

The Influence of Social Media Exposure on Adolescent Reproductive Health Practices: Evidence from Indonesian Vocational Students

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ABSTRACT

Adolescents often grapple with poor reproductive health behaviors due to limited literacy and access to relevant health information, despite the potential of social media as an information source. This study aimed to analyze the association between social media access and adolescent reproductive health behaviors. Employing a quantitative, cross-sectional design, we utilized proportionate random sampling to recruit 290 tenth and eleventh-grade vocational high school students from SMK Tujuh Lima 1 Purwokerto and SMK Ma'arif NU 2 Ajibarang in Banyumas Regency, Indonesia. Data were collected via an online Google Form questionnaire, which demonstrated satisfactory validity (Pearson $r=0.334$) and reliability (Cronbach's $\alpha=0.750$) for social media access. The majority of respondents were 16 years old (49%), female (60%), and primarily accessed reproductive health information through electronic media (22%). Interestingly, while most reported limited social media access (54%), a large proportion exhibited good reproductive health behaviors (91%). A weak but statistically significant association was found between social media access and reproductive health behaviors ($p=0.001$, $r=0.188$). These findings suggest that despite varying levels of social media access, other factors might be more influential in shaping adolescent reproductive health behaviors. We recommend strengthening reproductive health education through engaging and relevant social media content to better leverage its potential as an informative platform for adolescents.

Introduction

The World Health Organization reported that the prevalence of teenagers worldwide reached 1.2 billion, with a percentage of 90% of teenagers aged 10-19 years. Meanwhile, in Indonesia, the number of teenagers has reached 67 million people, with a percentage of 24% aged 10-24 years.

Reproductive health behaviors are among the factors that influence adolescent reproductive health. Reproductive health behaviors encompass various actions, such as preventing and managing sexually transmitted infections (STIs) like HIV/AIDS and treating

sexually transmitted infections (STIs). These actions aim to maintain healthy reproductive organs and ensure proper reproductive function.²

Poor reproductive health behaviors can lead to reproductive health problems. *World Health Organization*. In 2021, data showed that approximately 1.1 million adolescents died annually from curable diseases, including reproductive health issues (WHO, 2023). In Indonesia, approximately 11% of adolescent girls aged 15-24 years old engaged in poor reproductive health behaviors, such as drug use and risky sexual behavior that can lead to unwanted pregnancies. ³Several studies show that adolescents experience poor reproductive

health behaviors and unwanted pregnancies due to a lack of information about reproductive health.⁴

Adolescents lack access to information related to low literacy regarding reproductive health. According to the National Population and Family Planning Agency, this lack of health information, including on the prevention of sexually transmitted diseases and sexual violence, lack of knowledge about reproductive health, particularly regarding the processes, functions, and systems of the reproductive organs, risky behaviors, and sexually transmitted infections (STIs), are complex issues that can influence adolescents' reproductive health behaviors.⁵

The impact of inadequate reproductive health information can lead to a decline in adolescents' understanding of reproductive health behaviors. For example, a study at SMA Negeri 5 Simeulue Barat found that adolescents' access to information was relatively low due to their lack of health literacy.⁶ Meanwhile, research at Muhammadiyah 1 Surakarta High School stated that around 52.1% of teenagers have good literacy in accessing information they obtain about reproductive health online.⁷ This shows that there is variation in the ability of adolescents to access appropriate information.

Apart from literacy among adolescents about reproductive health, limited ability to access information about reproductive health in various media is also an important factor that hinders adolescents' understanding.⁸ Even when information is available, adolescents often do not utilize it optimally because they do not know the right sources or cannot access the right content. Good access to health services can encourage adolescents to seek health information, while limited access to reproductive health information can lead to poor health behaviors.⁹

Social media access is part of the health literacy domain. In Sorensen's Theory, access refers to an individual's ability to obtain accurate

and relevant health information, which significantly influences their understanding and behavior regarding health. This access domain highlights the importance of access to information as the initial step in the process of acquiring health literacy. Not only access, but also the quality of the information accessed, is crucial for influencing behavior. The quality of information accessed can also impact adolescent behavior.

