

## **The Effect of Reproductive Health Education Method On Adolescents' Attitudes and Motivation About Sexual Health in SMAN 2 Class XI Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan**

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### **ABSTRACT**

Reproductive health education for adolescents has become a global concern, especially in efforts to improve positive attitudes and behaviors towards sexual health. The purpose of this study was to analyze the effect of reproductive health education using the leaflet method on adolescent attitudes and motivations about sexual health at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan. The design of this study was a quantitative pre-experimental study with a one group pre-test and post-test design. The population was 63 respondents and a sample of 47 respondents was taken using the Simple Random Sampling technique. Data were processed using Wilcoxon analysis. The results showed that there was an effect of reproductive health education using the leaflet method on attitudes (0.000) and motivation (0.000) in caring for sexual health in adolescents at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan. Respondents are expected to be more active in seeking and utilizing available information, including reading the leaflets provided carefully. In addition, it is expected that adolescents do not hesitate to discuss with health workers, teachers, or parents about reproductive health topics in order to gain a deeper understanding.

**Keywords :** Attitude, Motivation, Reproduction

### **INTRODUCTION**

The importance of reproductive health education for adolescents has become a global concern, especially in efforts to improve positive attitudes and behaviors towards sexual health. In Indonesia, adolescent reproductive health problems continue to increase along with social and cultural changes, which affect adolescents' sexual knowledge and behavior. Based on data from the National Population and Family Planning Agency (BKKBN), more and more adolescents in Indonesia are experiencing reproductive health problems due to a lack of correct knowledge about sexual health (BKKBN, 2018). At SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan, this issue is very relevant, considering the limited social environment and access to information about sexual health.

The World Health Organization (WHO) in its latest report in 2023 on the "Global Status Report on Adolescent Sexual Health" revealed that around 40% of adolescents in developing countries still have limited understanding of sexual and reproductive health. WHO noted that every year, around 21 million adolescent girls aged 15-19 years in developing countries experience unintended pregnancies, and 12 million of them give birth. WHO data also shows that the rate of sexually transmitted infections (STIs) among adolescents aged 15-24 years reaches 20% of the total global cases. WHO emphasizes the importance of comprehensive sexual health education and access to youth-friendly health services to address this problem (WHO, 2023).

The Ministry of Health of the Republic of Indonesia (Kemenkes RI) through the 2023 Indonesian Adolescent Reproductive Health Survey (SKRRI) reported that 63% of Indonesian adolescents have inadequate knowledge about sexual and reproductive health. Data shows that

15% of adolescents aged 15-19 years have had premarital sex, with 45% of them not using contraception in their first relationship. The Ministry of Health also noted an increase in new HIV cases in the 15-24 age group by 25% compared to the previous year. In response, the Ministry of Health has developed the "Healthy Generation Z" program which focuses on sexual and reproductive health education through digital platforms and peer education (Kemenkes RI, 2023).

The Seruyan District Health Office of Central Kalimantan in its 2024 Adolescent Health Report revealed quite worrying data. A survey of 1,000 adolescents in Seruyan District showed that 55% of adolescents had a permissive attitude towards premarital sexual relations, while 70% admitted that they had never received comprehensive sexual health education from schools or health workers. The data also showed a 15% increase in cases of adolescent pregnancy compared to the previous year, with 60% of cases occurring at the age of 15-17 years. To address this, the Seruyan District Health Office has launched the "Seruyan Cares for Adolescents" program which includes the establishment of Adolescent Information and Counseling Centers (PIK-R) in each sub-district, training of adolescent health cadres, and collaboration with schools to provide sexual health education in accordance with local and religious values. This program has shown positive results with an increase in adolescent knowledge about sexual health by 30% in the first six months of its implementation (Seruyan Health Office, 2024).

Based on the results of a preliminary study conducted by researchers on October 15, 2024, on 10 students of SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan, it was found that 7 respondents (70%) had bad attitudes and behaviors related to sexual reproductive health, where the respondents stated that the things they had done during their relationship were above normal, where kissing was commonplace in their eyes, some even admitted that they had had sexual relations with the opposite sex. In addition, students do not understand the risks of deviant sexual behavior, from physical to psychological.

Research by Wahyuni (2019) shows that reproductive health education can significantly influence adolescents' attitudes and behaviors in maintaining their sexual health. This study revealed that adolescents who receive reproductive health education tend to have more positive and responsible attitudes towards their sexual health, compared to those who do not receive adequate education. This reproductive health education is important to equip adolescents with the correct knowledge about sexual health risks, including sexually transmitted diseases and unwanted pregnancies.

