

## Measure Effectiveness of Reproductive Health Education Programs Teenagers in Schools Intermediate: Evaluation Results in the Cileunyi Region Bandung Regency

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### ABSTRACT

This article discusses the results of evaluating the effectiveness of the Adolescent Reproductive Health Education Program in secondary schools in the Cileunyi area, Bandung Regency. The approach used in this research is a combination of participatory, field research and active monitoring. The main objective of this research is to measure the level of success and impact of the program in increasing knowledge, attitudes and reproductive health behavior of adolescents. This study combines a participatory approach, field research, and active monitoring to gain a comprehensive picture of the program's effectiveness. A participatory approach involves collaboration with program participants, teachers, and local stakeholders to design and implement activities. Field research was carried out by conducting surveys, interviews and direct observations at selected secondary schools in the Cileunyi area. Active monitoring involves continuous data collection throughout the study period. Findings The evaluation results showed a significant increase in students' knowledge regarding reproductive health, with a high level of participation in discussion activities, workshops and outreach sessions. Positive attitudes and behavioral changes were also observed after participating in the program. Collaboration with local stakeholders and active student participation are considered key factors for success. Therefore, a combination of participatory approaches, field research and active monitoring has proven effective in measuring and evaluating the Adolescent Reproductive Health Education Program in the Cileunyi area. These findings provide valuable insights for program administrators, schools, and other stakeholders to improve the design and implementation of similar programs in the future.

**Keywords:** Adolescent Reproductive, Health Education, Effectiveness of Participatory Programs

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## INTRODUCTION

Adolescent reproductive health education has a crucial role in shaping adolescent understanding, behavior and decisions related to aspects of their reproductive health. The Cileunyi area, Bandung Regency, is the focus of evaluation to measure the effectiveness of reproductive health education programs that have been implemented in secondary schools. In recent years, adolescent reproductive health problems in Indonesia, including in the Cileunyi Region, Bandung Regency, have become a major concern. The high rate of teenage pregnancy, the spread of sexually transmitted diseases, and low knowledge of reproductive health are challenges that need to be overcome through effective prevention efforts.

The reproductive health education program in secondary schools in the Cileunyi Region has been designed with the aim of providing a comprehensive understanding of reproductive health, sexual rights, and the consequences of unsafe sexual behavior. However, the extent to which this program achieves its objectives and provides a positive impact needs to be evaluated thoroughly. The aim of this evaluation is to measure the effectiveness of the adolescent reproductive health education program that has been implemented in secondary schools in the Cileunyi Region, Bandung Regency. (United Nations Population Fund (UNFPA). (2015)

1. This evaluation aims to evaluate adolescent understanding by measuring the level of adolescent understanding of reproductive health issues and assessing the extent to which the information presented in the program is accepted and understood by adolescents.
2. Assessing Behavior Change by Analyzing whether the program has had an impact on positive behavioral changes in adolescents regarding reproductive health and Identifying factors that influence behavior change.
3. Evaluate the involvement of schools and parents by measuring the level of involvement of schools and parents in supporting reproductive health education programs and analyzing supporting factors and obstacles in involving schools and parents.

It is hoped that this evaluation will provide in-depth insight into the success of the adolescent reproductive health education program in the Cileunyi Region, help improve the program, and provide relevant policy recommendations to support adolescent reproductive health in the future. This article broadly discusses the evaluation of the effectiveness of adolescent reproductive health education programs in secondary schools in the Cileunyi area, Bandung Regency. The evaluation results provide a factual picture regarding the implementation and impact of the program.

In the context of evaluating the effectiveness of adolescent reproductive health education programs in secondary schools in the Cileunyi area, Bandung Regency, it is important to understand the level of student participation and their involvement in program activities. This evaluation provides further insight into the extent to which students are engaged and actively involved in reproductive health empowerment efforts. (Ministry of Health of the Republic of Indonesia. (2019).

Student participation and involvement is a critical aspect in assessing the effectiveness of an adolescent reproductive health education program in secondary schools. In the context of program evaluation in the Cileunyi area, Bandung Regency, attention to the details of student participation and level of involvement is very important to understand the overall impact of the program.

