

ABSTRAK

**PENGARUH EDUKASI KESEHATAN REMAJA TERHADAP TINGKAT
PENGETAHUAN REMAJA TENTANG KEHAMILAN REMAJA
DI SMA DARUL ULUM SUGIO
KECAMATAN SUGIO KABUPATEN LAMONGAN
Oleh : Imroatul Mahfudhoh**

Kehamilan remaja merupakan masalah kesehatan reproduksi dengan risiko komplikasi fisik, psikologis, dan sosial ekonomi. Survei awal di SMA Darul Ulum Sugio menunjukkan 70% siswa belum memahami bahaya kehamilan remaja akibat minimnya akses informasi. Penelitian ini bertujuan untuk menganalisis pengaruh edukasi kesehatan terhadap tingkat pengetahuan remaja tentang kehamilan remaja di SMA Darul Ulum Sugio, Kecamatan Sugio, Kabupaten Lamongan. Penelitian kuantitatif ini menggunakan desain *pre-experimental* dengan pendekatan *one group pre-test post-test design*. Populasi penelitian adalah seluruh siswa kelas XI sebanyak 81 orang, dengan sampel 68 responden yang diperoleh melalui teknik *purposive sampling* berbasis rumus Slovin. Instrumen penelitian berupa kuesioner berisi 25 butir pernyataan yang telah dinyatakan valid ($r_{hitung} > 0,632$) dan reliabel ($\alpha = 0,960$). Analisis data bivariat menggunakan uji statistik non-parametrik *Wilcoxon Signed Rank Test* pada tingkat signifikansi $\alpha = 0,05$. Hasil penelitian menunjukkan sebelum diberikan intervensi, sebagian besar responden memiliki pengetahuan kategori kurang sebanyak 52 orang (76,5%) dan kategori cukup 16 orang (23,5%). Setelah diberikan edukasi kesehatan melalui metode ceramah, media edukasi, dan diskusi, tingkat pengetahuan meningkat secara signifikan menjadi kategori baik sebanyak 55 orang (80,9%) dan cukup 13 orang (19,1%). Uji statistik menghasilkan nilai $Z = -7,171$ dengan $p\text{-value} = 0,000$ ($p < 0,05$), yang berarti hipotesis penelitian diterima. Kesimpulannya, terdapat pengaruh signifikan edukasi kesehatan terhadap peningkatan pengetahuan remaja mengenai kehamilan remaja. Pemberian edukasi kesehatan secara berkala direkomendasikan sebagai strategi promotif dan preventif dalam menekan angka kehamilan usia dini.

Kata Kunci: edukasi kesehatan, pengetahuan, remaja, kehamilan.

ABSTRACT

THE INFLUENCE OF ADOLESCENT HEALTH EDUCATION ON ADOLESCENTS' KNOWLEDGE ABOUT TEENAGE PREGNANCY AT DARUL ULUM SUGIO SENIOR HIGH SCHOOL, SUGIO DISTRICT, LAMONGAN REGENCY

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Adolescent pregnancy is a reproductive health issue that carries risks of physical, psychological, and socioeconomic complications. An initial survey at SMA Darul Ulum Sugio indicated that 70% of students did not comprehend the risks of teenage pregnancy due to limited access to information. This study aims to analyze the effect of health education on adolescents' knowledge level regarding teenage pregnancy at SMA Darul Ulum Sugio, Sugio District, Lamongan Regency. This quantitative study utilized a pre-experimental design with a one-group pre-test and post-test approach. The population comprised all 81 eleventh-grade students, with a sample of 68 respondents selected using purposive sampling based on the Slovin formula. The research instrument was a questionnaire containing 25 items proven valid ($r_{\text{count}} > 0.632$) and reliable ($\alpha = 0.960$). Bivariate data analysis was conducted using the non-parametric Wilcoxon Signed-Rank Test at a significance level of $\alpha = 0.05$. The results demonstrated that prior to the intervention, the majority of respondents had poor knowledge (52 respondents, 76.5%) and moderate knowledge (16 respondents, 23.5%). Following the health education intervention delivered through lectures, educational media, and discussions, knowledge levels significantly improved to good (55 respondents, 80.9%) and moderate (13 respondents, 19.1%). Statistical analysis yielded a value of $Z = -7.171$ with a $p\text{-value} = 0.000$ ($p < 0.05$), indicating that the research hypothesis is accepted. In conclusion, health education has a significant effect on improving adolescents' knowledge about teenage pregnancy. Routine health education is recommended as a promotive and preventive strategy to reduce early pregnancy rates.

Keywords: health education, knowledge, adolescent, teenage pregnancy.