

The Influence of Health Promotion Strategies and Youth Empowerment on Pregnancy Prevention through Digital Systems

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ABSTRACT

The aim of this research is to examine the influence of health promotion strategies and youth empowerment on pregnancy prevention through digital systems. This research design uses a systematic review, namely library research that examines critical quality journals, which have been filtered using inclusion criteria and uses several Google Scholar, Pubmed, Science Direct and Research Gate databases as literature in this research. A search for 2017-2024 articles shows 1,440 results by keyword influence digital system in health promotion strategies and youth empowerment for pregnancy prevention, which was filtered into 23 journals according to themes and analyzed. The research results show that the influence of health promotion strategies and youth empowerment in preventing pregnancy through digital systems can be done by 1) utilization Social media is a technical tool that allows a good communication process to be carried out with adolescence in providing information related to youth health and empowerment. 2) Create a national online portal that provides access to various public services related to youth health and empowerment. 3) The impact of the involvement of health media via the internet is able to improve health communication in the future and this information or stimulus will trigger a person's response to preventing teenage pregnancy. 4) Adolescent health information via digital media has an influence on adolescent attitude patterns, but supervision and monitoring is needed assistance by parents, teachers and peers who understand adolescent health. 5) The use of digital systems can also be a strategy that can be used by health workers, including nurses, to improve services and develop health promotion media, especially for adolescence.

Keywords: Digital System, Promotion, Health, Strategy, Youth Empowerment, Pregnancy Prevention

INTRODUCTION

World Health Organization (WHO) states that adolescence is a time for sexual exploration and actualization. For many adolescence, sexual relationships begin in adolescence, or outside of marriage. The result of unprotected sex in adolescence is pregnancy unwanted, and sexually transmitted infections, including HIV. When adolescence become pregnant, especially in early adolescence, they are at risk of experiencing complications both during pregnancy and during childbirth. Finer and Philbin's study in the United States showed that 30% of adolescence aged less than 15 years had had premarital sex and had used condoms as a contraceptive method to prevent unwanted pregnancy the first time they had sex. Based on a survey from several developing countries conducted in 2017, in Liberia, 46% of young women aged 14-17 years and 66.2% of young men have had sexual intercourse with each other. In Nigeria, 38% of adolescent girls and 57.3% of adolescent boys aged 15-19 years have had sexual intercourse (Winarti, 2020).

Premarital sexual behavior can have implications for other things, such as HIV/AIDS, unwanted pregnancies, and abortion. Data from National Population and Family Planning Agency, based on research in Yogyakarta, found that around 37% of students experienced premarital pregnancies, with an estimated number of abortion cases in Indonesia per year reaching 2.4 million, and 800,000 of them occurred among adolescence (Firmiana Masni et al, 2012). According to the Indonesian Health Demographic Survey, it is stated that 8% of men and 2% of women have engaged in premarital sexual behavior in their teens, namely 15-24 years, which means that male adolescence have more premarital sexual relations than female adolescence. The 2017 IDHS data also states that 3.6% of male adolescence had premarital sexual relations between the ages of 15-19 years and 14.0% of male adolescence had premarital sexual relations between the ages of 20-24 years. 47% of young men engage in premarital sexual behavior for reasons of mutual love, 34% for reasons of curiosity, 15% for reasons that it has happened, 3% for reasons of being forced by their partner and 3% for reasons influenced by friends. (National Population and Family Planning Agency,, 2018).

The phenomenon of pregnant adolescence is a global problem. Although the average age at which adolescence become pregnant in different countries varies, almost all adolescence who become pregnant and then become mothers have fewer choices in their lives. The role of influencing children too early prevents these adolescence from returning to school and being able to work. Therefore, this situation can explain why in this world many young mothers and their children live in poverty (Dillon & Rugh, 2021) adolescence who initiate sexual relations because they want to try will lead to addiction. Almost 80% of junior high school adolescence have kissed and hugged. In fact, 45% of them have had sexual relations. Research data found that 78% of female adolescence became pregnant at the age of less than 20 years, 32.5% of whom had unsafe abortions. This adolescent problem needs to be handled comprehensively so that pre-school pregnancies can be reduced, the incidence of cancer in the reproductive organs can be reduced, there are fewer adolescence who access contraception, and there is a decrease in unsafe abortions, a decrease in the incidence of STIs and HIV/AIDS. (Gagnon, 2002, Breuner et al., 2016, Kai et al., 2015, Kontula, 2010).

With sexual urges, adolescence' behavior begins to be directed at attracting the attention of the opposite sex, and in order to seek knowledge about sex, there are adolescence who do it openly and even start trying to experiment in sexual life, for example through dating. By dating, they express their feelings in the form of behavior that requires physical intimacy with their partner, such as kissing, making out and so on. Many adolescence experience a maturity gap, namely a difference in physical and mental maturity. This difference in maturity can encourage adolescence to do deviant things (Soelaryo, 2000).

Thus, adolescence are considered a group that has sexual and reproductive health risks, because they have a strong sense of desire and want to try something new. Where this is sometimes not balanced with sufficient knowledge and maturity and limited experience. Faster sexual maturity coupled with the increasing age at which to marry is one of the causes of the increase in the number of adolescence having sexual intercourse. This can of course lead to several consequences such as unwanted pregnancy, abortion, infection with sexually transmitted diseases and even HIV/AIDS (Mitra, 2018).

Teenagers' knowledge about reproductive health can be increased by conducting health education. Notoadmodjo explained that health education is any planned effort to influence other people, both individuals, groups and society, so that they do what is expected by health education practitioners. The expected result of health education is the creation of behavior that is conducive to health. In the current digital 4.0 era, there is a new way to provide health education to the public, namely by using an Android application. This is supported by the increasing number of people owning Android. Data from the Ministry of Information found that digital marketer survey institutions estimated that in 2018 there would be 123 million

internet users, and 80% of them were adolescence aged 15-19 years (Hirsh-Yechezkel G et al, 2019).

