

## **Interprofessional Education (IPE) Model Strategy On Enhancement of Youth Reproductive Health In High School Pekalongan City**

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### **Abstract**

Background: IPE (Interprofesional Education) is a method of discussing cases involving health workers both nurses and midwives to empower cadres of colleagues in the school order. The reason for this method is because it is adapted to the characteristics of adolescents who are more confident with their friends, so it is more effective to give understanding to adolescents regarding reproductive health, especially the dangers of sexually transmitted diseases. the phenomenon of sexually transmitted diseases in adolescents is actually a lot that happens but only a few cases are detected like like the tip of an iceberg because many teenagers are still afraid or ashamed to see a doctor / other health services. Objective: the aim this research is to find out the influence of the IPE model (Interprofessional Education) on the Improvement of Adolescent Reproductive Health to prevent Sexually Transmitted Diseases (STDs) in the High School 3 of Pekalongan City. Method: this study was an quasy experiment study with quantitative approach. The bivariat analysis used Paired T-test. Results: . The result of bivariat analysis showed there was a significant difference before being given an IPE and after being given an IPE to Pekalongan Senior High School 3 students (p value 0,001).

Keywords: interprofesional education, reproductive health, teenagers.

### **Introduction**

Teenagers is a developmental phase between childhood and adulthood, lasting between the ages of 12 and 21 years. Adolescence consists of early adolescence aged 12-15 years, middle adolescence aged 15-18 years and late adolescence aged 18-21 years (Desmita, 2008).

In the process of finding adolescents' identity they are able to think critically, and at that time teenagers have been able to think about things that are conceptual in nature, so that they are able to understand a concept of things that are wrong and right and are able to predict the actions that are good or bad, but most teenagers even choose bad behaviors such as the use of narcotics and other addictive substances, drinking alcoholic beverages and what teens do most often is free sex (Narendra, 2012:176).

At the time of adolescence there are things that develop in adolescents, which is achieved and begins to act the process of maturity which is called sexual drive. Sexual encouragement is natural and when it gets this encouragement, a young man will like girls and vice versa a girl

will like youth. Manun signs in this phase is not clear because the basic phase of sexual maturity is only desire. This phase will be stronger for 15 years for sexual behavior (Ridha, 2006: 146).

Risky sexual behavior that is better known by the public is free sex, which is mostly done by teenagers. Sexual behavior carried out by adolescents is very worrying they have had sex more than once and even having sexual intercourse not using condoms and often changing partners in sexual intercourse. And usually they have sexual relations with commercial sex workers (CSWs) or with their lovers, and do not think about the impact that the relationship will have such as the transmission of sexually transmitted diseases (Mukti, et al, 2005:29).

IPE (Interprofessional Education) is a method of discussing cases involving health workers both nurses and midwives to empower cadres of colleagues in the school order. The reason for this method is because it is adapted to the characteristics of adolescents who are more confident with their friends, so it is more effective to give understanding to adolescents

regarding reproductive health, especially the dangers of sexually transmitted diseases

Today there are more than 110 million Americans who have sexually transmitted diseases. Every year, there are nearly 20 million new cases of sexually transmitted diseases that infect citizens in uncle countries. According to the US Centers for Disease Control and Prevention (CDC) report, as in the Huffington post, almost hyuniartialf of teens infected with sexually transmitted diseases (STDs) are between 15 and 24 years old. The CDC report shows there are currently 110,197,000 cases of sexually transmitted diseases in the US, both those that have been infected for a long time or recently (Hazibut, 2013).

Meanwhile, according to the data from the research "Yayasan Kusuma Buana", it shows that as many as 10.3% of 3,594 teenagers in 12 major cities in Indonesia have had free sex so that adolescents become a very vulnerable group infected with sexually transmitted diseases (STDs)

(Hidayati, 2013). According to Tjandra Yoga as director general of Disease Control and Environmental Health (PP & PL) In 2011 in Indonesia alone there were around 212 cases of sexually transmitted infections (Kemenkes RI, 2011).

According to Susanto based on the results of data from citizen chess clinics and Indonesian family planning unions in Central Java (PKBI Central Java), shows an increase in adolescents who have to undergo examination and treatment of sexually transmitted diseases (STDs) and sexually transmitted infections (STIs). Based on examination data from citizen chess clinics, during 2012 there were around 112 teenagers who received PMS and STI examination and treatment services, while in January-June 2013 there were 118 teenagers who received the same treatment. And the phenomenon of sexually transmitted diseases in adolescents is actually a lot that happens but only a few cases are detected like like the tip of an iceberg because

many teenagers are still afraid or ashamed to see a doctor / other health services (Susanto, 2013).

For the number of cases of sexually transmitted infections (STIs) in Central Java Province in 2011 there were 10,752 cases. Even so there are still many cases that are actually in the population that have not been detected (Profil Kesehatan Provinsi Jawa Tengah Tahun, 2012).

## **Methods**

This research is an experimental study with a design quasy experiment. This study was conducted to determine the effect of the IPE (Interprofessional Education) model strategy on improving adolescent reproductive health carried out within 6 months by using SOPs to carry out discussions that must be measured before and after. The sample size in this study was 15 students and students who were included in the inclusion and exclusion criteria. Sampling in the study using purposive sampling in accordance with the inclusion criteria, namely female students who are willing to become respondents and follow extracurricular PMR (teenage red cross). The number of samples in this study were 15 respondents.