Student participation in this reproductive health program has a high level of participation because during the evaluation, it was seen that the adolescent reproductive health education program in secondary schools in the Cileunyi area succeeded in attracting the attention of students with a high level of participation. Many students actively take part in the activities held, including counseling sessions, workshops and discussion activities. Factors influencing high participation may involve delivery approaches that are engaging and relevant to youth.

Then, the various learning methods provided in this program have successfully implemented various learning methods, such as the use of interactive media, stories, role plays and group discussions. This creates a dynamic learning environment and accommodates different learning styles among students.

Student involvement in discussion activities, workshops and extension sessions held by researchers was very good and welcomed positively. Interactive discussions with the level of student involvement in discussion activities looks quite high. Students actively participate by asking questions, sharing experiences, and discussing reproductive health issues. This approach helps create an inclusive environment and allows students to feel more comfortable speaking about sensitive topics.

Then an in-depth workshop with student involvement in the workshop showed a positive impact on their understanding. Workshops involving practical activities, simulations, and role plays encourage students to be more directly involved with the material, increase information retention, and hone interpersonal skills, as well as educational and youth-friendly counseling sessions, making this program also hold outreach sessions with an approach that is educational and youth friendly. Students respond positively to the delivery of information that is easy to understand and relevant to their daily lives.



Picture. 1 Workshop with teachers and related institutions regarding the importance of juveniles and reproduction

Therefore, with a high level of student participation and good involvement in various activities, the adolescent reproductive health education program in the Cileunyi area can be considered successful. This level of positive engagement provides an indication that students are not only receiving information, but are also actively engaged in the learning process, increasing opportunities for adoption of positive reproductive health behaviors in the future. This evaluation provides valuable insights for the development of similar programs in other regions and emphasizes the importance of involving students directly in the planning and implementation of adolescent reproductive health education programs. (World Health Organization (WHO). (2010)

Furthermore, understanding the rights and responsibilities of adolescents related to reproductive health is a critical aspect in evaluating the effectiveness of reproductive health education programs in secondary schools. In the context of the evaluation in the Cileunyi area, Bandung Regency, it is necessary to explain the extent of teenagers' understanding of their rights and responsibilities related to reproductive health.

1. The level of understanding of adolescents regarding their rights and responsibilities by evaluating which can include assessing the level of understanding of adolescents regarding reproductive health rights and responsibilities through several indicators:
  - a. Understanding of Reproductive Rights: Assess adolescents' understanding of their rights in the context of reproduction, such as the right to obtain information, obtain reproductive health services, and the right to make decisions about their own bodies.
  - b. Responsibility for Personal Health: Evaluate the extent to which adolescents understand their responsibility for personal reproductive health, including understanding the importance of safe sexual practices and the need for knowledge about contraception.
2. The success of the program in increasing adolescent awareness, which is evaluated must also pay attention to whether the reproductive health education program is successful in increasing adolescent awareness regarding reproductive rights and sexual health.

Adolescents' understanding of reproductive health rights and responsibilities plays an important role in ensuring the success of reproductive health education programs. An in-depth evaluation of these indicators can provide better insight into the impact of the program and areas that may require further attention in improving adolescents' understanding of their rights and responsibilities related to reproductive health. (Guttmacher Institute. (2016)

The Influence of the School Environment on Adolescent Reproductive Health Education Programs in Secondary Schools In evaluating the effectiveness of adolescent reproductive health education programs in secondary schools, it is important to understand the impact of the school environment on the success of the program. The following is an explanation of the influence of the school environment, including factors that can encourage or hinder program effectiveness:

1. Evaluation of School Environment Support and Influence:
  - a. Administrative Support:

A school environment that supports adolescent reproductive health education programs is characterized by strong administrative support. This includes the involvement of school principals in supporting and promoting adolescent reproductive health education programs in schools and Resource Allocation where adequate resources are provided, such as time, funds and facilities, to support the success of the program.

b. Teacher and Staff Involvement:

The support and involvement of teachers and school staff greatly influences the effectiveness of the program. This involves Teacher Training, where the Teacher receives special training in reproductive health education and is able to deliver material effectively as well as Teacher Participation in the Program, where the Teacher is actively involved in organizing program activities, such as counseling or workshops.

c. Supportive School Culture:

School Norms and Values create a school culture that encourages respect for reproductive health values and positive norms related to these issues as well as parental involvement in support and parental involvement in supporting adolescent reproductive health education programs at school. ( UNESCO. (2018)

Meanwhile, factors that encourage or inhibit the effectiveness of the program include several elements, including encouraging factors where the curriculum is integrated, where there is integration of reproductive health education material in the school curriculum as a whole and involvement of the school committee or teacher council in planning and supporting the program, in addition to resources. Adequate means the availability of resources such as teaching materials, audiovisuals and supporting educational materials.

