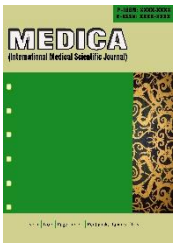
MEDICA

(International Medical Scientific Journal)
Vol.5, No.3, October 2023, pp. 97 – 106
ISSN 2622-660X (Online), ISSN 2622-6596 (Print)
https://journal.ahmareduc.or.id/index.php/medica



The Role of Implementing Adolescent Posyandu on Adolescent Reproductive Health Behavior: Scoping Review

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Info Article

Article History:
Received:
5 August 2023
Accepted:
8 September 2023
Published:
30 September 2023

Keywords:
Teenagers
Health
Community

Abstrak

Adolescence is a transitional stage filled with biopsychosocial and environmental challenges. Teenagers often face difficulties in managing these challenges, which may lead to health issues, including risky sexual behavior driven by curiosity or desire, involving either the opposite or same sex. The rising incidence of adolescent health problems underscores the need for equitable and integrated interventions that support clean and healthy lifestyles, as well as strong social and life skills. One approach is the establishment of adolescent-friendly health services, such as integrated service posts (Posyandu Remaja), which serve as platforms for health education, counseling, and reproductive health services tailored to adolescent needs.This study aims to map existing evidence on the role of adolescent health services in shaping reproductive health behavior. A scoping review was conducted using national journal databases, Google Scholar, and ResearchGate, focusing on full-text Indonesian-language articles from 2018 to 2023. Five relevant studies were identified, covering various regions and research designs. The findings show that adolescents who actively participate in Posyandu Remaja tend to exhibit better reproductive health behavior. This suggests that adolescent health services play a key role in promoting healthy reproductive choices. Strengthening these services is essential to support adolescent well-being and development.

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1. INTRODUCTION

Adolescence is a transitional period where teenagers experience a period of storm and stress, because Adolescents experience many challenges both from themselves (biopsychosocial factors) and environment (environmental factors). When at this time teenagers are not able to face challenges then they will experience complex health problems resulting from risky behavior they have done, one of which is encouraged sexual behavior by sexual desire both with the opposite sex and with the same sex. Starting from feelings attracted to actions such as dating, making out, and sexual intercourse, this form of behavior varies. Many problems are caused by this behavior, such as premarital sex, late marriage young people, unwanted pregnancies, teenage abortions, sexually transmitted diseases, and HIV/AIDS (Afritia et al., 2020; Baroroh & Meikawati, 2023; Utari et al., 2019).

Based on data from the 2015 Global School Health Survey, there are 3.3% of teenagers aged 15-19 years of AIDS; only 9.9% of girls and 10.6% of boys aged 15-19 years have knowledge about HIV AIDS; and as much as 0.7% of teenage girls and 4.5% of teenage boys have had premarital sexual relations. Widespread problems. Adolescent health requires equitable and integrated treatment that involves elements society and government regarding related problems so that in the future every child will have the ability behave in a clean, healthy way, and have healthy living skills and good social skills well so that it can grow and develop optimally into a human resource quality. One form of handling this problem is the formation of Posyandu. Integrated Healthcare Center is a form of Community Resource Health Effort (UKBM) that is managed jointly by the community, in order to empower the community and provide convenience for the community to receive basic health services. The establishment of a youth posyandu is expected to be a community forum to facilitate teenagers in understanding their health problems, as well as to expand the reach of the PKPR (Youth Care Health Services) Community Health Center in providing services to distribute information, education, counseling and health services reproduction that is friendly and responsive to teenagers. Especially for teenagers in areas that have limited access and geographical barriers such as remote areas, island areas and even isolated areas (Kurniawati, 2019; Nadeak et al., 2014; Yani et al., 2017).

The purpose of this Scoping Review is to find out information about the role of adolescent posyandu on adolescent reproductive health behavior, so the research question is "What is the role of adolescent posyandu in influencing adolescent reproductive health behavior?".

2. METHOD

This research uses the scoping review method, namely an approach that focuses on identifying research that has been conducted on a predetermined topic and report if results are in accordance with predetermined questions (Munn et al., 2018), which aims to provide a comprehensive overview of the research that has been carried out. According to Arksey & Malley (2005), there are five steps in the scoping review approach, namely identification research questions, identifying data in the form of relevant research, selecting data in the form of research relevant data, charting data, compiling, summarizing and reporting results used in this literature study. The scoping review stages in this research are as follows:

1. Identify the question scoping review.

This level is the main level in scoping review because it determines the content scoping review research questions are needed. Before determining research questions

Focusing review is also required, we use the PEOs framework (Population, Exposure, Results, study design) to explain the focus of the research.

