

The Effectiveness of Peer Educator Mentoring in Increasing Teenagers' Knowledge About The KRR Triad in The Tagedh Youth Group in Bukittinggi City

Amanda Pramaswari¹, Vani Franzisca², Lisma Evareny³, Rosa Mesalina⁴

Departement of Midwifery, Padang Health Polytechnic Ministry of Health

E-mail: amandapramaswari@gmail.com

ABSTRACT

In Indonesia, the incidence of teenagers experiencing TRIAD KRR cases is still high. 35.9% of teenagers have had free sex, 45.04% have used drugs, and 45.9% have been exposed to HIV/AIDS. One of the contributing factors is low knowledge and searching for wrong information regarding the KRR Triad. The aim of this research is to determine the effectiveness of peer educator mentoring in increasing teenagers' knowledge regarding the KRR triad. This type of research is analytical. The research design used was a quasi experimental one group Pre – Post Design. The research population was 534 teenagers aged 15-19 years, Birugo Village, Aur Birugo Tigo Baleh District, Bukittinggi City. The sample was 43, CI 95%, p value < 0.05. Data collection using questionnaire techniques uses questionnaire instruments that have been tested for validity. Respondents filled out questionnaires before and after mentoring by peer educators. Data were processed using univariate and bivariate analysis. The statistical test used was the Wilcoxon paired t test because the data distribution was not normal. Most respondents had low knowledge, namely 74.4% before mentoring. After mentoring, most respondents had high knowledge, around 53.5%. The statistical test results obtained a significant value of 0.019 ($p < 0.05$), which means there is a significant difference in knowledge between before and after peer educator mentoring. Mentoring by peer educators can increase adolescent knowledge so that the implementation of programs to increase knowledge about the triad of adolescent reproductive health. Therefore, mentoring peer educators can be used as an effort to anticipate TRIAD for Adolescent Reproductive Health.

Keywords: Peer educators, knowledge, Adolescent Reproductive Health triad

INTRODUCTION

Peer Educators are teenagers/students who functionally have high commitment and motivation, as resource persons for groups of teenagers or students of their peers who have attended peer educator training/orientation. Adolescent Reproductive Health (KRR) peer educators are resource persons for peer adolescents who have attended KRR peer educator training. Peer educators are very important in the youth environment because they help teenagers get the right information and counseling about KRR. One of the most important purposes of peer groups is to provide information and facilitate comparisons about the world outside the family.(Kurniawati & Shaluhiah, 2014)

Adolescence is a transition from childhood to adulthood where teenagers experience changes both from biological, psychological and socio-cultural aspects. According to WHO, adolescence is a period of development from the moment secondary sexual signs appear until sexual and reproductive maturation is achieved, a process of achieving mental maturity and identity, as well as a transition from socio-economic dependence to independence. Age range teenagers are 12-24 years old.(Yusefni et al., 2022)

Teenagers are an important part of Indonesian society. Teenagers must have the ability to avoid difficulties during the transition period as the next generation. This is mainly because the reproductive system changes biologically and psychologically during adolescence. At this stage physical, biological, emotional, psychosocial and intellectual growth and development also occurs. This leaves teenagers in a situation that seems to have no norms and laws because of the contradiction between the orientation and norm phases. Teenagers have a high sense of curiosity, a desire for adventure and challenges, and a tendency to risk their every action without considering it thoroughly before making a decision. Adolescents who are not ready to face the physical and psychological changes that occur can result in various dangerous behaviors, such as juvenile delinquency, drug abuse, sexually transmitted diseases, unwanted pregnancies, and abortion. (Rejeki et al., 2022; Tati et al., 2022)

The reproductive health problems that are vulnerable and often faced by teenagers today are usually called TRIAD Adolescent Reproductive Health (TRIAD KRR), about Sexuality, HIV/AIDS and drug abuse. Teenagers' misunderstanding and perception can be caused by a wrong understanding of sexuality. Studies show that knowledge about reproductive health influences reproductive behavior. (Handayani, 2020)

