

**THE EFFECT OF FLASH CARD EDUCATION ON ADOLESCENTS'
KNOWLEDGE AND ATTITUDES TOWARD UNWANTED PREGNANCY IN
SMK YAPEMDA 1 SLEMAN, IN 2025**

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ABSTRACT

Background: Unwanted pregnancy among adolescents is a global issue requiring serious attention. The main factors influencing adolescent pregnancy include a lack of reproductive health education, limited access to reproductive health services, and low levels of knowledge and attitudes toward reproductive health. A preliminary study showed that from 2010 to 2020, SMK Yapemda 1 Sleman was one of the schools with the highest rate of adolescent pregnancy cases in Kapanewon Berbah.

Objective: To determine the effect of education using flash card media on adolescents' knowledge and attitudes toward unwanted pregnancy at SMK Yapemda 1 Sleman.

Methods: This study employed a quasi-experimental design with a pretest-posttest control group approach. A total of 64 female adolescents aged 15–18 years at SMK Yapemda 1 Sleman were divided into two groups: the experimental group (flash cards) and the control group (leaflets), each consisting of 32 participants. Data were analyzed using the Wilcoxon Signed Rank Test and the Mann Whitney test.t-tests.

Results: There were differences in the mean scores of knowledge and attitudes between pretest and posttest in both the experimental (flash cards) and control (leaflets) groups with a p-value <0.05. The Mann Whitney test showed a significant difference, with the experimental group having a greater mean difference compared to the control group, namely 1.75 for knowledge and 2.25 for attitudes.

Conclusion: Flash card media is effective in improving adolescents' knowledge and shaping positive attitudes toward unwanted pregnancy compared to leaflet media. The use of interactive media such as flash cards is recommended in adolescent reproductive health education.

Keywords: Flash card, unwanted pregnancy, adolescent

**PENGARUH PEMBERIAN EDUKASI *FLASH CARD* TERHADAP
TINGKAT PENGETAHUAN DAN SIKAP REMAJA TENTANG
KEHAMILAN TIDAK DIINGINKAN DI SMK YAPEMDA 1 SLEMAN
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ABSTRAK

Latar Belakang: Kehamilan tidak diinginkan (KTD) pada remaja menjadi permasalahan global yang membutuhkan perhatian serius. Faktor utama mempengaruhi kehamilan pada remaja meliputi kurangnya pendidikan kesehatan reproduksi, terbatasnya akses terhadap layanan kesehatan reproduksi, serta rendahnya tingkat pengetahuan dan sikap remaja terhadap kesehatan reproduksi. Hasil studi pendahuluan menunjukkan sepanjang tahun 2010-2020 SMK Yapemda 1 Sleman menjadi salah satu sekolah dengan kasus angka kehamilan remaja tertinggi di Kapanewon Berbah.

Tujuan: Mengetahui pengaruh edukasi menggunakan media *flash card* terhadap tingkat pengetahuan dan sikap remaja tentang kehamilan tidak diinginkan di SMK Yapemda 1 Sleman.

Metode: Penelitian ini menggunakan desain quasi eksperimen dengan pendekatan *pretest-posttest control group design*. Sampel sebanyak 64 remaja perempuan usia 15–18 tahun di SMK Yapemda 1 Sleman dibagi menjadi dua kelompok: kelompok eksperimen (*flash card*) dan kelompok kontrol (*leaflet*), masing-masing 32 orang. Analisis data menggunakan *Wilcoxon Signed Rank Test* dan *Mann Whitney*.

Hasil: Terdapat perbedaan rata-rata pengetahuan dan sikap pada *pretest* dan *posttest* kelompok eksperimen (*flash card*) dan kelompok kontrol (*leaflet*) dengan nilai *p-value* <0,05. Uji *Mann Whitney* menunjukkan ada perbedaan signifikan selisih nilai mean kelompok eksperimen lebih besar dibandingkan kelompok kontrol yaitu pada variabel pengetahuan sebesar 1,75 dan variabel sikap sebesar 2,25.

Kesimpulan: Media *flash card* efektif meningkatkan pengetahuan dan membentuk sikap positif remaja terhadap kehamilan tidak diinginkan dibandingkan media *leaflet*. Penggunaan media interaktif seperti *flash card* direkomendasikan dalam edukasi kesehatan reproduksi remaja.

Kata kunci: *Flash card*, kehamilan tidak diinginkan, remaja