The impact of high-quality information can positively influence adolescent behavior, enabling them to maintain their reproductive health. Conversely, the effect of poor quality information can hurt reproductive health behavior, thus causing reproductive health problems¹¹.

This impact is also supported by the results of interviews with ten students, which found that six students (60%) had accessed and obtained health information through the media. *online*, family, and teachers at school. Meanwhile, four students (40%) reported never having accessed or received information related to reproductive health, even though they were unaware of reproductive health issues such as sexuality, drug use, risky behavior, sexually transmitted infections, and HIV/AIDS. This indicates that adolescent health literacy related to access remains limited.

Data *World Health Organization* recorded that every year more than 1 million cases of sexually transmitted infections occur worldwide and 16 million adolescent girls aged 15-19 years experience unwanted events due to unsafe reproductive health behavior and lack of access to health information.¹² According to reports *United Nations Programme on HIV/AIDS* by 2023 approximately 38.6 million adolescents aged 15 years or older will have HIV.¹³

In Indonesia, in 2022, data from the Indonesian Ministry of Health showed 10,525 HIV cases, including 3.1% among adolescents aged 15-19. This figure also included 1,907 AIDS

cases, with Central Java being the province with the highest number of cases. Data also revealed 10,954 cases of sexually transmitted infections (STIs) based on laboratory tests. *Cervicitis, proctitis, and HIV were the most common types of STIs*, reaching 4,286 cases. According to 2022 Ministry of Health data, this number increased through 2023, with Central Java recording 2,882 new HIV cases and 2,432 AIDS cases as of March 2024.¹⁴

According to the Population Statistics Agency (BPS), in Banyumas Regency there are 2 sub-districts with the largest number of private vocational school students based on the 2022/2023 and 2023/2024 academic years, namely Ajibarang Sub-district in the 2022/2023 academic year with 5,668 students and 5,892 students in the 2023/2024 academic year and Purwokerto Selatan Sub-district in the 2022/2023 academic year with 4,956 students and 5,070 students in the 2023/2024 academic year.

Based on the results of interviews with officers in the field of disease prevention and control (P2P) in the HIV, AIDS, and narcotics section at the Banyumas Regency Health Office in 2024, it was found that 7 people in South Purwokerto District and 5 people in Ajibarang District were infected with STIs, 29 teenagers aged 15-24 years were infected with HIV and in 2023 7 people used narcotics.

An interview with a guidance and counseling teacher at SMK Tujuh Lima 1 Purwokerto on August 23, 2024, revealed that the school had not yet provided any information about reproductive health, resulting in a lack of awareness among students. Meanwhile, an interview at SMK Ma'arif Nu 2 Ajibarang on August 27, 2024, revealed that the guidance and counseling teacher had previously provided information about reproductive health to her students.

Interviews were conducted with ten students from two schools, including five students from SMK Tujuh Lima 1 Purwokerto.

The results showed that all students were unaware of reproductive health, puberty, or sexuality, drug use, had never heard of or seen drug users experiencing withdrawal symptoms, and were unaware of STIs and HIV/AIDS. One student was also found to have risky dating behavior, involving hugging.

Interviews with five students at Ma'arif Nu 2 Ajibarang Vocational School revealed that three students were aware of reproductive health, puberty, sexuality, and drug use. One student reported that a family member had used drugs. Four students were aware of STIs and HIV/AIDS. One student also engaged in risky behavior, dating, but only holding hands.

