



Literature Review: Overview of Reproductive Health Knowledge Among Adolescent Social Media Users

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Abstract

Introduction: Reproductive health is a state of health that includes a person's reproductive functions, systems and processes. It includes not only the absence of disease, but also socio-cultural and mental health. Reproductive health in adolescents is receiving significant attention from the government because adolescence is a transitional period from childhood to adulthood that has its own uniqueness and experiences the development of physical, mental, social and emotional maturity. Gadgets are used by all groups, especially adolescents. Adolescents spend time using gadgets every day, even in the learning process at school, making gadgets the most popular communication tool. The ease with which adolescents can access information through social media helps them to increase their knowledge in order to maintain their health, especially their reproductive health.

Objective: To examine the picture of reproductive health knowledge among adolescent social media users.

Method: The literature review was chosen as the method used by collecting literature from the Google Scholar database for the publication year 2019 to 2023. The literature selected was full text journals in Indonesian language, the reviewer got 5 articles that were in accordance with the objectives.

Result: The results of the review obtained 8 articles that are in accordance with the theme of reproductive health knowledge in adolescent social media users.

Conclusion: Social media influences adolescent knowledge about reproductive health, but does not determine high or low knowledge.

Keywords: adolescent, reproductive health, social media

Introduction

Reproductive health has become an important issue for the government and will be an issue throughout the life cycle, one of the efforts to avoid health problems that may occur due to the reproductive process is to focus on reproductive health studies. According to Wahyudin (2009) reproductive health is a health condition that involves a person's reproductive functions, systems, and processes. Health is not only free from disorders, but also socio-cultural and mental health (Ismawati et al., 2023).

The scope of reproductive health covers human life from birth to death including maternal and newborn health, prevention and control of reproductive tract infections (ISR) including STDs-HIV/AIDS, prevention and control of abortion complications, adolescent reproductive health, prevention and treatment of infertility, cancer in old age and osteoporosis and various other health conditions (Ismawati et al., 2023). Reproductive health in adolescents receives important attention from the government, this is because adolescence is a transition period from childhood to adulthood which has its own uniqueness and experiences the development of physical, mental, social and emotional maturity.

Adolescents are the age group of 10 years old to 18 years old (Kementrian Kesehatan RI, 2014). Another opinion explains that adolescents are residents in the age range of 11-20 years old (Pratama & Sari, 2021). Another explanation states that the vulnerable age of adolescence is 12-22 years old (Utami & Ayu, 2018).

Adolescence is a period of physical, psychological and intellectual growth and development (Hapsari, 2019). In adolescence, the dominant trait that emerges is great curiosity and a sense of wanting to try everything new, this situation becomes a risk if adolescents and their curiosity do not get assistance from parents and teaching staff in their school environment.

Nowadays, the characteristics of teenagers are that they are fluent in technology, broad-minded and global, optimistic, more focused on themselves, feel less capable despite being optimistic, less endurance, visual and active learning, short attention span, expressive and instantaneous (Kementrian Kesehatan RI, 2021).

Gadgets are used by all groups, especially adolescents. Adolescents spend time using gadgets every day, even in the learning process at school, making gadgets the most popular communication tool. In line with the statement explaining that gadgets are one of the communication tools that have many functions using different features (Fitriana, Ahmad, & Fitria, 2021).

Adolescents often use gadgets to access the Internet, send messages and even play games, listen to music or the radio, and store memories through photos and videos. In addition, these devices can be used as a means of communication with the outside world and open social networks such as social media that are widely used today. Social media is used as a lifestyle that is used as a place to show self-identity (Moh. Nawafil & Junaidi, 2020). The use of social media by adolescents is one of the sources in finding the information needed, including information about reproductive health. The ease with which adolescents access information through social media supports them in increasing their knowledge so that they can maintain their health, especially their reproductive health.

Objective

The purpose of this literature study is to examine the picture of reproductive health knowledge among adolescent social media users..

