

**ADOLESCENT SEX AND REPRODUCTIVE HEALTH EDUCATION,
PADUKUHAN GONDANG, KEPEK VILLAGE**

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Abstract - *Unhealthy life behavior, lack of awareness and understanding of teen's women sex and reproductive health are a major concern in rural teens women. The methodology to explore these problems use qualitative descriptive methods by conducting interviews and observations. The efforts to solve these problems could be improving understanding by using power points and sharing sessions and question-and- answers. They got sex education and reproduction subject in the Fiqh review and Health, which includes reproductive health, proper use of the correct sanitary pads, menstrual count, blood color, blood nature, and the correct way of holiness. This training solved the problems of teens women in the Gondang Villagee. It changes the personal hygiene of teens women of Gondang Village to be healthier, more conscious and understand of sex and reproductive health.*

Keywords: *personal hygiene, teens woman, reproductive health*

1. INTRODUCTION

Adolescence is a period of transition between childhood and adulthood and has not yet reached a maturity both mentally, socially, and physically. This period is very important, especially for women. Especially for young women, this period is a stage of maturation of the reproductive organs, which usually ranges from 11 years to 20 years (Noveri Aisyaroh, 2010). Adolescence is a period where there is vulnerability in life because it is a transition period from childhood to adulthood which is full of turmoil. Education about sexual intercourse is very important and needed because this is a period of active sexual potential. (Suryani, 2021) Adolescence is often referred to as puberty, which usually women experience this period faster than men, usually this period occurs at the age of 12, therefore this period is very important for teenagers to understand about sex and health. reproduction.

Health is a condition in which physical, mental, and social well-being allows a person to live productively, while reproduction is a process of human life in producing offspring for the sake of survival. Therefore, reproductive health for young women is a healthy condition related to the reproductive system, function, and process possessed by young women (Khoirul Bariyyah Hidayati, 2016). Adolescence for women has many differences with adolescence experienced by men, so the problems they feel are also different and more complex. Usually the problems experienced by adolescents are related to the search for identity and related to reproductive problems in adolescents who are in the maturation stage, especially in young women themselves, the problems that often occur are related to reproductive health because women experience menstruation which requires understanding and understanding. more attention. Related to reproductive health problems in young women, this is also experienced by young women in Padukuhan Gondang.

Gondang Hamlet, Kepek Village, Kapanewon Saptosari, Gunungkidul Regency is a hamlet that has a large number of teenagers with the composition between girls and boys being dominated by young women. In general, the problems of young women in Gondang are related to the number of early marriages, and the low level of education, so that there are many young women who lack adequate understanding and knowledge, especially related to reproductive health. In general, young women in Gondang Padukuhan can be said to have a low level of understanding related to reproductive health, they tend to still consider it taboo related to this matter, so that they do not ask their parents or consult with doctors or other health workers related to reproductive health, even though this is not done. This should be done because reproductive health is very important for young women.

In Padukuhan Gondang, young women have a very good level of mutual cooperation and closeness between teenagers and other teenagers, but this is not used to discuss or discuss reproductive health issues. They tend to discuss things that are less substantial or gossip when they gather together. In terms of technology,

teenagers in Padukuhan Gondang already use gadgets a lot, but back to those who use gadgets only for things that are less useful, even though if they can be used properly, the use of gadgets can be used to learn independently about reproductive health.

Related to the lack of understanding and knowledge related to reproductive health for young women in Padukuhan Gondang, the KKN 105 Team of UIN SUNAN KALIJAGA held a reproductive health education counseling work program for young women. This work program is based on the problem of young women in Padukuhan Gondang who still lack an understanding of reproductive health and to provide education that reproductive health is not a taboo subject. So that after the presence of this work program, discussions and consultations on reproductive health can be carried out comprehensively in discussing this matter. The urgency of the presence of this work program, among others, firstly, the lack of understanding and knowledge of young women of Padukuhan Gondang about sex education and reproductive health. Second, the young women of Padukuhan Gondang still consider the issue of sex education and reproductive health as taboo. Third, the number of young women in Padukuhan Gondang is quite large. Fourth, there is no specific counseling regarding sex education and reproductive health for young women in Padukuhan Gondang. Based on this urgency, the work program was held and intended for young women in Padukuhan Gondang.

