

# NILA WIDYA

# KESWARA\_PLACENTUM 2021

*by Rifzul Maulina*

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RELATIONSHIP OF ADOLESCENT REPRODUCTIVE HEALTH  
KNOWLEDGE WITH SELF ADJUSTMENTS IN PUBERTY AMONG  
BOYS  
Hyph. (ETS)

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Proper Noun (ETS)

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ABSTRACT

Puberty is a process of biological changes that include morphology and physiology that occur very rapidly from childhood to adulthood (Al-Mighwar, 2006). The purpose of this study was to determine the relationship between adolescent reproductive health knowledge and self adjustment in puberty among boys at the Marsudisiwi SDK, Malang. An analytical research method was conduct in this research, with a cross sectional approach. Total Sampling technique was use to get 70 samples. Questionnaire instrument with an ordinal scale was used as instrument to drawn data from respondent. Spearman Rank correlation test show p value value is 0.236. Because the value is  $0.236 > 0.05$ , it can be concluded that H1 is rejected, There is no relationship between knowledge about adolescent reproductive health and adjustment to puberty. The results of this study can be used as a reference for researching with the same variable targeting respondents at a more mature age level (adolescents) related to reproductive health and puberty in boys.

Keywords: Adolescent Reproductive Health, Knowledge, Adjustment, Puberty

## INTRODUCTION

Teenagers are the next generation who will grow and become human beings who have strong personalities and have many abilities and useful skills, therefore teenagers really need to get a good and appropriate education so that their potential will develop properly (Marmi, 2015).

Based on the stages, adolescents experience stages of development which are likely to be related to the environment and surroundings so that the characteristics are divided from early adolescence to late adolescence where at the early adolescence stage they experience several phases, one of which is puberty and in this phase will also experience many changes (Santoso, 2001).

Puberty is a process of biological changes that include morphology and physiology that occur very rapidly from childhood to adulthood (Al-Mighwar, 2006). Changes that occur during puberty raise doubts feelings of inadequacy and insecurity resulting in poor behavior, where adolescents should be able to adapt to the changes that occur so that satisfaction with themselves and the environment in reproductive health can be achieved (Hurlock, 1980).

Reproductive health is very important to be informed, especially about the problem by health service providers and decision makers, and it is also important for education and program organizers for adolescents to help reduce adolescent reproductive health problems.

Puberty Knowledge related to physical changes during female puberty that is most widely known by women is menstruation (89%), while what is known by men is breast growth (60%). the percentage of physical changes during puberty that most women and men know about is a change in voice, which are 77% and 53%, respectively. Based on the results of a preliminary study conducted by researchers on November 13, 2019, the results obtained from 132 children from

grades 4 to 6 of elementary school as many as 70 boys and 62 girls, most of the 70 children still didn't understand the phase of puberty. .

It is necessary to prepare children with plenty knowledge about the physical changes they will experienced, so that the experience of puberty changes does not become a traumatic experience (Ali and Asrori, 2010). Some Efforts to prepare children to face puberty are influenced by knowledge, attitudes and actions (Rahmayanti, 2013). The purpose of this study was to determine the relationship between knowledge about adolescent reproductive health and adjustment to face puberty in boys at the Marsudisiwi SDK, Malang City.

## METHOD

This type of research is an analytic study with a cross sectional approach.

The questionnaire about adolescent reproductive health and self-adjustment during puberty was defeloped and has been tested for validity and reliability.

## RESULT

There is still a lack of knowledge about adolescent reproductive health which can affect their adjustment to face puberty.

Knowledge data about adolescent reproductive health and adjustment to face puberty can be seen below:

### Adolescence health reproductive knowledge

Tabel 1 Adolescence health reproductive knowledge

No	Criteria	Frequents (n)	Percentages (%)
1	Good	30	42.9
2	Fair	37	52.8
3	Lack	3	4.3
Total		70	100

(Source : Primary data , 2020)

According to table above, it is found that most of the respondents have sufficient knowledge, 37 children (52.8%)

and a small proportion of respondents have less lack knowledge as many as 3 children (4.3%)

### Adjustment to Facing Puberty.

Tabel 2 Adjustment to Facing Puberty.

No	Criteria	Frequency (Anak)	Percentages (%)
1	Good	4	5.7
2	Fair	49	70
3	Lack	17	24.3
Total		70	100

(Source : Primary data , 2020)

According the table above, the results show that most of the respondents were adjusted to the age of puberty enough, namely 49 children (70%) and a small proportion of respondents were well adjusted, namely 4 children (5.7%).

Tabel 3 Tabel Spearman Rho

		pengetahuan	penyesuaian diri
Spearman's rho	Correlation Coefficient	1,000	,144
	Sp. Sig. (2-tailed)	.	,236
N		70	70
penyesuaian diri	Correlation Coefficient	,144	1,000
	Sp. Sig. (2-tailed)	,236	.
N		70	70

From the table above, it is known that the p value is 0.236. Because the value is  $0.236 > 0.05$ , it can be concluded that H1 is rejected, meaning that there is no relationship between knowledge about adolescent reproductive health and adjustment to puberty.

### DISCUSSION

Based on table 4.4, it can be seen the results, p value was 0.236. This value is  $> 0.05$ , so H1 is rejected with the conclusion that there is no relationship between adolescent reproductive health knowledge and self adjustment in puberty.

This is influenced by several factors including age, class and also sources of

information, where in this study the age of the respondents was between 10-12 years.

Based on the above, of course, it can be concluded that the age of the respondent affects the results of knowledge and self-adjustment, because the age of the respondent is still too early to understand the changes entering puberty Suryani's (2013). Teenagers at the junior high school level are at a developmental level called "Adolescence or Puberty".

### CONCLUSION

Based on the results of research and analysis of the relationship between knowledge of adolescent reproductive health and adjustment to puberty in boys, it is clear that in addition to the appropriate age in receiving knowledge at the stage of adjustment to puberty, there are also several other factors that must be considered in assessing a child's adjustment.

### ACKNOWLEDGMENTS

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**Prep.** You may be using the wrong preposition.



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