The science and technology approach to solving unwanted pregnancy problems uses a digital media communication perspective, because currently there is no one who does not have and use the internet on their smartphone. So it is assumed that information about pregnancy prevention plays an important role in shaping knowledge, awareness and health behavior. In this context, a Health communication strategy in the form of a campaign via digital media is needed. Efforts to increase knowledge about preventing pregnancies among adolescence outside of marriage can be done through various health promotion media, including print media such as flipcharts, leaflets, booklets, flayers and posters, electronic media, namely videos, and WhatsApp social media. The combined use of various health promotion media can increase information absorption. Therefore, media that can be seen or visual media needs to be used optimally. If possible, a combination of several health promotion media can be used to increase message acceptance. The more senses are used to receive messages, the more information messages are absorbed. (Ernawati 2022) Thus, this article aims to examine "the influence of health promotion and youth empowerment strategies on pregnancy prevention through digital systems"

METHOD

The method used in writing this article is *systematic review*, namely library research that critically examines knowledge, ideas, or even findings in quality health journals, compiled and organized theoretically and methodologically for a particular topic (Sugiyono, 2016). The strategy used in searching for articles is to use research articles that match the topic in the Google Scholar, Pubmed, Science Direct and Research Gate databases.

This systematic review is limited to a literature search within the last 8 years (2017-2024) using the keywords "the influence of health promotion and community empowerment strategies on preventing pregnancy through digital systems" using the following keywords "adolescent health and empowerment" "pregnancy prevention" "promotion strategy" "influence of digital systems" by determining questions that follow the PICO technique. Where each question P is adolescent health and empowerment, I is pregnancy prevention, C is digital system promotion strategies, O is the influence of digital systems in health promotion strategies and adolescent empowerment for pregnancy prevention. The inclusion criteria in this literature review were articles in the form of articles *full-text*, Indonesian or English language published in the last 8 years, the research articles in them include two or more search keywords in the database. The journal review flow is adjusted to the following image.

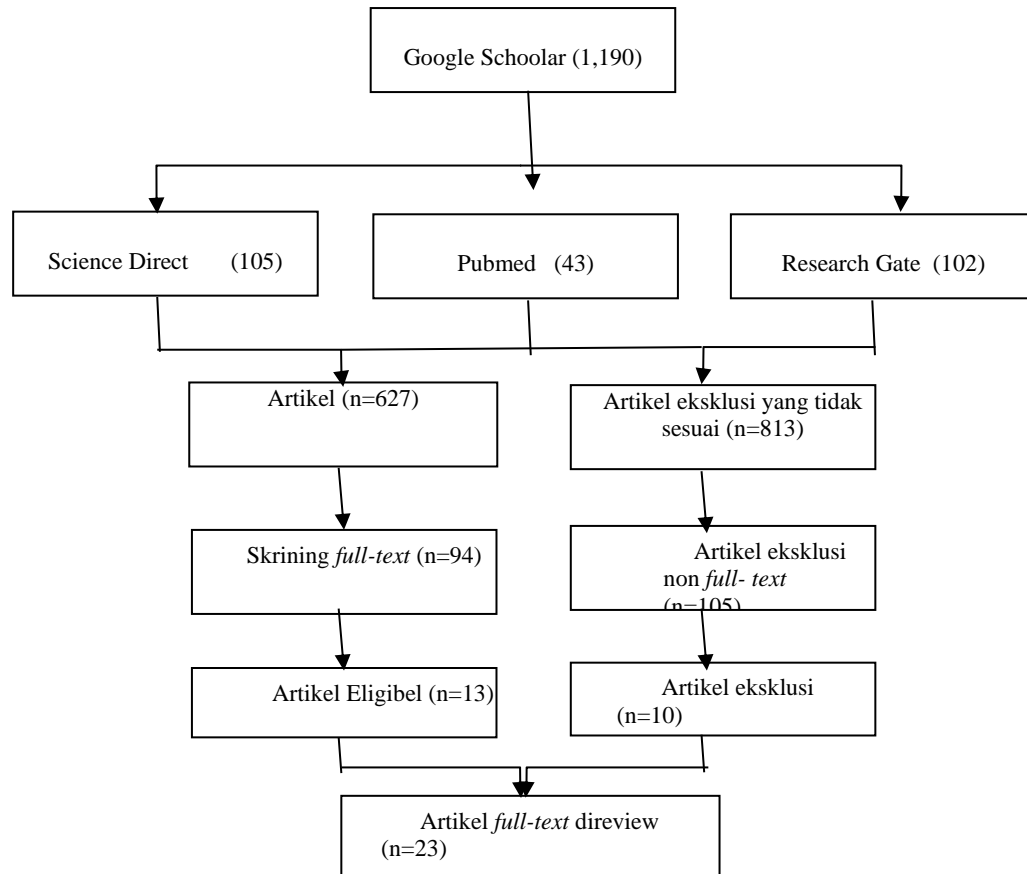


Figure 1. Flow Diagram of Search Results and Article Selection

Article *full-text* an examination was carried out to select research journals that met the sample inclusion criteria. There were 23 articles that met the inclusion criteria and relevant abstracts for analysis regarding the influence of digital systems in health promotion strategies and adolescent empowerment for pregnancy prevention.

