

The Effectiveness of Reloud Model in Increasing Knowledge and Literacy of Health Reproduction's Adolescents Based on Health Education in Samarinda City

Zulkifli Umar

Administrasi Rumah Sakit,
Sekolah Tinggi Ilmu Kesehatan
Mutiar Mahakam, Samarinda,
zulkifliumar@stikesmm.ac.id


M. Ardan *

Administrasi Rumah Sakit,
Sekolah Tinggi Ilmu Kesehatan
Mutiar Mahakam, Samarinda,
ardan@stikesmm.ac.id

*Corresponding Author

Dwi Riyan Ariestantia

Kebidanan,
Sekolah Tinggi Ilmu Kesehatan
Mutiar Mahakam, Samarinda,
dwi.riyanmelon@gmail.com

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Abstrak—Reloud aims to foster students' love for reading. Indonesian adolescent sexual reproductive health research states that 10% of those aged 15-24 have had premarital sex, used condoms (49% of women & 27% of men), had unwanted pregnancies 24%, knowing that their friends had abortions (23% of girls and 19% of boys) and 15% of them consume alcohol, this is influenced by various factors, one of which is the lack of information about adolescent reproductive health. Literacy in Indonesia is included in the low category (37.32%), so efforts to increase literacy are very urgent to be carried out as an effort to improve the quality of the Indonesian nation's resources. The target population in this study was health-based senior high school students in Samarinda City. The design of this study used a Quasi Experiment with a pre-posttest approach with a control group design. Samples were taken from as many as 3 (three) health-based schools in Samarinda city with a purposive sampling of 60 respondents. Characteristics of the dominant respondent are 16 years old (31.6%), female (65%), and in class X (38.3%). The results of data analysis on differences in the level of adolescent reproductive health knowledge obtained a p-value of 0.826 if no intervention was given, a p-value of 0.153 if given 1 (one) intervention, and a p-value of 0.001 if given 2 (two) Reloud interventions. Of the three groups that described the effectiveness of the Reloud intervention method, it occurred significantly in increasing adolescent knowledge related to reproductive health by a p-value of 0.031 so this method is one that can be applied to adolescents.

Kata Kunci—Youth, Knowledge, Literacy, Reproductive Health, Health Education, Reloud

I. INTRODUCTION

The World Health Organization (WHO) explains that adolescents are people aged 12 to 24 years (Afritayani et al, 2018). One of the things that is interesting when discussing adolescents is related to reproductive health which is a sensitive and very personal matter to be discussed in general (Faswita & Suarni, 2017). The importance of reproductive health for adolescents is because the response from society to the need for reproductive knowledge is very low (Lestyoningsih, 2018). Knowledge for adolescents must help them live a more mature life (Rachmayanie, 2017). Traditionally, literacy is defined as the ability to read and write (Suswandari, 2018). UNESCO defines literacy as the ability to identify, understand, interpret, create, communicate, and write material related to the content being discussed (Sudana, 2016). A person is considered literate if that person is able to understand something by reading the right information and taking action based on his understanding of the contents of the reading (Ardan et al, 2019).

The problem of literacy is one of the problems that must receive special attention from the Indonesian people (Aprinawati, 2021). This is because in the last few decades, the competitiveness of the Indonesian people among other nations has tended to be less competitive (Ufieta & Wijayanti, 2017). UNESCO and PISA research in 2018, stated that the literacy skills (reading, numeracy, and knowledge of science) of students in Indonesia are in the less group which is accompanied by a decrease in interest in reading among students every year (Asbarin et al, 2018). This is quite concerning because, in this era of globalization, students are required to have qualified literacy skills (Dewi & Antosa, 2020). This literacy ability is important to have to understand information analytically, critically, and reflectively for the development of personal and social life (Walujo, 2017).