Sex education and reproductive health programs for young women in Padukuhan Gondang are carried out by reviewing several studies related to sex education and reproductive health. This literature review is a brief presentation of the results of previous research and has a discussion similar to this program. Based on the search that has been done by the author, found several papers related to this research, including the following:

First, the research conducted by Diyana Faricha Hanum, Noviatul Rochma and Mahcica Afshokun Nabila (2021) entitled "Reproductive Health Education for Young Women About Personal Hygiene During Menstruation" in the Journal of Community Service, Faculty of Health, University of Muhammadiyah Gresik (Reproductive Health, Young Women, Personal Hygiene, Menstruation). In this journal, their research focuses on appointing reproductive health cadres from the school and providing reproductive health education for young women about personal hygiene during menstruation through videos uploaded on the youtube channel. The method used in this research is descriptive qualitative method. (Diyana Faricha Hanum, et al, 2021) The similarity of previous research with this research is to find out what are the complaints of teachers and students about reproductive health using qualitative research methods. The difference in research lies in the object and theory used.

Second, the research conducted by Yuliana Cornillon Intan Krisciaputri and Michael Bezaleel Wenas (2021) entitled "Education of External Reproductive Organ Care During Menstruation for Young Women Through Motion Graphic Animation Videos" in the Journal of Visual Language, Faculty of Information Technology, Satya

Wacana Christian University. Salatiga In this journal, they conducted a research that focused on making a socialization video entitled Menstrual Health and Hygiene with motion graphic techniques to help socialize by maintaining the cleanliness and health of the external reproductive organs of young women, especially during menstruation. The method used is mixed method and quantitative . (Yuliana, Michael, 2021) The difference in this research lies in the methods and objects used, the research they do only focuses on a health perspective.

Third, the research conducted by Ria Febrina (2020) entitled "Menstrual Education for Young Women at the Darussalam Al-Hafidz Islamic Boarding School in Jambi City" in the *Abdimas Health Journal*, D III Midwifery Study Program STIKes Baiturrahim Jambi. In this journal, their research focuses on counseling to increase adolescent knowledge about menstruation so that they are aware of the importance of maintaining personal hygiene during menstruation. The method used is a survey and lecture approach. (Ria Febrina, 2020) The difference in this research lies in its object, the research they conducted only focused on young women at the Darussalam Al-Hafidz Islamic Boarding School , Jambi City.

Fourth, this research was conducted by Siti Rusyanti, Achadiyani and Ieva Baniasih Akbar entitled "Reproductive Health Education Using Video Media Increases Adolescent Knowledge About First Menstruation" (First Menstruation, Video, Lecture, Knowledge) in the *Journal of Health Information Media* (2019) Poltekkes Ministry of Health Banten, Faculty of Medicine, University of Padjadjaran Bandung, Faculty of Medicine, Islamic University of Bandung. In this study they focused on increasing the knowledge of young women about menstruation using videos and increasing the knowledge of young women about menstruation using the lecture method. The research method uses a quasi-experimental design with a pretest-posttest control team . (Siti, et al, 2019) The difference between previous research and this research lies in the method used, the research we conducted used the extension method and sharing session.

Fifth, this research was conducted by Riski Oktafia, Arif Wahyu Setyo Budi, Lina Wahyuningsih with the title "Healthy Menstruation in Adolescent Girls at the Qur'an Girls Disminore Studio in Tlogo Village Area Rt 05 Tamantirto Kasihan Bantul" (Health Education, Menstruation, Young Women) in *Journal of Community Service Creativity* (2020) Nursing Science Study Program, Faculty of Medicine and Health Sciences, University of Muhammadiyah Yogyakarta. In this study, they focused on increasing knowledge about healthy menstruation and reproductive health in adolescent girls. (Riski et al, 2020) The difference between previous research and this research lies in the method used, the research we conducted used the extension method and sharing session .

Based on some of the papers that have been reviewed above, it can be concluded that in general the research targets are urban adolescents and adolescents in Islamic boarding schools, where the targeted youth have basic understanding and knowledge related to sex education and reproductive health,

while the program carried out by Team KKN 105 UIN SUNAN KALIJAGA targets young women in rural areas who have low levels of education, lack of understanding and knowledge about sex education and reproductive health. Sex education and reproductive health programs for young women in Padukuhan Gondang are carried out using the personal hygiene concept, because this concept is the most appropriate concept in dissecting and exploring matters related to reproductive health contained in this program so that it runs well.

