to P2M activities consisting of 10 statements. P2M was conducted at SMK Negeri 33 Jakarta online in the subject of Nutrition Science by involving the principal, vice-principal, 57 female students, three civil servant teachers, and four P2M Faculty members Engineering team. Activities will have held on Monday, 10 August 2020, from 07:30 to 10:00 WIB. The counseling material provided was beautiful to the participants, seen from the whole questionnaire items' average result that they were delighted with 59.4% and 37.5% expressed satisfaction. Thus the P2M activity on improving the degree of reproductive health and nutrition is beneficial for participants.

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INTRODUCTION

Youth is the future of a country; paying attention to them will undoubtedly provide significant benefits in the future. Better yet, if it links to other aspects such as health, nutrition, and education, which have coordinated integrated into effective youth development programs to increase the success of developing their potential (Bartholomew et al., 2011). One of the elements that play a role in realizing balanced health and adolescents' needs will help adolescents achieve optimal growth and development.

The imbalance between the conditions or the adequacy of intake will cause nutritional problems in undernutrition. Reproductive health has defined as a state of complete physical, mental and social well-being, not solely free from disease or disability in all matters related to the reproductive system, as well as its functions and processes (Kumalasari and Andhyantoro, 2013). Currently, reproductive health has received particular attention globally since it had discussed at the International Conference on Population and Development (ICPD) in Cairo, Egypt, in 1994. The conference was the agreement on a paradigm shift in problem management, population, and development from a population control and fertility reduction approach to an approach that focuses on reproductive health and efforts to fulfill reproductive rights (Setiowati, 2014).

The correct understanding of human sexuality is essential for adolescents for their sexual behavior in adulthood until they get married and have children. Such education is needed so that adolescents can avoid risky sexual behavior that endangers their reproductive and sexual health. Many things influence every premarital adolescent sexual behavior; apart from knowledge, it had also been influencing by cultural factors, other people who are considered necessary, mass media, educational institutions, religious institutions, and emotions from within the individual. The premarital sexual attitude of adolescents can be positive or negative; the positive attitude tends to act is to support premarital sex, while the negative attitude tends to work is to avoid premarital sex (Sarwono, 2010).

This reproductive health risk has been influenced by various interrelated factors such as the cleanliness of reproductive organs, premarital sexual relations, access to health education, sexual violence, the influence of mass media, free lifestyle, use of drugs, access to affordable reproductive health services, and the lack of closeness of adolescents with their parents and their families (Suwarni, 2015).

Family is the first and foremost educational environment in the process of children's education. So family education is critical, even most essential. If there are mistakes in family education, it will have an impact on the next process.

Reproductive health education should be considered part of the educational process, which aims to strengthen the basics of knowledge and personality development. SMK Negeri 33 Jakarta is one of the

SMKs with culinary expertise and has mostly dominated by teenage girls. Judging from the situation analysis SMK Negeri 33 Jakarta is located in North Jakarta, where this area is densely populated and has found on the coast. The population density level in the administrative city of North Jakarta, of the 79 slums RWs, there are still 32 RWs with a population density above 600 people/ha (40). Simultaneously, 18 RWs (28%) have a population density of 401-600 people/ha. RWs with a population density of 201-400 people/ha (22%) and whose density is less than 200 people/ha are 8 RWs (10%). The poor's settlements in big cities like Jakarta are synonymous with dense colonies and tend to has characterized as slum settlements.

From the analysis of the situation above, it is necessary to improve health in a densely populated environment through education activities on reproductive health and nutrition for young girls integrated into basic nutrition subjects. It has been hoped that reproductive health education is an effort for adolescents to increase their understanding, knowledge, attitudes, and positive attitudes about reproductive and sexual health and increase their reproductive degree. Health education in counseling and sexual behavior can be an essential determinant of basic health during adolescence and later adulthood (WHO, 2012). One of the efforts proposed in this community service activity is to increase young women's health and nutrition status through education on reproductive health and nutrition (application of research-based learning video media).