Method

Literature review was chosen as the method used by collecting literature from the Google Scholar database for the publication year 2019 to 2023. The literature selected was full text journals in Indonesian language.

Result and Discussion

The results of the review found 8 articles that met the objectives.

Table 1. Article Search Results

No	Title and Year of Publication	Author	Methods and Samples	Results
1	The relationship between the media and the attitudes and behaviours of the adolescent reproductive health triad, 2019	Tetti Solehati, Agus Rahmat, Cecep Eli Kosasih	The research design was a cross-sectional approach. Data were collected through questionnaires. Data were analysed using frequency distribution and chi-squared test. The population of this study were all students of SMPN 1 Banjaran, SMPN 1 Dayeuhkolot, SMPN 1 Cileunyi, SMA Dayeuhkolot, and SMAN Cileunyi Bandung Regency totalling 12,000, sampling by stratified random sampling and totalling 668 students.	The results found that handbook (p = 0.31), newspaper (p = 0.46), TV (p = 0.63), radio (p = 1.00), VCD (p = 0.92), and Internet (p = 0.13) had no relationship with attitude. While the internet (p = 0.03), newspaper (p = 0.01), and radio (p = 0.02) are related to behaviour, but handbook (p = 0.14), TV (p = 0.49), and VCD (p = 1.00) have no relationship with behaviour. Internet, radio, and newspaper media are associated with adolescent reproductive health behaviour (Solehati, Rahmat, & Kosasih, 2019)
2	Mapping information media use behaviour in accessing reproductive health information	Susanne Dida, Syauqy Lukman, Sukarno, Feliza Herison, Centurion Chandratama	This study uses a descriptive method with a population of first to fourth year adolescents with an age range of 18 to 24 years	The results of the study show that the information media platforms that are widely accessed among adolescents

among students in West Java, 2019.	Priyatna, Arif Rifqi Zaidan, Titut Yuli Prihyugiarto	in West Java. Data collection will be done through questionnaires, interviews and observations. This type of research is descriptive research with qualitative and quantitative data.	are through social media, the highest being Instagram and Twitter, while the lowest is newspapers, followed by radio. The method of delivering messages with infographics and memes is considered the most effective to be delivered through social media, this is something that needs to be considered in packaging reproductive health messages for adolescents, both by BKKBN, and other interested parties (Dida et al., 2019).
3 Utilisation of Social Media in Social Marketing for Adolescent, 2020.	Resti Sri Elwani, Firman Kurniawan	The research was conducted through a descriptive qualitative approach. Three resource persons in this study were selected based on purposive sampling technique. Data collection was conducted by interview and literature study. The data analysis technique used in this research refers to Miles & Hubberman which consists of three subprocesses, namely data reduction, data presentation and conclusion drawing.	The results show that social media can be utilised as a social marketing communication channel for teenagers. However, social media cannot stand alone, so omni-channel selection is a more effective strategy. Low engagement of substance content compared to non-substance content is a challenge faced by social marketing of the GenRe programme on social

				Social marketing theory was used to analyse and help answer the problems in this study.	media (Elwani & Kurniawan, 2020).
4	The Interaction Effect of Social Media Use and Reproductive Health Knowledge on Adolescent Risk Sexual Behaviour, 2021	Raidah dan Hamdi	Intizar Andini	The research method uses a quantitative approach using an online survey method. The data was analysed using the mediation model by utilising Andy F. Hayes' PROCESS scheme, the target respondents were 383 people.	The results of this study prove that the use of social media predicts risky sexual behaviour as well as reproductive health knowledge. However, there is no interaction effect between the variables of reproductive health knowledge and media use on risky sexual behaviour, which means that the use of social media is not the cause of low or high reproductive health knowledge (Yusuf & Hamdi, 2021).
5	Adolescent Reproductive Health Education (PKRR) in the Era of Covid-19 Pandemic, 2021.	Ayu Nurdiantika Sari, Yoshida Aussiana Samosir, dan Alana Arumsari Pramono		The research method used was a cross sectional study. The total subjects used in the study were 257 subjects.	The results of the study can describe the use of social media by Bicarasehat.id, especially in the socialisation of the adolescent reproduction pandemic in the Covid-19 pandemic era. (Sari, Samosir, & Pramono, 2021).
6	The Effect of Health Counselling with Social Media on the Level of Knowledge about Reproductive Health	Hamzah B dan Rahmawati Hamzah		This research is a pre-experimental study with a one group pretest and posttest design. The number of samples used was 40	The results of the study obtained the average (mean) knowledge of respondents about reproductive health