The data in the study were taken from information obtained from the accompanying teacher students who took extracurricular PMR (teenage red cross). The data that we have obtained is then used as the respondent of the study. The sample was chosen according to the inclusion criteria, namely students who participated in the PMR (teenage red cross) and exclusion criteria, namely students who were not willing to become respondents. used (checklist).

Data analysis was conducted in 3 stages, namely: describing the distribution of the independent variables IPE (Interprofessional Education) model with the dependent variable (improving adolescent reproductive health). Seeing the significance and magnitude of the relationship of the independent variables to the dependent variable with the Paired T test to measure the effect of the model model of IPE (Interprofessional Education) with the dependent

variable (improving adolescent reproductive health). using the SPSS program.

## Results

The sample characteristics in the intervention group were analyzed using the T-test to see whether there was homogeneity between the intervention groups ( $p > 0.05$ ).

Table 1.

Average Improvement of Adolescent Reproductive Health Before and After IPE Activities (Interprofessional Education) In High School of Pekalongan City 2019 (n = 15).

Intervention	Mean $\pm$ SD		n
	Pre	Post	
IPE ( <i>Interprofesional Education</i> )	76,0 $\pm$ 10,55	86,6 $\pm$ 8,16	15

Table 2

Different Tests on Improving Adolescent Reproductive Health In HighSchool of 3 Pekalongan City 2019 (n = 15)

Intervention	Mean $\pm$ SD	p-value
IPE ( <i>Interprofesional Education</i> )	-10,66 $\pm$ 7,03	0,001

From table 1. above it is known 2 can be seen that the mean value before the IPE discussion was 76.0 and after the IPE was 66.6, while the mean value before the IPE was 10.55 and after as many as 8.16. This can be interpreted that there is an increase in knowledge and attitudes towards students before and after the IPE (Interprofessional Education).

From table 2 it is known that the value of Asymp. Sig. (2-tailed) testing of Paired T test on different tests of the IPE intervention group) was 0.001 ( $< 0.05$ ) so that there could be a significant difference before being given an IPE and after being given an IPE to Pekalongan High School 3 Students.

## Discussion

Based on the results of the study it was found that there was an increase in the level of knowledge and attitudes of adolescents about reproductive health towards free sex behavior, with results ( $p = 0.001$  or  $p$  value  $< 0.05$ ). So  $H_0$  is rejected, meaning there is an increase in the level of knowledge and attitudes of teenagers about reproductive health in High School of Pekalongan City.

The results of this study are the same as the research conducted by Herawati, Y. E (2007), which states that there is a significant relationship between knowledge about sexually transmitted diseases and attitudes toward free sex in late adolescents with a  $p$  value of 0,000 which shows a value of  $p < 0,05$  so that it is stated as significant, this is indicated by the existence of a good level of knowledge about the dangers of sexually transmitted diseases so that adolescents become aware of the dangers posed by free sex and with this awareness of danger will make adolescents more likely to refuse or stay away from sexual behavior free among teenagers. In the opinion of Walgito, (2003) which states that attitudes are very closely related to the level of knowledge possessed by someone. The attitude possessed by a person to a subject or object shows that the person's knowledge of the subject and object is concerned.

Adolescents who have a good level of knowledge about sexually transmitted diseases will refuse, avoid and will not engage in free sex, but if the teenager has very little knowledge about the dangers of sexually transmitted diseases, they will be more supportive or will have free sex so it is likely that occurs in these adolescents is going to repeat the behavior, this is in accordance with the opinion expressed by Notoadmodjo, (2005) which says that knowledge is the result of human sensing, or the result of knowing someone to the object through sensation that he has such as eyes, nose, ears, and so. When doing sensing, knowledge is obtained from the object, and most of a person's

knowledge is obtained through hearing (ears), and vision.

The results of this study illustrate that students of High School 3 Pekalongan City have good knowledge about sexually transmitted diseases by having a positive attitude (rejecting, and avoiding) free sex. So that those with good knowledge of infectious diseases are more likely to be positive about free sex and will try to stay away from them because they already know the impact or risks that will be caused by free sex, one of which will be exposed to sexually transmitted diseases. Thus, students' knowledge of sexual behavior will influence their attitudes toward free sex.

The results of this study are in accordance with the opinions expressed by Azwar, (2003), which is one of the factors that greatly influences a person's attitude is the level of education and very good knowledge about what he learned, one of which is knowledge of sexually transmitted diseases. And the learning achievement obtained by an individual can be used to determine the level of his ability so that education allows a person to gain experience, or knowledge, both theoretically and practically, so that someone who has a level of knowledge about sexually transmitted diseases that is better tends to have a positive attitude (reject or avoid) free sex.

### **Conclusion**

Based on the results of the research on "The IPE Model Strategy Against Adolescent Reproductive Health in High School of Pekalongan City, it can be concluded as follows:

1. The level of knowledge of High School 3 Pekalongan City students on adolescent reproductive health can be categorized as students who have good knowledge.
2. The attitude of Pekalongan City High School 3 students towards adolescent reproductive health has a positive attitude category towards free sex, which is more likely to reject or avoid free sex.

3. There is an increase in the level of knowledge about sexually transmitted diseases with adolescent attitudes toward adolescent reproductive health in Pekalongan City 3 High School. This is indicated by the results of statistical tests, obtained a value ( $p = 0.001$  or  $p$  value  $<0.05$ )

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