

THE EFFECT OF RESIK (REPRODUCTIVE HEALTH AWARENESS ADOLESCENTS) VIDEO-BASED COUNSELING ON INCREASING KNOWLEDGE AND ATTITUDES TOWARDS REPRODUCTIVE HEALTH IN STUDENTS OF SMAN 1 GAMPING

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ABSTRACT

Background: Senior high school students were vulnerable to TRIAD KRR issues. In the Special Region of Yogyakarta, the ASFR for ages 15–19 was 11.5%, with 41 cases of teenage pregnancy reported in the Gamping 1 Public Health Center area. To support the government's PKPR program, the researcher developed a video-based counseling program at SMAN 1 Gamping, which was considered effective in improving memory retention by up to 50%, increasing knowledge, and fostering positive attitudes toward reproductive health. Based on this, the researcher was interested in conducting this study.

Objective: To determine the effect of the Resik video-based counseling on improving knowledge and attitudes regarding reproductive health among students at SMAN 1 Gamping.

Methods: This study employed a quasi-experimental design with a pretest-posttest control group approach. The research was conducted at SMAN 1 Gamping in June 2025. A total of 140 students were selected using stratified proportionate random sampling and divided into experimental and control groups. Data were analyzed using the Wilcoxon and Mann-Whitney tests.

Results: The knowledge score in the experimental group increased from 72.61 to 89.60, and in the control group from 79.19 to 84.81. Attitude scores also improved in both the experimental group (41.37 to 45.50) and the control group (41.37 to 45.50). After the intervention, there were statistically significant increases in knowledge ($p = 0.006$) and attitude ($p = 0.000$) in both groups. The mean ranks for knowledge and attitude in the experimental group were higher than those in the control group (79.42 vs. 64.74 and 85.87 vs. 55.13, respectively).

Conclusion: The Resik video-based counseling was more effective in increasing adolescents' knowledge and attitudes toward reproductive health compared to the TRIAD KRR video.

Keywords: Reproduction, Resik video, knowledge, attitude.

PENGARUH PENYULUHAN MEDIA VIDEO “RESIK” (REMAJA SADAR KESEHATAN REPRODUKSI) TERHADAP PENINGKATAN PENGETAHUAN DAN SIKAP TENTANG KESEHATAN REPRODUKSI DI KALANGAN REMAJA SMAN 1 GAMPING

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ABSTRAK

Latar belakang: Remaja SMA rentan terhadap masalah TRIAD KRR. Di DI Yogyakarta, ASFR usia 15–19 tahun sebesar 11,5%, dengan 41 kasus kehamilan remaja di wilayah Puskesmas Gamping 1. Mendukung program PKPR pemerintah, peneliti mengembangkan penyuluhan berbasis video di SMAN 1 Gamping yang dinilai efektif meningkatkan daya ingat hingga 50%, pengetahuan dan membentuk sikap positif remaja terhadap kesehatan reproduksi. Berdasarkan hal tersebut, peneliti tertarik untuk melakukan penelitian ini.

Tujuan: Untuk mengetahui pengaruh penyuluhan melalui media video Resik terhadap peningkatan pengetahuan dan sikap tentang kesehatan reproduksi di kalangan remaja SMAN 1 Gamping.

Metode: Penelitian ini menggunakan desain *quasi*-eksperimen dengan pendekatan *pretest-posttest with control group*. Penelitian ini dilaksanakan di SMA Negeri 1 Gamping pada Juni 2025. Sampel terdiri dari 140 siswa yang dibagi dalam kelompok eksperimen dan kelompok kontrol. Sampel diambil secara *stratified proportionate random sampling*. Data dianalisis dengan uji *Wilcoxon* dan *Mann-Whitney*.

Hasil: Skor pengetahuan meningkat dari 72,61 menjadi 89,60 pada kelompok eksperimen dan dari 79,19 menjadi 84,81 pada kontrol. Skor sikap juga meningkat pada kelompok eksperimen (41,37 menjadi 45,50) dan pada kelompok kontrol (41,37 menjadi 45,50). Setelah intervensi, terdapat peningkatan pengetahuan ($p = 0,006$) dan sikap ($p = 0,000$) yang signifikan pada kedua kelompok. Rerata skor pengetahuan dan sikap kelompok eksperimen lebih tinggi dibandingkan kontrol (79,42 vs 64,74 dan 85,87 vs 55,13).

Kesimpulan: Penyuluhan menggunakan media video Resik lebih efektif dalam meningkatkan pengetahuan dan sikap remaja terhadap kesehatan reproduksi dibandingkan video TRIAD KRR.

Kata kunci: Reproduksi, video Resik, pengetahuan, sikap.