One effort to improve adolescent reproductive health behavior is by accessing health information through social media.¹⁵ One of the accesses that can support teenagers in accessing health information is using Instagram, which is one of the social media most used by teenagers.⁷ Instagram and X are also widely accessed platforms because the infographic delivery method is considered effective in conveying information to teenagers about reproductive health.¹⁶

Social media has a significant impact on influencing adolescent reproductive health behaviors.¹⁷ In line with research by Pihahay & Soripet (2023), adolescents who obtain health information through social media tend to have more positive attitudes toward reproductive health compared to those who do not. However, social media access was also found not to affect adolescents' reproductive health literacy.⁶

Social media usage among teenagers has increased rapidly over the past decade. According to We Are Social (2024), 90.9% of social media users in Indonesia are teenagers aged 16-24. A 2024 survey by the Indonesian Internet Service Providers Association (APJII) found that the number of internet users increased by 1.4% compared to the previous year, with Gen Z representing the largest number of users at

34.40%.²⁰Based on this data, social media has become a popular platform in Indonesia.

Interviews with ten students at SMK Tujuh Lima 1, Purwokerto, and SMK Ma'arif NU 2, Ajibarang, revealed that all students have social media accounts, but only seven access reproductive health information. Five of them access information once or twice a month. The most frequently accessed social media platforms are Instagram, TikTok, and YouTube.

All students were active users of social media across various platforms. This indicates that despite their active use of social media, reproductive health information was still limited, with some students perceiving the topic as taboo, feeling embarrassed, and being confused about how to find information on social media. This suggests that adolescents may lack an understanding of health content or have limited access to health information that appeals to them.

Based on this background, researchers are interested in conducting a study to investigate the relationship between social media access and adolescent reproductive health behaviors at vocational schools in Banyumas Regency.

Results and Discussion

This study has a population of up to 1,050 respondents and was sampled using the Slovin formula with a 5% allowance. The study was conducted on 290 respondents at SMK Tujuh Lima 1 Purwokerto, namely 41 respondents from class X and 50 respondents from class XI, and SMK Ma'arif NU 2 Ajibarang, namely 107 respondents from class X and 92 respondents from class XI, to determine the relationship between social media access and adolescent reproductive health behaviors in SMK.

1. Respondent characteristics based on age, gender, and other sources of information accessed by adolescents at Banyumas Regency Vocational Schools

Methodology

In this study, a quantitative research approach was used with a cross-sectional design. The sample in this study consisted of 290 respondents, comprising all students in grades X and XI from two schools: SMK Tujuh Lima 1, Purwokerto, and SMK Ma'arif NU 2, Ajibarang. This study employed a descriptive qualitative technique, using proportionate random sampling. This preliminary study was conducted to test the validity and reliability before proceeding with the actual research. The instrument's validity and reliability were tested on 12th-grade students at SMK Ma'arif NU 2 Ajibarang on August 27, 2024.

Validity testing was conducted with the assistance of a computer using the SPSS program version 25.0. The data collection techniques used were interviews and questionnaires. The questionnaires used in this study were a social media access questionnaire and an adolescent health behavior questionnaire. The questionnaires will be distributed via Google Forms to respondents, who will then answer the questions to provide the data. The data analysis employed in this study includes univariate and bivariate analyses.

Table 1. Frequency distribution of respondent characteristics based on age and gender at SMK Banyumas Regency

Respondent Characteristic	Frequenc y	Percentag e (%)
s		
Age		
14 years	5	2
15 years	86	30
16 years	142	49
17 years	52	18
18 years	3	1
19 years old	2	1
Gender		
Man	116	40
Woman	174	60
Total	290	100

Source: Primary Data Processing Results (2024)

Table 4.1 shows that the majority of respondents were 16 years old, numbering 142 respondents (49%), and the majority were female, numbering 174 respondents (60%).



Figure 1. Other Sources for Accessing Reproductive Health information

Other sources used by respondents to access reproductive health information were electronic media (TV, radio, video, and internet) 38 respondents (22%), parents 37 respondents (21%), teachers 36 respondents (21%), health workers 33 respondents (19%), peers 27 respondents (15%), and print media (pamphlets, leaflets, flip charts, posters, and photos) 3 respondents (2%). It can be concluded that the majority of respondents (22%) used electronic media the most, while print media was the least used (2%) for accessing reproductive health information sources.