SYSTEMATIC REVIEW

Table 1.1. Systematic Reviews

No	Identity	Summary
1	<p>Title: Enhancing self-care and access – The Dutch stepped care model to strategically organize public sexual health for young people Authors: Fillipo Zimbile et al., (2024) Publish: Journal Health Care Transition Link: https://www.sciencedirect.com/science/article/pii/S2949923223000284</p>	<p>Aim:: Enhancing self-care and access – The Dutch stepped care model to strategically organize public sexual health for young people Method: field research, qualitative Result: The results of this research show that SCM (Stepped Care Model) shows that efficiency in the health system can be achieved through digital health. SCM provides a logical framework for organizing existing services from regional and national community sexual health service providers in a hierarchical and mutually coherent manner. Hal this provides a good basis for stimulating and organizing collaboration between stakeholders. By jointly offering a national online portal that provides access to a wide range of SRH public services, digital services can be linked to clinical services. Understanding how users interact with linked services and go through various SCM steps will lead to service improvements and provide insight into potentially valuable new digital services.</p>

		Collaboration between partners at various stages prevents fragmentation and duplication of public services. Combined with a national digital gateway, this increases the accessibility and ease of finding public SRH services.
2	<p>Title: The Relationship between role social media with premarital sexual behavior of Village Youth in Banggai Laut Regency, Central Sulawesi Province in 2022</p> <p>Authors Fairus Prihatin Idris et al., (2022):</p> <p>Publish: Afasi: Journal of Public Health</p> <p>Link: http://afiasi.unwir.ac.id</p>	<p>Aim: examining the relationship between the role of social media on adolescent premarital sexual behavior</p> <p>Method: Field Research, quantitative- <i>crosssectional</i></p> <p>Result: In conveying information, social media plays a very important role in premarital sexual behavior, whether beneficial information or detrimental information. As a technical means, social media allows the implementation of a communication process, whether information, messages or knowledge, to target destinations such as television, pornographic films and so on.</p>
3	<p>Title: Sources of information, knowledge and advising of adventure to prevention pregnancy for adolescence in Jambi city of 2021</p> <p>Authors : Novi Berliana et al., (2021)</p> <p>Publish: Journal of Innovation Research an d Knowledge</p> <p>Link: https://www.bajangjournal.com/index.php/JIRK/article/view/648/449</p>	<p>Aim: The relationship between reproductive health knowledge and preventive attitudes towards teenage pregnancy</p> <p>Method: Design <i>Cross Sectional-accidental</i> sampling</p> <p>Result: adolescence who receive information widely make it possible for adolescence to independently search for comprehensive information via the internet and filter information through other sources. Therefore, understanding social media in today's modern context is a very important task. The impact of the involvement of health media via the internet is able to improve health communication in the future adolescence who have received information about reproductive health and teenage pregnancy, then this information or stimulus will give rise to a person's response to preventing teenage pregnancy.</p>
4	<p>Title: A Web-Based Game for Young adolescence to Improve Parental Communication and Prevent Unintended Pregnancy and Sexually Transmitted Infections (The Secret of Seven Stones): Development and Feasibility Study</p> <p>Authors: Ross Shegog et al., (2021)</p> <p>Publish: Natural Resources Policy and Economics for Sustainable Development: Theory and Application</p> <p>Link: https://pubmed.ncbi.nlm.nih.gov/33502323/</p>	<p>Aim: Describes the development of a web-based online sexual health intergenerational adventure game, The Secret of Seven Stones (SSS),</p> <p>Method: Intervention mapping (IM)</p> <p>Result: The Secret of Seven Stones (SSS) consists of adventure games for youth skills training delivered via desktop computers, a text-based notification system to provide progress updates for parents and cues to initiate dialogue with their 11- to 14-year-old children, and a website for people skills training aging and progress monitoring. SSS intergenerational play provides a unique addition to home-based programs that facilitates parental involvement in influencing young adolescent behavior and reduces sexual risk taking in adolescence</p>
5	<p>Title: Counseling of reproductive health and unwanted pregnancy with interactive media on young women in the Talitakum School</p> <p>Authors: Lusiana Gultom, (2022)</p> <p>Publish: Dikmas: Journal of Community Education and Service</p> <p>Link: http://ejurnal.pps.ung.ac.id/index.php/dikmas</p>	<p>Aim: provide education about adolescent reproductive health using interactive media so that it is hoped that it can prevent unwanted pregnancies</p> <p>Method: Qualitative</p> <p>Result: Counseling and training activities are very beneficial for young women considering that their understanding is still low regarding reproductive health and unwanted pregnancy, the material presented broadens the insight of young women who receive the material to have initial knowledge about</p>

		reproductive health and unwanted pregnancy education so that they can preventing unwanted pregnancy behavior, activities that are initially supported by the School provide a safe and smooth situation in counseling and training so that activities run according to plan, the implementation of counseling with interactive media in the form of videos and jingles is proven to help accelerate interest, enthusiasm as well as adolescence' understanding of reproductive health and unwanted pregnancy
6	<p>Title: The Influence of health education with short What message Whatsapp to advisors and knowledge of adequate pregnancy in high school 1 Kubu</p> <p>Authors: Ni Luh Putu Anik Cahyani, (2021)</p> <p>Publish: Community of Publishing In Nursing (COPING)</p> <p>Link: https://download.garuda.kemendikbud.go.id</p>	<p>Aim: Valuation study of the economic potential of mangrove ecosystems for coastal communities</p> <p>Method: Qualitative</p> <p>Result: Health education delivered via short message service via WA is related to changes and development of adolescence related to sexual problems, adolescent development tasks, untimely pregnancy, myths about unlucky pregnancy, causes of unlucky pregnancy, risk of unlucky pregnancy and prevention of unlucky pregnancy. Providing messages in the form of myths, facts or true or false can make respondents understand more because the myths used are in accordance with those in society. Nursing education can develop further regarding the provision of health education using electronic media. Health workers can use WA as a medium to provide health education and remind clients regarding when to take medication, eating patterns, activities and so on so that information is received more quickly. Apart from that, schools need to make activities more effective that can increase students' knowledge regarding reproductive health, for example through health education both directly and via electronic media.</p>
7	<p>Title: The Relationship Knowledge Level About Undesired Pregnancy With Adolescent Sexual Behavior In SMA Negeri 1 Depok Sleman Yogyakarta</p> <p>Authors: Devi Arista, (2019)</p> <p>Publish: Science Journal</p> <p>Link: https://download.garuda.kemendikbud.go.id</p>	<p>Aim: Research regarding the relationship between adolescence' level of knowledge about unwanted pregnancy</p> <p>Method: descriptive analytical correlation, cross sectional</p> <p>Result: Students have received information about unwanted pregnancies, both causes and risk factors, through family, print media, internet media and appeals from the school. Knowledge is an aspect of knowledge that is closely related to the formation of a person's behavior. Knowledge is a very important domain for the formation of a person's actions, both positive and negative. Several studies show that adolescence really need information about sexual and reproductive issues .adolescence often get inaccurate information about reproductive health from their friends, not from health workers, teachers or parents. Bad friends influence the emergence of deviant sexual behavior. So, good and accurate information is needed by adolescence to avoid bad influences that can lead to deviant sexual behavior.</p>
8	<p>Title: Utilization of Mobile Health to Support Family Reproductive Health Education in Mejing Lor Hamlet, Ambarketawang, Gamping, Sleman</p> <p>Authors: Laili Rahmatul Ilmi. (2021)</p>	<p>Aim: Educating on the use of mobile health (M-health) applications available on Android or IOS supports public awareness to be able to follow a healthy lifestyle and have easy access to health</p>