On the cultural dimension it appears that the 'reading habit' of the Indonesian people is still lacking (Sutopo et. all, 2022). This can be seen from literacy sources, both printed and electronic, which are still minimally accessed, as well as the habit of visiting libraries and using reading gardens, the numbers are still very low. Efforts to socialize through the literacy movement and the fondness of reading movement find challenges from the low reading habit. East Kalimantan Province The Alireada index is in the medium category, namely only 46.01%, while the dimension index in accessing technology is only around 31.77%, which is in the low category. Referring to the government's role regarding Law Number 43 of 2007 which is spelled out through PP Number 24 of 2014 concerning the role of the government and local governments in creating a society that likes to read.

Adolescents should experience an introduction process and begin to gain knowledge about reproductive health. Knowledge can be obtained through education and reading. Indonesian adolescent sexual reproductive health data based on IDHS research results (2017) states that aged 15-24 years with a survey of 1,079 men and 10,691 women, 10% had premarital sex, used condoms (49% women & 27% men 24% of unwanted pregnancies occur, knowing that their friends have had abortions (23% of girls and 19% of boys) and 15% of them consume alcohol, this is influenced by various factors, one of which is the lack of information about adolescent reproductive health. Literacy in Indonesia is included in the low category (37.32%), so efforts to increase literacy are very urgent to be carried out as an effort to improve the quality of Indonesia's human resources. So, the role of stakeholders is needed in research efforts and developing a method to be able to attract reading interest and literacy skills in providing strengthening learning strategies among adolescents to create adolescents who have good knowledge about reproductive health, one of which is through the Read Aloud method.

Read aloud is an activity to read books aloud sufficiently to students (Purwo, 2017; Yumnah, 2017). Read aloud allows teachers to provide understanding, draw conclusions, clarify meaning, and increase vocabulary, critical thinking, and problem-solving skills to students (Rahman et al, 2020). Read aloud aims to foster students' love for reading (Nika, 2020). The teacher is the main figure in the learning process. The learning method used by the teacher will affect the acceptance of students of the material presented by the teacher. So it is important for teachers to understand the fun read-aloud method to increase students' attention to learning. It is hoped that this research can become a training design model, namely the "RELOUD METHOD" which can be applied to the world of education as an effort to increase the literacy skills of teachers in Samarinda City and in East Kalimantan in general. So, this study aims to determine the effectiveness of the application of the RELOUD METHOD to increase reproductive health knowledge and literacy based on health education in Samarinda City, East Kalimantan Province.

II. LITERATURE REVIEW

A. *Reproduction Health*

Reproductive health is a state of complete physical, mental, and social well-being, not merely freedom from disease or disability in all matters relating to the reproductive system, as well as its functions and processes (Muharrina et. all, 2023). Adolescence is derived from the Latin word *adolescere* which means to grow towards maturity (Jannah, 2017). Maturity in question is not only physical maturity, but also social and psychological maturity. Adolescence is a transitional period marked by physical, emotional, and psychological changes (Rofi'ah, 2017). Adolescence is a period of maturation of the human reproductive organs and is often called a transitional period (Gultom & Sari, 2022). Adolescence is a period of transition from childhood to adulthood. Adolescence is a period of transition between childhood and adulthood, which begins at the time of sexual maturity. Teenagers do not have a clear place, namely that they are not included in the group of children but also not included in the group of adults (Haidar & Apsari, 2020). The biological and psychological development of adolescents is influenced by environmental and social developments. Therefore, adolescents will struggle to let go of their dependence on their parents and try to achieve independence so that they can be accepted and recognized as adults.

Entering adolescence which begins with the occurrence of sexual maturity, adolescents will be faced with circumstances that require adjustments to be able to accept the changes that occur (Aliyah et. all, 2020). Sexual maturity and changes in body shape greatly affect the psychological life of adolescents. In addition, sexual maturity also causes adolescents to become interested in the anatomy and physiology of their bodies. Apart from being attracted to himself, he also began to feel attracted to peers of the opposite sex.