There are factors that inhibit this, such as taboo and stigma from the school environment which still considers taboo or creates stigma related to the topic of adolescent reproductive health and teacher incompetence which lacks teacher skills or knowledge in conveying sensitive material effectively as well as resistance from the community where resistance from the community or certain groups regarding the implementation of reproductive health education programs. (UNFPA. (2015)

In evaluating the effectiveness of adolescent reproductive health education programs in secondary schools in the Cileunyi area, Bandung Regency, it is important to understand the extent of parental involvement and the impact of the program on the understanding and involvement of the community around the school. This can be supported by other data to provide a deeper understanding of the impact of adolescent reproductive health education programs on the involvement of parents and communities around schools. Relevant references may include literature related to parental participation in education and the impact of community programs in the field of reproductive health. (Denno, MS, Hoopes, AJ, & Chandra-Mouli, V. (2015)

The implementation of adolescent reproductive health education programs in the Cileunyi area, Bandung Regency, does not always run smoothly and is often faced with various challenges and obstacles. An in-depth understanding of these barriers is very

important in evaluation to find effective solutions and increase program success. (Arnett, JJ (2015) The challenges faced during program implementation are:

1. Social Resistance or Discomfort There may be resistance or discomfort from some students, parents or the community regarding the topic of adolescent reproductive health education. Certain cultural or religious norms can be a barrier.
2. Limited resources, whether financial, teaching staff, or materials, can be a serious challenge in implementing programs effectively.
3. Technical and Methodological Challenges with Program implementation may be faced with technical challenges, such as infrastructure readiness or lack of training for facilitators.
4. Limited Parental Involvement with Challenges in getting parents' active participation and involvement can affect the effectiveness of the program, especially if parents do not feel comfortable or lack support.
5. What Students Lack of Prior Knowledge Some students may have different levels of prior knowledge, and programs need to be adapted to be relevant and useful for all students. (Kirby, D. (2007)

The obstacles that influence the effectiveness of this program include the following:

1. Lack of Community Understanding, because if the community does not understand the goals and benefits of the program, this can hinder community support and greater involvement.
2. Cultural Constraints and Local Norms, so reproductive health education programs must pay attention to and respect cultural and local norms to avoid conflict and increase community acceptance.
3. Challenges of Evaluation and Impact Measurement, accurately measuring program impacts can be an obstacle, especially if evaluation methods are inadequate or there are data-related obstacles.
4. Policy and Legal Issues through Challenges related to policies or regulations that limit or hinder the implementation of adolescent reproductive health programs.

It is hoped that this article can make a real contribution to improving adolescent reproductive health education programs in secondary schools in the Cileunyi area, Bandung Regency. (Santelli, J., et al. (2017)

## METHODS

As in this article, using a combination of participatory approach, field research and active monitoring can be an effective strategy in measuring the effectiveness of adolescent reproductive health education programs in secondary schools. (WHO. (2018)

1. Participatory Approach  
Involve students, educators and local communities in the decision-making process and program implementation. The first step in creating a Joint Program Design is involving students, teachers and community members in designing a reproductive health education program. Consider local needs and preferences. Then create a Discussion Group, by forming a discussion group with students to gain further insight into relevant reproductive health issues.
2. Field Research

Understand local conditions and context that may influence program success. With the initial step of making a literature study, where you review the literature regarding adolescent reproductive health and the characteristics of the Cileunyi area, Bandung Regency. Then interviews and observations were conducted with stakeholders, teachers, students and parents. Observe the situation directly in the field to get contextual information. (Patton, MQ (2008)

3. Active Monitoring

Regularly monitor program implementation and measure indicators of success. With the initial step of establishing a Monitoring Team consisting of health experts, teachers and community representatives. Then Regular Monitoring by holding regular meetings to monitor program progress and identify potential changes or improvements.