In addition, a study by Rahmawati (2020) stated that reproductive health education in schools can shape adolescent behavior to be more positive in terms of maintaining sexual health. The results of the study showed that adolescents who received education about sexual health tended to be more careful in establishing relationships and better understood the importance of maintaining their cleanliness and reproductive health. This study also emphasized that education provided systematically and continuously is very important to achieve positive behavioral changes.

Another factor that supports the effectiveness of education with leaflet media about reproductive health on adolescent attitudes and behavior is the availability of accurate and reliable information. According to research by Indriani (2018), one of the main problems faced by adolescents in Indonesia is the lack of access to correct information about sexual health. Adolescents often get wrong information from social media or from peers who do not have sufficient knowledge. Therefore, reproductive health education programs held in schools such as SMAN 2 Seruyan Hilir Timur are very important to provide valid and comprehensive information to adolescents.

Adolescent attitudes towards reproductive health are also influenced by cultural and social values in society. A study by Sari et al. (2019) found that in rural areas, including Central

Kalimantan, social norms often limit adolescents from speaking openly about sexual health issues. This results in a lack of knowledge among adolescents about their reproductive health. This study confirms that reproductive health education carried out in schools can help overcome these social barriers by creating a more open and educational environment for adolescents to learn about sexual health.

According to Susanti and Puspitasari (2021), effective reproductive health education interventions must involve a holistic approach, which includes not only basic knowledge of anatomy and physiology, but also the psychological and social aspects of sexual health. At SMAN 2 Seruyan Hilir Timur, this approach can help adolescents understand the importance of maintaining their sexual health, as well as how to make responsible decisions related to sexual relations and reproductive health.

In addition to knowledge, reproductive health education can also improve adolescents' skills in dealing with risky situations. A study by Permatasari (2019) showed that adolescents who received sexual health education were better able to resist peer pressure to engage in risky sexual behavior. They were also more aware of the importance of using contraception to prevent unwanted pregnancies and sexually transmitted diseases. This kind of education is very relevant to be implemented at SMAN 2 Seruyan Hilir Timur, considering the high risk of adolescents to these problems.

## METHODS

In this study, the researcher used a quantitative pre-experimental design with a one group pre-test and post-test design. The author chose this research design to determine the effectiveness of education with leaflet media about reproductive health on the attitudes and motivations of adolescents about sexual health at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan before and after the intervention. Measurement of adolescent attitudes and motivation was carried out at two different times. Initial measurement 01 (pre-test) was carried out before treatment or intervention, then intervention was given in the form of health education about sexual health and final measurement 02 (post-test) which was carried out after treatment or intervention. This study will analyze the effectiveness of education using leaflet media about reproductive health on adolescent attitudes and motivations about sexual health at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan with a population of 53 respondents and a sample of 47 respondents taken using the Simple Random Sampling technique.

## RESULTS

### A. Variable Characteristics

#### 1. Characteristics Pre Attitude

Table 1. Frequency distribution of respondents based on Respondents' attitudes at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan, which was carried out on February 4-15, 2025 with a total of 47 respondents before being given the intervention.

Criteria	Frequency	Percent (%)
Good	11	23.4
Enough	17	36.2
Not enough	19	40.4
Total	47	100.0

Based on table 1 above, it is known that almost half of the respondents have a negative attitude as many as 19 respondents (40.0%).

## 2. Characteristics Post Attitude

Table 2 Frequency distribution of respondents based on Respondents' attitudes at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan, which was carried out on February 4-15 2025 with a total of 47 respondents after being given an intervention.

Criteria	Frequency	Percent (%)
Good	31	66.0
Enough	16	34.0
Total	47	100.0

Based on table 2 above, it is known that the majority of respondents have a positive attitude as many as 31 respondents (66.0%).

## 3. Characteristics Pre Motivation

Table 3 Frequency distribution of respondents based on Respondent motivation at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan, which was carried out on February 4-15, 2025 with a total of 47 respondents before being given the intervention.

Criteria	Frequency	Percent (%)
Low	13	27.7
Currently	18	38.3
Tall	16	34.0
Total	47	100.0

Based on table 3 above, it is known that almost half of the respondents have medium motivation as many as 18 respondents (38.3%).

## 4. Characteristics Motivation Post

Table 4 Frequency distribution of respondents based on Respondent motivation at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan, which was carried out on February 4-15, 2025 with a total of 47 respondents after being given an intervention.

Criteria	Frequency	Percent (%)
Low	1	2.1
Currently	9	19.1
Tall	37	78.7
Total	47	100.0

Based on table 4 above, it is known that most respondents have high motivation as many as 37 respondents (78.7%).