B. *Health Literacy*

Literacy is the ability to understand and use written language required by society or meaningful for individuals (Irianto & Febrianti, 2017). Another definition states that literacy is the ability to read, write, and the ability to process information obtained from reading and writing activities (Purwo, 2017).

One way to increase literacy can be reached by diligently reading books (Prasrihamni et. all, 2022). However, there are still many school students who have a low level of knowledge and only expect information from the teacher (Susilo & Sofiarini, 2020). Several things cause the subject matter to be difficult to access, namely: 1). The condition of the library is neglected and inadequate. 2). The lack of available reading books, 3). The ability of teachers to apply literacy-based learning is still low.

C. *Reloud Method*

The word read aloud comes from the English language which means to read loudly (Ambarsari et. all, (2017). Reading aloud is a simple activity by reading a

reading material aloud (Setiawan, 2017). The stages of read-aloud activities are: 1). Determine the purpose of learning to read. 2). Choose the book to be read, 3). Read the book that will be reading by yourself 4). Prepare questions for discussion sessions, 5). Read books with the right intonation and speed and keep interacting with students 6). Responsive to questions that arise (Ustianingsih, 2016).

III. METHODOLOGY

A. Scope of research

The scope of the problem in this research is to analyze the effectiveness of the reloud method to increase adolescent knowledge and literacy related to reproductive health. This research is also limited to vocational high school students based on health education. While the target of the plan to be achieved is to increase students' knowledge and literacy on reproductive health through the reloud method which has an impact on adolescent behavior for the better.

B. Design of Research

The research and development of this method was carried out using quasi-experimental research with a pretest and posttest approach with a control group design. This research and development were given treatment in the form of reloud training for students. Meanwhile, the control group was only given a reading module. The population in this study were students of health-based vocational high schools in the city of Samarinda. The sample in this study were some students who met the following inclusion criteria: 1). As a Health-Based Vocational High School student and willing to be a respondent; 2). Age 12-24 years 3). Students with active status; 4) having knowledge of reproductive health literacy in the low category, while the exclusion criteria are as follows: 1). Students cannot communicate well; 2). students have psychological disorders.

C. Participants of Research

Determination of the research sample refers to a simple experimental research sample developed by Supranto (2000) by anticipating a dropout value of 10% so that the total research sample is 60 respondents divided into 2 (two) groups, namely 40 respondents in the intervention group and 20 respondents in the intervention group. control.

The research sample was taken at the Health-Based Vocational High School in Samarinda City. Meanwhile, the time for the research to be carried out will be in 2022. The research will be carried out by first screening respondents who fit the inclusion criteria. Then determine the research sample and divide the groups simply. Then the pretest and posttest were carried out for each group.

D. Procedure of Research

The research procedure is carried out by 1). The researcher will conduct research licensing and preparation at the health-based high school which is the object of research, 2). The next step is analysis of field

needs, preparation of concepts and designs for the implementation of research activities, 3). Field assessment and carrying out focus group discussions with partners, 4). Retrieval of data in the field (screening data, grouping respondents, and conducting pretests), 5). Implementation of research interventions, 6). Retrieval of data after 30 days post pretest (Posttest), 7). Doing data processing and analysis and 8). Final report preparation. The procedure in this study can be seen in Figure 1.