Reproductive health is a state of complete physical, mental and social well-being, solely free from disease or disability in all matters relating to the reproductive system, functions and processes. The purpose of the adolescent reproductive health program is to help adolescents understand and be aware of this knowledge. So that they have healthy attitudes and behaviors and are responsible for reproductive life problems. Efforts are made through advocacy, counseling, services to adolescents who have special problems and providing support for positive youth activities. (Yani Widyastuti, 2009)

The word youth has many different meanings. There are those who interpret teenagers as a team of people who are growing up, there are also those who interpret teenagers as children who are full of turmoil and problems, there are also those who interpret teenagers as a team of children who are full of enthusiasm and creativity. From some of the above understandings, adolescent psychology in the original language is called adolescence, derived from the Latin *adolescere* which means growing to reach maturity or in development to become adults (Ali.M and Asrori.M, 2006). Adolescence, according to Mappiare, lasts between the ages of 12-21 years for girls and 13-22 years for boys. Vulnerability during adolescence is usually divided into three levels, namely: the first level, 12-15 years is early adolescence, the second level, 15-18 years is middle adolescence and the third level, 18-22 years is late adolescence (Desmita, 2007). 2008).

Adolescent development is often referred to as puberty. Hurlock (1997) argues that puberty is a phase in the developmental range when children change from being asexual to being a sexual being. Meanwhile, Root argues that puberty is a stage in development when the sexual organs mature and reproductive abilities are achieved. This stage is accompanied by changes in somatic growth and development and psychological perspectives, such as physical, cognitive, emotional, and psychosocial growth and development.

Based on data compiled from the Central Statistics Agency and the National Development Planning Agency in 2010, 63 million adolescents in Indonesia are at risk of engaging in unhealthy behavior. One of them, the lack of action to take care of the cleanliness of the reproductive organs when menstruating. The incidence of infectious diseases that occur in the reproductive tract in adolescents (10-18 years) is 35 to 42 percent and young adults (18-22 years) are 27 to 33 percent. Rahmatika (2010) in her research revealed that the triggering factors for ISR cases include low immunity by 10 percent, poor behavior in maintaining hygiene during menstruation, 30 percent, bad environment and procedures

for using inappropriate sanitary napkins when menstruating 50 percent. This presentation was also strengthened by the results of research conducted by Ariyani in 2009 related to biopsychosocial hygiene during menstruation in junior high school students in the capital Jakarta, which emphasized that only 17.4 percent of young women who had good behavior in genital hygiene care found themselves menstruating. The rest, which is 82.6 percent, have poor behavior in maintaining the cleanliness of the genital organs during menstruation. (Katarina Sophisticated Pythagoras, 2017)

The origin of the word personal hygiene from Greek, personal has the meaning of an individual or a person and hygiene has the meaning of clean or healthy (Mubarak & Chayaning, 2008). The meaning of these two words. is the effort of every human being that must be carried out in daily life in order to maintain personal hygiene and health, both physically and psychologically. Thus, the care of the body must be accustomed to at least a bath twice a day. Maintaining cleanliness is also important, especially during menstruation. This is necessary because during menstruation, germs and bacteria can easily enter and can infect women's vital organs.

Hygiene behavior is an important theme that needs to be studied in depth. One of the efforts to reduce disturbances during menstruation is to get used to personal hygiene behavior . Personal hygiene comes from the Greek, namely personal which means individual and hygiene which means healthy. Personal hygiene is an action to maintain the cleanliness and health of a person for physical and psychological well-being. Bad behavior in maintaining genital hygiene , such as washing it with dirty water, using excessive rinses, using pants that do not absorb sweat, rarely changing underwear, not changing sanitary napkins often can trigger infections. Hygiene behavior during menstruation will not just happen, but is a process that is learned because individuals understand the positive or negative impact of a behavior related to the state of menstruation (Katarina Sophisticated Pythagoras, 2017).