4. Evaluation of Results:

Evaluate the impact and effectiveness of programs based on data obtained from participatory approaches, field research and active monitoring. With analysis steps from student participation, field research results, and active monitoring reports. Then Focused Group Discussions by holding focused group discussion sessions with students and other involved parties to get direct input. As well as program improvements based on evaluation findings, make program improvements and suggest improvements to increase its effectiveness.

By implementing this combined approach, it is hoped that the evaluation of adolescent reproductive health education programs in the Cileunyi area, Bandung Regency, can be more holistic and contextual. (Creswell, J. W., & Creswell, JD (2017)

## RESULT AND DISCUSSION

1. Participative

In research on adolescent reproductive health education programs in secondary schools in the Cileunyi area, Bandung Regency, measuring student participation levels played a key role in assessing the effectiveness of the program. The following is an explanation of measuring the level of student participation with a focus on the level of attendance, participation in discussions, and involvement in practical activities:

a. Student Attendance Rate:

One of the main indicators of student participation is their level of attendance in reproductive health education program sessions. Evaluation is carried out by recording and comparing the number of students who attend each program meeting. Then attendance data can provide an idea of how effective the program is in attracting student attention and participation. High attendance rates reflect good interest and engagement.

b. Participation in Discussion:

In this research, student participation in discussions is an important benchmark. The extent to which students actively participate, ask questions, and convey their views related to reproductive health topics. And recording data on participation in discussions can provide insight into students' understanding of the material, the extent to which they are involved in sharing experiences, and how they respond to reproductive health issues.

c. Involvement in Practical Activities:

Student involvement in practical activities, such as workshops or simulations, is also a focus of measurement. This includes how actively students are involved in direct experiences related to aspects of reproductive health. Then data on involvement in practical activities can provide information about the extent to which students are able to apply the knowledge gained from the program to their daily lives.

d. Data Analysis and Findings:

After collecting data on attendance, participation in discussions, and involvement in practical activities, data analysis was carried out to evaluate the overall level of student participation. Findings from this analysis provide insight into the extent to which students are engaged in reproductive health education programs and provide insight into factors that may influence such participation rates.

e. Implications and Recommendations:

The results of measuring student participation become the basis for formulating program implications. If participation rates are high, this can be considered an indicator of program success. On the other hand, if there are challenges in participation, program improvements and adjustments need to be considered. Recommendations may include strategies to increase student engagement, adjustments to teaching methods, or implementation of activities that are more engaging and relevant to students.

By measuring holistic levels of student participation, this research can provide a comprehensive picture of the effectiveness of adolescent reproductive health education programs in the Cileunyi area, Bandung Regency.

## 2. Field Research

Assessing student knowledge through field research is a critical aspect in evaluating the effectiveness of adolescent reproductive health education programs in the Cileunyi area, Bandung Regency. This approach allows researchers to understand the extent to which students' knowledge has increased before and after participating in the program. The following is an explanation regarding assessing student knowledge and evaluating changes in attitudes and behavior:

a. Assessment of Student Knowledge

Identification of Initial Knowledge Base Before the program begins, field research begins with identifying students' initial knowledge base regarding reproductive health topics. This may involve a questionnaire or initial interview. Field Research Design designed to collect student knowledge data before and after the program. Methods such as surveys or questionnaires can be used to obtain direct responses from students.

Implementation of Surveys or Questionnaires where students are given surveys or questionnaires designed to measure their level of knowledge about reproductive health. Questions may include information about anatomy, reproductive organ function, menstruation, contraception, and other reproductive health topics. Data analysis before and after the program is carried out. Data from surveys or questionnaires is processed to create a comparison between students' knowledge before and after participating in the program. Statistical analysis can be



applied to measure the significance of changes. Comparative Data Presentation contains field research results that can be presented in the form of graphs or comparison tables to visualize changes in student knowledge. This helps in providing a clear picture of the improvements that have been achieved.

b. Evaluation of Changes in Attitudes and Behavior

Assessment of Positive Attitudes Apart from knowledge, field research also assesses changes in students' attitudes regarding reproductive health. This involves the use of structured questions to evaluate students' positive attitudes towards the topic. Assessment of Contraceptive Knowledge Part of the evaluation may include specific questions to assess the student's knowledge of various contraceptive methods, their safety, and effectiveness.