2. Social media access for adolescents at vocational schools in Banyumas Regency

Table 2. Distribution of social media access frequency among adolescents at Banyumas Regency Vocational Schools in 2024

Social Media Access	Frequency	Percentage (%)
Able to access	0	0
Just access	134	46
Lack of access	156	54
Total	290	100

Source: Primary Data Processing Results (2024)

Based on Table 2, the category of social media access in this study was mostly 156 respondents (54%) who had insufficient access and 134 respondents (46%) who had sufficient access.

3. Reproductive health behavior of adolescents at vocational schools in Banyumas Regency

Table 3. Frequency distribution of adolescent reproductive health behaviors at vocational schools in Banyumas Regency in 2024

Adolescent Reproductive Health Behavior	Frequency	Percentage (%)
Good behavior	263	91
Bad behavior	27	9
Total	290	100

Source: Primary Data Processing Results (2024)

Table 3 shows that the category of good reproductive health behavior comprised 263 respondents (91%), while the category of poor reproductive health behavior comprised 27 respondents (9%).

4. The relationship between social media access and adolescent reproductive health behavior at vocational schools in Banyumas Regency

Table 4.4 Cross-tabulation between social media access and adolescent reproductive health behavior at Banyumas Regency Vocational Schools in 2024

Social Media Access	Reproductive Health Behavior	Amount		Results		
		Good	Bad	f	%	C Sa N
Able to access	Good	0	0	0	0%	0. 0. 2 18 00 9 8 1 0
	Bad	0	0	0	0%	
	Total	1	4	1	46%	
Lack of access	Good	1	4	1	54%	
	Bad	4	9	3	5	
	Total	3	13	16	6	

total	2	9	2	9	2	100
	6	0	7	%	9	%
	3	%			0	

Source: Primary Data Processing Results

(2024)

Statistical test results: Spearman's rank correlation coefficient obtained a value of 0.188 with a significance value (The value (α) is 0.001, thus H_a is accepted, meaning that the better one's access to social media, the better their reproductive health behavior. However, this correlation is categorized as a weak positive relationship, with a correlation coefficient of 0.188, indicating a modest effect. Limited access to social media does not significantly impact adolescents' access to reproductive health information. This is due to the availability of other accessible sources of information, allowing adolescents to gain a good understanding of reproductive health.

Discussion

1. Respondent Characteristics

The characteristics of the respondents in this study were adolescents, analyzed based on age, gender, and other sources accessed for reproductive health information. The first characteristic in this study was the age range of adolescents, who were 14-19 years old. The results showed that the majority of respondents (142 respondents or 49%) were 16 years old.

Adolescence is a time of identity discovery due to its unique characteristics and important role in an individual's life, thus attracting much attention (Saparini, 2022). Adolescents at this age are considered middle-aged, or 15-19 years old, and are more vulnerable to negative reproductive health behaviors than early and late adolescence. Characteristics of adolescents at this age include a tendency to be attracted to relationships with the opposite sex, searching for identity, and enjoying new challenges, which raise concerns, particularly regarding adolescent reproductive

health behaviors.²². This shows adolescents' ignorance about healthy living, the dangers of engaging in unhealthy behavior, and their lack of addressing or preventing dangerous behavior.²³.

This research is in line with research conducted on teenagers at Surakarta High School, with the majority of teenagers aged 16 years.²⁴. Teenagers at this time are easily influenced by the social environment because of the social interactions they do, teenagers at this age need to receive serious attention because they are of school age and are at high risk of reproductive health problems, namely premarital sexual behavior, drug abuse, and HIV/AIDS.²⁵.