In the personal hygiene method, the KKN team observed the community, especially the young women of Padukuhan Gondang who were in puberty. We conducted interviews and observations to identify problems related to reproductive health. Based on this identification, we found a problem in personal hygiene in adolescent female reproductive health. This problem gave rise to the initiative to conduct counseling on sex education and reproductive health for young women in Padukuhan Gondang which in fact there are still many problems in personal hygiene . The influential impact of counseling related to personal hygiene is hygiene behavior, hygiene behavior is the result of personal hygiene because individuals can understand the positive or negative impact of a behavior related to the state of menstruation. The concept of personal hygiene is translated through a work program for counseling sex education and reproductive health for young women in Padukuhan Gondang, starting with program planning, program implementation, and mentoring using

the personal hygiene concept which makes this program run well, because the approach taken is very capable of dissecting existing problems.

2. METHOD

The writing in this study uses a qualitative descriptive method. Qualitative descriptive method is a method used to answer research problems that have general data links, such as the results of interviews, observations or transfer of documents in the form of a narrative from the author (Sujoko Efferin, 2018). Qualitative descriptive method is a research method that moves in a simple qualitative approach with an inductive plot that begins with an explanatory process or event which finally can be drawn a generalization which is a conclusion from the process or event (Wiwin Yuliani, 2018). This qualitative method aims to understand the object studied in depth (Gunawan, 2013). Data collection techniques in this study used observation, interviews, documentation, and fieldwork.

Observations were made to find information on data related to menstrual problems that are often felt by young women. Observations were made by interviewing several young women informally. The interview was conducted by asking several questions such as, do you know the correct words of intention to wash?, do you know how to clean sanitary napkins?, do you know how to properly care for your reproductive organs? and other questions related to reproductive health matters. In an effort to solve these problems, the solution that can be done is conducting counseling. Counseling is an educational activity carried out by disseminating message information, instilling confidence, so that people are aware, know and understand, not only that but are also motivated to do a recommendation that has to do with health (Anna Artha Rahayu, Putu. 2018). Therefore, the KKN 105 team of UIN SUNAN KALIJAGA conducted outreach activities using power point media and sharing sessions /questions and answers.

3. RESULT AND DISCUSSION

This sex education and reproductive health counseling work program is an initiative of the Community Service Team to solve the underlying problems, namely the lack of understanding and awareness of young women in Padukuhan Gondang related to sex education and reproductive health and lack of awareness of healthy lifestyles. This work program is implemented through several stages of activities consisting of the stages of planning, socializing, implementing and evaluating work programs. At the planning stage, the KKN 105 UIN SUNAN KALIJAGA team first made observations in the field and collected some data from these observations. Furthermore, at this stage, the preparation of materials related to menstrual education in fiqh and health reviews began to be carried out. Then we also made posters as a medium for disseminating information regarding the time and place of the activities.

The next stage is socialization, at this stage we collaborate with local RTs to

get permits for these activities. After getting permission and support from the RTs, the socialization continued by distributing posters through social media. The information in the poster is intended for the young women of Padukuhan Gondang. After the socialization stage, it was continued with the implementation stage, namely counseling activities on sex education and reproductive health. This counseling will be held on Thursday and Friday 6-7 August 2021 at 13.00 to 15.00 WIB at the Padukuhan Gondang KKN post. The sex education and reproductive health program activities carried out by the KKN 105 UIN SUNAN KALIJAGA team were attended by 22 young women from Padukuhan Gondang with speakers and moderators from the KKN team. In the implementation of these activities, sex education and reproductive health materials were delivered using power point media and presented using a projector. The material discussed in this sex education and reproductive health activity is material about menstruation. Of the young women who attended, three out of twenty-two teenagers had never experienced menstruation (menstruation).

The counseling activity on sex education and reproductive health was carried out for two days, namely on Friday and Saturday. The material discussed in this sex education and reproductive health activity is material about menstruation. This material about menstruation was chosen because menstruation is an urgent problem related to sex and women's reproductive health as well as a general impression that all women will definitely experience. This education includes menstruation education in the realm of fiqh and health. On the first day, the material presented was menstruation from a fiqh review. Meanwhile, on the second day, the material presented was related to menstruation from a health review. During this program, the participants paid close attention to the material presented by the presenters. They recorded the materials presented and made questions to be asked at the end of the event. Submission of material is done by explaining the menstrual material that has been summarized in a powerpoint. A brief attachment to the material presented can be seen in the table 1 below.

