

## Health Education For Adolescents On The Prevention Of Sexually Transmitted Diseases (STDs)

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### **Abstract.**

*Sexually transmitted diseases or STDs for short are diseases caused by unhealthy sexual relations. STDs are usually experienced by teenagers, adults, and the elderly due to deviant behavior such as free sex, anal sex, oral sex, or because of direct contact with sufferers through the genital tract, skin touch, vaginal fluids, sperm fluid and sexual intercourse that is not use condoms and other sexual safety devices. Factors that influence adolescent behavior are personal experience, the influence of others, cultural influences, mass media, educational institutions, religion and emotional factors. Therefore, it is necessary to conduct education and socialization on the prevention of sexually transmitted diseases using lecture methods, question and answer and discussion as well as aids or poster media used. From the results of the education and socialization activities, it is hoped that it can prevent sexually transmitted diseases and increase the generation of healthy living in adolescents at GMIH Eben Haezer Church, Ternate.*

**Keywords:** Sexually Transmitted Diseases, Poster, Education, Youth

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### **I. INTRODUCTION**

Adolescents are at a vulnerable age, because in this period they are in a transitional period from childhood to adulthood. A transitional period where there are major and essential changes regarding the maturity of spiritual and physical functions both from the biological, psychological and socio-demographic aspects. Various changes cause teenagers to become interested in the opposite sex and have curiosity. Adolescents' opportunities to become interested in sexual relations develop in a complex and dynamic social environment. Lack of or wrong understanding of sexual problems causes adolescents to be at risk of having unsafe sex such as changing partners, using drugs and not using condoms [1]. Some teenagers tend to do risky things including sexual behavior [2]. The risks often faced by adolescents related to sexuality are unwanted pregnancy, abortion and infection with sexually transmitted diseases [3]. Adolescents aged 10-24 years (WHO and UNFPA) need serious attention, because they are still of school age and working age. In addition they will enter reproduction. There are relatively many teenagers in Indonesia, which is around 27.6% of the total population of 237.6 million people, this is a potential for development considering that adolescents are the future successors of the nation [4]. According to the World Health Organization (WHO, 2016), there are more than 1 million people suffering from STDs every day from 20 million new cases of infection per year, half of adolescents aged 15-25 years are infected with STDs every year, 1 in 20 adolescents. The prevalence of PMS in developing countries is much higher than in developed countries. Adolescents aged 15-24 years from all sexually active population as much as 25% but contribute to all STD cases almost 50%.

Based on data from the Indonesian Child Protection Commission (KPAI, 2013) it is known that teenagers aged 14 to 18 years, especially in big cities in Indonesia, have had premarital sex and prove that 62.7% of teenagers lost their virgins while still in junior high school, even 21.2%. Some of them are extreme, namely having had an abortion [5]. Based on the Integrated Survey Report and Behavioral Biology (IBBS) of the Ministry of Health of the Republic of Indonesia, the prevalence of sexually transmitted diseases (STD) in 2011 was 179% for gonorrhea and chlamydia and 44% for syphilis [6]. North Maluku is a province in 2019 which ranks 4th with the presentation of premarital sexual relations among teenagers 4%, after West Papua 10%, Papua 5% and North Sulawesi 5% [7]. In the city of Ternate, North Maluku, 8.06% of boys have premarital sex and 4.17% of girls are under 18 years old [8]. Teenagers today need to get the main spotlight, because at this time it is very worrying with the development of global modernization and the depletion of

one's morals and faith, especially teenagers, this can be seen from the case above, namely the existence of premarital sex that makes teenagers contract sexually transmitted diseases (STDs) due to lack of understanding of youth. Therefore, it is necessary to make efforts to prevent sexually transmitted diseases in adolescents by educating, outreaching and distributing posters.