Table 1. Framework PEOS

P (Population)	E (Exposure)	O (Outcome)	S (Study Design)
Teenagers	Role Integrated Healthcare Center teenagers	Behavior health reproduction teenagers	All articles related to the role of adolescent posyandu on adolescent reproductive health behavior (quantitative, qualitative, mix-method)

So we get the question: What is the role of youth posyandu in influencing adolescent reproductive health behavior?.

2. Identify relevant research.

In this second stage the researcher uses a database that contains articles in the language Indonesia and adapted to the research topic being discussed, such as Google Scholar, ResearchGate. Then the articles were identified based on inclusion and exclusion guidelines:

a. Inclusion Criteria

1) Articles use Indonesian
2) Articles from 2018-2023
3) Articles that can be accessed free full text
4) Article discussing the role of adolescent posyandu on adolescent reproductive health behavior
5) Article discussing adolescent reproductive health education.

b. Exclusion Criteria

1) Articles use English
2) Articles that cannot be accessed and are not full text
3) Articles that are not eligible because they do not comply with PEO
4) Articles that discuss adolescent posyandu but do not focus on reproductive health.

Literature search in this research is based on the PEO framework strategy (Population, Exposure, Outcome) using the keywords Adolescent Posyandu Counseling, Adolescent Posyandu and Adolescent Reproductive Health

3. Selection of relevant articles

In this research, researchers screened articles using the Rayyan platform. The article selection process is explained through the use of a Prisma flowchart, which is a diagram used to provide a visual representation of how the article selection process is carried out. This Prism Diagram was created to help clarify article selection procedures in research:

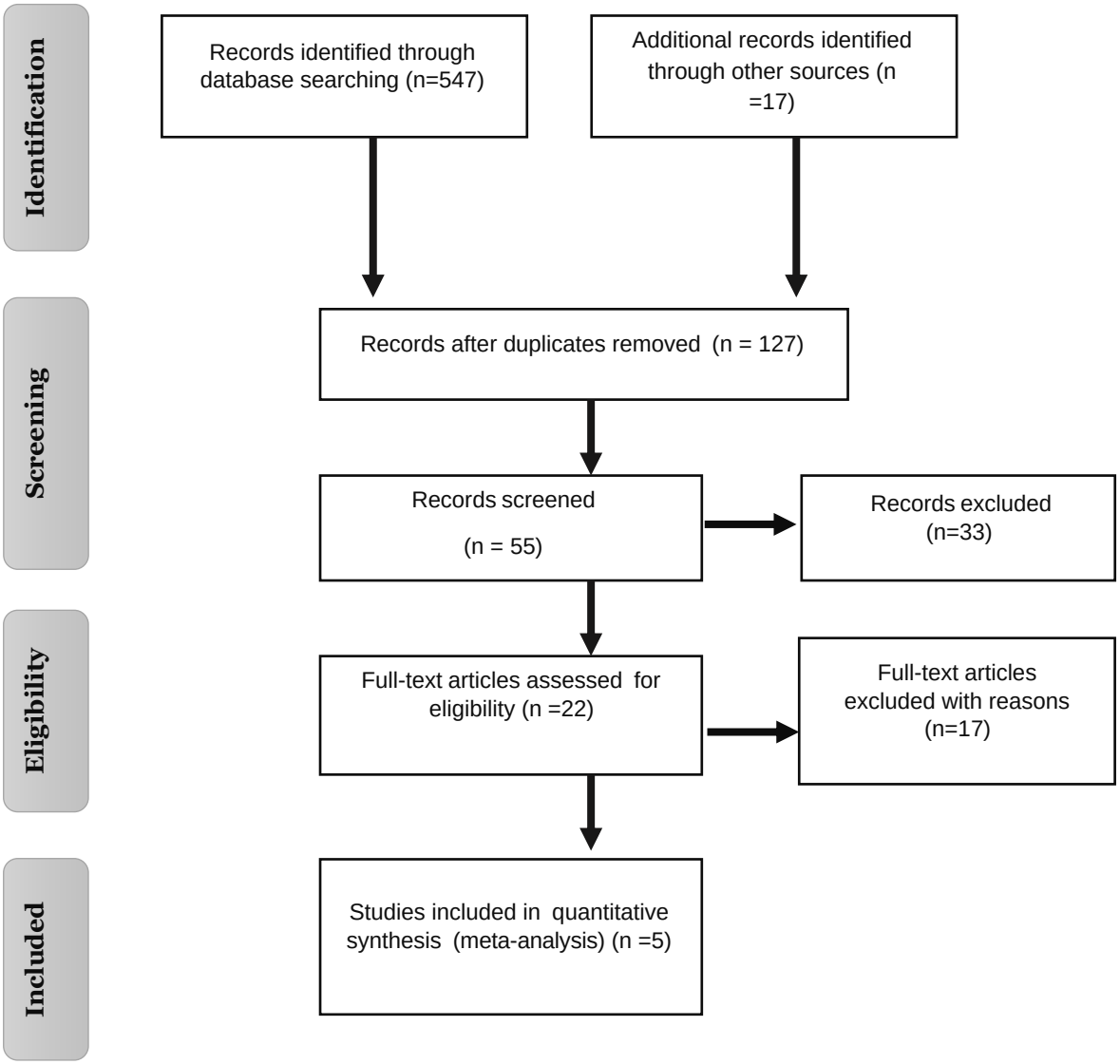

Figure 1. Flow diagram of the study selection process.