Table 1. Menstrual Education Materials in Fiqh and Health Reviews

<i>Menstrual Material in Fiqh Review</i>	<i>Menstrual Material in Health Review</i>
<ul style="list-style-type: none"> - <i>Understanding menstruation</i> - <i>Things that must be known about menstruation, including the color of menstrual blood, the time limit for menstruation, how to purify oneself, things that are forbidden during menstruation, the law of missing prayers,</i> 	<ul style="list-style-type: none"> - <i>Hygiene around menstruation, including how to wash sanitary napkins, clean blood on clothes.</i> - <i>Health regarding menstruation, including 10 prohibitions that should not be done during menstruation, five foods that are good for consumption during menstruation, knowledge about normal blood color,</i>

Then at the end of the counseling event, there was a sharing session and a question and answer session. Some participants told stories, complained and asked about menstrual problems they had faced so far, such as questions about using a

menstrual cup, how to calculate menstrual periods, how to clean, deal with menstrual pain, wash sanitary napkins, and so on. The presenters responded by answering questions based on a review of fiqh, health sciences and experience. After the end of the sex education and reproductive health education program, KKN members took the initiative to create a WA group containing participants. This group is useful for long-term discussions about things related to menstruation that they don't know about. This was done because of the limited time to convey menstrual material at the time of counseling.

The effectiveness of the implementation of the program of extension activities is evidenced by several factors, one of which is the enthusiasm of teenagers to take part in counseling activities. As in Wijayanti's research which states that young women have a high interest in knowing about their reproductive health (Hanifa, Pulung, 2018: 114). Moreover, the problem of sex education and reproductive health is one form of education that is very complex and is still taboo to be discussed among teenagers.

A. Indicators of Success of Sex and Health Education Extension Program

In the program of sex education and reproductive health education activities for young women in Gondang Padukuhan. We saw that the participants were very enthusiastic and paid attention to the materials presented in this activity. In the question and answer session, participants asked things they didn't know about menstrual problems. Be it menstrual problems in fiqh or reproductive health. As in Fatkhiyah's research which states that the institution that provides counseling is an appropriate means of conveying an appropriate understanding of adolescent reproductive health, in addition to the role of parents and families. (Fatkhiyah, 2021) This activity helps them to open themselves up to ask things they don't know. Because before, they felt embarrassed to open up and ask their parents or mothers about reproductive health issues.

Prior to this outreach program, the young women of Padukuhan Gondang were not aware of maintaining their health during menstruation and the cleanliness of their reproductive organs. One of the factors that causes this to happen is the location of Padukuhan Gondang which is a rural area so that there is no access to knowledge related to sex education and their reproductive health. This happens because of the limited facilities and infrastructure such as the absence of smartphones and the internet. There are some teenagers who have smartphones, but they are not aware of websites that contain knowledge about this. In addition to the limited access to knowledge, they are not open and shy to ask questions related to this to their friends, parents, especially their mothers. This is supported by Ernawati's research which states that parents in rural areas still consider that discussing reproduction with adolescents is still a taboo subject (Hery Ernawati, 2018). SUNAN KALIJAGA can open access to knowledge related to sex education, reproductive health, menstrual problems. In addition to general

knowledge of reproductive health, they also get knowledge of menstruation from fiqh reviews. They are also more aware of the importance of maintaining, cleaning and maintaining the health of reproductive organs. The existence of this counseling makes them more open and not ashamed to ask about the problems they are experiencing. Some indicators of success can be seen in the table 2. below.

Table 2. Success Indicators

No	Pre-State	Information	After State
1.	Lack of access to knowledge about sex education and reproductive health	There is a program of counseling activities for sex education and reproductive health and discussion groups via WA	Access to knowledge about sex education and reproductive health
2.	Many young women in Gondang Padukuhan do not know about sex education and reproductive health. Young women know and understand about sex education, reproductive health and clean living behavior and reproductive health	Hygiene and health around menstruation	The young women of Padukuhan Gondang know and understand about sex education, reproductive health and clean and healthy living behavior (PHBS).
3.	The young women of Padukuhan Gondang do not yet know the religious laws related to menstruation	Knowledge of menstruation from a review of the Islamic religion (Fiqh)	The young women of Padukuhan Gondang know the religious laws related to menstruation
4.	The young women of Padukuhan Gondang feel embarrassed to open up and ask parents/mothers about reproductive health issues.	Sharing session	The young women of Padukuhan Gondang are more open and not ashamed to ask about their reproductive health problems.
5.	The young women of Padukuhan Gondang do not have a companion to consult on reproductive health issues	Discussion group via WA	The young women of Padukuhan Gondang have a companion to consult on reproductive health issues