In Indonesia, the incidence of teenagers experiencing TRIAD KRR cases is still high. 35.9% of teenagers have had free sex, 45.04% have used drugs, and 45.9% have been exposed to HIV/AIDS. (Sunarti, 2018) According to the 2017 Indonesian Demographic and Health Survey (SDKI), around 2% of female adolescents aged 15-24 years and 8% of male adolescents of the same age admitted to having had sexual relations before marriage, and 11% of them experienced unwanted pregnancies. Among women and men who had had sexual relations before marriage, 59% and 74% reported having first sexual intercourse at the age of 15-19 years. According to the West Sumatra Indonesian Child Protection Commission (KPAI) report in 2016, there were 107 cases of sexual behavior among teenagers, with 17 cases being premarital sexual behavior. This case occurred in 41.18% of junior high school students and 58.82% of high school students. (Makhrifatul, 2019)

In West Sumatra Province, drug abuse cases increased by 18 cases or 0.06% from 2018. The prevalence of drug abuse cases in West Sumatra in 2017 was 1.78% or 66,612 people 24% of them are teenagers. According to the West Sumatra National Narcotics Agency, there is an increase in arrests of drug dealers every year in West Sumatra. In 2018 there were 13 cases of drug abuse, while in 2019 there was an increase in cases of 95% with 31 cases. 12 of the traffickers were arrested, most of whom were teenagers. (Makhrifatul, 2019)

Geographically, Bukittinggi is the intersection of transportation routes between Medan City, Padang City and Pekanbaru City. This makes Bukittinggi City a crossing area that is prone to narcotics smuggling in the Sumatra crossing area. According to 2017 data, there were 53,643 drug

users, an increase of 1.78%. In 2018 there were 66,612 drug users with a percentage of 37.73%. Compared to 2019, drug abuse cases increased by 70 cases with 93 perpetrators.

Based on data from the West Sumatra Health Service, it was recorded that by the end of 2021 the number of HIV-AIDS sufferers had reached 2,704. According to data from the Head of the Bukittinggi Health Service, in 2021 there were 27 cases of HIV 16 AIDS, there will be an increase in 2022 there are 63 cases of HIV and 36 cases of AIDS. In total there are 278 cases of HIV and 163 AIDS. If calculated from 2008, there are 1,064 cumulative cases of HIV, this number makes Bukittinggi ranked second in the number of cases in West Sumatra.(Tati et al., 2022)

Adolescents are vulnerable to risks related to sexuality, drugs, HIV and AIDS. Unhealthy sexual behavior and drug and psychotropic abuse are problems that are often faced by adolescents.(Permatasari & Suprayitno, 2020)

Several factors influence reproductive health such as the role of parents, access to information, the influence of mass media, lack of effective education and upbringing, social and cultural factors, lack of access to safe and reliable reproductive health **services**, lack of access and extensive information regarding the KRR Triad.(Solehati et al., 2019) One of the influencing factors is a lack of knowledge and searching for wrong information regarding KRR.(Selviana et al., 2022; Sunarti, 2018) The lack of knowledge about reproductive health is demonstrated by the fact that Indonesian teenagers do not know much about reproductive health issues. As many as 13% of women do not know the physical changes that occur to them, and almost half of women (49.9%) do not know their fertile period. Data shows that there is a lack of knowledge among teenagers about reproductive health, as shown by 33% of teenage girls and 55% of teenage boys not knowing about women's fertile periods. Apart from that, low knowledge about reproductive health is also caused by society's belief in taboo subjects, as shown by 52.67% of adolescent girls and 52.67% of adolescent boys.(Miswanto, 2019)

According to the results of previous research, there is a significant relationship between knowledge and attitudes towards preventing TRIAD KRR among teenagers from the street singing community in Serang Regency in 2021. There is a significant relationship between knowledge and attitudes towards preventing TRIAD KRR among teenagers from the Street Singer Community (KPJ) in Serang Regency in 2021 ($p = 0.005$) with an OR value of 10.267, 95% CI confidence level between 2.002-52.649.(Budhi & Sari, 2021)