4. Data Charting After the evidence has been selected then the evidence is extracted (Pollock et al., 2021).

Table 1. Data Charting

No.	Article Title	Year	Purpose	Type of Research	Partici pa-nts	Results	References
1	Effectiveness of Adolescent Posyandu in Increasing Adolescent Reproductive Health Knowledge	2023	To determine the effectiveness of youth posyandu in increasing	two group pre-post test design	30	The results of the study also showed the effectiveness of the Youth Posyandu in increasing adolescent	(Anggraeni & Sutarno, 2023)

	At the Genius Posrem, Sindangman Village, Serang Regency, Banten Province in 2023		reproductive health knowledge at Genius youth posyandu, Singdangman village, Serang district, Banten province in 2023			reproductive health knowledge with the Wilcoxon test analysis, which obtained a significance value of 0.000 (p <0.05), meaning that there was a significant difference, the effectiveness of increasing adolescent reproductive health knowledge before and after attending the Youth Posyandu.	
2	The Effect Of Youth Posyandu On The Status Of Reproductive Health In One Of The Areas Of Health Centers In Bandung District In 2021	2021	To analyze the influence of youth posyandu towards improving reproductive health	As if experimenta	39 teenagers	Analysis using the Wilcoxcon test obtained reproductive health status, namely knowledge before 69.2% less while after 71.8% the level of knowledge was good, p-Value 0.000, anemia status before 25.6% anemia and after becoming 5.1% who experienced anemia p-Value 0.01, nutritional status before 69.2 underweight	(Mulyati & Lestari, 2021)

						nutritional status, and after 59% normal nutritional status P-value 0.004 from the results of this study it can be concluded that there is an influence of adolescent posyandu on improving reproductive health	
3	The Role of Adolescent Posyandu on Health Behavior Juvenile Reproduction in Tanjungpinang City	2019	Analyze the differences in reproductive health behavior of adolescents who attend and who do not attend the Youth Posyandu in Tanjungpinang City	cross sectional	72 respondents	Data analysis includes descriptive analysis and statistical analysis using the Mann Whitney test to see differences in reproductive health behavior (knowledge, attitudes and practices) of the two groups. There is a difference in knowledge (p-Value=0.000) and practice (p-Value=0.035) but there is no difference in attitude (p-Value=0.843).	(Afritia et al., 2020)
4	Correlation Between Knowledge About	2023	to determine the relationshi	cross sectional	80 people	Most of the youth's level of knowledge about	(Ariantini et al., 2023)

	Reproductive Health and Adolescents' Interest in Adolescent Posyandu Activities At Working Area of UPTD Puskesmas Sukawati I	p between knowledge about reproductive health and youth interest in youth posyandu activities in the UPTD Work Area of the Sukawati I Health Center.	reproductive health was in the sufficient category (48.8%) and most of their interest in youth Posyandu activities was in the moderate category (38.8%). Statistical tests showed that there was a significant relationship between knowledge about reproductive health and youth interest in youth posyandu activities in the working area of the UPTD Puskesmas Sukawati I (p value = 0.002; α = 0.05).

3. RESULTS AND DISCUSSION

After going through the data charting process, six articles from the national database were found. Then, the researcher compiled a description of the study characteristics as follows:

1. Characteristics of articles based on provincial areas from the 5 articles obtained, consisting of several provinces in Indonesia, namely 1 article from Central Java, 2 articles from West Java, 1 article from the Riau Islands and 1 article from Bali.
2. Study characteristics based on article type
   Of the 5 articles found, 2 articles used cross-sectional studies and 3 articles used a quasi-experimental approach.
3. Results Critical Appraisal
   From the results of a scoping review of 5 articles, it shows that of these articles, there are 2 articles that use cross-sectional studies. and 3 articles with a quasi-experimental approach. In the context of articles all articles have been answered all questions well or given complete answers. These articles have the advantage of

explaining research methods, including sample selection, sampling techniques, data collection, and clear data analysis.