LITERATURE REVIEW

The word media comes from the Latin *medius*, which means "middle," "intermediary," or "introduction." In Arabic, the media is an intermediary or messenger from the sender to the message's recipient. Gerlach & Ely (1971), referred to in Arsyad (2017: 3), say that the media, when understood in broad terms, are humans, materials, or events that build conditions that enable students to acquire knowledge, skills, or attitudes. In this sense, the media can involve educators, learning resources, and the environment. Gagne (1970), referred to in Sadiman et al. (2014: 8), states that the media are various components in a student environment that can present messages and stimulate students to learn. While brings (1970) has referred to in Sadiman et al. (2014: 8), media are all physical tools that can present messages and stimulate students to learn. The media used by P2M activities is video.

Sadiman et al. (2014: 74) said that video is an audio-visual media that display motion, which is increasingly popular in society. The messages presented can be factual (important events/events, news) or fictitious and informative, educational, or instructional. Munir (2017: 159) says the video is an exciting way to convey information to users. Video is the most meaningful medium compared to other media such as graphics, audio, etc. Videos are a reference source that stores meaningful information. Video is the most dynamic and effective source of media in conveying information. The use of video

in P2M activities through online counseling. Health counseling is an educational activity carried out by disseminating message information, instilling confidence, so that people are aware, know and understand, but are also willing and biased to make recommendations related to health and an increase in knowledge, skills, and attitudes (Notoatmodjo). 2012).

This video is the result of research and development in 2018. The purpose of using this video is to increase the knowledge of young women about community-based nutrition and reproductive health for young women who take advantage of advances in information and communication with the Internet network. Reproductive Health is a state of complete physical, mental, and social well-being in all matters relating to the function, role & reproductive system. Adolescent reproductive health is a health condition that concerns the reproductive systems, procedures, and processes of adolescents. The definition of healthy here does not merely mean freedom from disease or freedom from disabilities but also mentally and socially, and culturally healthy (Adjie, 2013).

METHOD

This counseling aims to increase the knowledge of nutrition and health of young women at SMK Negeri 33 Jakarta. The target audience in this activity is students of SMK Negeri 33 Jakarta with participants ages ranging from 15-16 years of age, who need knowledge of nutrition and reproductive health to grow and develop into responsible adolescents.

The training provided to the community goes through several stages: 1) Providing materials, namely by utilizing video research results on nutrition and reproductive health of young women. 2) Training in making various preparations to maintain reproductive health. The effectiveness of counseling on students' nutrition knowledge and reproductive health has been carried out 1) Lectures and discussions by Culinary Education Study Program lecturers who will explain the understanding of young women's nutrition and reproduction; 2) Watching video shows due to research on nutrition knowledge and reproductive health; and 3) Evaluation of community/youth satisfaction in P2M activities. This evaluation has carried out through a google form by distributing a satisfaction questionnaire to P2M activities consisting of 10 statements/questions using a 1-5 Likert scale. The following is a questionnaire on community satisfaction with P2M activities:

Tabel 1.

Questionnaire for Customer Satisfaction in Implementation of Community Service Activities (P2M)

No.	URAIAN	Skala Penilaian				
		5	4	3	2	1
1.	Material/training delivered in community service					
2.	Community response to the material/training delivered					
3.	The relationship of the material/training presented with the needs of the community					
4.	The relationship between material/training and applications that can be absorbed by the community					
5.	Linkage of material/training with needs					
6.	Speakers and presentation techniques					
7.	Time used in providing material/training					
8.	Clarity of material/training					
9.	Public interest in activities					
10.	Activity satisfaction					

Scoring scale:

Score 5: Very Good

Score 4: Good Value

Score 3: Enough

Score 2: Less

Score 1: Very less

This activity was carried out at SMK Negeri 3 Jakarta on Monday, August 10, 2020, from 07:30 to 10:00 WIB through the Google Meet platform. The facilities and tools used in this outreach activity include videos about the knowledge of nutrition and reproduction of young women, pocketbooks of cooking recipes to improve adolescent nutritional health, PowerPoint media. The meeting platform uses Google Meet, youtube, internet networks, satisfaction questionnaires, google forms, stationery, laptops, and speakers. The agencies involved in this activity are) Culinary Education Study Program, the Faculty of Engineering, the State University of Jakarta, which plays a role in providing resource persons and instructors and accommodating training activities; 2) 33 State Vocational High School (SMK) Jakarta.