			<p>respondents who were drawn using total sampling. Data was collected using a questionnaire and analysed with paired t-test.</p>	<p>at the time of the pre-test was 11.72 and at the post-test increased to 20.22. The statistical test results obtained a value of $p = 0.000$ ($p < 0.05$) which indicates that there is a difference in the average score (mean) of respondents' knowledge at pre-test and post-test by 8.5. There is an effect of health counselling with social media on students' knowledge level about reproductive health at SMAN 5 Wajo (B & Hamzah, n.d.).</p>
7	<p>Adolescent Knowledge on Internet Use of Reproductive Health Information at SMAN 4 Batam, 2022.</p>	<p>Netty Herawaty Purba, Indah Dwi Puspita, Sherly Mutiara, Harindra</p>	<p>This research includes quantitative descriptive research using a cross-sectional approach. By distributing questionnaires and tabulated to get results. The population used is all students who are actively registered at SMAN 4 Batam class X-XI total population of 1,027 students, who use the Cluster Random Sampling technique using a 10% margin of error and get the results of 92 respondents with the provisions of adolescents who actively use the</p>	<p>The results of the research explained that in terms of age, most of the respondents in this study were 17 years old as many as 39 people (42.4%), the level of reproductive health knowledge in the good category was 42.4% as many as 39 respondents, in accessing the internet the highest was more than 5 times accessing the internet in 1 day as many as 47 respondents (51.1%). Internet users' knowledge of</p>

			internet and mobile phones, while the exclusion criteria are adolescents who do not use mobile phones.	reproductive health information search in adolescents requires the attention of various government parties (Purba, Puspita, Mutiara, & Harindra, 2022).
8	The Effect of Social Media Use as Health Promotion Media on the Knowledge Level of Adolescent Reproductive Health at SMPN 1 Sakra, 2023.	Herli Masturi, Husniyati Sajalia, R Supini	This research is a pre-experiment design research with a one group pretest posttest design approach, a population of 782 people, a sample of 89 people taken using stratified random sampling, the instrument used is a questionnaire. Data analysis using the Paired T-Test Test.	The results of the research through the Paired T-Test test showed the significance value of knowledge before and after being given health promotion of 0.000 <0.05, which means H _a is accepted and H _o is rejected. Based on this data, it can be concluded that there is an effect of using social media as a health promotion media on the level of knowledge of adolescent reproductive health at SMPN 1 Sakra. (Masturi, Sajalia, & Supini, 2023)

Knowledge is the result of knowing, increasing knowledge can be influenced by various factors including the source of information obtained. The source of information that is often used at this time is social media, in line with the results of research which explains that social media has the effectiveness to be used by health workers including nurses as a strategy for promoting reproductive health in adolescents (Rahmatika & Rahman, 2019).

Adolescents who actively seek accurate and reliable information about reproductive health are more likely to make wiser choices by using resources such as doctors, counsellors, or trusted websites for health services. Thus, adolescents' knowledge about reproductive health is more accurate. However, not all adolescents who use social media can access knowledge about reproductive health due to various causes. In line with the results of the study, which explained that the use of social media is not the main cause of low or high knowledge about reproductive

health. (Yusuf & Hamdi, 2021). The results of another research explained that there was no relationship between the level of knowledge and personal hygiene behaviour during menstruation among female students at the Faculty of Nursing Science (Gerungan & Triwahyuni, 2024).