The second respondent characteristic is gender. The majority of respondents in the study were female, with 174 respondents (60%). SMK Ma'arif NU 2 Ajibarang has a higher proportion of female students than SMK Tujuh Lima 1 Purwokerto. Another fact states that women often use social media to stay connected with their social groups, where women enjoy communicating, interacting, and socializing according to their needs (Chen, Liu, Ding, Ying, Wang, & Wen in Nissa et al., 2019). In line with the analysis of the characteristics of female respondents, there are more females than males. This research also differs from previous studies, which found that the results of the analysis of male respondents' characteristics were more numerous than those of female respondents (Saparini, 2022).

The third respondent characteristic concerns other sources for accessing reproductive health information. In this study, the majority of adolescents, in addition to using social media, also accessed reproductive health information through electronic media (22%). One source of information access is electronic media, known as TV, radio, videos, slides, and now the internet (Saparini, 2022). This aligns with previous research, which found that 88.06% of adolescents obtained reproductive health information (RHI) from electronic media or the internet. Similarly, research conducted by Mahfudah & Arifah

(2020) found that electronic media were widely used to seek reproductive health information, with a percentage of 66.1%.

Other sources of information accessed include parents and teachers. This study found that 21% of adolescents obtain information from parents and teachers. Parents, as solution providers, role models, and mentors, can have a positive impact on adolescent behavior. Adolescents who receive good parenting are less likely to engage in risky reproductive health behaviors, and vice versa. Meanwhile, teachers, as educators, motivators, and evaluators, play a crucial role in preventing risky reproductive health behaviors by providing adolescents with accurate information. ³¹

Another source for accessing reproductive health information is health workers. This study found that 19% of adolescents obtained health information from health workers. This differs from previous research, where the majority of adolescents (30.90%) sought health information from health workers. This is because schools collaborate with community health centers (Puskesmas) to provide comprehensive reproductive health information ⁷.

Another source is peers. It was found that adolescents obtain health information through peers as much as 15%. Peers can influence adolescents, leading them to engage in similar behaviors to gain recognition and be more prepared to discuss various issues with their peers (Ernawati in Warta et al., 2022). Adolescents with friends who are negatively influential are 7.6 times more likely to engage in risky behaviors than those with positively influential peers, one of which is premarital sexual behavior. ³².

Another source for accessing information is print media. This study found that adolescents used print media (2%) to seek information about reproductive health. Print media, as a medium for disseminating health information, can include pamphlets, leaflets, flip charts, posters, and photos, which can be obtained at health facilities

or through counseling sessions conducted by health workers (Saparini, 2022). This aligns with previous research, which found that 9.19% of adolescents used print media to obtain information about reproductive health ⁷.

2. Social Media Access for Teenagers at Vocational Schools in Banyumas Regency

Overall, the majority of respondents (54%, 156 respondents) reported having limited access to social media. Based on the frequency of access, adolescents accessed reproductive health information 1-2 times per month (75%). This aligns with research by Nisaa and Arifah (2019), which found that 52.1% of adolescents accessed reproductive health information, with a frequency of access ranging from 1 to 2 times in the past month.

Access to information is the first step towards health literacy, according to Sorensen's Theory. A person's ability to search for, find, and obtain the right information is referred to as access. Although respondents have access to social media, their use of social media for reproductive health education remains low. This suggests that access alone is insufficient; the quality and relevance of the content must also be improved. This research aligns with previous studies that found respondents had limited access to health information, including reproductive health information.

This study contrasts with research by Nisaa and Arifah (2020) and Saparini (2022), which found that adolescents have high access to health information sources, including social media (52.1% and 95.5%, respectively). This is supported by previous research, which found that adolescents frequently accessed information about reproductive health (60%).¹⁵.

Social media also has the potential to serve as a valuable tool for health education. According to Chen & Wang (2021), social media can be used for various health purposes. New

uses have emerged, including advancements in health research and practice. Social media has many positive effects, but it also has negative ones, one of which is changing behavior, including health behaviors ³⁴.