Healthy Behavior Assessment which also includes assessing student behavior related to reproductive health, such as healthy habits, disease prevention, and compliance with the health information provided. Analysis and Presentation of Evaluation Data from Attitude and behavior evaluation data are compiled, processed and analyzed to provide a better understanding of the impact of the program. Graphics or visual presentations can be used to present findings clearly.

Implementation in the Cileunyi Area, Bandung Regency with Involvement of Related Parties. The program is implemented by involving schools, parents and the local community to ensure the success and acceptance of the program. Adaptation of materials in reproductive health education materials adapted to the needs and characteristics of students in the Cileunyi area, Bandung Regency so that they are more relevant and easy to understand.

Active Monitoring During implementation, active monitoring is conducted to identify potential challenges and take rapid corrective action. And Continuous Evaluation of the Program is evaluated on an ongoing basis to ensure sustainability and possible improvements based on ongoing evaluation findings. By using this approach, field research can be a strong instrument for measuring the effectiveness and real impact of adolescent reproductive health education programs in the Cileunyi area, Bandung Regency. This comprehensive evaluation provides a basis for further program improvement and development.

### 3. Active Monitoring

Carrying out active monitoring in adolescent reproductive health education programs in secondary schools in the Cileunyi area, Bandung Regency, plays a key role in assessing and improving program effectiveness. The following is an explanation of activity monitoring, participant responses, and identification of challenges and obstacles:

a. Monitoring Activities and Participant Responses:

Daily Program Implementation Recording where the research team actively records and monitors daily program implementation, including activity schedules, material presented, and interactions between facilitators and students. Measurement of student responses to reproductive health education material is carefully recorded. This may include emotional reactions, level of participation in the discussion, and questions asked.

Evaluation of the extent to which targets have been achieved. By comparing the results of daily monitoring with program objectives, researchers can assess the extent to which program targets have been achieved. This includes evaluating whether the material was delivered effectively and understood by participants. The use of monitoring tools such as checklists or observation sheets is used to guide researchers in recording key aspects that are relevant to the program objectives. Daily Progress Analysis of the collected data is used to analyze the daily progress of the program and provide real-time feedback to improve the quality of activity implementation.

b. Identify Challenges and Obstacles

Challenges in Student Engagement, because If challenges occur in student engagement, such as absenteeism or lack of active participation, these are noted for further analysis. Technical or Logistical Issues with Identify technical or logistical issues that may arise during the program, such as audiovisual problems or lack of supporting materials. School Environmental Factors where Challenges originating from the school environment, such as interference from other activities or infrastructure constraints, are also identified to be overcome.

Negative Response from the Community. If there is a negative response from the community or parents regarding the program, this is recorded to understand the aspects that need to be improved or explained further. Evaluation of Material Quality in Challenges related to the quality of reproductive health education materials were also identified, including student understanding of the material and the need for adjustments.

c. Program Improvement and Development Strategy:

Routine Monitoring and Evaluation Meetings by holding regular meetings to discuss monitoring and evaluation results, as well as planning strategies for program improvement and development. Then submit changes to materials or methods. Based on the evaluation, researchers can propose changes to materials or delivery methods to increase program effectiveness. Furthermore, Collaboration with Related Parties Involves related parties, including teachers, parents and communities, in identifying solutions and improvement strategies.

Training of Facilitators or Teaching Staff to find deficiencies in the delivery of material, additional training or mentoring can be provided to facilitators or teaching staff. Developing Supporting Materials by Identifying the need for developing supporting materials, such as brochures or additional reading materials, to improve student understanding. By carrying out proper monitoring active and continuously identifying challenges, adolescent reproductive health education programs in schools can be more responsive to the needs of students and the community. This helps ensure the sustainability and quality improvement of the program in the future.

#### 4. Program Development

Based on the results of research on the Adolescent Reproductive Health Education program in schools in the Cileunyi area, Bandung Regency, the following are a number

of recommendations that can be considered for improving and developing the program in the future. Adapting Educational Materials Reviewing and updating educational materials to ensure that the content is relevant to local needs and context in Cileunyi. Involve input from the community, students, and teachers to ensure materials are more targeted.

