

# Health Education to Adolescents About Sexually Transmitted Infections in the Neighborhood III Baru Ladang Bambu Village, Medan Tuntungan District

**Suriati Lubis, Sari Rahma Fitri**

<sup>12</sup>Darmo Medan Midwifery Academy

## ARTICLE INFO

### Keywords:

Health Education,  
Teenager,  
Sexually Transmitted Infection.

## ABSTRACT

The purpose of this research is to increase the knowledge and insight of young women about what often occurs in adolescents related to the early period of reproductive organ maturity in adolescents is the problem of pregnancy that occurs outside of marriage. And the limited knowledge of young women about sexual health can increase the risk of pregnancy. Increase the knowledge of students/adolescent girls about sexually transmitted infections. Increase knowledge and explain to young women about the limited knowledge of adolescents about sexual health that can increase the risk of pregnancy. The type and form of activity of this activity is the provision of material to female students/teenagers about reproductive health and sexually transmitted diseases. Explain the impact of sexually transmitted infections to young women. To achieve the objectives of the above activities, activities were carried out including providing counseling to young women about sexually transmitted infections in the Ladang Bambu Village, Medan Tuntungan District.

### E-mail:

suriatilubis2000@gmail.com  
88sarirahma@gmail.com

Copyright © 2020 Science Midwifery.

## 1. Introduction

Adolescence or "adolescence" (English) comes from the Latin "adolescere" which can be interpreted as growing towards maturity, which has a very broad meaning, including mental, emotional, social and physical maturity (Lubis, 2014).

Adolescence is a stage between childhood and adulthood. This period usually begins at the age of 14 years for boys and 10 years for girls (Waryana, 2015). One of the problems that often arise in adolescents related to the early maturity of reproductive organs in adolescents is the problem of pregnancy that occurs in adolescents outside of marriage. Especially if the pregnancy occurs at school age (Suratmaja, 2013).

Sexually transmitted infections (STIs) are infections that are transmitted from one person to another through sexual intercourse (Klein, 2015). Sexually transmitted infections are diseases that are transmitted through sexual contact. Sexually transmitted infections will be more risky if you have sex with multiple partners (Scorviani, 2012). Sex that is done freely and haphazardly is at risk of bringing STDs (Sexually Transmitted Diseases). STDs are transmitted due to the exchange of fluids in the body with the sufferer, one of which is the entry of the male penis into the female vaginal opening or by touching the skin (Suherman, 2013).

The mode of transmission of sexually transmitted infections is Individual close contact with other individuals who are already infected. Coitus (sex with the penetration of the penis into the vagina), Anal sex (penetration of the penis into the anus), Oral sex (mouth on the genitals or anus), Rubbing the infected penis or vagina on the genitals of other individuals. (Klein et al, 2015).

The facts that occur in society show that premarital sex among adolescents is increasing, adolescent sexual behavior tends to be permissive and courageous. The limited knowledge of adolescents about sexual health has increased the risk of pregnancy. About one billion people and

almost one in six people in the world are teenagers and 85% are in developing countries. Very many teenagers are sexually active and half of them are married.

Based on data from the World Health Organization (WHO) in 2015, recorded sexual behavior in Africa, Bangladesh, India, Nepal, Yemen, Latin America and the Caribbean, as many as 40% - 80% of women have been sexually active at the age of 18 years, as well as in Uganda. , 4% of men aged 10 years said they had had sexual intercourse, 10% at age 12, 22% at age 14, and more than 70% at age 18 (www.journal.stikim.ac. en/2015).

## **2. Method**

The direction or purpose of this activity can be carried out by providing counseling to young women about sexually transmitted infections, starting with the wrong way of dating such as holding hands, kissing lips, touching/stimulating or having sexual intercourse during courtship which can lead to infectious diseases. sexual intercourse (STI). Conducted at the Posyandu, Medan Tuntungan District. Darmo Midwifery Academy lecturers totaling 2 people, and 1 student. Target young women aged 12 – 20 years.