Researchers in Bengkulu also showed that there was a relationship between the level of knowledge ($p=0.000$) and attitude ($p=0.001$) with the behavior of the Adolescent Reproductive Health Triad.(Fathona, 2021) Studying Padang The evaluation results show an increase in students' average knowledge about Triad-KRR.(Yusefni et al., 2022)

Adolescents need correct and comprehensive knowledge about reproductive health to achieve good reproductive health. Adolescents can increase their knowledge about reproductive health from

various sources of information. One way to increase this knowledge is by conducting outreach by peer educators regarding the KRR Triad (sexuality, HIV/AIDS, and narcotics). Peers play a strategic role in the stages of adolescent psychosocial development and health education methods from peers are considered more effective than other sources of information. Reproductive health issues which are considered taboo cause teenagers to seek out their own information regarding reproductive health problems. (Sukaesih et al., 2020)

Peer educators can provide information that is more relevant and easy for teenagers to understand because they are in the same environment and experience similar problems. Peer educators can be a more accessible and trustworthy source of information for adolescents, so they are more likely to seek help from peer educators than their parents. The strong influence of peer groups occurs because teenagers spend more time outside the home with their peers as a group. (Permatasari, 2013)

Matter This is in line with research in Yogyakarta that there was an effect of intervention on changes in target knowledge ($p=0.03$). The results of this activity provide provisions for teenagers to be able to become peer educators and agents of change with the knowledge they have of the PIK-R program. (Wibowo et al., 2020)

Research in Sleman Regency with a pre-post design showed that the knowledge of peer educators and the control group showed a significant difference ($p=0.000$) with the average knowledge score between the groups peer education and control group after being given intervention. There is an influence of peer education on increasing teenagers' knowledge about HIV AIDS prevention. (Ariyaniwulandari & Syarifah, 2019)

Research by shows that there is a significant influence between peer educator mentoring on students' level of knowledge ($p\text{-value} = 0.000$). Providing information regarding the adolescent reproductive health triad using the peer educator mentoring method is able to change adolescent knowledge because the delivery is easily accepted and understood by fellow adolescents. (Nopiyanti, 2019)

Other research in Grobogan District, Central Java shows that there is a relationship between the role of peer counselors and knowledge about TRIAD KRR ($OR=2.74$; $CI\ 95\% 1.02$ to 7.32 ; $p=0.040$). The role of good peer counselors increases knowledge about TRIAD KRR is 2.74 times greater than the role of poor peer counselors in PIK R. (Utami, 2017)

Research in Madiun shows that peer educator mentoring is effective in increasing teenagers' knowledge about the Adolescent Reproductive Health triad. (Nopiyanti, 2019) Other research in Makassar shows that health education through peer tutoring is also effective in increasing teenagers' knowledge about casual sex and reproductive health. (Asad et al., 2019) The results of research in Yogyakarta regarding the implementation of a program to increase knowledge of adolescent reproductive health can also increase adolescents' understanding of TRIAD for

Adolescent Reproductive Health. Likewise, the results of research in Bengkulu show that the role of peer counselors can increase teenagers' knowledge about TRIAD for Adolescent Reproductive Health.(Fathona, 2021)

The impact of adolescent reproductive health problems includes sexual violence. The results of research by the West Sumatra Women's Empowerment and Family Planning Agency (BPPR and KB) found 189 cases of sexual violence against children in 2014 and 246 cases in 2015. Based on reports from the Bukittinggi City Resort Police in 2015, there were 21 cases of sexual violence and in 2016 there were a decrease of 8 cases, and in 2017 there was an increase again of 22 cases.(Mega & Chyka, n.d.)