Health education (digital health literacy) found on social media is one of the topics sought by respondents. The instrument results show that the majority of respondents searched for topics related to health, including adolescent reproductive health (81%), the impact of reproductive health problems (9%), sexuality and gender (8%), and family planning (2%). This finding aligns with previous research, which indicates that adolescent reproductive health (93%) was the most frequently searched topic among adolescents. At the same time, contraceptives were rarely accessed because they were still considered taboo and dangerous, thus rarely discussed ⁷.

To access health information, they can use platforms such as websites and social media. This study found that teenagers access websites (37%) and social media (53%) to obtain health information. The most frequently accessed websites are Google (62%), alodokter.com (15%), and doktersehat.com (7%). Meanwhile, the social media platforms most frequently accessed by teenagers today are TikTok (53%), Instagram (20%), YouTube (19%), X (formerly known as Twitter) (6%), and Facebook (3%). This finding aligns with previous research, which has also shown that teenagers can obtain information through social media platforms such as Instagram, Facebook, TikTok, and YouTube (69.7%).

Teenagers believe that people who use social media are considered cool and up-to-date. In contrast, other people are considered out of date if they do not use social media. ³⁶This result aligns with the 2024 survey conducted by the Indonesian Internet Service Providers Association (APJII), which found that Gen Z comprised 34.40% of its users, indicating that the largest contributor to internet use is teenagers

aged 16-24, with social media as the most popular content. ²⁰. In line with previous research, teenagers obtain information about reproductive health mostly through social media (82.7%). ³⁷.

This study also found that from each social media platform accessed, several accounts and hashtags were used to search for reproductive health information. The majority of teenagers on the Facebook platform accessed accounts for information on adolescent health and reproduction (8%) and the hashtag #TeenagerHealth (7%). On the Instagram platform, access was provided by the accounts tanya_dokter (17%), dr. Oz (4%), weminac (1%), and Dr. Tirta (1%), as well as the hashtag #teenager reproductive health (16%). On the TikTok platform, access was provided by the accounts of Dr. Jennifer Lincoln (22%), Dr. Tirta, Maze Sexual Health (4%), and Planned Parenthood (3%), as well as the hashtag #teenagehealtheducation (24%). On the YouTube platform, access was provided by the Yayasan Gemilang Sehat Indonesia account (6%) and the hashtag # teenager reproductive health (13%).

This is in line with previous research, which found that the majority knew the accounts of Tanyadokter (49.8%), Infiahealth (34%), and WHO (20%). ²⁸ Meanwhile, research conducted on students of Muhammadiyah 1 Surakarta High School found that the most accessed account was Dr. Oz (41.9%), the least accessed was Perpustakaan (4.8%), and the hashtag #kesehatan was the most accessed (60%) on the Instagram platform. ⁷

3. Adolescent Reproductive Health Behavior at Vocational Schools in Banyumas Regency

The majority of respondents (263 respondents) demonstrated good behavior. Most respondents scored high, particularly on the items questioned regarding not abusing drugs and actively participating in reproductive health activities. This indicates that adolescents are aware that drug use is a harmful behavior that can

damage their health. This is evidenced by the instrument data, which shows that many adolescents participate in health activities, such as adolescent integrated health posts (Posyandu) (14%), reproductive health seminars (13%), and the Youth information and Counseling Center (PIK R) (1%) to increase their knowledge and improve their behavior.

These activities, undertaken by adolescents, constitute reproductive health services aimed at preventing and protecting them from risky behaviors that could impact their reproductive health (Atik & Susilowati, 2021). This aligns with previous research indicating that adolescents who participate in health services exhibit positive behaviors, which may contribute to the safety of their reproductive health (Saparini, 2022).

The study also found that several respondents engaged in risky dating behaviors and premarital sexual behavior. In this study, respondents exhibited risky dating behaviors, including holding hands (39%), hugging (8%), touching/stimulating, and kissing (2%), and most (96%) rejected premarital sexual relations, both men and women. However, questionnaire data revealed that one teenager had engaged in premarital sexual relations at the age of 15.