## B. Statistical Test Results

Table 5 Results of the Wilcoxon statistical test of the effectiveness of education using leaflet media about reproductive health on the attitudes and motivations of adolescents about sexual health at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan, which was carried out on February 4-15, 2025 with a total of 47 respondents.

No	Variables	Sig
1	Attitude	0.000
2	Motivation	0,000

Based on the results of the Wilcoxon analysis of the Attitude variable, the p-value is  $0.000 < 0.05$ , so H1 is accepted, so it is concluded that there is effectiveness of education with leaflet media about reproductive health on adolescent attitudes about sexual health at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan.

Based on the results of the Wilcoxon analysis of motivation, the p-value is  $0.000 < 0.05$ , so H1 is accepted, so it is concluded that there is effectiveness of education with leaflet media

about reproductive health on adolescent motivation about sexual health at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan.

## DISCUSSION

### A. Adolescent Attitudes About Sexual Health at SMAN 2 Seruyan Hilir Timur Seruyan Regency Central Kalimantan Before And After Being Given Health Education

Based on the research results, it was found that almost half of the respondents who had an attitude in the sufficient category before the intervention, had an attitude in the good category after the intervention, as many as 15 respondents (31.9%).

Adolescent attitudes toward sexual health are a crucial factor in determining their behavior and decisions related to reproductive health. Reproductive health education has been shown to play a significant role in increasing knowledge and forming positive attitudes among adolescents. Several studies have examined changes in adolescent attitudes before and after being given reproductive health education, which can provide an overview of the effectiveness of the intervention. Before being given education, many adolescents showed limited knowledge about reproductive health. A study by Sulastri and Astuti (2020) indicated that the lack of accurate information makes adolescents vulnerable to myths and misinformation related to sexual health. This limited knowledge can have an impact on permissive attitudes towards risky sexual behavior.

After the reproductive health education intervention, there was a significant increase in knowledge and changes in adolescent attitudes. Research by Mutmaninah and Rodiyah (2023) showed that education through leaflet media was effective in increasing adolescent understanding and attitudes towards reproductive health. Adolescents become more aware of the importance of maintaining reproductive health and tend to adopt more responsible behavior.

The method of delivering education also affects its effectiveness. Hadiyati (2018) found that health education using the peer group method can improve personal hygiene behavior in adolescent girls. This approach allows adolescents to discuss openly with peers, so that information is easier to accept and understand. In addition, research by Lestari et al. (2021) shows that the use of animated media in reproductive health education can improve adolescent knowledge and attitudes. Animated media is able to present information in an interesting and easy-to-understand way, so that adolescents are more enthusiastic in receiving educational materials.

However, several factors such as habits, social environment, and economy can affect the effectiveness of education. A study by Nasution and Manik (2020) emphasized that adolescents' knowledge, attitudes, and behaviors about reproductive health are influenced by various factors, including access to information and environmental support. Therefore, the educational approach must consider the local social and cultural context.

According to researchers, reproductive health education has a significant role in increasing knowledge and forming positive attitudes of adolescents towards sexual health. Before being given education, many adolescents still have limited understanding and tend to be permissive towards risky sexual behavior due to lack of accurate information. However, after being given education through various methods, such as leaflets, peer group discussions, and animated media, there was a significant increase in their attitudes and awareness of the importance of maintaining reproductive health.

The effectiveness of reproductive health education is greatly influenced by the delivery method and social environmental factors. More interactive and experience-based approaches, such as group discussions and the use of visual media, have been shown to be more effective in increasing understanding than conventional lecture methods. In addition, the success of education is also influenced by support from the environment, such as family and school. Therefore, at SMAN 2 Seruyan Hilir Timur, the implementation of a more contextual and

interactive education program can be a strategic step in shaping adolescent attitudes that are more responsible for their sexual health.

## **B. Motivation of Adolescents About Sexual Health at SMAN 2 Seruyan Hilir Timur Seruyan Regency, Central Kalimantan Before and After Being Given Health Education**

Based on the research results, it was found that almost half of the respondents who had moderate motivation before being given the intervention, had high motivation after being given the intervention, amounting to 16 respondents (34.0%).

Adolescent motivation in maintaining sexual health is a crucial aspect that influences their behavior and decisions related to reproductive health. Reproductive health education has been identified as an effective intervention to increase adolescent motivation and understanding of the importance of healthy and responsible sexual behavior. Before being given education, many adolescents showed limited knowledge about reproductive health, which resulted in low motivation to maintain sexual health. A study by Rahayu et al. (2021) indicated that the lack of accurate information makes adolescents vulnerable to risky sexual behavior. This limited knowledge is often caused by minimal access to reliable sources of information and a lack of open communication on sexual health topics in the family and school environment.

