

Impact of reproductive health education on Adolescents' Self-efficacy in Maintaining Reproductive Health

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ABSTRACT Adolescents often face challenges in understanding and maintaining their reproductive health due to limited access to accurate information and appropriate guidance. This community service project aims to enhance adolescents' self-efficacy in maintaining reproductive health through structured reproductive health education. The program was implemented in collaboration with local schools and involved interactive sessions, discussions, and educational media tailored to the developmental needs of adolescents. The results showed a significant improvement in participants' knowledge, attitudes, and confidence in making informed decisions related to their reproductive health. This activity highlights the importance of early, comprehensive, and culturally sensitive health education as a preventive strategy to promote healthier adolescent development. It also emphasizes the role of community involvement in empowering youth to take responsibility for their well-being.



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1. INTRODUCTION

Adolescence is a transitional period characterized by various physical, psychological, and social changes. One important aspect that needs to be considered in this phase is reproductive health. Unfortunately, adolescents' knowledge of reproductive health is still relatively low, especially in areas with limited access to correct and educational information (Abni & Kasim, 2024). This has the potential to cause various problems, such as unwanted pregnancies, sexually transmitted infections, and psychological problems due to a lack of understanding and readiness to face these changes (Kristensen et al., 2025). Adolescence is an important stage in human development characterized by significant physical, psychological, and social changes (Hatijar, 2024). One important aspect of this phase is reproductive health, which is often a sensitive topic due to cultural taboos, lack of accurate information, and limited access to comprehensive health services (Abdul Hamid Alhassan et al., 2025). In many communities, adolescents are not equipped with adequate knowledge or confidence to make informed decisions regarding their reproductive health, which

can lead to a range of health risks, such as early pregnancy, sexually transmitted infections, and psychological stress (Nurafriani et al., 2025).

Reproductive health education equips adolescents with the knowledge, attitudes, and skills to care for their health responsibly (Filimonovic et al., 2024). More than just knowledge, this education also aims to increase self-efficacy, namely an individual's confidence in his ability to make decisions and act independently in maintaining his reproductive health (Tomašević et al., 2022). Self-efficacy, or an individual's belief in their ability to perform a particular task, is important in enabling adolescents to maintain their reproductive health (Maulidiya et al., 2024). Higher self-efficacy is associated with greater motivation, proactive behaviours, and healthier lifestyle choices. Therefore, providing reproductive health education that includes factual information and fosters self-efficacy is very important. Reproductive health education equips adolescents with the knowledge, attitudes, and skills to care for their health responsibly (Ma et al., 2022). More than just knowledge, this education also aims to increase self-efficacy, namely, an individual's confidence in his ability to make decisions and act independently in maintaining his reproductive health. Self-efficacy, or an individual's belief in their ability to perform a particular task, plays an important role in enabling adolescents to maintain their reproductive health. Higher self-efficacy is associated with greater motivation, proactive behaviors, and healthier lifestyle choices (Jafarigiv & Peyman, 2022).

Therefore, providing reproductive health education that includes factual information and fosters self-efficacy is vital (Ceylan et al., 2022). Reproductive health education equips adolescents with the knowledge, attitudes, and skills to care for their health responsibly (Long et al., 2022). More than just knowledge, this education also aims to increase self-efficacy, namely, an individual's confidence in his ability to make decisions and act independently in maintaining his reproductive health. Self-efficacy, or an individual's belief in their ability to perform a particular task, is important in enabling adolescents to maintain their reproductive health (Suprpto & Arda, 2021). Higher self-efficacy is associated with greater motivation, proactive behaviours, and healthier lifestyle choices. Therefore, providing reproductive health education that includes factual information and fosters self-efficacy is very important. Lack of proper knowledge and understanding can impact adolescents' low self-efficacy in maintaining their reproductive health (Oliveira & De Souza, 2021). Self-efficacy, or an individual's belief in their ability to take certain actions, is an important factor in healthy decision-making, including when it comes to maintaining reproductive health. Reproductive health education provided comprehensively and in accordance with the stage of adolescent development is believed to increase adolescent self-efficacy. Through this community service activity, the implementation team seeks to provide reproductive health education to adolescents with a participatory and needs-based approach. This activity aims to increase knowledge, form a positive attitude, and increase adolescents' confidence in maintaining their reproductive health (Tomašević et al., 2022).

This community service activity is motivated by the need for comprehensive education that is easy to understand for adolescents, especially in the school environment. Through a participatory approach and interactive educational methods, this activity aims to increase adolescents' self-efficacy in maintaining their reproductive health and foster awareness of the importance of their active role in maintaining a healthier quality of life and future.

