

UTILIZATION OF SOCIAL MEDIA ON REPRODUCTIVE HEALTH KNOWLEDGE AMONG ADOLESCENTS

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ABSTRACT

Social media is currently very popular and is routinely used by teenagers. There are 98% of children and adolescents who know about the internet and 79.5% of them are internet users. Adolescents need to understand information about their reproductive health properly and correctly. With the existence of technology and high utilization of social media, teenagers should be able to access reproductive health information easily. It was a descriptive quantitative study using a cross sectional study design. The population was all students of a high school with a study sample of 100 respondents and the sample technique was stratified random sampling. As many (91%) respondents used social media to find information about reproductive health. More (94%) male respondents used social media to increase knowledge of reproductive health than female respondents who only 88%. Most respondents had sufficient knowledge, namely (40%). The type of social media that was often used by students was the website (36%). The majority of the respondents therefore had sufficient knowledge about reproductive health by utilizing social media as a source of information.

INTRODUCTION

According to WHO, adolescents are the population in the age range of 10-19 years (WHO). WHO estimates that the world's population of adolescents is 1.2 billion or 18% of the world's population. The results of the inter-census population survey in 2015 showed that Indonesia's population aged 15-24 years reached 42,061.2 million or 16.5% of the total population of Indonesia.[1] Adolescence is marked by several changes ranging from physical, biological, and psychological changes as well as emotional and social changes. For those points, adolescents therefore need to gain knowledge and understand their reproductive health.

There are several study results obtained that not all adolescents understand reproductive health.[2] The study was conducted in several high schools in the Buleleng I health center area involving respondents with good knowledge (42.4%), with sufficient knowledge

(47%) and with less knowledge (10.6%). A study in Yogyakarta [3] also showed that around 4.4% respondents revealed that they had less knowledge about reproductive health. In fact, knowledge about reproductive health can be obtained from several information factors, starting from parents, friends, teachers, to mass media including social media, and others. In the current era, many teenagers use social media to explore, seek information and serve as entertainment.

The results of study conducted by UNICEF, KOMINFO and several other partners in the study 'Internet Use among Children and Adolescents in Indonesia' with respondents aged 10-19 years noted that 98% of children and adolescents knew about internet and 79.5% of them were internet users.[4] The study said there were three motivations behind children and adolescents to access the internet, i.e., 80% to find information and data especially for school assignments, 70% to meet online friends through social media

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platforms, while the rest for entertainment. In addition, there were 52% of children and adolescents who had found pornographic content, either through advertisements or non-suspicious sites and 14% who claimed to have accessed pornographic content voluntarily (UNICEF, 2014).

Social media can be said to be online media where users can easily participate, share, and create content including blogs, social networks, wikis, forums and virtual worlds.[5] Social media is the development of the internet that can connect everyone in interacting, sharing information and communicating. It can be said that social media is a facility to publish something without any obstruction, enabling everyone with the help of an internet connection to become a publisher and become a trusted source.[6] The ease of publishing such information must be used as a reflection of users so that they are wise in using and absorbing information from social media.

Internet users in Indonesia reached 143.26 million people from 262 million people or it can be said that 54.68% of internet users in Indonesia in 2017.[7] This number increased from 2016 which was only 132, 7 million people who used it. The most widely used internet service was chatting as much as 89.35% and followed by social media at 87.13%. Most of the internet usage was found in Java, which was 58.08%. The majority of internet users were male, namely 51.43% while women were only 48.57. There were 54.8% of social media users. The results of online financial study state that women are more interested in using social media than men.[8]

This explanation shows that currently social media is very popular and is routinely used by teenagers, one of which is to find information, but it is very unfortunate if there are many

contents that have a negative impact on adolescents. The high percentage in the use of social media can be used as an opportunity to provide information about reproductive health to adolescents properly. Information regarding reproductive health must be completely accurate and need to be understood since adolescence because reproduction is a cyclical matter. If since adolescence, people do not know or even care less and get wrong information about reproductive health, it could affect them until they are adults.

METHOD

The type of study used was descriptive quantitative study with a cross sectional approach which aimed to describe the use of social media services with knowledge of reproductive health in adolescents. This study was conducted at a high school in South Jakarta in February-April 2019. In this study the population was all students in the high school, amounting to 720 people. The samples were taken by means of stratified random sampling until 100 students were determined as the samples. This technique was chosen because members of the population were not homogeneous and stratified so that it provided equal opportunities for each member/element of the population to be selected as members of the sample. The data collection tool in this study was in the form of a questionnaire that was open and closed. There were 34 questions on the questionnaire which consisted of 4 questions on respondent characteristics, 20 questions on reproductive health, and 10 questions on social media. Data were through stages, consisting of collecting, editing, processing, and conclusion. Univariate analysis was used to explain or describe the frequency distribution or the proportion of all the variables studied, both the dependent and independent variables.

RESULT AND DISCUSSION

Based on Table 1, out of 100 students, there are 34% respondents who had good knowledge, 40% had moderate knowledge and 26% had less knowledge in reproductive health,

Table 1 Frequency distribution of adolescent knowledge about reproductive health

Knowledge	N	%
Good	34	34%
Fair	40	40%
Bad	26	26%
Total	100	100%

Based on table 2, 91% respondents used social media, and 51% accessed reproductive health once a month.