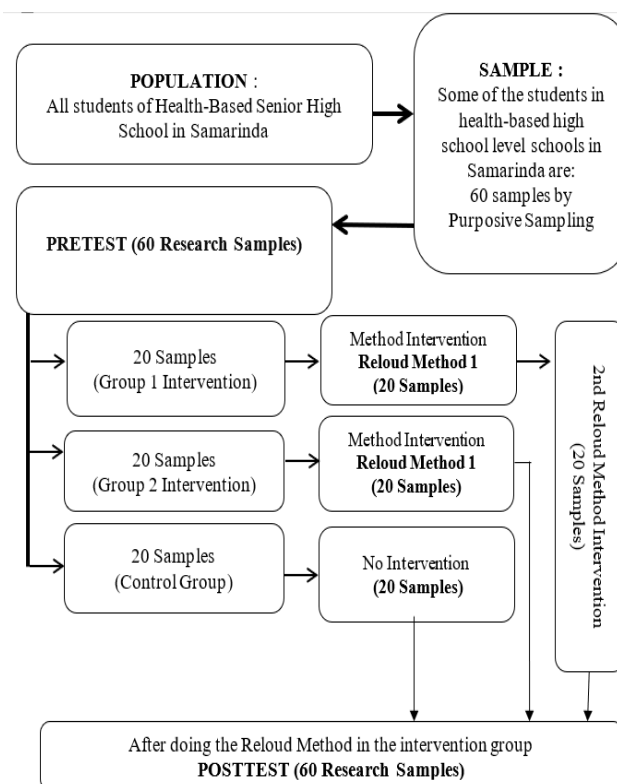


Figure 1. Flow of Research

E. Analysis Techniques

Data processing in this study uses computer programs including: 1). Editing; 2). coding; and 3). Cleaning Data. Whereas in testing the research hypothesis, data analysis used the SPSS program through 2 (two) stages, namely Univariate Analysis: to get an overview by describing questions about reproductive health literacy knowledge. In addition, to see the confounding variables with characteristics 1). age; 2). Gender; 3). class; and 4). hobbies; while Bivariate Analysis: to analyze differences and influences between variables. In analyzing the differences before and after the intervention using the paired sample T-test and to assess the effect of the intervention, the Reloud method uses the independent sample test with an alpha value of 5% which was previously carried out beforehand by testing the normality of each variable. An alternative test will be used if the variables are not normally distributed by using non-parametric tests, namely the Wilcoxon signed rank test (analyzing differences) and/or Mann-Whitney (analyzing effects).

III. RESULTS AND DISCUSSION

Read aloud aims to foster students' love for reading. The learning method used by the teacher will affect students' acceptance of the material presented by the teacher in implementing increased knowledge of adolescent reproductive health. The results of this study are as follows:

A. Characteristics of Respondents

Respondent characteristics are a description of the research object that is given treatment to produce a picture of the respondent's data taken. The results of the data on the characteristics of the respondents in table 1 are as follows:

Table 1. Analysis Results Based on Respondent Characteristics in the First Reloud Intervention Group, the Second Reloud Group and Control Group (N=60)

Characteristics of Respondents	First Group		Second Group		Control Group	
	n	%	n	%	n	%
Age						
16 Years	6	30	5	25	8	40
17 Years	5	25	7	35	5	25
18 Years	4	20	6	30	4	20
19 Years	5	25	2	10	3	15
Gender						
Male	7	35	8	40	6	30
Female	13	65	12	60	14	70
Class Level						
Ten (X)	8	40	6	30	9	45
Eleven (XI)	7	35	10	50	5	25
Twelve (XII)	5	25	4	20	6	30

Table 1 shows that the age characteristics of the study respondents were dominated by the age of 16 years as many as 6 (30%) in the first group, 17 years old 7 (35%) in the second group, and 16 years old 8 (40%) in the control group. The distribution based on sex was dominated by the female sex as much as 13 (65%) in the first group, 12 (60%) in the second group, and 14 (70%) in the control group. While the class level of most research respondents was class X (ten) as much as 8 (40%) in the first group, class XI (eleven) in the second group, and class X (ten) in the control group.