	<p>Publish: Indonesian Journal of Health Information Management Service (IJHIMS) Link: https://download.garuda.kemendikbud.go.id</p>	<p>information. Method: Field Research Result: provide an overview to the public of the importance of using mobile-based health applications and practice using applications to support family reproductive health education. literally an m-health based health application, explaining the types of reproductive applications, explaining reproductive health for adolescence and families, public health problems</p>
9	<p>Title: Access to Comprehensive Reproductive and Sexual Health Information via the Internet for High School adolescence Authors: Fitia Adinda Nisaa & Izzatul Arifah., (2019) Publish: UMS National Public Health Seminar Link: https://publikasiilmiah.ums.ac.id/xmlui/handle/11617/11853</p>	<p>Aim: Find out more about the behavior of high school adolescence in accessing comprehensive reproductive and sexual health information via the internet. Method: Quantitative descriptive Result: High school adolescence use the internet as the main source for accessing comprehensive reproductive and sexual health information, and research through other sources. The most widely accessed reproductive health information is adolescent reproductive health and the impact of reproductive health problems. Most high school adolescence use social media to search for information about reproductive health. Therefore, health accounts on social media must be managed wisely by health workers or people who are competent in their fields, so that high school adolescence can easily choose accounts that are accurate and can be used as references for searching for comprehensive reproductive health information.</p>
10	<p>Title: Reproductive Health Promotion: Conventional Strategies to Reproductive Health Materials Gender Authors: Reni Pebriani., (2021) Publish: Journal of Family Planning Link: https://ejournal.National Population and Family Planning Agency..go.id/kkb/article/view/33/31</p>	<p>Aim: Review the strategies and materials provided in reproductive health promotion that have been carried out in Indonesia. Method: descriptive quantitative Result: There is a need for innovation in reproductive health promotion by considering more attractive channels, agents and media. The peer counselor approach through new media can be an alternative reproductive health promotion strategy. The GenRe program through GenRe Ambassadors can use new media (Facebook, Instagram, or WhatsApp) to promote reproductive health. Promotional content must also be balanced between reproductive and reproductive health sexuality, as well as inserting gender relations material.</p>
11	<p>Title: Education through social media to optimize the social emotional abilities and reproductive health of adolescence in West Sulawesi Authors: Tita Ayunimirta & Anindita Dyah Sekarpuri, (2022) Publish: Indonesian Widyaaiswara Journal Link: https://ejournal.iwi.or.id/ojs/index.php/iwi/article/view/121/74</p>	<p>Aim: analyze media as a learning tool that can increase adolescence' understanding of reproduction through a social and emotional perspective Method: research and development product Result: The achievement of the development idea carried out is the facilitation of information media to become a learning space for adolescence, in this case in general the wider audience and specifically the audience in Tinambung District. Optimizing the function of each feature to disseminate various educational and informative materials regarding the social and emotional aspects of adolescence which have received little attention. There are many social media accounts that discuss reproductive and sexual health,</p>

