

IMPLEMENTATION OF MENTORING FOR YOUNG MOTHERS IN RAISING AWARENESS OF THE IMPORTANCE OF MAINTAINING REPRODUCTIVE HEALTH

KOLOKIU

Jurnal Pendidikan Luar Sekolah

<http://kolokium.ppj.unp.ac.id/>

Jurusan Pendidikan Luar Sekolah

Fakultas Ilmu Pendidikan

Universitas Negeri Padang

Sumatera Barat, Indonesia

Volume 11, Nomor 3, Tahun 2023

DOI: 10.24036/kolokium.v11i3.732

Received 24 Oktober 2023

Approved 25 November 2023

Published 01 Desember 2023

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ABSTRACT

The current condition of women's reproductive health in Indonesia is not in accordance with reproductive health indicators. It is necessary to analyze how the implementation of mentoring provided to young mothers to maintain reproductive health at productive age. The purpose of this study is to reveal how the implementation of mentoring young mothers in raising awareness of the importance of maintaining reproductive health. This research uses a qualitative research approach with descriptive analysis. The subject of this research is the mother guardian of students from PAUD Lazuardi located in Kedungrejo, Pakis, Malang. The results showed that the implementation of this mentoring activity carried out found that there were still many mothers who had not conducted cervical breast examinations so that the implementation of mentoring began with meetings with mothers, program socialization and personal hygiene practice

Keywords: mentoring, young mothers, reproductive health.

INTRODUCTION

Women of childbearing age based on the concept of the Ministry of Health are women who are in an active reproductive period, namely with an age range of 15-49 years, whether they are widowed, married, or unmarried (Suwanti, 2019). The World Health Organization (WHO) in 2012 stated that the prevalence rate of reproductive health problems in women has reached 33% of all types of diseases in women throughout the world. Women can experience lack of information and knowledge from various factors including: education, mass media, social, cultural, environment, experience, age and level of knowledge.

Women need knowledge and information to maintain the hygiene and health of their reproductive organs for future survival. Reproductive organ health can be interpreted as a healthy condition concerning the reproductive system, namely functions, components and processes. In reproductive organ health, there are problems that often arise in developing countries including Indonesia, so reproductive health really needs special attention (Rakhmawati, 2019). Reproductive health problems that can arise from the impact of a lack of maintaining reproductive organ health are vaginal discharge, reproductive tract infections and vulvar cancer.

The factor behind the lack of knowledge of reproductive health in women is about genital hygiene which can have an adverse impact on behavior in maintaining genital hygiene because good knowledge and behavior are determining factors in maintaining genital hygiene. The impact of a lack of knowledge of maintaining the cleanliness of female organs can experience abnormal vaginal discharge with signs of symptoms such as discharge that is smelly, smelly, large amounts, itching, burning or pain (Rakhmawati, 2019). The lack of information and knowledge causes embarrassment and anxiety because it is different from others who have not experienced changes in the reproductive system (Abrori, et al 2017).

The current condition of women's reproductive health in Indonesia is not in accordance with reproductive health indicators, where there are still many aspects that have not been fulfilled (Kurniawaty et al., 2020). Reproductive health in Indonesia is considered to be lagging behind when compared to the situation in other ASEAN countries (Widiasih & Setyawati, 2018). Based on WHO data in 2010, reproductive health problems in women of childbearing age (WUS) are in poor condition, which has reached 33% of the overall disease burden suffered by women in the world (Muharrina et al., 2023). Reproductive health problems in WUS include risky behavior, lack of access to health services, lack of correct and accountable information, access to a lot of wrong information without screening, STD problems including HIV / AIDS infection, sexual violence, such as rape, sexual harassment and commercial sex transactions, pregnancy and childbirth at a young age which is at risk of maternal and infant mortality, and unwanted pregnancies (Sulistiyawati et al., 2010).