4. RESULTS AND DISCUSSION

This community service activity has generally been followed by young women at SMK Negeri 33 Jakarta. The total number of participants who took part was 57 participants. Participants' ages ranged from 15-16 years. Activities are carried out online through the google meet platform; they had uploaded on YouTube's social media.

Tabel 2.
Activity Participant Identity

No.	Identitas Peserta	Jumlah
1	Principal of SMK Negeri 33 Jakarta (Yayah Nur Aliyah, S.Pd)	1 person
2	Deputy Principal for Curriculum Affairs	1 person
3	Teacher of SMK Negeri 33 Jakarta	3 person
4	Student of SMK Negeri 33 Jakarta	57 person
5	P2M Team	4 person
Total Peserta		66 person

This activity held on Monday, 10 August 2020 from 07:30 to 10:00 WIB. The implementation of the activities are as follows:

Tabel 3.
Details of P2M Implementation Activities at SMK Negeri 33 Jakarta

No.	Activity	Description
1	The moderator opens the P2M event/activity	Yeni Yulianti, S.Pd, M.Pd
2	Greeting and Opening Events <ul style="list-style-type: none"> • Greeting and opening of activities by the Principal of SMK Negeri 33 Jakarta • Remarks by the Nutrition Science Subject Teacher • Message from the P2M Team Leader 	Ibu. Yayah Nur Aliyah, S.Pd Dra. Kiani Wanmusara Dr. Rina Febriana, M.Pd
3	Counseling on Improving Health and Nutrition Degrees of Young Women through Education on Reproductive Health and Nutrition	Dr. Rina Febriana, M.Pd
4	Discussion and Question and Answer	Dr. Rina Febriana, M.Pd Yeni Yulianti, S.Pd, M.Pd
5	The P2M team provides participant feedback regarding the training material provided as a whole	Yeni Yulianti, S.Pd, M.Pd Lita Rosita Hawa Rihhadhatul Aisy
6	Participants fill out a questionnaire on the satisfaction of implementing P2M activities	Activity participants

The counseling material provided attracted the participants' interest so that the participants were very enthusiastic about participating in the activity. The outputs or outputs resulting from this activity include:

1. Students at SMK Negeri 33 Jakarta gain insight into Improving the Health and Nutrition Degrees of Young Women through Reproductive Health and Nutrition Education.
2. Students at SMK Negeri 33 Jakarta get knowledge about various recipes for reproductive health and nutrition for young women.

Following are the results of the evaluation of the satisfaction questionnaire of the implementation of community education activities with the title "Increasing Health and Nutrition Degrees of Young Women through Education on Reproductive Health and Nutrition (Application of Research-Based Learning Video Media)" by 32 training participants obtained the following results:

Tabel 4.
Distribution of Satisfaction Questionnaires Items 1 to 5

Scale	Item 1		Item 2		Item 3		Item 4		Item 5	
	(N)	(%)								
Very satisfied	19	59,4	12	37,50	19	59,375	11	34,375	22	68,750
Satisfied	13	40,6	14	43,75	12	37,500	20	62,500	9	28,125
Enough			6	18,75	1	3,125	1	3,125	1	3,125
Not satisfied										
Very Dissatisfied										
Total	32	100%								

Based on the evaluation results of the satisfaction questionnaire item 1 on the training material delivered from a total of 32 participants, 33 SMKN Jakarta students. Data obtained from 19 participants (59.4%) stated that they were delighted, and as many as 13 participants (40.6%) indicated that they were satisfied. This data means that the material presented at community service is beneficial for the participants. The material presented was interesting and in line with the targets, namely reproductive health and adolescents' nutrition. The material presented through the YouTube link is in the form of videos and recipes as an application that can has used as a daily menu and the delivery of material directly by the resource person using google meet.