2. METHOD

This community service activity is a promotive and preventive effort to improve adolescents' self-understanding and efficacy of reproductive health. The method used in this activity is participatory education through an interactive lecture approach, group discussion, and educational media playback. The material is prepared based on comprehensive adolescent reproductive health information standards, including introduction to reproductive organs, puberty, menstrual health, prevention of sexually transmitted diseases, and the importance of maintaining personal hygiene. The implementation of this community service activity is carried out through several stages as follows:

Preparation Stage. Coordinate with schools and related agencies (e.g., health centres or health offices) to determine the activity's location, schedule, and participants. Prepare educational materials relevant to adolescents' needs and in accordance with adolescent reproductive health standards. Prepare pre-test and post-test instruments to measure participants' knowledge and self-efficacy. Prepare supporting media such as leaflets, educational videos, and props.

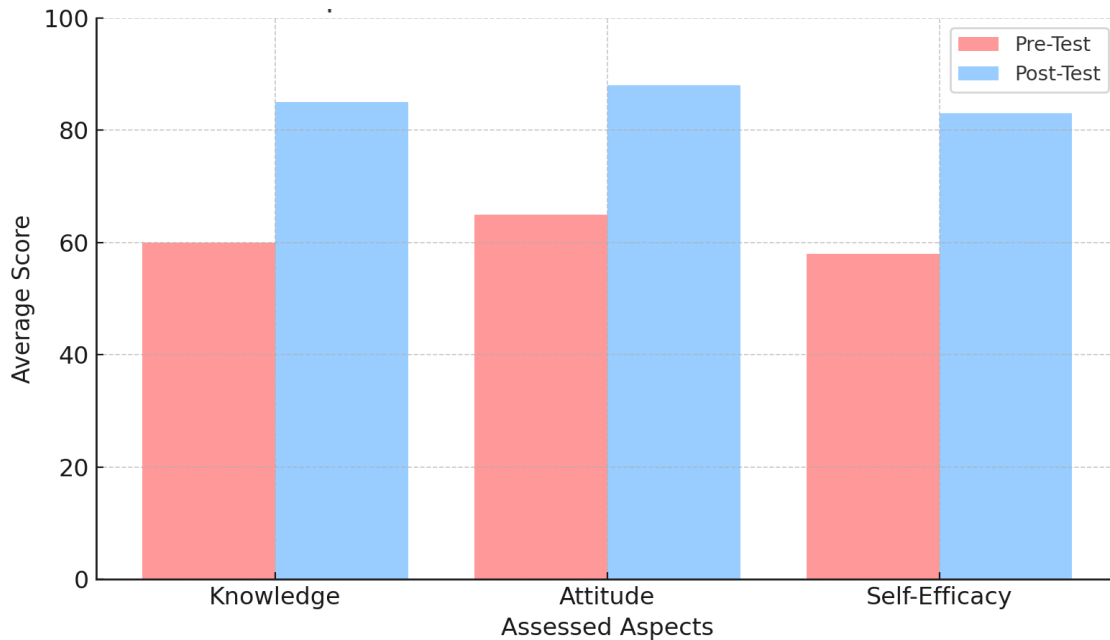
Implementation Stage. The activity began with participants filling out a pre-test to measure initial knowledge and self-efficacy related to reproductive health. Delivery of material through interactive lecture methods, group discussions, and audiovisual media playback. A question and answer session and reflection with participants to explore their understanding and experiences. Filling out a post-test by participants to measure changes after education is given.

Evaluation Stage. Data from pre-test and post-test results are analysed to determine the effectiveness of activities in increasing adolescent self-efficacy. Evaluate implementing activities through direct observation and feedback from participants and the school. Preparation of activity reports as a form of academic accountability and documentation of service activities.

3. RESULT AND DISCUSSION

RESULT

The following is a comparison chart of pre-test and post-test results based on three aspects of assessment: Knowledge, Attitude, and Self-Efficacy. There was a significant increase after reproductive health education was carried out.



Charts 1. Comparison of Pre-Test and Post-Test Results

The bar chart above illustrates the comparison between pre-test and post-test scores across three key aspects: Knowledge, Attitude, and Self-Efficacy. Knowledge increased from an average score of 60 (pre-test) to 85 (post-test), indicating a significant improvement in participants' understanding of reproductive health topics. Attitude improved from 65 to 88, showing a more positive and receptive mindset toward reproductive health education. Self-efficacy, which reflects adolescents' confidence in maintaining their reproductive health, rose from 58 to 83, suggesting that the educational intervention effectively boosted their belief in their ability to apply knowledge. These results demonstrate that the reproductive health education program had a substantial and positive impact on all assessed aspects, particularly in empowering adolescents to take active roles in managing their reproductive health responsibly.