		but not many focus on discussing social and emotional aspects. This idea has also provided the benefit of increasing insight into efforts to prevent child marriage, reproductive health and preparation for family life
12	<p>Title: Utilization of Mobile Electronic Media as a Means of Reproductive Health Education for adolescence in Middle School 8, Cirebon City</p> <p>Authors: Yeni Fitrianiingsih & Dewi Vimala., (2019)</p> <p>Publish: Education for a Healthy and Prosperous Community (EMaSS): Journal of Community Service</p> <p>Link: https://ejournal.poltekkestasikmalaya.ac.id/index.php/EMaSS/article/view/336</p>	<p>Aim: provide reproductive health education through the use of multi-media cellphones as a means of increasing knowledge among adolescence at SMPN 8 Cirebon City</p> <p>Method: Qualitative</p> <p>Result: One way to channel messages (knowledge, skills and attitudes) and can stimulate thoughts, feelings, attention and will is to use multimedia, namely media that combines two or more media elements consisting of text, graphics, images, photos, audio. , video and animation in an integrated manner. The benefits of multimedia in health education learning in general are that it can create an interactive atmosphere for students, improve the quality of learning, increase students' interest, willingness and imagination in complex subjects, and the process of understanding and deepening the material becomes faster and more effective.</p>
13	<p>Title: Use of Smartphones in Providing Information on Adolescent Reproductive Health</p> <p>Authors: Sari Anggela et al., (2020)</p> <p>Publish: Forikes Voice Health Research Journal</p> <p>Link: http://forikes-ejournal.com/ojs-2.4.6/index.php/SF/article/view/658</p>	<p>Aim: find out the interventions and benefits of smartphones in providing information on adolescent reproductive health</p> <p>Method: Study literature</p> <p>Result: Information about reproductive and sexual health can be obtained using various types of smartphone services. This information can be used to increase knowledge, attitudes, motivation and self-efficacy of adolescence related to reproductive health and can motivate adolescence to undergo HIV and STI testing adolescence assess that providing information via smartphone is very interesting, helps adolescence get information, is easy to use and can maintain confidentiality</p>
14	<p>Title: The Effect of Educational Media on Mobile Android-Based Applications on Student's Knowledge About Prevention of Premarital Sex</p> <p>Authors: Alda Adzika dan Ence Ihlasuhyandi (2023)</p> <p>Publish: Siliwangi Health Journal</p> <p>Link: http://jurnal.polkesban.ac/index.php/jks/article/view/1042</p>	<p>Aim: determine the influence of Android mobile application education media on students' knowledge about preventing premarital sex in the city of Bandung.</p> <p>Method: Quasi-experimental</p> <p>Result: Knowledge of Adolescent Reproductive Health shows that there is a significant influence between knowledge of adolescent reproductive health before and after giving lectures using Android-based application media. Based on this, providing health education through application media has an influence in helping someone to know and understand their own health.</p>
15	<p>Title: Factors Associated with Access to Online Reproductive Health Information among College Students</p> <p>Authors: Iffah Mahfudah & Izzatul Arifah, (2020)</p> <p>Publish: Indonesian Journal of Health Community</p> <p>Link: http://e-journal.ivet.ac.id/index.php/ijheco</p>	<p>Aim: studied the relationship between knowledge of online reproductive health information sources and exposure to reproductive health information with access to online reproductive health information among Muhammadiyah University Surakarta students.</p> <p>Method: Quantitative, <i>cross-sectional</i>.</p> <p>Result: There is a relationship between knowledge of reproductive health information sources on the internet and access to reproductive health</p>

		information. There is no relationship between exposure to reproductive health information and access to reproductive health information via the internet. Students who know sources of reproductive health information tend to access information about reproductive health via the internet, there is a need to manage and supplement reproductive health information through trusted sources, and there is a need for education about access to reproductive health information so that adolescence are more active in seeking reproductive health information independently. The role of the media should be increased further so that it can increase adolescence' knowledge about reproductive health
16	<p>Title: The Effectiveness Of Sex Education Method On The Attitude Of Youth Authors: Jinhan Nur Oktavia et al., (2020) Publish: Journal of Health Education Link: http://ojs.poltekkes-malang.ac.id/index.php/ipj/article/view/2389</p>	<p>Aim: researching the effectiveness of sex education methods on adolescent attitudes Method: the study of literature Result: The use of media in providing sex education is also felt to be able to increase the success rate of sex education. By using interesting and educational media, it can provide a high sense of curiosity in adolescence. The success of providing sex education cannot be separated from the media used in providing sex education. Because with good media support, the information provided can be well received by adolescence, especially if the media used in providing sex education contains interesting pictures, audio and writing, this will make it easier for adolescence to accept the new information provided. . In this case, it means that good use of media will influence the success of providing sex education to adolescence.</p>
17	<p>Title: Access Reproductive Health Information Authors: Mega Ardina, (2017) Publish: Communicator Journal Link: https://journal.umy.ac.id/index.php/jkm/article/view/2678-2683</p>	<p>Aim: find out the use of media and reproductive Health information needed by students in Yogyakarta. Method: Quantitative-analytical descriptive, Survey and Expose Facto Result: Social media must be used well, so that it can provide benefits. One of them is by conveying information or providing education regarding reproductive health through social media. In this way, students can receive information easily through the media of their choice. The positive impact of correct knowledge about reproductive health is that it can prevent premarital sexual behavior and its impacts including unwanted pregnancies, HIV/AIDS, and STIs can be prevented.</p>
18	<p>Title: On Application of Titeer Mobile Health Application in the Prevention of young Pregnancy Authors: Deswinda, (2020) Publish: JMM (Independent Community Journal) Link: http://journal.ummat.ac.id/index.php/jmm</p>	<p>Aim: studied the Mobile Health Titeer application as a promotion of pregnancy prevention behavior in adolescence. Method: Observation Result: adolescence who have social power, group dynamics skills and the ability to use the Mobile Health Titeer application are expected to be able to educate and counsel peers about adolescent reproductive health. Attitudes, self-efficacy, life skills and positive peer influence show that the Mobile Health Titeer application is effective for preventing teenage pregnancy.</p>
19	<p>Title: Administration Of adolescence In</p>	<p>Aim: provide students with an understanding of</p>