The results of the evaluation of the satisfaction questionnaire item 2 on the participants' responses to the training material obtained data as many as 12 participants (37.50%) stated that they were delighted, as many as 14 participants (43.75%) expressed satisfaction and as many as 6 participants (18.75%) indicated that they were sufficient. The highest category in the statement of pride was 43.75%. Community service activities on improving young women's health and nutrition status through reproductive health and nutrition education (Application of Research-Based Learning Video Media) showed a positive response seen by enthusiastic participants. They attended the Google Meet, with questions and answers. The results of the evaluation given were also positive.

The results of the evaluation of the satisfaction questionnaire item 3 on the material/training relationship presented with the participants' needs obtained data as many as 19 participants (59.375%) stated that they were delighted, as many as 12 participants (37.50%) expressed satisfaction and only 1 participant (3.125%) noted that it was sufficient. The highest category in the statement was very satisfied as many as 19 participants (43.75%). Thus the material presented on reproductive health and nutrition is targeted at vocational school students aged 15-16 years. This material can apply in the daily life of those who are starting to get to know reproductive health. And participants need counseling on the degree of reproductive health and nutrition as a provision for a lifestyle when they reach adulthood or get married; one of them is through the knowledge obtained from P2M.

The results of the evaluation of the satisfaction questionnaire item 4 on the relationship between material/training and applications that can be absorbed in the community obtained data as many as 11 participants (34.375%) stated that they were delighted, as many as 20 participants (62.5%) expressed satisfaction and only 1 participant (3.125%)) stated enough. The highest category for satisfaction statements was 20 participants (62.5%). The material presented was related to the application of daily life. The materials and recipes given can apply by participants to improve the degree of reproductive health and nutrition in the form of deepening insights about reproductive health and processing healthy menus whose food ingredients contain nutritional value and are suitable for reproductive health.

The results of the evaluation of the satisfaction questionnaire item 5 on the relationship between material/training and needs obtained data as many as 22 participants (68.750%) stated that they were delighted, as many as 9 participants (28.125%) expressed satisfaction, and only 1 participant (3.125%) noted that it was sufficient. The highest category in the statement is very satisfied as many as 22 participants (68,750%). Thus the material presented has a relationship with needs, including knowledge about reproductive health and health, attitudes in choosing good food to increase the degree of reproductive health, and actions in implementing a healthy lifestyle. Because at the age of young women it is necessary to be educated about it.

Tabel 5.

Distribution of Satisfaction Questionnaires Items 5 to 10

Scale	Item 6		Item 7		Item 8		Item 9		Item 10	
	(N)	(%)								
Very satisfied	16	50,000	14	43,750	16	50,000	15	46,875	19	59,375
Satisfied	15	46,875	16	50,000	15	46,875	15	46,875	12	37,500
Enough			2	6,250	1	3,125	2	6,250	1	3,125
Not satisfied	1	3,125								
Very Dissatisfied										
Total	32	100%								

Based on the evaluation results of the satisfaction questionnaire item 6 on the Speakers and presentation techniques from a total of 32 participants, 33 SMKN Jakarta students. Data has obtained as many as 16 participants (50%) stated that they were delighted, as many as 15 participants (46.875%) said they were satisfied, and only 1 participant (3.125%) said they were not satisfied. The highest category for very satisfied statements was 16 participants (50%). This data shows that the presenters provide adequate counseling and attract participants through online presentation techniques using various methods, namely virtual lectures, discussion through question and answer, contextual through videos, and display of dishes about improving reproductive health and nutrition.

The results of the evaluation of the satisfaction questionnaire item 7 at the time used in providing the material/training obtained data as many as 14 participants (43.75%) stated that they were delighted, as many as 16 participants (50%) expressed satisfaction and only 2 participants (6.25%) said quite satisfied. The highest category for statements of satisfaction were 16 participants (50%). This data shows that the time given in counseling to increase reproductive health and nutrition is effective and efficient. The time for counseling is carried out in the time range 06.30 - 08.30 WIB consisting of 06.30 - 07.00 given for a time to fill attendance, 07.00 - 07.20 is an opening activity opened by the Principal of SMKN 33 Jakarta, a speech from the Teacher of Nutrition Science, introductions and introduction. Furthermore, from 07.20 - 08.00, the material is presented through video and recipes and confirmation from the speakers. At 08.00 - 08.30, a question and answer session and the participant's satisfaction questionnaire had filled out with P2M activities.