DISCUSSION

Reproductive health education is crucial in increasing adolescents' self-efficacy in maintaining their reproductive health. Self-efficacy, which refers to an individual's belief in their ability to take the actions necessary to achieve a particular outcome, is an important factor in decision-making related to reproductive health. Various studies have shown that appropriate educational interventions can improve

adolescents' knowledge, attitudes, and self-efficacy in this context. The intervention group showed a significant improvement in knowledge scores compared to the control group. These findings confirm that structured reproductive health education can improve adolescents' understanding of the topic. Reproductive health education has a significant influence on improving adolescents' self-efficacy in maintaining their reproductive health. In this community service activity, it can be seen that interventions provided through educational and participatory methods can improve the three main aspects that are the focus, namely knowledge, attitudes, and self-efficacy. This aligns with previous studies emphasising the importance of structured, local needs-based education in influencing adolescent health behaviours (Ma et al., 2022).

There was a significant increase in knowledge scores after education. This proves that adolescents are highly enthusiastic about reproductive health information if it is provided in an attractive and easy-to-understand form (Brady et al., 2022). Interactive learning media and dialogical approaches have proven effective in delivering previously considered taboo material (Jafarigiv & Peyman, 2022). Visual learning methods and peer discussion can improve the retention of reproductive health concepts in greater depth. Adolescents generally obtain information from informal sources such as peers or social media, which often contain false or misleading information. Android-based applications are more effective than print modules in increasing adolescents' self-efficacy related to the prevention of drug abuse (Ceylan et al., 2022). This shows the potential of digital technology in supporting reproductive health education. The role of parents is also important in providing reproductive health information to adolescents. Adolescents' openness to parents is the most influential factor in providing reproductive health information by parents to their adolescents. More open teens are more likely to receive such information (Long et al., 2022).

In the digital era, technology-based reproductive health education is becoming increasingly relevant. Educational interventions supported by digital technology, such as mobile applications and social media, can improve adolescents' knowledge and attitudes toward reproductive health and increase their self-efficacy in making decisions related to reproductive health (Kisaakye et al., 2023). However, the effectiveness of reproductive health education programs can vary depending on the delivery method and cultural context. The importance of educational modules tailored to local needs and considering cultural sensitivities to achieve optimal outcomes. Using problem-based reproductive health modules can improve students' life skills and positive attitudes towards reproductive health (Nagtalon-Ramos et al., 2022). This approach encourages students to seek answers to questions, improving their understanding and abilities. Reproductive health education also plays a role in preventing risky sexual behaviour (Millanzi et al., 2022). Peer-based interventions can improve knowledge and attitudes about reproductive health, although evidence

on behavioural change is still mixed (Brasileiro et al., 2023). In addition, reproductive health education that considers gender equality can improve adolescents' knowledge, attitudes, and self-efficacy. Educational programs that emphasize gender equality effectively improve adolescents' self-efficacy related to reproductive health (Taylor et al., 2022).

It is also important to consider environmental factors in reproductive health education. Parental and teacher support and health literacy play a role in reproductive health maintenance behaviours in adolescents. Comprehensive reproductive health education tailored to the local context, supported by technology, and considering environmental factors can improve adolescents' self-efficacy in maintaining their reproductive health. Collaboration between schools, families, and communities is needed to create an environment that supports effective reproductive health education.

4. CONCLUSION

This community service program has demonstrated that reproductive health education significantly enhances adolescents' knowledge, attitudes, and self-efficacy in maintaining their reproductive health. By employing interactive and participatory educational methods, participants showed meaningful improvements in understanding key reproductive health concepts and expressed greater confidence in making informed decisions about their well-being. The program's success was also influenced by its cultural sensitivity and content adaptation to the local context, which increased participants' engagement and acceptance. These findings reinforce the need for sustainable, community-based education programs that empower adolescents to become proactive and responsible in managing their reproductive health. Therefore, similar initiatives are highly recommended to be implemented more broadly and consistently, especially with the involvement of key stakeholders such as parents, educators, and health professionals, to ensure long-term behavioural change and improved health outcomes among youth.

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CONFLICT OF INTERESTS

All authors declare no conflict of interest in this community service program.

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