Based on these reproductive health problems, it is important for WUS, especially mothers, to maintain the health of their reproductive organs. This can be started from maintaining personal hygiene, especially the vagina to keep it clean, normal, and healthy and avoid the possibility of disease (Aisyaroh, 2012). However, in Indonesia, the knowledge of WUS, especially mothers, about how to maintain reproductive organ health is still relatively low due to lack of access to information. This is in line with the results of research conducted by Oktafia et al in 2020 which showed that socialization and education activities on reproductive health were still low, which had serious impacts such as the emergence of gynecological diseases, sexually transmitted diseases to the emergence of malignancies in the reproductive organs (Wahyuningsih, 2020).

METHOD

This study used a qualitative research approach with descriptive analysis. The subject of this research is the mother guardian of students from PAUD Lazuardi located in Kedungrejo, Pakis Sub-district, Malang District. Data collection was conducted using observation and interviews. Observations were conducted to see the implementation of mentoring to mothers, the activeness of mothers as participants, and the interaction between presenters and participants. while interviews were conducted to the organizers of the mentoring, parents as participants and presenters of activities as supporting data for observation results. To ensure data validity, confirmability testing or research objectivity test was used. The confirmability test is carried out after carrying out observations, namely by conducting interviews. From the results of observations through observations that have been made, then confirmation is made to the mentoring organizers, presenters and parents as participants

Research data was analyzed using an interactive analysis model developed by Miles and Huberman (Sevilla-Liu, 2023). The interactive analysis model consists of three stages, namely data reduction, data presentation, and drawing conclusions. Data reduction is the process of simplifying, organizing and selecting data that is relevant to research objectives (Ritter et al., 2023). Data presentation is the process of grouping, sorting and visualizing data in the form of tables, diagrams or graphs. Drawing conclusions is the process of interpreting, explaining and verifying data to answer research questions.

RESULTS AND DISCUSSION

Implementation of Mentoring

The implementation of the mentoring program for young mothers in increasing awareness of the importance of maintaining reproductive health needs to be done with the right method. The method used is through a socialization and mentoring program for mothers who are members of the parents' association at the Lazuardi PAUD unit. Socialization means a process to instill and transfer habits in a community group.

This activity involved 34 mothers as participants and there were representatives from partner institutions, namely the Lazuardi Foundation. On June 11, 2023, which took place at Perum Puri Bunga Nirwana D-3 Kedungrejo, Pakis District, Malang Regency. Mentoring activities are packaged in the form of socialization which is carried out using lecture and focus group discussion (FGD) methods. This method was chosen with the aim of providing an understanding to the target group, which in this program is parents (mothers) about the purpose of this program. The first material presented included the concept of reproductive health and the scope of essential and comprehensive reproductive health services. The second material is about anatomy and physiology for men and women, as well as congenital abnormalities. Then the third material includes diseases that are susceptible to young mothers. Furthermore, the fourth material includes policies and priorities related to maternal and child health. The last material covers the practice of personal hygiene and explaining it to children.

In the socialization activities, the discussion method is needed to provide various perspectives and deepen knowledge about the concept of reproductive health and practice how to maintain reproductive health, so that mothers can also provide care to children related to the importance of maintaining reproductive health which has been considered too intimate and taboo. This activity can also provide input to educators in teaching the importance of maintaining reproductive health in children.

Mentoring activities in the form of socialization of the importance of maintaining reproductive health for young mothers are carried out at the same time as health checks. The young mothers were first identified their experiences related to cervical and breast examinations, and then basic examinations were carried out and socialization was given regarding the importance of maintaining reproductive health

CONCLUSION

From the results of the implementation of the research conducted, it was found that there are still many mothers who have not conducted cervical and breast examinations. This is due to several reasons, namely the fear of doing the examination, feeling that there is no need to do the examination, as well as expensive cost constraints. However, there are also mothers who have done the examination because the mother has the awareness to do the examination, symptoms appear, and follow the free program. The methods used were VIA, Pap Smear, and SADANIS examinations carried out at Puskesmas and private doctors. Other findings also showed that many mothers had received information about cervical and breast cancer screening but did not undergo screening. Therefore, it is hoped that the implementation of this mentoring can help increase mothers' awareness of the importance of early detection of cervical cancer and breast cancer.

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