From these findings, it can be concluded that mentoring by peer educators, health education through peer tutors, the role of peer counselors, and the implementation of programs to increase adolescent reproductive health knowledge can increase adolescent knowledge about Adolescent Reproductive Health TRIAD. Therefore, mentoring from peer educators can be used as an effort to increase teenagers' knowledge about Adolescent Reproductive Health TRIAD. By having peer educators who convey information and understanding about the KRR triad, it is hoped that it can increase teenagers' knowledge and help reduce these problems.

Based on this background, peer educator mentoring plays an important role in increasing teenagers' knowledge about TRIAD KRR. The research question is whether there is a difference in teenagers' knowledge before and after being given peer educator assistance regarding the adolescent reproductive health triad. The aim of this research is to determine the effectiveness of peer educator mentoring in increasing teenagers' knowledge regarding the KRR triad.

METHODS

Types of research this is an experiment. The research design used was pre-experimental with a pre-post test design in one group (one group pre-posttest design to determine the effectiveness of peer educator mentoring on increasing teenagers' knowledge about the KRR Triad.

The research population is teenagers Age 15-19 years, Birugo Village, Aur Birugo District, Tigo Baleh, Bukittinggi City totaled 534. The sample taken using the Taro Yamane formula, the population was known, CI 95%, precision 10%, obtained a sample size of 41. During the research, the sample taken was 43 respondents (total sampling). Samples were taken by purposive sampling in accordance with the inclusion criteria set by the researcher. The inclusion criteria for respondents were 1) youth group 2) age range 15-19 years, 3) willing to be a respondent 4) taking part in mentoring sessions.

Data collection was carried out through questionnaire techniques with a questionnaire data collection instrument. The questionnaire contains 20 questions. Before using the questionnaire, a validity test is carried out and then calculated using the Pearson product moment correlation

formula with the conclusion that if the calculated r is greater than the r table then the question item is declared valid.

The research procedure starts from the preparation stage for obtaining a research permit, exploring the research location. Next, the research stage was carried out by distributing pre-test questionnaires followed by providing material through peer educator assistance to teenagers. The media used is a module as intervention material. Mentoring methods include brainstorming, providing materials, simulations and role playing. After the material was given, the post test questionnaire was distributed again to determine the increase in teenagers' knowledge after receiving peer educator mentoring intervention.

Processing data through data management stages. Data analysis used a statistical test with a paired t test, namely the Wilcoxon test, because the normality test results showed that the data distribution was not normal ($p = >0.05$), namely the Shapiro-Wilk value was 0.007.

RESULTS AND DISCUSSION

Respondent characteristics

Research that was carried out in Birugo Village, Aur Birugo Tigo Baleh District, Bukittinggi City with a sample of 43 people obtained characteristics including 13 people (30%) male and 30 (70%) female. The average age is 17 years, the smallest is 15 years and the largest is 19 years, with an average education level of high school (67.4%)

Knowledge

Before carrying out statistical tests, a data normality test needs to be carried out to determine whether the data is normally distributed or not. If the data is normally distributed then the statistical test used is the paired t test, if the data is not normally distributed then the statistical test used is an alternative statistical test, namely the Wilcoxon test.

In this study, the statistical test used was the Wilcoxon test because the normality test results showed that the data distribution was not normal ($p = >0.05$), namely the Shapiro-Wilk value was 0.07.

Table 1. Analysis of KRR Triad Knowledge Scores Before and After Being Given Peer Educator Assistance

knowledge	mean	min	max	p value
Pre-test	6.4	3	16	0.019
Post-test	14.8	8	19	

Based on table 1, the minimum score at the time (pretest) was 3 and at the time (posttest) was 8. Meanwhile the maximum score at the time (pretest) was 16 and at the time (posttest) was 19. This shows that there was an increase in the knowledge score before and after being provided with peer educator assistance.

To determine the difference in knowledge scores before (pretest) and after (posttest) peer teacher assistance, an alternative statistical test was carried out using the paired T test because the data was not normally distributed, namely the Wilcoxon test.