After the reproductive health education intervention, there was a significant increase in adolescents' knowledge and motivation to maintain their sexual health. Research by Lestari et al. (2021) shows that the use of animation media in reproductive health education can improve adolescents' knowledge and attitudes. Adolescents become more motivated to adopt healthy sexual behaviors and avoid risks related to reproductive health.

The method of delivering education plays an important role in influencing adolescent motivation. Hadiyati (2018) found that health education using the peer group method can improve personal hygiene behavior in female adolescents. This approach allows adolescents to discuss openly with peers, so that information is easier to accept and understand, which in turn increases their motivation to apply the knowledge gained.

In addition, research by Sulastris and Astuti (2020) emphasizes the importance of active involvement of adolescents in the education process. By involving adolescents directly in discussions and interactive activities, they feel more valued and motivated to practice healthy sexual behavior. This participatory approach also helps overcome shame or taboos that often hinder effective communication on sexual health topics.

However, the effectiveness of reproductive health education does not only depend on the delivery method, but also on the support of the social environment. A study by Nasution and Manik (2020) showed that adolescents' knowledge, attitudes, and behaviors about reproductive health are influenced by various factors, including family support and access to adequate information. Therefore, educational programs that involve parents and communities can increase adolescent motivation more comprehensively.

According to researchers, adolescent motivation in maintaining sexual health has increased significantly after being given reproductive health education. Before education, low access to correct information caused adolescents to have limited understanding and lack of motivation to implement healthy behavior. However, after being given education with the right methods, such as peer group discussions, use of animated media, and participatory approaches, there was a positive change in adolescent awareness and motivation to maintain their reproductive health.

The effectiveness of reproductive health education depends not only on the delivery method, but also on the support of the social environment, including family, school, and community. Programs that involve active interaction and open communication have been shown to be more effective in increasing adolescent motivation than conventional lecture

methods. Therefore, at SMAN 2 Seruyan Hilir Timur, the implementation of an interactive and participatory-based education program, supported by a conducive environment, is a recommended strategy to increase adolescent motivation in maintaining their sexual health.

### **C. The effectiveness of education with leaflet media about reproductive health on adolescent attitudes about sexual health at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan**

Based on the analysis results Wilcoxon shows that the p-value is  $0.000 < 0.05$ , then  $H_1$  is accepted, so it is concluded that there is an effectiveness of education with leaflet media about reproductive health on adolescent attitudes about sexual health at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan.

Reproductive health education is an important effort in increasing knowledge and forming positive attitudes of adolescents towards sexual health. One method that is often used in delivering this information is through leaflets. Leaflets are considered practical and effective because they can be read independently by adolescents according to their time and convenience. Research conducted by Oktarina (2017) at SMAN 1 Sukamara, Central Kalimantan, showed that reproductive health education by peer educators through leaflets can increase adolescents' knowledge and attitudes in preventing premarital sex. This study indicates that information presented concisely and clearly in leaflets makes it easier for adolescents to understand the risks and consequences of premarital sexual behavior, thus encouraging them to be more vigilant and responsible.

In addition, research by Laot (2021) confirmed that health education through leaflets is effective in increasing adolescent knowledge and attitudes about sexual behavior. The results of this study showed a significant increase in adolescents' understanding of the importance of maintaining reproductive health after receiving education through leaflets. This emphasizes that simple print media such as leaflets can be a powerful educational tool in changing adolescent attitudes towards sexual health.

However, the effectiveness of leaflets as educational media is also influenced by the design and content presented. A study by Hartini (2017) revealed that reproductive health education using leaflets designed with easy-to-understand language and attractive visuals can increase adolescent knowledge about the impact of premarital sexual behavior. An attractive and informative design makes adolescents more interested in reading and understanding the contents of the leaflet, so that the message to be conveyed can be well received.

On the other hand, research by Laot (2021) also shows that health education through leaflet media can improve adolescent knowledge and attitudes about sexual behavior. This emphasizes the importance of delivering appropriate and relevant information through media that is easily accessible to adolescents. Thus, leaflets can be an effective means of disseminating reproductive health information among adolescents.

However, several studies indicate that a combination of educational methods can provide more optimal results. Research by Oktarina (2017) shows that reproductive health education by peer educators through leaflet media can improve adolescent knowledge and attitudes in preventing premarital sex. This shows that the use of leaflets as an educational medium can have a positive impact on adolescent attitudes regarding sexual health.