Another factor of reproductive health knowledge in adolescents is not only from the source but from the gender of the adolescent, most male adolescents tend to be less concerned about finding out about reproductive health. According to research that explains that gender has a significant influence on reproductive health knowledge towards risky sexual behaviour, in other words, male adolescents have lower reproductive health knowledge, which may encourage them to adopt risky sexual behaviour (Yusuf & Hamdi, 2021).

The various parties need to pay attention to the influence of internet use on the search for information about reproductive health, this aims to filter the information obtained, especially about adolescent reproductive health. Strategies for reproductive health services for adolescents can be carried out through mass media such as television, radio, leaflets and pocket books. Mobile phones can also be used by providing social media applications and services. These strategies can provide better benefits because they can increase the knowledge of adolescents and the most important thing is to be able to keep adolescent secret (Auri, Jusuf, & Ahmad, 2022). Other research explains that internet social media is very influential in improving understanding of reproductive health for women (Amelia, 2020).

Knowledge about reproductive health is expected to support the behaviour of adolescents in maintaining their health, so that the better the knowledge, the better the reproductive health behaviour of these adolescents. In line with the statement explaining that knowledge is the main source of a nation, whether developed or not, which stems from people's interest in science (Oktaviana & Ramadhani, 2021).

The scope of reproductive health that must be known by adolescents includes understanding reproductive health, knowledge of reproductive organs, knowledge of fertile period and pregnancy, knowledge of maintenance of reproductive organs, knowledge of adolescent nutrition, knowledge of menstruation and wet dreams, knowledge of reproductive health problems and knowledge of access to reproductive health information (Mareti & Nurasa, 2022). One of the scopes of reproductive health that is very supportive is about access to reproductive health information.

In the era of digitalisation, adolescents tend to use gadgets to access social media that support daily activities including information media. The intensity of adolescents in accessing information can affect knowledge about reproductive health, the results of the study explain that the intensity of accessing social media is one of the social factors that have a strong relationship with adolescent body image (Aspita Sari, Putri Rahayu, Psikologi islam, Ushuluddin Adab dan Dakwah, & Islam Negeri Mahmud Yunus Batusangkar, 2022). The wise use of gadgets by teenagers is a supporting factor to gain useful knowledge. Excessive use of gadgets has a negative impact on adolescents' behaviour in the family, including emotional instability that causes them to be angry, emotional, restless, and even confine themselves. However, these influences do not result in juvenile delinquency, which can cause adolescents to engage in deviant behaviour that requires special handling (Fitriana et al., 2021). Another opinion explains that If someone accesses social media for too long every day, they don't do many productive things in real life. This is known as social media addiction (Nabilah, Jannah, & Aiyub, 2023).

It is important for adolescents to acquire good digital literacy so that they can assess the credibility of reproductive health information they encounter on social media. The results of the article search found that all adolescents who use gadgets have social media as a means of information and communication. In accordance with the results of the study which explained that students of Cokroaminoto University Yogyakarta use Instagram as social media to get information, find entertainment, and communicate (Bowo, Paryanto, & Iqbal, 2023). Another research explains that the information media platform that is widely accessed among adolescents is social media. (Dida et al., 2019).

Adolescent reproductive health behaviour is the various actions and decisions taken by adolescents regarding sexual and reproductive health. Reproductive health behaviour is influenced by adolescents' knowledge, most of the knowledge of adolescents is obtained from counseling delivered both from health workers and through social media. Based on this, social media used as support in counselling through social media can affect adolescents' knowledge about reproductive health (B & Hamzah, n.d.). Another statement explained that internet media is associated with adolescent reproductive health behaviour (Solehati et al., 2019).

Conclusion

Social media influences adolescent knowledge about reproductive health, but does not determine high or low knowledge.

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