Based on the results of the Wilcoxon test, it is known that the p value (value) is 0.019, which means there is a significant difference between the knowledge scores before (pretest) and after (posttest) given peer educational assistance to teenagers in the Aur Birugo Tigo Baleh sub-district.

Table 2. Effect of Educator MentoringPeers on Increasing Adolescent Knowledge

	Mean	Z	p value
Pre-test	6.4	-2.3	0.019
Post-test	14.8		

Based on Table 2, there is a significant difference of $p=0.019$, so it can be concluded that there is a significant difference in knowledge between before and after peer educator mentoring, which means peer educator mentoring is effective in increasing teenagers' knowledge regarding the Adolescent Reproductive Health Triad.

Based on research results (table2) it was found that more than half of the respondents had low knowledge, namely 74.4% before receiving assistance. After receiving assistance, some respondents had high knowledge, namely 53.5%. The results of the research are in line with previous research that there is effectiveness in providing reproductive health education about free sex in increasing knowledge of reproductive health in grade 2 teenagers at the Wijaya Kusuma Islamic Vocational School, South Jakarta.(Buzarudina, 2013; Setiowati, 2014)

The results of research put forward by WHO, one strategy for changing behavior is providing information to increase knowledge so that awareness arises and ultimately people will behave in accordance with their knowledge. One effort to provide information that can be done is outreach with the assistance of peer educators. Knowledge occurs after someone senses an object or stimulus (Notoatmodjo, 2012).

This is in line with research conducted by Deborah et al. (2002) who evaluated a peer education intervention on 235 young people in Massachusetts, USA. Deborah believes that peer education programs help peers learn about adolescent reproductive health. Michelsen et al. (2012) found similar things about how peers help adolescents learn about sexual behavior, knowledge and attitudes about reproductive health. Their research involved 14 schools that had teenage students from 1950. The results showed that peer classes statistically increased Rwandan teenagers' knowledge about reproductive health.(Utami, 2017)

Other research also supports the effectiveness of counseling in increasing teenagers' knowledge about reproductive health. This research states that counseling has a significant impact on adolescents' initial level of knowledge about reproductive health.(Johariyah & Mariati, 2018; Setiowati, 2014; Wardani et al., 2023)

Wiji Utami's research shows that there is a relationship between the role of peer counselors and knowledge about TRIAD KRR. The conclusion of this research is that the role of good peer counselors increases knowledge about TRIAD KRR 2.74 times.(Utami, 2017)

Research by Wibowo et, al showed that there was a positive change in average knowledge. The results of the analysis show that there is an effect of intervention on changes in the target's knowledge about TRIAD KRR as indicated by a p-value of 0.03. The results of this activity provide teenagers with the ability to become peer educators and become agents of change for teenagers with the knowledge they gain from other teenagers.(Wibowo et al., 2020)

The facts above show that peer educator mentoring has a significant impact on teenagers' understanding of TRIAD KRR, as well as good knowledge about Sexuality, Drugs and HIV/AIDS.

Apart from that, peer educators also play a role in helping teenagers with problems because it is easier for teenagers to share their problems with their peers. Teenagers will be more open and easier to communicate with their peers than with their parents and teachers. Information that is sensitive and uncomfortable when conveyed by adults can be conveyed by peers using age-appropriate language.(Grandgirard et al., 2002; Raposa et al., 2019). Therefore, information is more complete, easier to understand, and goals are achieved. Becoming a peer educator or peer educator not only provides information but also helps students behave healthily

CONCLUSION

Based on the research that has been conducted, there is a significant difference in knowledge between before peer educator mentoring is carried out and after it is carried out, it is 27.9%, which means that peer educator mentoring is effective in increasing teenagers' knowledge regarding the Adolescent Reproductive Health Triad. With this increase in knowledge, it is hoped that teenagers will be able to become peer educators and become agents of change for teenagers themselves by providing the knowledge they have acquired to other teenagers.

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