	<p>Optimization Of Increasing Knowledge On Health Of Adolescent Reproductions Through The Program Youth Corner And Peer Group At Sman 1 Cileunyi Bandung Regency</p> <p>Authors: Meda Yuliani et al, (2020)</p> <p>Publish: Journal of Midwifery Community Service</p> <p>Link: https://jurnal.unimus.ac.id/index.php/JPMK/</p>	<p>reproductive health during adolescence, its impacts and risks</p> <p>Method: observation</p> <p>Result: The establishment of facilities (Adolescent Health Ambassadors, Teenage Corners at schools, Peer Groups) to increase adolescence' knowledge about reproductive health has proven to make students and schools enthusiastic about continuing to increase adolescence' knowledge, especially about health in general and reproductive health. These youth ambassadors and peer groups carry out activities in the form of talks with others. For young women's ambassadors, together with other female members, they share with other young women during their pregnancy, then they create social media as a forum for providing information, especially reproductive health, to friends/other adolescence.</p>
20	<p>Title: Development of Adolescent Reproductive Health Module Media</p> <p>Authors: Siti Rofi'ah & Sri Widatiningsih1 (2021)</p> <p>Publish: Midwifery Journal</p> <p>Link: http://ejournal.poltekkes-smg.ac.id/ojs/index.php/jurkeb/index</p>	<p>Aim: Developing a product containing material in the form of information on adolescent reproductive health through a module as an innovative effort in providing information services to adolescence that is acceptable in terms of feasibility</p> <p>Method: quantitative and qualitative</p> <p>Result: In today's digital era, an Android-based pre-pregnancy education application is needed. Educational application containing information about pregnancy. It is hoped that adolescence as future mothers and fathers will gain knowledge through this application. With this supporting tool, it is hoped that when they forget the material that has been presented, they can repeat it and read it again. This digital media can be developed starting from printed module material which is redesigned into an Android-based application.</p>
21	<p>Title: Education to Become Healthy and Quality adolescence through the SMART Teen Program</p> <p>Authors: Fitriani Mediastuti & Winarsi, (2020)</p> <p>Publish: Journal of Community Service and Development</p> <p>Link: https://journal.ugm.ac.id/jp2m/article/view/47462</p>	<p>Aim: study the Youth SMART program</p> <p>Method: Observation</p> <p>Result: Risky sexual behavior among adolescence is still a cause for concern. This is due to one factor being a lack of knowledge about sex and sexuality. Therefore, education is needed for adolescence regarding reproductive health, especially in preventing risky behavior and forming healthy adolescence. In this service, education for adolescence so they can become healthy and high-quality adolescence is carried out through the SMART Teen program and it runs smoothly. Pupils and girls understand how to prevent risky behavior and are able to understand how to plan for the future. In this educational service, educational film media is used so that participants can more easily understand and remember it and educational film media for children can be an instrument of moral education</p>
22	<p>Title: Social Media as a Strategy for Promoting Reproductive Health in adolescence</p> <p>Authors: Qory Tifani Rahmatika & La Ode Abd Rahman, (2019)</p> <p>Publish: Health Journal</p> <p>Link: https://journal.ugm.ac.id/jp2m/article/view/47462</p>	<p>Aim: examine the influence of social media as a method of promoting reproductive health in adolescence</p> <p>Method: to study</p> <p>Result: Several studies have used social media to promote reproductive health in adolescence as a single intervention strategy or in combination with other interventions. Almost all studies show</p>

		effective results from social media as a health promotion medium to increase knowledge, attitudes and health behavior in adolescence related to reproductive health. This is a strategy that can be used by health workers, including nurses, to improve services and develop health promotion media, especially for adolescence.
23	<p>Title: Relation Of Media on adolescence' Reproductive Health Attitude And Behaviour</p> <p>Authors: Tetti Solehati, (2019)</p> <p>Publish: Journal of Communication and Public Opinion Research</p> <p>Link: https://jurnal.kominfo.go.id/index.php/jpkop/article/view/1768</p>	<p>Aim: examine the relationship between media and adolescence' attitudes and behavior regarding their reproductive health.</p> <p>Method: questionnaire</p> <p>Result: Reproductive health is a state of being free from unwanted pregnancies, unsafe abortions, sexually transmitted diseases (STDs), HIV/AIDS, and free from all forms of sexual harassment and violence. It is hoped that adequate motivation and knowledge of adolescence in living their time in a healthy manner will be able to maintain their health so that they are able to enter family life with healthy reproduction. For this reason, it is necessary to have methods to increase the provision of information that involve adequate and sustainable social media, such as creating health education programs via the internet, as well as cooperation from various parties, including parents, teachers, students and community health centers who are responsible for adolescent health, especially school children.</p>

DISCUSSION

Teenagers' knowledge of reproductive health influences behavior to prevent unwanted pregnancies in adolescence. Knowledge has a good influence on the formation of action, where adolescence who have good knowledge have good behavior in preventing pregnancy in adolescence. Many adolescence show positive behavior and excel in various fields, but there are also many of them who have negative behavior such as smoking, drug use, brawls, abortion, free sex which can cause unwanted pregnancies and other infectious diseases (Nur SA & ES, 2021). Thus, a way is needed to provide knowledge and information related to adolescent health and empowerment. One way that can be used today is to take advantage of digital system developments. In today's digital era, adolescence are familiar with social media so that this condition can be used as a promotional medium related to youth health and empowerment.

Research by Fillipo Zimbile et al, 2024 shows that SCM (Stepped Care Model) shows that efficiency in the health system can be achieved through digital health. SCM provides a logical framework for organizing existing services from regional and national community sexual health service providers in a hierarchical and mutually coherent manner. Hal this provides a good basis for stimulating and organizing collaboration between stakeholders. By jointly offering a national online portal that provides access to a wide range of SRH public services, digital services can be linked to clinical services. Understanding how users interact with linked services and go through various SCM steps will lead to service improvements and provide insight into potentially valuable new digital services. Collaboration between partners at various stages prevents fragmentation and duplication of public services. Combined with a national digital gateway, this increases the accessibility and ease of finding public SRH services.

Research by Fairus Prihatin Idris et al., (2022) shows that in conveying information, social media plays a very important role in premarital sexual behavior, whether beneficial information or detrimental information. As a technical means, social media allows the

implementation of a communication process, whether information, messages or knowledge, to target destinations such as television, pornographic films and so on.

Study Novi Berliana et al., (2021) show that adolescence who receive information widely make it possible for adolescence to independently search for comprehensive information via the internet and filter information through other sources. Therefore, understanding social media in today's modern context is a very important task. The impact of the involvement of health media via the internet is able to improve health communication in the future. Adolescence who have received information about reproductive health and teenage pregnancy, then this information or stimulus will give rise to a person's response to preventing teenage pregnancy.