Table 2 Frequency distribution of respondents who use social media, frequency of access, and types of social media used to increase knowledge of reproductive health among adolescents

Use of social media on reproductive health		
	N	%
Number of users		
Social media	91	91%
Non-social media	9	9%
Total	100	100%
Access frequency		
once a week	28	31%
once a month	46	51%
> once a month	17	19%
Total	91	100%
Types of social media		
Instagram	36	30%
Website	44	36%
YouTube	24	20%
Other apps	17	14%
Total	121	100%

Based on table 3, of respondents had a good level of reproductive health knowledge, 39% were dominated by the use of social media

types in the form of Instagram. Knowledgeable respondents were quite dominated by social media types such as websites (48%), and respondents with the least knowledge tended to use YouTube (50%).

Table 3 Frequency distribution of respondents' reproductive health knowledge level based on the type of social media used

Types of media	Knowledge						Total	
	Good		Fair		Bad		N	%
	N	%	N	%	N	%		
Instagram	14	39%	14	39%	8	22%	36	30%
Website	13	30%	21	48%	10	23%	44	36%
YouTube	7	29%	5	21%	12	50%	24	20%
Other apps	4	24%	6	35%	7	41%	17	14%
Total	38	30%	46	36%	37	34%	121	100%

Based on table 4, 94% respondents who used social media to increase knowledge of reproductive health were male and only 6% who did not use social media for this. While for female respondents, those who used social media to increase knowledge of reproductive health only (88%) and (12%) do not use social media, but information from parents, teachers, friends and others.

Table 4 Frequency distribution of respondents who use social media to increase knowledge of reproductive health by gender

Gender	Use of social media on reproductive health				Total	
	Social media		Non-social media		N	%
	N	%	N	%		
Female	44	88%	6	12%	50	50%
Male	47	94%	3	6%	50	50%
Total	91	91%	9	9%	100	100%

1. Adolescent Knowledge about Reproductive Health

Knowledge is something that is known by respondents regarding health or illness, for example regarding disease, nutrition, sanitation, health services, environmental health, family planning, and others.[9] Adolescent reproductive health is a healthy state in the system, function and process of reproduction in adolescents including physical, mental, social and cultural health. The results in this study showed that students were dominated by sufficient knowledge of reproductive health (40%). In the study conducted by Kusparlina & Angka (2016) which was conducted at SMK PGRI I Mejayan showed different results, adolescents with good knowledge of reproductive health dominated the study results (70.6%).[10] In addition, the study conducted by Deran & Budiati (2013) at SMAN 5 Bekasi also showed that (69%) respondents also had the most good knowledge.[11]

2. Use of Social Media in Increasing Reproductive Health Knowledge

Social media is one that has a high interest in accessing because it has various functions. This study shows that the majority of respondents use social media to increase knowledge about reproductive health, namely (91%) of respondents, while only (9%) of respondents do not use social media in this case. This is in line with the results of a study that 100% respondents chose the internet in searching information on reproductive health in adolescents.[12]

The development of technology underlies this and is certainly different from the past, where it was difficult to find information, even if it could only be obtained face-to-face. The majority of teenagers and even children now have easy facilities to access the internet.

Therefore, it is undeniable that the internet or social media plays an important role in the development of today's human mindset.[12]

This study also shows that 51% respondents access social media about reproductive health in adolescents only once a month. This shows a lack of curiosity among respondents to find out about reproductive health, even though students use social media more than non-social media to find out about adolescent reproductive health. Social media is a form of cross-communication through content distribution. The content can be in the form of discussions, videos, opinions, photos and so on. In this study, the author only examined four types of social media, namely Instagram, website, YouTube and other applications. The study found that most respondents used the website (36%) to find information about reproductive health.

3. Youth Knowledge Level Regarding Reproductive Health Based on the Types of Social Media Used

In this study, it was found that respondents with good knowledge used the most types of social media in the form of Instagram, namely (39%). Respondents who had sufficient knowledge used the website the most (48%), and respondents with less knowledge accessed the most via YouTube, namely (50%). Instagram's users mostly use it to share stories via digital images, photos or videos, or personal messages.[13] There are several accounts on Instagram that provide information through photos and videos as well, but users tend to prioritize sharing stories. Information given on Instagram is sometimes given directly by expert experts such as health workers, whose truth can be accounted for, even on Instagram can also send messages to each other via direct message or comments on an account that can create discussion.

4. Use of Social Media in Increasing Adolescent Reproductive Health Knowledge based on Gender

The results of this study indicated that respondents who used social media to increase knowledge of reproductive health were dominated by male respondents (94%) than female respondents who only 88% respondents. This is in line with a study that said men were more addicted to internet than women.[14]. Men use social media more to find information about reproductive health because the majority of men use social media to discuss a certain matter or interest, while women use social media more often to search enjoyment. In other words, women use social media more often just for entertainment or to establish relationships with family or friends.

CONCLUSION

Based on a study description of the use of social media services on knowledge of reproductive health in adolescents, it can be concluded that the majority of reproductive health knowledge is sufficient, specially men, that they used social media to find out the information..

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