B. The Impact of Menstrual Education Counseling for Young Women in Gondang Padukuhan

The counseling program for sex education and reproductive health is an effort from the KKN team to solve problems in Padukuhan Gondang, especially young women, namely unhealthy lifestyles, and lack of understanding and

awareness of sex education and reproductive health. The implementation of the program carried out by the KKN team has had a good impact on the young women of Padukuhan Gondang. This impact provides a positive value for young women in understanding sex education and reproductive health, in accordance with the objectives that have been designed by the Community Service Team.

Looking at the implementation of sex education and reproductive health counseling with young women in Gondang Padukuhan, there was participation and interest from the counseling participants in understanding these problems. The Community Service Team provides a room for sharing sessions on sex education and reproductive health in terms of fiqh and health, so that counseling participants can easily ask questions related to sex education and reproductive health. Based on the implementation of the program, the participants were very enthusiastic in participating in sex education and reproductive health counseling, so that the purpose of the work program was realized, which was to become a good personal hygiene .

The impact of the implementation of the program, the participants gain knowledge about sex education and reproductive health, both in terms of fiqh and health. This counseling is certainly very beneficial for the young women of Padukuhan Gondang and provides sustainable impacts. As for the sustainable impact, the first is to be aware of religious laws and personal health. In this counseling the Community Service Team explained about the rules and procedures related to sex education and reproductive health, both in terms of fiqh and health. So that young women in Padukuhan Gondang can take actions that are legally appropriate, both in fiqh and health.

Second, care about their own reproductive health. By holding this counseling, the young women in Padukuhan Gondang are expected to be mature and wise in caring for their reproductive health, so that proper hygiene behavior is formed . Third , make young women more critical of themselves and their environment. Based on the activities carried out, the KKN team explained the material that was quite intense for the youth to know. The implementation of this counseling will be a provision for young women to practice and maintain their reproductive health. Then, hygiene behavior arises that makes young women smart and wise in reproductive health and also in the surrounding environment, because adolescent reproductive problems in addition to having a physical impact, can also affect mental and emotional health, economic conditions and social welfare in the long term. . The long-term impact does not only affect the youth themselves, but also the family, society and nation in the end.

4. CONCLUSION

The young women of Padukuhan Gondang do not yet have adequate understanding and knowledge of sex and reproductive health and these problems are still considered as taboo issues. Based on interviews and observations, it was found that many young women were still inappropriate in the

use of sanitary napkins and the discovery of menstrual pain during menstruation. For this, a special program was formed that can overcome the problems faced by most young women, especially in Gondang Padukuhan, namely a counseling program on sex education and reproductive health for young women in Gondang Padukuhan with the theme "Menstrual Education in Fiqh and Health Reviews".

This program will be held on Friday, August 6, 2021, at the 105 KKN Command Post, with the provision of material on sex education and reproductive health through sharing sessions and question and answer sessions. This program has been running well, seen from the output of participants who increasingly understand and know about sex education and reproductive health. This can be seen from the problems previously experienced by the young women of Padukuhan Gondang, namely unhealthy living behavior, lack of awareness and understanding of sex and reproductive health, after this program was implemented this no longer happened. The impact of this program is to change the lifestyle of the young women of Padukuhan Gondang, especially reproductive health for the better, and another sustainable impact is the loss of the notion that sex education and reproductive health are taboo issues.

This program has been running smoothly and has had a real impact on the young women of Padukuhan Gondang, however, it still has some limitations, especially in how to approach the participants, as well as the time for implementation and further coaching. Sex education and reproductive health programs for young women in Padukuhan Gondang, if it is to be continued or carried out again, the input is to be further improved in the approach to participants so that the output produced is even better, and also the implementation and coaching time is longer so that participants can really understand and understand. Recommendations to local policy makers related to the existing problems are to continue this educational program in a more mature and structured way so that the output produced can truly be sustainable and real for the young women of Padukuhan Gondang.

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