This research is in line with previous research which found that teenagers in North Sumatra province have engaged in negative behavior where risky dating patterns such as holding hands (26.5%), hugging (12.1%), kissing on the lips (4.7%), touching/stimulating (1.5%), and sexual relations (0.7%)³⁹. When dating, teenage girls (64%) and teenage boys (75%) hold hands, teenage girls (17%) and teenage boys (33%) hug, teenage girls (30%) and teenage boys (50%) kiss on the lips, teenage girls (5%) and teenage boys (22%) touch/stimulate, teenage girls (2%) and teenage boys (8%) have had premarital sexual relations⁴⁰.

This change in adolescent perspective is demonstrated when adolescents begin dating, which is considered a learning period for

engaging in sexual activity with the opposite sex. Such activities as cheek and lip kissing, masturbation, oral sex, and sexual intercourse are all contributing factors to adolescent premarital sexual behavior. This is also supported by other research, which states that adolescents' reasons for engaging in sexual activity or premarital sexual behavior include sexual pleasure, complying with group norms, and as a gift and expression of love to their partners (Kyilleh in Shakti et al., 2022).

This behavior can affect reproductive health, and is also influenced by several factors, including free access to social media without proper information filtering and peer groups.⁶In this research, it is by Lawrence Green's Theory which shows that one of the...factor enabling very influential in adolescent behavior, namely access to information (Dewi in Susilowati et al., 2023).

4. The Relationship Between Social Media Access and Adolescent Reproductive Health Behavior at Vocational High Schools in Banyumas Regency

Results of bivariate analysis using Spearman's Rank test show a weak relationship with a positive direction between social media access and adolescent reproductive health behavior at Banyumas Regency Vocational Schools, with a p-value of 0.001 ($p < 0.05$; $r = 0.188$). The correlation coefficient is positive but weak, meaning that the better one's ability to access social media, the better their reproductive health behaviors.

Social media use in this study was found to contribute to adolescent reproductive health behaviors. This finding aligns with previous research that found a significant relationship between information access and adolescent reproductive health behaviors. Better exposure to information is associated with more positive attitudes toward reproductive health ($p\text{-value} = 0.001$).²¹

The results of this study are also in line with research conducted by Septiani (2019), which shows that there is a relationship between access to mass media and adolescent reproductive health behavior. $p\text{-value} < 0.001$. In line with previous research, which found a relationship between media access and adolescent reproductive health behavior. $P\text{-value} = 0.006$, found that adolescents who have easy access to negative information about reproductive health are more likely to engage in risky health behaviors.⁴².

Social media has become a primary way for adolescents to learn about reproductive health. Studies show that adolescents frequently use platforms like Instagram, YouTube, and Facebook to learn about these issues. The availability of reproductive health information on social media has been shown to impact adolescents' access to it significantly. However, exposure to reproductive health information through social media does not always directly translate to increased access. Several factors, such as the relevance of the information and individual needs, can influence individual behavior.²⁸

From the results of this study, respondents are included in the category of having less access to reproductive health information because adolescents still get other sources related to good reproductive health information so that adolescent behavior is also good, however access to reproductive health has an impact on behavior so that it still includes educational materials about reproductive health.

Conclusion

Based on research at SMK Tujuh Lima 1 Purwokerto and SMK Ma'arif NU 2 Ajibarang, the majority of respondents were 16 years old and female, with 22% accessing reproductive health information through electronic media. Although 54% of respondents had inadequate access to social media, 91% demonstrated good reproductive health behaviors. The results also revealed a weak, positive relationship between

social media access and reproductive health behaviors ($p = 0.001$, coefficient = 0.188), indicating that increased social media access is associated with better reproductive health behaviors. However, the role of other information sources remains significant in providing a comprehensive understanding of reproductive health.

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