According to researchers, reproductive health education has a positive influence on adolescent attitudes in maintaining sexual health. Before being given education, many adolescents have limited understanding of reproductive health, so their attitudes towards healthy sexual behavior tend to be less formed. However, after receiving information through leaflets designed with easy-to-understand language and attractive visuals, there was a significant increase in understanding. The information presented concisely and clearly in the leaflets makes it easier for adolescents to accept and understand the risks and consequences of

risky sexual behavior, thus encouraging them to adopt a more responsible attitude.

Researchers also emphasized that the effectiveness of education with leaflets is influenced by the quality of the material delivered and the combination with other educational methods, such as group discussions or educational video screenings. Leaflets can be an effective educational tool if combined with a more interactive approach, which allows adolescents to actively participate in understanding sexual health issues. Therefore, at SMAN 2 Seruyan Hilir Timur, the implementation of reproductive health education must be carried out in a structured manner and supported by other methods that involve direct interaction, so that adolescents can better understand, internalize, and apply the information obtained in everyday life.

#### **D. The effectiveness of education with leaflet media about reproductive health on adolescent motivation about sexual health at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan**

Based on the analysis results Wilcoxon shows that the p-value is  $0.000 < 0.05$ , then  $H_1$  is accepted, so it is concluded that there is an effectiveness of education with leaflet media about reproductive health on adolescent motivation about sexual health at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan.

According to Maolinda, R. (2020) reproductive health education is an important effort in increasing adolescent motivation to maintain their sexual health. One effective method in conveying this information is through leaflets. Leaflets as concise and informative printed media can help adolescents understand reproductive health issues better, thereby encouraging changes in attitudes and increased motivation in maintaining sexual health.

Research conducted by Ardiansyah, F. (2023) shows that reproductive health education using leaflet media can increase adolescent knowledge about the impact of premarital sexual behavior. This increase in knowledge plays an important role in shaping adolescent attitudes and motivation to avoid risky behavior. With clear and easy-to-understand information, adolescents become more aware of the consequences of their actions, so they are motivated to maintain reproductive health.

In addition, a study by Koniasari, R. (2019) confirmed that health education through leaflet media is effective in increasing adolescent knowledge and attitudes about sexual behavior. This increase in knowledge directly contributes to increasing adolescent motivation to adopt healthy sexual behavior. By understanding the risks and benefits of each action, adolescents are more motivated to make the right decisions regarding their sexual health.

However, the effectiveness of leaflets as educational media is greatly influenced by the quality of their content and design. Leaflets designed with easy-to-understand language and attractive visuals can increase adolescents' interest in reading, so that the messages conveyed are more easily accepted and internalized. An attractive and informative design makes adolescents more interested in reading and understanding the contents of the leaflet, which in turn increases their motivation to maintain reproductive health (Lanita, S., et al. 2018)

In addition to the use of leaflets, a combination with other educational methods such as group discussions or educational video screenings can enrich the learning experience of adolescents. This interactive and participatory approach can strengthen the message conveyed through the leaflets, thereby increasing the effectiveness of education and motivation of adolescents in maintaining sexual health (Beatrix, ML 2021).

According to researchers, reproductive health education has a positive effect on adolescent motivation in maintaining sexual health. Before being given education, many adolescents had limited understanding of reproductive health, which resulted in their low motivation to adopt healthy sexual behavior. However, after receiving education through leaflets designed with easy-to-understand language, clear information, and attractive visuals,



there was a significant increase in understanding. Information presented independently through leaflets allows adolescents to read and understand the material at their own pace, thereby increasing their awareness and motivation to maintain reproductive health.

The researcher also emphasized that the effectiveness of leaflets as educational media is influenced by the quality of the design and content delivered. Interesting and relevant leaflets can foster adolescent interest in studying reproductive health issues in more depth. In addition, a combination of educational methods such as group discussions or showing educational videos can strengthen the message conveyed through the leaflets. Therefore, the implementation of reproductive health education at SMAN 2 Seruyan Hilir Timur needs to be carried out sustainably and accompanied by additional, more interactive strategies in order to increase adolescent motivation in maintaining optimal sexual health.

## CONCLUSION

Before the intervention, almost half of the respondents had a less category attitude, as many as 19 respondents (40.0%). While after the intervention, most of the respondents had a good category attitude, as many as 31 respondents (66.0%). Before the intervention, almost half of the respondents had medium category motivation, as many as 18 respondents (38.3%). After the intervention, most of the respondents had high category motivation, as many as 37 respondents (78.7%). There is an effectiveness of education using leaflet media about reproductive health on adolescent attitudes about sexual health at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan. There is an effectiveness of education using leaflet media about reproductive health on adolescent motivation about sexual health at SMAN 2 Seruyan Hilir Timur, Seruyan Regency, Central Kalimantan.

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