### **2.1. Activity steps**

As a community service activity, the following preparations are carried out

#### **a. Hold a meeting with the Head of the District in terms of supporting this activity and obtain permission to carry out the extension.**

- 1) Requesting permission from the Head of the Medan Tuntungan sub-district in carrying out outreach activities to young women regarding sexually transmitted infections
- 2) Determination of participants who will take part in the counseling.
- 3) Determination of community staff who participate in the smooth running of Counseling to young women about sexually transmitted infections
- 4) Determination of the facilities and infrastructure needed to support the implementation of the extension activities.
- 5) Other things that are considered important in carrying out activities

#### **b. Coordination meeting with the activity implementation team in this case:**

- 1) Set the day, date of activity
- 2) Place of activity
- 3) Prepared equipment
- 4) The committee that helped
- 5) Amount of fee required
- 6) Facilitators who participate in providing materials
- 7) Things deemed necessary

### **2.2 Activity Process**

On December 13, 2019, data collection was carried out for participants who will take part in outreach activities to young women about sexually transmitted infections. opening ceremony, counseling to young women about sexually transmitted infections, among others by doing:

- a. Lecture
- b. FAQ
- c. Discussion

## **3 Results and Discussion**

### **a. Target Audience**

This activity is targeted at young women by providing counseling about sexually transmitted infections, which starts with wrong ways of dating such as holding hands, kissing lips, touching/stimulating or having sexual intercourse during courtship which can lead to sexually transmitted infections (STIs).

### **b. Linkages**

In carrying out this service activity, the fields of science that are considered related include reproductive health in adolescents and promotion of health and public health.

### **c. Rencana Evaluasi**

In this case, the evaluation carried out is evaluating the status of knowledge on behavioral changes (knowledge, attitudes, and actions) as well as increasing the degree of adolescent reproductive health by increasing information about health, the impact of sexually transmitted

# Science Midwifery

journal homepage: [www.midwifery.iocspublisher.org](http://www.midwifery.iocspublisher.org)

infections and preventing sexually transmitted infections to young women about reproductive health so that adolescents girls can avoid STIs and adopt a healthy dating style.

## d. Supporting and Inhibiting Factors

### 1) Supporting factors

Enthusiasm of young women is quite large, the environmental party in this case Kepling Kelurahan Baru Ladang Bambu who provides time and place so that counseling can run well.

### 2) Obstacle factor

The limited knowledge of adolescents about sexual health can increase the risk of pregnancy.

## 4 Conclusion

Reports on community service implementation activities in the form of counseling young women about sexually transmitted infections, which start with wrong ways of dating such as holding hands, kissing lips, being touched/stimulating or having sexual intercourse during courtship which can lead to sexually transmitted infections (STIs). ) which can be stated as follows: the activities were carried out in accordance with the objectives and plans. This activity received a good response from the Head of the District, the Village Head, Midwives in the Environment, and their staff. This activity provides a new discourse for young women to be able to disseminate the health information they get and for themselves.

## References

- Klein, Susan, dkk. 2015. Asuhan Pada Kehamilan, Kelahiran dan Kesehatan Wanita. Jakarta : Penerbit Buku Kedokteran EGC.
- Lubis, Namora Lumongga. 2014. Psikologi Kespro Wanita dan Perkembangan Reproduksi Ditinjau Dari Aspek Fisik dan Psikologi. Jakarta : Rineka Cipta.
- Scorviani, Verra, dkk. 2012. Mengupas Tuntas 9 Jenis PMS (Penyakit Menular Seksual). Yogyakarta : Nuha Medika.
- Suherman, A. Sherly. 2013. Yuk Kenali Seks. Bandung : Yrama Widia.
- Suratmaja, Hermawan. 2013. Kon Seks Tasi, Konsultasi Sekitar Seks.Klaten : Cable Book.
- Waryana. 2015. Gizi Reproduksi. Yogyakarta : Pustaka Rihama.
- [www.journal.stikim.ac.id/2015](http://www.journal.stikim.ac.id/2015) diakses tanggal 20 Juni 2016 pukul 15.30 wib