



## REPRODUCTIVE HEALTH EDUCATION AND THE ESTABLISHMENT OF CADRES IN DARUL ULUM ISLAMIC BOARDING SCHOOL AIE PACAH PADANG

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### ABSTRACT

Reproductive health education and the formation of reproductive health cadres are one of the activities to provide knowledge, change attitudes and behaviors to students at Darul 'Ulum Islamic Boarding School Aie Pacah Padang. This was motivated by the emergence of health problems in the Islamic Boarding School including ignorance of the causes of breast and stomach pain before and during menstruation, irritation between the thighs during menstruation, vaginal discharge and clean and healthy lifestyle problems. Collecting data were done by distributing questionnaires before and after education. The activity was carried out on August 7, 2020 at the Darul 'Ulum Islamic Boarding School. The number of participants as 84 students. Univariate data analysis were used and presented with frequency distribution. Description of the characteristics of respondents in this service activity of 84 students, more than half of the students were aged  $\geq 13-15$  years (58.3%), more than half of their parents were senior high school (53.6%), and less than half of parents were self-employed (42.9%). The level of knowledge of students about reproductive health before education was (58%) and after education was (69%). Reproductive health cadres were formed as 9 people. The results of this service are expected to increase students's knowledge, so consequently the arising problem can be overcome. The number of existing cadres are 9 students. It is recommended to increase santriwati knowledge through continuous education.

**Keywords:** *Reproductive Health, Education, Cadres*

### INTRODUCTION

Islamic boarding school is a place of education and teaching that emphasizes Islamic religious lessons and is supported by a dormitory as a residence for students (Zazin N, Umiarso. 2011). Darul 'Ulum Islamic boarding school is one of the Islamic boarding schools in the city of Padang, with a total of 300 students with details: 200 santriwan and 100 santriwati. Darul 'Ulum Islamic boarding school is located in Aie Pacah Village, Koto Tengah District.

Reproductive health problems also occur in Islamic boarding schools, one of which is the Darul 'Ulum Islamic boarding

school. The problems that arise will of course affect the reproductive health of the santri as adolescents who live in the Islamic boarding school, especially female students. Actually, reproductive health is much influenced by various external factors, both internal and external factors. Internal factors are knowledge and attitudes, while external factors are the environment which includes the family environment, teachers, peers and sources of information on reproductive health (Kemenkes RI. 2017).

Factors that affect reproductive health in Darul 'Ulum boarding school include internal factors including knowledge of students, especially students about



reproductive health. External factors are the environment which includes family environment, teachers, peers and sources of information regarding reproductive health. Environmental problems there also include the problem of clean and healthy living habits (PHBS) (Kemenkes RI. 2017). Besides that, women play an important role in the survival of humans in the future. The importance of paying attention to women's health is because from a physical perspective, women are more vulnerable to the emergence of reproductive health risks or problems. In order for reproduction to run well according to its stages, we as health workers, especially midwives, need to pay attention.

Based on the analysis of the situation above as well as the expectations of the boarding school, the community service team hopes to form a reproductive health post and there are also health care cadres, because so far if there are problems or complaints, especially reproductive health problems that can cause fatal conditions for students, it is not quickly handled. This is because in addition to the limitations of knowledge, the boarding schools do not yet have a health post. With the provision of education, the formation of a health post, and the formation of a cadre of health issues, especially reproductive health problems at the Darul 'Ulum Islamic Boarding School, can be handled properly.

## **PARTNER ISSUES**

Education for the health and the establishment of the Poskespro needs to be carried out at the Darul 'Ulum Islamic Boarding School in Aie Pacah Village, Koto Tengah Subdistrict, this is due to the emergence of a Kespro problem at the Pondok Pesantren. Islamic boarding school is a place of education and teaching that emphasizes Islamic religious lessons and is supported by a dormitory as a residence for students. When we gave counseling about teenage health problems, they were quite enthusiastic about listening to the counseling material. This was proven by the emergence

of questions about reproductive health, about BSE, menstrual hygiene, and about the complaints they felt at that time. The results of interviews with santriwati several problems arose including: some complained of experiencing irritation around the groin during menstruation, itching in the genital area, changing their duk only once a day, other complaints were itching not only in the genital area but also in the hands, some complained just before menstruation pain in the breasts and pain in the stomach during menstruation. From our observations, the problems there also include PHBS problems, the dormitory that is occupied is not adequate, the size is not too big but is occupied by so many people, clothes also hang, lack of ventilation, bathrooms and toilets are not yet proper, Besides that, they are still in their teens, the reproductive period is still long, they have to keep from now, because there are still many stages of reproductive life that they will and must pass after completing this pesantren education.