Research result Ross Shegog et al., (2021) show that The Secret of Seven Stones (SSS) consists of adventure games for youth skills training delivered via desktop computers, a text-based notification system to provide progress updates for parents and cues to initiate dialogue with their 11- to 14-year-old children, and a website for people skills training aging and progress monitoring. SSS intergenerational play provides a unique addition to home-based programs that facilitates parental involvement in influencing the behavior of young adolescence and reduces sexual risk taking in these adolescence.

Research result Lusiana Gultom, (2022) shows that counseling and training activities are very beneficial for young women considering that their understanding is still low regarding reproductive health and unwanted pregnancy, the material presented broadens the insight of young women who receive the material to have initial knowledge about reproductive health and unwanted pregnancy education so that it can prevent unwanted pregnancy behavior, activities that are initially supported by the school provide a safe and smooth situation in counseling and training so that activities run according to plan, the implementation of counseling with interactive media in the form of videos and jingles is proven to help accelerate interest, enthusiasm and understanding of adolescence about reproductive health and unwanted pregnancy.

Ni Luh Putu Anik Cahyani, (2021) in research shows that Health education delivered via short message service via WA is related to changes and development of adolescence related to sexual problems, adolescent development tasks, untimely pregnancy, myths about unlucky pregnancy, causes of unlucky pregnancy, risk of unlucky pregnancy and prevention of unlucky pregnancy. Providing messages in the form of myths, facts or true or false can make respondents understand more because the myths used are in accordance with those in society. Nursing education can develop further regarding the provision of health education using electronic media. Health workers can use WA as a medium to provide health education and remind clients regarding when to take medication, diet, activities and so on so that information is received more quickly. Apart from that, schools need to make activities more effective that can increase students' knowledge regarding reproductive health, for example through health education both directly and via electronic media.

Devi Arista, (2019) In his research, it shows that students have received information about unwanted pregnancies, both causes and risk factors, through family, print media, internet media and appeals from schools. Knowledge is an aspect of knowledge that is closely related to the formation of a person's behavior. Knowledge is a very important domain for the formation of a person's actions, both positive and negative. Several studies show that adolescence really need information about sexual and reproductive issues. adolescence often get inaccurate information about reproductive health from their friends, not from health workers, teachers or parents. Bad friends influence the emergence of deviant sexual behavior. So, good and accurate information is needed by adolescence to avoid bad influences that can give rise to deviant sexual behavior.

Laili Rahmatul Ilmi. (2021) in his research shows that it provides an overview to the

public of the importance of using mobile-based health applications as well as training in using the application to support family reproductive health education. Literally an m-health based health application, explaining the types of reproductive applications, explaining reproductive health for adolescence and families, public health problems

ResultFitia Adinda Nisaa & Izzatul Arifah., (2019) shows that high school adolescence use the internet as the main source for accessing comprehensive reproductive and sexual health information, and carry out repeated searches through other sources. The most widely accessed reproductive health information is adolescent reproductive health and the impact of reproductive health problems. Most high school adolescence use social media to search for information about reproductive health. Therefore, health accounts on social media must be managed wisely by health workers or people who are competent in their fields, so that high school adolescence can easily choose accounts that are accurate and can be used as references for searching for comprehensive reproductive health information.

Research results by Reni Pebriani., (2021) shows that there is a need for innovation in reproductive health promotion by considering more attractive channels, agents and media. The peer counselor approach through new media can be an alternative reproductive health promotion strategy. The GenRe program through GenRe Ambassadors can use new media (Facebook, Instagram, or WhatsApp) to promote reproductive health. Promotional content must also be balanced between reproductive and reproductive health sexuality, as well as inserting gender relations material.

research result: Tita Ayunimirta & Anindita Dyah Sekarpuri, (2022) shows thatThe achievement of the development idea carried out is the facilitation of information media to become a learning space for adolescence, in this case in general the wider audience and specifically the audience in Tinambung District. Optimizing the function of each feature to disseminate various educational and informative materials regarding the social and emotional aspects of adolescence which have received little attention. There are many social media accounts that discuss reproductive and sexual health, but not many focus on discussing social and emotional aspects. This idea has also provided the benefit of increasing insight into efforts to prevent child marriage, reproductive health and preparation for family life.

Research result Yeni Fitrianiingsih & Dewi Vimala., (2019) shows that one way to channel messages (knowledge, skills and attitudes) and can stimulate thoughts, feelings, attention and will is to use multimedia, namely media that combines two or more media elements consisting of text, graphics, images, photos, audio. , video and animation in an integrated manner. The benefits of multimedia in health education learning in general are that it can create an interactive atmosphere for students, improve the quality of learning, increase students' interest, willingness and imagination in complex subjects, and the process of understanding and deepening the material becomes faster and more effective.

Sari Anggela's research results et al., (2020) show that information about reproductive and sexual health can be obtained using various types of smartphone services. This information can be used to increase adolescence' knowledge, attitudes, motivation and self-efficacy related to reproductive health and can motivate adolescence to undergo HIV and STI testing. Adolescence assess that providing information via smartphone is very interesting, helps adolescence get information, is easy to use and can maintain confidentiality.

Research on research result Alda Adzika dan Ence Ihlasyandi (2023) shows that Knowledge of Adolescent Reproductive Health shows that there is a significant influence between knowledge of adolescent reproductive health before and after giving lectures using Android-based application media. Based on this, providing health education through application media has an influence in helping someone to know and understand their own health.

Based on research results Iffah Mahfudahl & Izzatul Arifah, (2020) noted that there is

a relationship between knowledge of reproductive health information sources on the internet and access to reproductive health information. There is no relationship between exposure to reproductive health information and access to reproductive health information via the internet. Students who know sources of reproductive health information tend to access information about reproductive health via the internet, there is a need to manage and supplement reproductive health information through trusted sources, there is a need for education about access to reproductive health information so that adolescence are more active in seeking reproductive health information independently. The role of the media should be increased further so that it can increase adolescence' knowledge about reproductive health.

