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IMPROVING UNDERSTANDING OF REPRODUCTIVE HEALTH IN SELF-PROTECTION USING MEDIA CROSSWORD PUZZLE MAGNETIC BOARDS IN STUDENTS WITH INTELLECTUAL DISABILITIES

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ABSTRACT

Background: Adolescent reproductive health is an important indicator in achieving public health development (Notoatmodjo, 2011). Miller (2016) states that sexual abuse in children with developmental disabilities is the difficulty in differentiating appropriate and inappropriate touches on their bodies or to other people. The purpose of this study was to measure the understanding of reproductive health on self-protection from the touch of other people before and after being given material using the magnetic board crosswords puzzle media and to analyze the effectiveness of the media.

Method: The statistical test used was the Paired Sample T-Test, in which the subject was measured twice on 28 students with intellectual disabilities before and after being given the material.

Results : The score before being given reproductive health material in self-protection, obtained the lowest score of 14.3 and the highest score of 100 with an average score of 49.5. After being given material using the magnetic board crossword puzzle media, there was an increase in behavior scores with the lowest score of 42.9 and the highest score of 100 with an average score of 76.

Analysis: The results of the analysis show that the Sig.(2-tailed) value is 0.000, with an α of 0.05, it means that there is a significant difference in the average increase in the score for understanding reproductive health in self-protection.

Conclusion: Magnetic board crossword puzzle media was effective in providing an understanding of health education to students with intellectual disabilities, especially on reproductive health material in self-protection.

Keywords: Intellectual Disability, Reproduction Health, Self Protection, Crosswords Puzzle

1. INTRODUCTION

Adolescent reproductive health now is still a very important and sensitive issue. Adolescent reproductive health is an important indicator in achieving public health development (Notoatmodjo, 2011). Because with healthy and quality youth, they will be able to become a superior component in nation building. According to Goldman (2012) reproductive health information for early adolescents is very important in preparation for coping with significant physical and mental changes, in order to avoid anxiety and resistance to these changes. Every teenager has the same right to obtain information and education related to reproductive health, including adolescents with special needs with intellectual disabilities.

Reproductive health problems in adolescents with intellectual disabilities are anxiety, sexual harassment or violence, pregnancy and diseases caused by free sexual behavior (Murphy, 2016). Euser's research (2016) found that 9.8 per 1000 children were victims of CSA (child sexual abuse). Brunberg (2012) sexual violence is more common in adolescents with disabilities (4.0%) compared to adolescents without disabilities (1.6%). Miller (2016) states that sexual abuse in children with developmental disabilities is difficulty distinguishing the touch on their bodies or to other people that is appropriate and inappropriate. The needs assessment results by Rutgers WPF Indonesia together with the PKLK Development Directorate of the Ministry of Education and Culture in 2017 in three provinces in Indonesia, show that adolescents with intellectual disabilities have low knowledge regarding the concepts of women and men, puberty, pregnancy, healthy relationships, and self-protection from sexual violence.

Children with intellectual disabilities often become objects of violence because with their intellectual limitations, they are not aware that they have undergone physical changes so they do not

mind when other people touch them. Excessive restrictions from parents about sexuality issues cause them do not to know when they are in danger. When children are given sexuality education, they are able to respond appropriately when faced with danger. Therefore, access to information, education and reproductive health services needs to be provided inclusively for adolescents with intellectual disabilities.

The purpose of this study is to measure the understanding of reproductive health on self-protection from the touch of others, before and after being given reproductive health material using the media crosswords magnetic board puzzle, and to analyze the effectiveness of this media in increasing the understanding of reproductive health on self-protection, in students with intellectual disabilities in SLB Panti Kosala Mastrip Nganjuk.

2. METHODS

The method used in this research is quasi-experimental. In the quasi-experimental study, twice measurements were carried out, that are measuring the understanding of students with intellectual disabilities about reproductive health towards self-protection, before and after being given reproductive health material using a magnetic board crosswords puzzle media. From these two measurements, two values will be obtained, namely the initial value/pre-test (O1) before being given the material and the final value (O2) where reproductive health material about self-protection has been given using a magnetic board crosswords puzzle media.

$$O_1 \quad X \quad O_2$$

Explanations :

O1 : Understanding of students with intellectual disabilities about reproductive health against self-protection from the touch of others before being given reproductive health material.