## II. METHODS

Community service activities are carried out by adjusting the environmental conditions at the GMIH Eben Haezer Church in Ternate. The method used is lecture, question and answer and discussion accompanied by tools or poster media. As the partner target group of this activity, 6 people attended the GMIH Eben Haezer Church of Ternate at the end of the service. Partners or targets are involved in educational activities and socialization of the prevention of sexually transmitted diseases (STDs).

## III. RESULT AND DISCUSSION

The student on behalf of Fislian Loberce Lawenaung and accompanied by a lecturer Mr. Hairudin La Patilaiya, SKM. M. Kes as a lecturer in partnership and community empowerment courses from the Public Health Study Program, Faculty of Health Sciences, Muhammadiyah University, North Maluku, conducted education and socialization as well as distributing posters about preventing sexually transmitted diseases in adolescents at GMIH Eben Haezer Church, Ternate. The series of educational and outreach activities for the prevention of sexually transmitted diseases are as follows:



**Fig 1.**Delivery of (STDs) Materials

Sexually transmitted disease (STD) is one of the reproductive tract infections (ISR) that is transmitted through sexual intercourse. Reproductive tract infections are infections caused by the entry and breeding of germs into the reproductive tract in the form of fungi, viruses and parasites, this can happen to anyone from young to old. Sexually transmitted diseases are one of the health problems with an increasing incidence. Most of the sufferers are in South Asia and Southeast Asia, which is around 151 million people. Kelvin, 2015, released by the World Health Organization (WHO) estimates that 250 million people are affected by sexually transmitted diseases. Several studies have stated that Indonesian adolescents are at risk for STD infection, one of which is according to (Utomo, 2006), the results of a behavioral survey conducted by the University of Indonesia found that 2.8% of female high school students and 7% of male high school students showed symptoms PMS symptoms. Several sexually transmitted diseases are found in both men and women, such as gonorrhea, syphilis, herpes, HIV/AIDS. Most of the new cases involve adolescents with an age range of 15-24 years [9].

Based on the research results of Sefti Rompas et al, (2015) at Fajar Bolaang Mangondow East Vocational School, the average value of knowledge before being given health education was 5.80 and after being given health education, the average value of knowledge increased to 9.14, thus it can be concluded that seen an increase in the average score of adolescent knowledge after the provision of health education [10].



**Fig 2.**Poster Sharing

According to the author's assumption, one of the ways to increase adolescent knowledge is supported by the use of poster media. The content of the poster is adjusted to the educational and socialization materials delivered with pictures and colors and presents the material points. According to Amisani (2009), explaining that media such as posters are very effective in increasing the effectiveness of education and socialization with lecture, discussion and question-and-answer methods, posters in addition to summarizing the entire material, also present interesting images that make it easier for someone to understand the content of the material [10].



**Fig 3.**Group photo

According to the Indonesian Ministry of Health (2013), efforts to prevent sexually transmitted diseases in reducing sufferers are carried out by education and promotion, namely counseling through campaigns, mass media and poster distribution. Preventing and treating sexually transmitted diseases can be done with various alternatives such as not visiting prostitution sites, because prostitution places generally contain people who have sexually deviant behavior and are places where various sexually transmitted diseases spread among teenagers today. Uncontrolled promiscuity in the era of globalization, dating is considered by teenagers as a trend and modern culture. Dating can lead to rape, sexual disease and death due to fights with partners. Another prevention is to find a good and conducive social environment which is a place of recommendation for adolescent growth and development. This environment will teach, assist, and shape the character of youth into individuals of integrity, religious, broad-minded, intelligent and friendly. Adults with broad insight, a teenager will receive reproductive health education through counseling guidance so that adolescents will be fortified with comprehensive sexual knowledge (able to know about a healthy sexual life, not to date, to know the various risks of sexually transmitted diseases and how to prevent them).

#### **IV. CONCLUSION**

By conducting education and outreach activities for youth at GMIH Eben Haezer Church, Ternate, it is hoped that they can prevent sexually transmitted diseases and improve healthy lives.

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