**Innovation in Teaching Methods** Adopting more innovative and interactive teaching methods to increase student engagement. For example, the use of educational technology, simulations, or practical activities that can improve students' understanding and memory. **Training and Facilitators** by Providing additional training to facilitators or educators involved in the program. This may include a deeper understanding of adolescent reproductive health issues, delivery skills, and how to address student questions or challenges.

**Strengthening Collaboration with Parents** by Building stronger collaboration with students' parents through regular meetings, information sessions, or workshops. Involving parents can support the integration of reproductive health education materials in the family environment. Then evaluate the long-term impact by developing an evaluation method that involves long-term monitoring to measure the impact of the program on student knowledge, attitudes and behavior. This helps in assessing the sustainability of the positive effects of the program.



Figure 2. Woksop understands the importance of adolescent reproductive health and how to overcome it

**Increased Access to Information** Bridging the information gap by ensuring that students have adequate access to information on adolescent reproductive health outside the school environment, for example through printed materials, educational websites, or seminars open to the community. Then prepare a follow-up plan by preparing a detailed follow-up plan based on research findings, including concrete improvement steps and a time period for implementation. This may involve collaboration with relevant parties, including educational institutions, local governments, and health organizations.

**Program Socialization** by Carrying out regular outreach activities to ensure that the entire community is informed about the objectives and benefits of the Adolescent

Reproductive Health Education program in Schools. This can also help overcome potential resistance or disagreement.

Expanding the Scope of the Program by Considering expanding the scope of the program to cover broader aspects, such as community involvement, counseling to families, or collaboration with related health services. Participant Satisfaction Evaluation Involving students, teachers, and parents in the evaluation process to measure their level of satisfaction with the program. Positive and constructive feedback can be the basis for continuous improvement. It is hoped that these recommendations can serve as a guide to increase the effectiveness and positive impact of the Adolescent Reproductive Health Education program in schools in the Cileunyi area, Bandung Regency.

### CONCLUSION

Based on the results of evaluating the effectiveness of adolescent reproductive health education programs in secondary schools in the Cileunyi area, Bandung Regency using a combination of participatory approaches, field research and active monitoring, several significant conclusions can be drawn, including the following:

1. Increased Student Participation with the Adoption of a participatory approach has been proven to increase the level of student participation in the program and Students are more actively involved in various activities, including discussions, workshops and counseling sessions.
2. Understanding and Awareness Formed through this Program is successful in providing deeper knowledge regarding adolescent reproductive health and Students demonstrate increased understanding and awareness of reproductive health issues.
3. Parent and Community Involvement, through a participatory approach also facilitates parent and community involvement in supporting the program, and the program not only focuses on students, but also creates a positive impact in the family and community environment.
4. The effectiveness of workshops and extension sessions will be interactive in providing direct experience to students, increasing practical understanding and evaluations showing high effectiveness in increasing experience-based knowledge and skills.
5. Active Monitoring Supports Continuity through Active monitoring plays an important role in supporting program continuity and careful monitoring helps identify challenges and potential improvements.

### SUGGESTION

Based on the evaluation results, several suggestions can be put forward to increase the effectiveness of adolescent reproductive health education programs in the Cileunyi area, Bandung Regency:

1. Strengthening Student Participation by Continuing to develop strategies to increase student participation, such as using more interactive and attractive learning methods.

2. Collaboration with Related Parties by Exploring the potential for collaboration with related parties, including health institutions and community organizations, to expand the impact of the program.
3. Further involvement of parents and communities by developing initiatives to further involve parents and communities in supporting adolescent reproductive health education.
4. Improving learning materials and methods by conducting periodic reviews of learning materials and methods, adapting them according to developing trends and student needs.
5. Routine Monitoring and Periodic Evaluation by Carrying out routine monitoring and periodic evaluation to measure long-term effectiveness and detect changes in trends.

By implementing these suggestions, it is hoped that the adolescent reproductive health education program can continue to increase its impact and make a positive contribution to the welfare of adolescents in the Cileunyi area, Bandung Regency.

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