

ABSTRAK

EFEKTIVITAS EDUKASI KESEHATAN REPRODUKSI MELALUI MEDIA TIKTOK TERHADAP PERILAKU PENCEGAHAN KEHAMILAN TIDAK DIINGINKAN PADA SISWA SMAN 1 KOTA MOJOKERTO

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Kehamilan Tidak Diinginkan (KTD) pada remaja merupakan permasalahan kesehatan reproduksi yang dapat berdampak terhadap kehidupan dan masa depan remaja. Edukasi kesehatan reproduksi melalui media TikTok dapat menjadi alternatif penyampaian informasi yang sesuai dengan karakteristik remaja. Penelitian ini menggunakan desain *pre-experimental* dengan pendekatan *one group pretest-posttest*. Sampel berjumlah 189 siswa kelas XI SMAN 1 Kota Mojokerto. Pengumpulan data menggunakan kuesioner perilaku pencegahan KTD sebelum dan sesudah edukasi melalui media TikTok yang diberikan selama tiga hari. Analisis data menggunakan uji *Wilcoxon Signed Rank Test* dengan $\alpha = 0,05$. Sebelum edukasi, 150 responden (79,4%) memiliki perilaku kategori cukup, 27 responden (14,3%) kategori kurang, dan 12 responden (6,3%) kategori baik. Setelah edukasi, 186 responden (98,4%) berada pada kategori baik dan 3 responden (1,6%) kategori cukup. Uji *Wilcoxon* diperoleh $p\text{-value} = 0,000$ dan $Z = -11,883$. Sebanyak 187 responden mengalami peningkatan skor, 2 responden memiliki skor tetap, dan tidak terdapat penurunan skor. Edukasi kesehatan reproduksi melalui TikTok dapat menjadi media yang efektif dalam meningkatkan perilaku pencegahan KTD karena penyampaian informasi secara visual dan singkat lebih sesuai dengan karakteristik penggunaan media digital pada remaja. Edukasi kesehatan reproduksi melalui media TikTok efektif meningkatkan perilaku pencegahan KTD pada siswa kelas XI SMAN 1 Kota Mojokerto.

Kata kunci: edukasi kesehatan reproduksi; TikTok; Kehamilan Tidak Diinginkan; perilaku pencegahan remaja

ABSTRACT

THE EFFECTIVNESS OF REPRODUCTIVE HEALTH EDUCATION THROUGH TIKTOK ON UNINTENDED PREGNANCY PREVENTION BEHAVIOR AMONG STUDENTS AT SMAN 1 KOTA MOJOKERTO

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Unintended Pregnancy (UP) among adolescents is a reproductive health problem that may affect their lives and future. Reproductive health education through TikTok can serve as an alternative means of delivering information that is appropriate to adolescents' characteristics. This study used a pre-experimental design with a *one-group pretest-posttest* approach. The sample consisted of 189 eleventh-grade students of SMAN 1 Mojokerto. Data were collected using a questionnaire measuring UP prevention behavior before and after reproductive health education through TikTok, which was provided over three days. Data were analyzed using the Wilcoxon Signed Rank Test with a significance level of $\alpha = 0.05$. Before the education, 150 respondents (79.4%) had a moderate level of UP prevention behavior, 27 respondents (14.3%) had a low level, and 12 respondents (6.3%) had a high level. After the education, 186 respondents (98.4%) had a high level of UP prevention behavior and 3 respondents (1.6%) had a moderate level. The Wilcoxon test obtained a p-value of 0.000 and $Z = -11.883$. A total of 187 respondents experienced an increase in scores, 2 respondents had unchanged scores, and no respondents experienced a decrease in scores. Reproductive health education through TikTok can be an effective medium for improving UP prevention behavior because visual and concise information delivery is more compatible with adolescents' use of digital media. Reproductive health education through TikTok is effective in improving UP prevention behavior among eleventh-grade students of SMAN 1 Mojokerto.

Keywords: reproductive health education; TikTok; unintended pregnancy preevention; adolescents; prevention behavior.