

Analysis of the Implementation of Reproductive Health Prevention in the Islamic Boarding School (Study at Al Ma'ruf Islamic Boarding School – Kediri)

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ABSTRACT

There are many special issues about reproductive health. One of the important issues is a special need of reproductive care in woman. This research aims to knowing implementation of preventing health reproductive problem in Islamic Boarding School. The design of this research is the qualitative study on .6 key informant and 2 triangulation informants. Research analysis with content analysis. The result showed that there were three implementations of the prevention of health reproductive problem in adolescent like providing a healthy food, giving health education and providing the environment clean and healthy.

Keywords: implementation, prevention, reproductive health

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INTRODUCTION

Adolescent health is one of the determinant factors that effect health development. Teenagers will become the nation's next generation because at that time it's beginning of the reproductive cycle. The fulfillment of optimal balanced nutrition will be influenced by health and the reproductive system (Abioye & Fawzi, 2020). According to the Indonesian Woman's Coalition (2019) in their study Girls Not Brides, they found data that 1 in 8 Indonesian young women had married before the age of 18.

According to the Indonesian Women's Coalition (2019) in their study Girls Not Brides, they found data that 1 in 8 Indonesian young women had married before the age of 18. This finding is reinforced by data from the BPS Indonesia Demographic and Health Survey (IDHS) in 2017 which shows the percentage of women aged 20-24 years who have been married under the age of 18 as much as 26,71%.

Reproductive health currently is one of the important challenges in all countries of the world, especially in developing countries. There are many special issues about reproductive health. One of the important issues is a special need of reproductive care in woman (Mueck, 2021). Other adolescent reproductive health problems that often occur are nutritional problems, sex and sexual health problems, teenage pregnancy problems, unsafe abortions and STIs and HIV/AIDS in adolescents. Nutritional problems that often occur are obesity, anemia and chronic lack of energy in adolescents. In addition, reproductive health problems that are often experienced by adolescents are pain during menstruation.

The incidence of dysmenorrhea usually occurs in adolescents under the age of 20 years, because

the peak incidence of dysmenorrhea occurs in late adolescence and early 20s. Meanwhile, the incidence of dysmenorrhea in adolescents is said to be quite high, namely 92%. However, this incidence decreases as a woman ages and births increase. In Indonesia, the incidence of dysmenorrhea is quite large, showing that people with dysmenorrhea reach 60-70% of women in Indonesia. The incidence of primary type dysmenorrhea in Indonesia is 54.89%, while the remaining 45.11% are secondary types (Daris et al., 2013).

To overcome this problem, the government makes a policy, one of which is improving adolescent nutrition through the screening program for school children in the ARU program (school age children, adolescents and old people). The basis for the implementation of the health screening refers to the MSS in the health sector with the target of primary and secondary education. The health screening program is carried out through School Health Business (UKS) activities in each school assisted by the Puskesmas.

Based on the Health Profile data of East Java Province in 2020, it was found that health screening still reached 81%. This figure is up from 79% in 2019. This figure is still far from the achievement target of 100%. Meanwhile, the number of schools that have been netted has reached 90% in 2020 which has decreased from 98% in 2019. This is due to the pandemic period which is an obstacle in implementing the health screening of school children.

Prevention and control the health problem like anemia is a public health priority as it is associated with long term negative effects on cognitive and psychomotor function. In India, effort have been during last 50 years to reduce the prevalence of anemia. Existing program on prevention and control anemia, its current status of implementation and possible reasons for continued high prevalence of anemia in the country (Kapil et al., 2019).

Constraints that occur can be overcome by several strategies including strengthening the competence of health workers in program improvement, increasing program-related infrastructure suggestions, developing PKM health care services for adolescents, developing healthy school models, and improving cross-program coordination (Dinkes Jawa Timur, 2020). For this reason, it is necessary to empower UKS resources in schools, one of which is with peers in program implementation.

In addition, since 2003, the government has integrated youth health services into the Youth Care Health Program (PKPR) where the program was formed by developing networks and integration across programs and across sectors. So, this program has the potential to improve reproductive health at a young age.

Adolescents in developing countries usually receive less important information about reproductive health problems than adolescents in developed countries. Teenagers usually get this information from their peers. This is especially true if the teenager is in a rural area (Ozebe & Akin, 2003). The results of Susanto's research, et al. found that peer-based health education in rural areas can change the knowledge, attitudes and behavior of adolescents, while in urban areas it only changes knowledge (Susanto & Rahmawati, 2016).

For this reason, it is necessary to strengthen one of them through health education through mentoring and communication with adolescents (Al Ajeel et al., 2020). With intense assistance in providing health education, it is hoped that it can help overcome reproductive health problems (Aziato et al., 2015). This research aims to knowing implementation of preventing health reproductive problem in Islamic Boarding School.

METHODS

Design and Samples

Research was conducted in Al Ma'ruf Islamic Boarding School, East Java in July-August 2022. The research design used in this research is a qualitative study with the phenomenology approach. The subject of this research were six adolescent who had reproductive health problem such as anemia and KEK. The triangulation respondent were adolescent in Boarding School who had a duty in the health sector, boarding school administrator and the owner as a caregiver.