X : The giving reproductive health materials using magnetic board crosswords puzzle media

O2: students with intellectual disabilities' understanding of reproductive health towards self-protection from the touch of other people after being given reproductive health material

The instrument used to measure the understanding of students with disabilities is a questionnaire in the form of pictures

and simple questions, and the measurement results are recorded in observation sheet. The media for providing material is in the form of magnetic board crosswords puzzle media, namely a puzzle in the form of a picture of the human body consisting of parts of the body that other people may and may not touch. The analysis used is the Paired Sample T-Test.

3. RESULTS

Table 1. Frequency Distribution of Sex Jenis Kelamin for Students with Intellectual Disabilities at SLB Shanti Kosala Mastrip Nganjuk

Sex	Frequency	Percentage
Male	10	35,7
Female	18	64,3
Total	25	100

Table 2. Frequency Distribution of Reception Information of reproductive health in self-protection at student with intellectual disabilities

Information	Frequency	Percentage
Ever	25	89,3
Never	3	10,7
Total	25	100

Table 3. Frequency Distribution of Source of Information about reproductive health in self-protection at student with intellectual disabilities

Source or Information	Frequency	Percentage (%)
Parent		
Teacher/ School	8	28,6
Friend	11	39,3
Social Media	3	10,7
Other	3	10,7
	3	10,7
Total	28	100

Table 4 Frequency Distribution of Understanding of Reproductive Health in Self-Protection Before and After Treatment

	N	Min	Max	Mean	Std. Dev
Understanding before treatment	28	14,3	100	49,5	22,8128
Understanding after treatment	28	42,9	100	76	15,0923

The giving treatment or material is carried out using crossword puzzle media. Through this media it is easy for students with intellectual disabilities to understand the material provided, because this method stimulates the brain work and mindset, so that it is

easy to remember because students immediately practice, at the end of the post test students experience an increase in average value -flat.

An understanding of self-protection is important to have for students with intellectual disabilities. Even though students with intellectual disabilities tend to get more supervision, these students tend to be vulnerable to sexual violence, this is due to children's ignorance and low self-protection. So they need to be equipped to protect themselves and it is a separate task for us to teach them about reproductive health in self-protection.

Table 5 The test results analysis of giving treatment to increased understanding

	t-value	dF	Sig. (2-tailed)	Sig ($\alpha=0,05$)
Treatment	-8,578	27	0,000	Sig

From the table above it can be seen that the Sig.(2-tailed) value is $0.000 < \alpha$ (0.05). Then H_0 is rejected, it means that there is a significant difference in average increase in the score of understanding reproductive health in self-protection. Thus it can be concluded that the giving reproductive health material in self-protection using magnetic board crossword puzzle media can increase students' understanding of reproductive health in self-protection at SLB Shanti Kosala Mastrip Nganjuk.

The Crossword puzzle media makes it easier for students with intellectual disabilities to make easy accepting material, because it is recorded in memory in the form of images that are easy to remember and practice directly. Post-test measurements show an increase in understanding scores. So that the media is effectively used to provide health education to students about self-protection and can avoid sexual violence.

4. DISCUSSION

Based on the results of this study, it is known that the Sig.(2-tailed) value is $0.000 < \alpha$ (0.05). This means that there is an average difference in increasing the score of understanding reproductive health in self-protection. These results are in line with previous research by Fauzy 2017 with the title Improving Understanding of the Concept of Private Body Parts in

Prepubertal Autistic Children Using Magnetic Board Media at SLB Citra Mulia Mandiri Yogyakarta produces magnetic board media that can helps to improve understanding of the concept of private body parts in prepubertal autistic children at SLB Citra Mulia Mandiri Yogyakarta.

The increase by Fauzy was seen in the pre-action cognitive domain, which was in the very poor category (22) to very good (100) after the first cycle of action was carried out. The increase subject in cognitive domain was not followed by an increase in scores in the psychomotor or behavioral domain, so cycle II was carried out. The implementation of cycle II saw an increase in the psychomotor domain from the previous category less than once (50) to enough (75). So that it can be said that the media is effective to use to provide material for students with intellectual disabilities.

5. CONCLUSION

The conclusion from this study is that magnetic board crossword puzzle media is effective in providing an understanding of health education to students with intellectual disabilities, especially on reproductive health material in self-protection.

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