

GAMBARAN TINGKAT PENGETAHUAN KESEHATAN REPRODUKSI SISWA KELAS X DI SMA NEGERI 1 BANTUL TAHUN 2026

Neng Kholijah¹, Nuriana Kartika Sari², Margono³
^{1,2,3}Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta
Jl. Mangkuyudan MJ III/304, Yogyakarta, 55143
Email: nengkholijah01@gmail.com

ABSTRAK

Latar Belakang: Berdasarkan data BPS (2023), terdapat sekitar 44,2 juta remaja usia 10–19 tahun di Indonesia, namun BKKBN (2024) mencatat hanya 58% yang memiliki pengetahuan memadai tentang kesehatan reproduksi. Tercatat angka kehamilan remaja mencapai 18,2 per 1.000 perempuan usia 15–19 tahun (DTSI, 2024). Di DIY tahun 2023 tercatat 255 kasus persalinan remaja, di mana Kabupaten Bantul menjadi wilayah tertinggi dengan 72 kasus. Peningkatan edukasi kesehatan reproduksi perlu dilakukan di lingkungan sekolah.

Tujuan: Penelitian ini bertujuan menggambarkan tingkat pengetahuan kesehatan reproduksi, serta gambaran pengetahuan berdasarkan jenis kelamin dan ragam sumber informasi pada siswa kelas X SMA Negeri 1 Bantul.

Metode: Penelitian deskriptif kuantitatif dengan pendekatan *cross-sectional* dengan populasi berjumlah 175 siswa kelas X E sampai dengan X I. Data dikumpulkan menggunakan kuesioner teruji validitas dan reliabilitasnya, lalu dianalisis secara statistik deskriptif.

Hasil: Hasil menunjukkan bahwa hampir seluruh siswa (97,1%) memiliki tingkat pengetahuan kesehatan reproduksi dalam kategori baik. Sebagian besar responden berjenis kelamin perempuan (66,3%) dan hampir keseluruhan (94,9%) memperoleh informasi dari sumber yang beragam. Berdasarkan analisis silang, baik siswa laki-laki maupun perempuan memiliki pengetahuan yang baik (masing-masing 94,9% dan 98,3%). Demikian juga siswa dengan sumber informasi beragam maupun tidak beragam, hampir seluruhnya berada pada kategori pengetahuan baik (97,0% dan 100%).

Kesimpulan: Hampir seluruh siswa kelas X SMA Negeri 1 Bantul memiliki tingkat pengetahuan kesehatan reproduksi dalam kategori baik. Sebagian besar responden berjenis kelamin perempuan dan hampir seluruhnya memperoleh informasi dari sumber yang beragam. Baik siswa laki-laki maupun perempuan memiliki pengetahuan yang baik, demikian pula pada siswa dengan sumber informasi beragam maupun tidak beragam.

Kata kunci: Kesehatan Reproduksi, Pengetahuan, Remaja, Siswa SMA

**DESCRIPTION OF THE LEVEL OF REPRODUCTIVE HEALTH
KNOWLEDGE OF 10TH GRADE STUDENTS AT SMA NEGERI 1 BANTUL
IN 2026**

Neng Kholijah¹, Nuriana Kartika Sari², Margono³

^{1,2,3}Department of Midwifery, Polytechnic of the Ministry of Health, Yogyakarta.

Jl. Mangkuyudan MJ III/304, Yogyakarta, 55143

Email: nengkholijah01@gmail.com

ABSTRACT

Background: Based on data from the Central Statistics Agency (BPS) in 2023, there were approximately 44.2 million adolescents aged 10–19 years in Indonesia. However, the National Population and Family Planning Board (BKKBN) in 2024 reported that only 58% had adequate knowledge of reproductive health. The adolescent pregnancy rate reached 18.2 per 1,000 females aged 15–19 years (DTSI, 2024). In the Special Region of Yogyakarta (DIY), 255 cases of adolescent childbirth were recorded in 2023, with Bantul Regency having the highest number of cases at 72. Therefore, improving reproductive health education in schools is necessary.

Objective: This study aimed to describe the level of reproductive health knowledge and knowledge based on gender and diversity of information sources among tenth-grade students at SMA Negeri 1 Bantul.

Methods: This quantitative descriptive study used a cross-sectional approach with a population of 175 students from classes X E to X I. Data were collected using questionnaires that had been tested for validity and reliability, then analyzed using descriptive statistics.

Results: The results showed that almost all students (97.1%) had a good level of reproductive health knowledge. Most respondents were female (66.3%), and almost all (94.9%) obtained information from diverse sources. Based on cross-tabulation analysis, both male and female students had good knowledge levels (94.9% and 98.3%, respectively). Likewise, students with both diverse and non-diverse information sources were almost entirely in the good knowledge category (97.0% and 100%, respectively).

Conclusion: Almost all tenth-grade students at SMA Negeri 1 Bantul had good reproductive health knowledge. Most respondents were female, and almost all obtained information from diverse sources. Both male and female students demonstrated good knowledge, as did students with both diverse and non-diverse information sources.

Keywords: Reproductive Health, Knowledge, Adolescents, High School Students