## **PROBLEM SOLUTION**

The solutions offered are: providing education about reproductive health, education on the health of the health program aims so that students who do not experience complaints can prevent problems related to problems related to reproductive health as above, while those who experience complaints or problems know how to solve the problem, even to prevent it from progressing to fatal problems. Then the formation of Poskespro is very useful and beneficial for santriwati so that they can get first aid and care if they experience a health problem, as well as the formation of a Kespro cadre who can protect their friends who have problems.

## **MATERIAL AND METHODS**

This Community Service Activity for the Community Stimulus Partnership Program (PKMS) was held at the Darul Ulum



Aie Pacah Islamic Boarding School, Koto Tengah District, Padang City, West Sumatra. The activity was carried out on August 7, 2020 and continued on August 14, 2020. Before the Kespro Education activity was preceded by a Pre test, continued with the Kespro Education activity, the next activity was Post test, and finally the Kespro cadre formation activity. The follow-up activity is to provide material on detecting nutritional status in adolescents, by calculating BMI and measuring LILA, as well as training cadres so they can use simple tools such as using digital tension, thermometers, height meters and weight scales. :

1. The pre-test aims to determine the knowledge and attitudes of Santriwati towards reproductive health
2. Conduct education in the form of counseling on the health and professionalism
3. Post test aims to find out Ssntriwati's knowledge and attitudes towards reproductive health

4. Forming a health care cadre with the aim of being able to nurture and assist Santriwati who have problems, especially the health welfare.
5. Providing material on the detection of nutritional status in adolescents, by calculating BMI and measuring LILA, continued by training the cadres of the health center.

## RESULTS

Before the education activity, questionnaires were distributed containing questions about the characteristics of Santriwati, including: characteristics of the respondents and questions about the health issues. There were 84 questionnaires filled in the pre-test and 84 questionnaires during the post-test. From the results of the distributed questionnaires, it can be seen that 84 Santriwati have the following ages and levels of education:

**Table 1: Frequency Distribution of Respondents Age, Education Level of People Parents and Occupations of Respondent's Parents**

Variable	f	%
<b>Age</b>		
< 13	11	13,1
≥ 13-15	49	58,3
≥ 16-19	24	28,6
<b>Total</b>	<b>84</b>	<b>100</b>
<b>Education Level</b>		
Elementary school	13	15,5
junior high schools	17	20,2
Senior high school	45	53,6
Higher education	9	10,7
<b>Total</b>	<b>84</b>	<b>100</b>
<b>Parents' job</b>		
Labor	14	16,7
Teacher	7	8,3
Fisherman	2	2,4
Farmer	22	26,2
Civil servants	1	1,2



Does not work	2	2,4
Entrepreneur	36	42,9
<b>Total</b>	<b>84</b>	<b>100</b>

Based on table 1, it can be seen that of the 84 Santriwati, the highest age was  $\geq 13-15$  years, as many as 49 people (58.3%). Judging from the level of education of parents

from Santriwati, the highest proportion is high school, namely 45 people (53.6%).

**Tabel 2: Respondent frequency distribution based on knowledge level about reproductive health**

No	Variable	%
1	Knowledge before education	58
2	Knowledge after education	69

From table 2 it can be seen that the respondent's knowledge before being given education is 58%, while after being given education it becomes 69%

## DISCUSSION

Based on table 1 it can be seen that of the 84 Santriwati the most ages were  $\geq 13-15$  years, that is more than half (58.3%). At this age, after childhood, a person enters a transitional period into adolescence. At this age knowledge of reproductive health is very important, because at this age a woman begins her reproductive life marked by the arrival of menstruation, so they need to know about issues related to reproductive health such as hygiene during menstruation. Knowledge about Kespro can be obtained from parents, especially mothers, because seen from the education level of parents, the majority of Santriwati are SMA (53.6%), so it is hoped that parents will also play a role here in providing knowledge about Kespro. Sometimes it can also be caused by busy parents who do not have time to talk to their children, because from the work of parents,

the majority of them are self-employed (42.9%). The results from table 2 can be seen that the respondent's knowledge before being given education is 58%, while after being given education it becomes 69%. This still needs to be observed because the knowledge of reproductive health is very important for adolescents, the reproductive period is still long, they must protect it from now on, because there are still many stages of reproductive life that they will and must pass after completing this pesantren education.

## CONCLUSION

Implementation of educational activities in the form of counseling on Reproductive Health, carrying out activities for the formation of Kespro cadres (9 Kespro cadres) at the Darul 'Ulum Anak Air Islamic Boarding School.

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