ABSTRACT

Background: Reproductive health is very important for youth to understand as unawareness of right reproductive health may lead youth to free sex before marriage leading to unwanted pregnancy and increasing abortion, STDs, HIV/AIDS. Youth need right reproductive health educational service and it is better for youth classmates to give this sort of service. Classmates are more open and easy to communicate with compared to parents and teachers. However, this attempt is still disagreed in Indonesia.

Objectives: To find out the effect of reproductive health education through peer education method on youth’s knowledge and attitude in preventing them from unwanted pregnancy and its benefits.

Method: This was an ex post facto quasi experimental study with posttest-only control group design. There were 144 samples consisting 72 students as treatment group of total sampling and 72 students as control group of simple random sampling. Data were gathered through questionnaires, FGD and interviews. Data analysis for comparing the treatment and control groups was Mann-Whitney test. The decision of hypothesis test was based on significant level of 5% or p = 0.05; while the qualitative data analysis was done by data management using card.

Result: Youth’s knowledge on unwanted pregnancy prevention in both treatment and control groups showed significant difference with p =0.000 (p<0.05). The youth’s attitude on unwanted pregnancy prevention showed significant difference with p = 0.000 (p < 0.05). The FGD with students and interviews with teachers showed that the program was very useful but it needs improvement in delivering the materials, number of media, coordination, discipline, and responsibility of all related parties.

Conclusion: It was proven that reproductive health education through peer education may affect or improve youth’s knowledge and attitude in preventing unwanted pregnancy, and the method was useful.

Keywords: reproductive health education, peer education, and health