Data Collection

Data collection was carried out through in dept-interview with six key informant and also the triangulation informants.

Data Analysis

Data analysis using qualitative data which is processed based on qualitative data analysis

methods, namely text and language analysis methods using content analysis. The step analysis are data collection, data reduction, data presentation as well as drawing conclusions and verification.

RESULTS

General description of Health condition in Islamic Boarding School

Al Ma'ruf Boarding School has 195 students consist of the students from teenagers to adults who are currently studying outside the Islamic boarding school. In fostering a boarding school, the owner gives duty to the administrator to manage all the needs of the students like learning needs, worship needs to health needs. There are three adolescents who become administrators in health department with the basic education in midwifery, nursing and pharmacy.

Characteristics of Informants

The key informants in this study were six (6) adolescents in Islamic Boarding Schools who had reproductive health problems, five (5) adolescents were had anemia and one (1) person had Caloric Energy deficiency. For (4) of them are high school students with ages between 17-18 years and two (2) of them are students at Islamic campus who are had age at 21 years. For (4) of the key informants were from East Java and the other (2 informants) were from Central Java.

The triangulation informants in this study were boarding school administrators who were held on 7th semester of midwifery students. These informants had been in Islamic boarding schools for approximately 5 years. Meanwhile, another triangulation informant is the owner of the Islamic Boarding School who had age of a 56-year-old.

Reproductive Health Problem Prevention Behavior

Box 1

"We prevent it from food that enters to our body. We rarely get check-up, rarely get counseling, sometimes when I go to school I can see cellphones with friends... but we rarely see information about nutrition" (Inf IU4)

"If counseling is rarely held on, at least we pay attention to the menu, mam.. it must meet balanced nutrition" (Inf IT1)

The results showed that there was a similarity of information between the key informants and triangulation which stated that the form of prevention from providing food menus at the boarding school and students would be to sort out the food that entered their bodies themselves. Counseling is rarely obtained from the boarding school but is obtained at school or looking for information through social media with friends at school.

Health education in Islamic Boarding School

Box 2

"if counseling is less frequent. there is a counselling when there are research activity by the student. the student was given milk, he said to increase his hb." (Inf IU1)

"If counseling is rarely held on, there are counselling from the student who had a research to finish the final task" (Inf IT1)

The results showed that there was a similarity of information between the key informants and triangulation which stated that the health education were rarely hold on in Islamic boarding school except there was a student who had a research to finish the final task.

Environmental Control

Box 3

"Controlling the environment, the rooms must be clean so that it does not contract the disease. We also have to keep ourselves clean so we don't get sick easily." (Inf IU2)

" the rooms is kept clean, the santri must also maintain cleanliness. we also take care of the incoming food must be healthy food" (Inf IT2)

The results showed that there was a similarity of information between the key informants and triangulation which stated that the environmental control must be run by everyone in the boarding school, besides that the food served must be clean and healthy.

DISCUSSION

The research shows that there are some activities to prevent reproductive health problems in Islamic Boarding School like providing healthy food, had a health education and caring the healthy environment. Provide a healthy food is necessary to reduce a problem of reproductive health like anemia. Beside of gain the healthy food, its necessary to give the supplementation of iron tablet to adolescent. For a prevention of anemia, it must be supplementation nutrition and iron tablet (Chandra et al., 2022). In Al Ma'ruf Islamic Boarding School, the were no iron supplementation that had been cooperated with the health institution among the place.

Health education is important to the adolescent to gain the information especially to prevent the health reproductive problem on them. The health education is considered a strategy of access to the situation, being comprehended as an activity that develop autonomy, responsibility of people and community besides being a transform social practice. As a result, it was permitted to elucidate healthy practices, acquiring the memberships empowerment (Guedes et al., 2015). Health education using right media like information books or magazine which telling about reproductive health were more effective to obtain the reproductive information (Fatimah et al., 2021).

The research showed that counseling is rarely obtained from the boarding school but is obtained at school or looking for information through social media with friends at school. And there was a student who had research to finish the final task given a health education or heath treatment to gain the quality of nutrition in Islamic Boarding School. Adolescent needs much information from the others because they haven't experience yet. Advocation with collaboration in youth is effectively gain the knowledge, attitude and practice to prevent the reproductive health problems. Because they are a high risk group with the reproductive health problems (Taylor et al., 2020).

The important one is, the environmental control must be run by everyone in the boarding school, besides that the food served must be clean and healthy. There are several strategies including strengthening the competence of health workers in program improvement, increasing program-related infrastructure suggestions, developing PKM health care services for adolescents, developing healthy school models, and improving cross-program coordination (Dinkes Jawa Timur, 2020). For this reason, it is necessary to empower the Islamic Boarding School resources to envolve the program implementation.

CONCLUSION

The result showed that there were three implementations of the prevention of health reproductive problem in adolescent like providing a healthy food, giving health education and providing the environment clean and healthy.

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