1. Synthesis Of Evidence

From the five articles relevant to the purpose of this scoping review, a summary of the articles was obtained which describes the theme mapping as follows:

a. Knowledge

Article [2] reveals that support and interest influence teenagers' knowledge of reproductive health behavior factors, this is because one of the changes that occurs in teenagers is related to the reproductive system itself, the curious nature of teenagers will encourage teenagers to do things which is considered interesting without knowing the risks that will occur from that action (Johariyah & Mariati, 2018).

Article [3] explains that the existence of a youth posyandu can be a means of increasing teenagers' knowledge about reproductive health. With the existence of a youth posyandu, it will be easier for teenagers to access information and can become a forum for helping to solve teenage problems, especially regarding reproductive health.

Article [4] states that teenagers who have a good level of knowledge tend to have greater opportunities to be more active in participating in posyandu activities because with good knowledge, teenagers will also have a good understanding of the importance of utilizing available health services such as posyandu services teenager.

b. Attitude

Article [3] states that groups of teenagers who took part in and who did not take part in the youth posyandu had attitudes that were not significantly different regarding reproductive health. This shows that, even though youth posyandu have been designed in this way, they still cannot change people's attitudes.

c. Reproductive Health Practices

Article [3] states that groups of teenagers who attend youth posyandu have better practices regarding reproductive health than groups of teenagers who do not attend youth posyandu. Assisted by the intensity of youth posyandu, which is held once a month, it is hoped that it can eliminate misconceptions about reproductive health.

d. Status Anemia

Article [2] based on research results found that there were 10 teenagers who had anemia before the youth posyandu had anemia and 29 teenagers did not have anemia, whereas after the posyandu, the number of teenagers who experienced anemia decreased by 2 teenagers and 37 teenagers who were not anemic. One of the efforts made to increase hemoglobin levels is by increasing the intake of foods that contain iron. In this study, the efforts made were by administering Fe tablets, in addition to providing information about good foods that can increase hemoglobin levels in the blood (Novayanti & Sundari, 2020).

e. Status Gizi

Article [2] reveals that poor nutritional status (malnutrition) in adolescents can cause late puberty or even early puberty and irregular menstrual cycles in adolescent girls caused by obesity or excess body weight. This can affect fertility in adulthood. In addition, unhealthy eating behavior such as strict diets, overeating or eating disorders in teenagers can continue into adulthood and have an impact on fertility problems and the risk of pregnancy complications (Muthoharoh et al., 2023).

2. Summary of Evidence

The role of adolescent posyandu on adolescent reproductive health behavior based on the 5 articles obtained, there are several articles which discuss adolescent knowledge which influences adolescent reproductive health in articles [2], [3], [4]. Based on the influence of adolescent posyandu described in articles [1], [2], and [3], reproductive health attitudes and practices in article [3], as well as anemia status and nutritional status in article [2]. Based on the latest data from the Ministry of Health of the Republic of Indonesia, the number of active posyandu in Indonesia is 305,064 as of December 2022. Minister of Health Regulation Number 39 of 2016 sets a posyandu service coverage ratio of 1 active posyandu per 300-500 population. With Indonesia's current population of around 274 million people, it is estimated that there are 548,000 to 913,000 active posyandu units needed in Indonesia.

As a result, the current number of 305,064 active posyandu only meets around 33–56% of the ideal target for active posyandu in Indonesia. The government targets to increase coverage to 1 posyandu per 200 to 300 population by 2024, which means the active posyandu target will increase to around 913,000 to 1.37 million units. To improve posyandu procurement, there is still room for hard work and cross-sector collaboration. This effort is very important to increase equality of community access to basic health services throughout Indonesia. Posyandu is a community health service program supervised by medical personnel. Posyandu aims to reduce infant and child mortality and encourage the creation of healthy families. Posyandu is a place where health workers can interact with the public health

4. CONCLUSION

Adolescent Posyandu plays a role in adolescent reproductive health behavior. Adolescents with good support, interest and level of knowledge tend to be active in youth posyandu. Adolescents who actively participate in youth posyandu have better reproductive health behavior compared to adolescents who do not participate in youth posyandu. Adolescent Posyandu plays a role in providing education on adolescent reproductive health behavior and eliminating misunderstandings about reproductive health. Apart from playing a role in adolescent reproductive health behavior, adolescent posyandu also plays a role in influencing adolescent knowledge, attitudes, anemia status and nutritional status. It is hoped that youth posyandu cadres can better promote youth posyandu in their area so that they can attract the interest of teenagers and parents of teenagers to support teenagers in joining youth posyandu. Adolescents are also expected to be more active and increase the intensity of visits to youth posyandu so that they continue to gain knowledge, especially in this case regarding adolescent reproductive health behavior, as well as being able to monitor their health through the services available at youth posyandu.

ACKNOWLEDGEMENT

We would like to send our regards and thank to We are thankful to Universitas Sebelas Maret (UNS).

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