Satisfaction questionnaire item 8 on the clarity of the material/training obtained data as many as 16 participants (50%) stated that they were delighted, as many as 15 participants 46.875% said they were satisfied. As many as 1 participant (3.125%) said they were quite happy. The highest category for very satisfied statements was 16 participants (50%). This data shows that material on improving the degree of reproductive health and nutrition through video, dish recipes, and oral presentation has presented its purpose, content, and application.

The results of the evaluation of the questionnaire item 9 on the people's interest in the activity obtained data as many as 15 participants (46.875%) stated that they were delighted, as many as 15 participants (46.875%) expressed satisfaction and as many as 2 participants (6.25%) indicated that they were quite satisfied. The highest category was very satisfied and satisfied, with as many as 15 participants (46.875%). This data shows that the participants' increased interest in P2M activities regarding improving reproductive health and nutrition status has been seeing from the participants' attendance from beginning to end.

Thirty-two participants filled in the evaluation of the satisfaction questionnaire after participating in extension activities. Data obtained from 19 participants (59.375%) stated that they were delighted; 12 participants (37.5%) indicated they had met. Only 1 participant (3.125%) indicated that they were quite happy. The highest category was very satisfied and satisfied, with as many as 19 participants (59.375%). Thus the P2M activity on improving the degree of reproductive health and nutrition is beneficial for participants.

Adolescence is one of the most rapid developments in the journey of human life. The process of biological maturation generally precedes psychosocial maturity in adolescents. Therefore, education efforts are needed for young men and women related to reproductive health to prevent sexual behavior in adolescence (Cholidah, 2019).

This statement is in line with the objectives of conducting health education, as stated by Notoatmodjo (2010). The purpose of the extension is to increase public knowledge in health and achieve changes in behavior, individuals, families, and communities. The main target of health education is to foster healthy behavior and a healthy environment and play an active role in increasing the optimal degree of health by the concept of health to reduce morbidity and mortality. This statement is in line with related research, namely research by Eti Dwi Setyaningrum (2014) with the title "the effect of counseling on premarital sex on adolescent knowledge and attitudes in preventing premarital sex SMK N 1 Sewon Bantul Yogyakarta in 2014". The results of this study indicate that there is an increase in knowledge about premarital sex.

The opinion above is by Wustha Bachruddin et al. (2017) research on "the effect of counseling on the dangers of free sex on adolescent knowledge about free sex in SMA N BINSUS 9 Manado". The

study results stated that there was an effect of counseling on the dangers of free sex on adolescent knowledge about free sex (Puspita, 2018). Adequate health education will provide an increased understanding of students on adolescent reproductive health. There is an increase in the knowledge of students of SMP Negeri 3 Selemadeg Timur after counseling. The extension method has been proven effective in improving reproductive health education for students at SMP Negeri 3 Selemadeg Timur (Ariyanti, 2019). Therefore, it is better if counseling is carried out continuously and packaged more attractively, both by health workers, educational institutions, and by the general public, both formally and informally (Johariyah, 2018).

CONCLUSIONS AND SUGGESTIONS

Based on the results of the implementation of the Community Service program (P2M), here are some conclusions:

- a. Students (young women) at SMK Negeri 33 Jakarta have gained knowledge about reproductive health and nutrition provided through online P2M activities using the google meet platform.
- b. P2M participants were satisfied with this activity, seen from the participant satisfaction evaluation questionnaire's scores, 59.4 stated that they were delighted, and 37.5 said they were happy.
- c. The material provided can be viewed again through social media YouTube with the link: <https://youtu.be/AOFh4fbw1aY>. Videos can access via the YouTube link: <https://youtu.be/EJvoyFknqoo>. Meanwhile, a pocketbook of various recipes for adolescent female reproductive health can access at <https://youtu.be/LDeqojtqNfl>

Things that have been suggested, such as:

- a. Implementation of sustainable activities.
- b. Training materials are made based on the needs of the activity participants.

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