Based on research results of Jinhan Nur Oktavia et al., (2020) found that the use of media in providing sex education is also felt to be able to increase the success rate of sex education. By using interesting and educational media, it can provide a high sense of curiosity in adolescence. The success of providing sex education cannot be separated from the media used in providing sex education. Because with good media support, the information provided can be well received by adolescence, especially if the media used in providing sex education contains interesting pictures, audio and writing, this will make it easier for adolescence to accept the new information provided. . In this case, it means that good use of media will influence the success of providing sex education to adolescence.

Based on research results Mega Ardina, (2017) it is known that Social media must be used well, so that it can provide benefits. One of them is by conveying information or providing education regarding reproductive health through social media. In this way, students can receive information easily through the media of their choice. The positive impact of correct knowledge about reproductive health is that it can prevent premarital sexual behavior and its impacts including unwanted pregnancies, HIV/AIDS, and STIs can be prevented.

Based on research results of Deswinda, (2020) shows that adolescence who have social power, group dynamics skills and the ability to use the Mobile Health Titeer application are expected to be able to educate and counsel peers about adolescent reproductive health. Attitudes, self-efficacy, life skills and positive peer influence show that the Mobile Health Titeer application is effective for preventing teenage pregnancy.

Analysis results study Meda Yuliani et al, (2020) show that the formation of facilities (Adolescent Health Ambassadors, Adolescent Corner at school, Peer Group) in increasing adolescent knowledge regarding reproductive health has proven to make students and schools enthusiastic about continuing to increase adolescent knowledge, especially regarding health. both in general and regarding reproductive health. These youth ambassadors and peer groups carry out activities in the form of talks with others. For young women's ambassadors, together with other female members, they share with other young women during their pregnancy, then they create social media as a forum for providing information, especially reproductive health, to friends/other adolescence.

The research results of Siti Rofi'ah & Sri Widatiningsih1 (2021) show that in the current digital era, an Android-based pre-pregnancy education application is needed. Educational application containing information about pregnancy. It is hoped that adolescence as future mothers and fathers will gain knowledge through this application. With this supporting tool, it is hoped that when they forget the material that has been presented, they can repeat it and read it again. This digital media can be developed starting from printed module material which is redesigned into an Android-based application.

Research result Fitriani Mediastuti & Winarsi, (2020) shows that risky sexual behavior among adolescence is still a cause for concern. This is due to one factor being a lack of knowledge about sex and sexuality. Therefore, education is needed for adolescence regarding reproductive health, especially in preventing risky behavior and forming healthy adolescence. In this service, education for adolescence so they can become healthy and high-quality

adolescence is carried out through the SMART Teen program and it runs smoothly. Pupils and girls understand how to prevent risky behavior and are able to understand how to plan for the future. In this educational service, educational film media is used so that participants can more easily understand and remember it and educational film media for children can be an instrument of moral education.

Research result off Qory Tifani Rahmatika & La Ode Abd Rahman, (2019) shows that several studies have used social media to promote reproductive health among adolescence as a single intervention strategy or in combination with other interventions. Almost all studies show effective results from social media as a health promotion medium to increase knowledge, attitudes and health behavior in adolescence related to reproductive health. This is a strategy that can be used by health workers, including nurses, to improve services and develop health promotion media, especially for adolescence.

Based on research result of Tetti Solehati, (2019) shows that reproductive health is a state of being free from unwanted pregnancies, unsafe abortions, sexually transmitted diseases (STD), HIV/AIDS, as well as being free from all forms of sexual harassment and violence. It is hoped that adequate motivation and knowledge of adolescence in living their time in a healthy manner will be able to maintain their health so that they are able to enter family life with healthy reproduction. For this reason, it is necessary to have methods to increase the provision of information that involve adequate and sustainable social media, such as creating health education programs via the internet, as well as cooperation from various parties, including parents, teachers, students and community health centers who are responsible for adolescent health, especially school children.

Based on several the results of the research above show that the influence of health promotion strategies and youth empowerment in preventing pregnancy through digital systems can be done by 1) utilization Social media is a technical tool that allows a good communication process to be carried out with adolescence in providing information related to youth health and empowerment. 2) Create a national online portal that provides access to various public services related to youth health and empowerment. 3) The impact of the involvement of health media via the internet is able to improve health communication in the future and this information or stimulus will trigger a person's response to preventing teenage pregnancy. 4) Adolescent health information via digital media has an influence on adolescent attitude patterns, but supervision and monitoring is needed. Assistance by parents, teachers and peers who understand adolescent health. 5) The use of digital systems can also be a strategy that can be used by health workers, including nurses, to improve services and develop health promotion media, especially for adolescence.

CONCLUSION

Teenagers are a unique group with unique needs, namely the need to know their identity. In fulfilling these needs, adolescence tend to accept challenges or try to do something without careful consideration, which can ultimately push adolescence towards behavior that can risk causing various problems that will affect their health.

The influence of health promotion strategies and youth empowerment in preventing pregnancy through digital systems can be done by 1) utilization social media is a technical tool that allows a good communication process to be carried out with adolescence in providing information related to youth health and empowerment. 2) Create a national online portal that provides access to various public services related to youth health and empowerment. 3) The impact of the involvement of health media via the internet is able to improve health communication in the future and this information or stimulus will trigger a person's response to preventing teenage pregnancy. 4) Adolescent health information via digital media has an influence on adolescent attitude patterns, but supervision and monitoring is needed assistance

by parents, teachers and peers who understand adolescent health. 5) The use of digital systems can also be a strategy that can be used by health workers, including nurses, to improve services and develop health promotion media, especially for adolescence.

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