B. Differences in the Pretest and Posttest of Reloud Intervention

The pre-test and post-test are activities to compare the average value of changes in the value of the results of the data obtained then analyzed and interpreted to provide an overview of the significance of the research conducted. The following results of the analysis of the differences are described in the following table 2:

Table 2. Results of Pretest and Posttest Difference Analysis of Groups

Group/Youth Reproductive Health Knowledge and Literacy	Reloud Intervention Group			p-values
	Pre-test	First Post-test	Second Post-test	
First				
Good	5(25%)	6(30%)	8(40%)	0,001
Enough	11(55%)	14(70%)	12(60%)	
Not Enough	4(20%)	0(0%)	0(0%)	
Second				
Good	5(25%)	9(45%)	4(20%)	0,0153
Enough	12(60%)	10(50%)	16(80%)	
Not Enough	3(15%)	1(5%)	0(0%)	
Control				
Good	4(20%)	3(15%)	5(25%)	0,826
Enough	13(65%)	16(80%)	14(70%)	
Not Enough	3(15%)	1(5%)	1(5%)	

Based on the results of the analysis in table 2 above, it shows that the level of knowledge and literacy of adolescent reproductive health respondents during the pretest was mostly in the Enough category, 11 (55%) in the first group, 12 (60%) in the second group and 13 (65%) in the control group. After the intervention was carried out and the first posttest was carried out, statistical data were obtained in the Enough category as many as 14 (70%) in the first group, 10 (50%) in the second group, and 16 (80%) controls and there was an increase in the good category from the pretest results for the first group (5%), the second group (20%) while the control group decreased (5%). in the second posttest statistical data were obtained including in the first group good category 8 (40%) increased by 10% after the second intervention, the second group good category 4 (20%) decreased by 25% after no second intervention, and in the control group good category 5 (25%) increased by 10%. This table also shows that after testing the normality and homogeneity of the data, then the results of the ANOVA test obtained the results of the output test of within-subjects effect p-value = 0.001 < 0.05 in the first group means that there are differences in the level of knowledge and literacy in Reproductive Health In Adolescents Based on Health Education, while each p-value in the second group (0.153 > 0.05) and control (0.826 > 0.05) which means there is no difference in the level of knowledge of Reproductive Health Knowledge and Literacy in Adolescents Based on Health Education.

C. Effectiveness of the Reloud Intervention

The effectiveness of the intervention is a picture of the results of a study that has been carried out. The effectiveness of the intervention provides an overview of whether there is an influence or not from a method being tested. The following are the results of interpretation of the data in the intervention group and the control group in analyzing the effectiveness of the intervention in table 3 are as follows:

Table 3. Results of the Analysis of the Effectiveness of the Reloud Intervention on the Level of Knowledge and Literacy of Reproductive Health in Adolescents Based on Health Education

Group	Pre-test		First Post-test		Second Post-test	
	Mean	SD	Mean	SD	Mean	SD
First	26,65	1,05	29,50	0,72	30,35	0,91
Second	28,20	1,00	30,50	0,78	29,65	0,67
Control	27,85	0,99	27,20	0,72	27,30	0,88
p-values	0,533		0,008		0,031	

Based on the results of the analysis in Table 3 above, it shows that the average value between the three groups has a difference, but the results of the difference in the pretest p-value show 0.533, which means there is no significant difference between the three groups. While the results of the first and second posttests showed that the average score had a difference and the p-value also showed 0.008 and 0.031, which means that the Reloud intervention can affect the level of knowledge and literacy of reproductive health in adolescents based on health education.

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Read aloud comes from the English language which means reading aloud / loudly / loudly. Reading aloud is a simple activity of reading a reading material aloud (Ustianingsih & Riwayanti, 2016). The stages of read-aloud activities are:

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IV. CONCLUSION

The effectiveness of the intervention is a picture of the results of a study that has been carried out. The effectiveness of the intervention provides an overview of whether there is an influence or not from a method being tested. The results of this analysis indicate that there is a significant difference in the increase in students' knowledge and literacy of reproductive health after the reloud intervention is implemented. So that this research can provide recommendations to teachers in providing educational education that can create better quality youth for their future. Read aloud is an activity to read books aloud sufficiently to students. Read aloud allows teachers to provide understanding, draw conclusions, clarify meaning, and increase vocabulary, critical thinking, and problem-solving skills to students. Read aloud aims to foster students' love for reading.

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