

**THE ROLE OF MEDAN GENERASI BERENCANA (GENRE) AMBASSADOR  
INCREASING KNOWLEDGE OF ANEMIA AND FREE SEX ON PEERS**

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**Abstract**

The success and success of a nation in the future is determined by the quality of adolescents today, this is the basis why adolescents need mendapatkan special attention and assistance khususin all aspects of their lives. Adolescent life should be prepared as early as possible in order to create adolescents who have optimal quality that is healthy physically, spiritually, mentally, socially and spiritually.

Physically healthy teenagers one of them is an anemia-free teenager. Anemia is still a health problem, especially for young women. Adolescent girls are prone to anemia due to the menstrual cycle experienced every month, where at the time of mestrual adolescent girls will lose a lot of red blood cells/ haemoglobin. As a mother-to-be, young women who experience anemia are at risk of giving birth to a generation with various growth disorders such as low birth weight (LBW), stunting, disability and even fetal death. Prevention of anemia needs to be done since adolescence one of them by providing education and counseling.

Another problem that can damage adolescents and threaten the future of the nation is promiscuous sex. Medically in addition to increasing the likelihood of Sexually Transmitted Infections (STIs) and HIV (Human Immuno Deficiency Virus), free sex can also stimulate the growth of cancer cells in the womb of adolescent girls. Various studies have revealed the knowledge of free sex has a negative relationship with the behavior of free sex which means the lower the knowledge of free sex, the higher the free sex behavior. Assistance in the form of education and counseling is needed, especially adolescent girls to prevent the occurrence of free sex.

This study is a quasi-experimental study in which measurements were taken before (pretest) and after (posttest) intervention. The intervention in this study in the form of assistance with the provision of education and counseling about anemia and free sex by Medan GenRe Ambassador to their peers. Questionnaires containing questions to measure knowledge about anemia and casual sex were used as research instruments. Respondents in this study were Class X students from the School of Origin Duta GenRe is SMA Negeri 1 Medan. Analysis of the results was conducted to determine the effect of education and counseling conducted by GenRe ambassador on peers and tested using Wilcoxon statistical test because the data is not normally distributed.

The results showed that there was a difference in the value of knowledge before and after the provision of education by the Ambassador of the Genre on peers with a significance

value of  $<0.05$ . When viewed based on the theme of the question, the statistical results show that there is a difference in knowledge scores, both knowledge of anemia and knowledge of free sex before and after the provision of education with a significance value of  $< 0.05$ .

**Keywords:** Anemia, Free Sex, Sex Education, Nutrition Education, Ambassador of Generasi Berencana (GenRe)

## Introduction

Adolescents are young people, who are aged 10-24 years. (BKKBN, 2012). Adolescents experience rapid growth and need good nutrition to support their growth and development. The results of the population census in 2010 showed that the total population of Indonesia was 237.6 million people, 63.4 million of whom were teenagers consisting of men as many as 32,164,436 people (50.70 %) and women as many as 31,279,012 people (49.30%). The size of the population of this youth group will greatly affect the population growth in the future (Wahyuni and Rahmadewi, 2011)

Various nutritional problems often occur especially in adolescent girls such as chronic lack of energy (KEK) and anemia. Chronic lack of energy (KEK) is indicated by upper arm circumference (LiLA)  $<23.5$  cm, while anemia is indicated by hemoglobin levels that are less than normal. The prevalence of adolescents suffering from KEK was 24.2% and the prevalence of adolescents suffering from anemia was 32%. (Balitbangkes, 2013). Pre-valence anemia of 32% means that 3-4 out of 10 adolescents suffer from anemia and this figure is still quite high. The proportion of anemia incidence in Indonesia is higher in women (23.9%) than in men (18.4%) (Balitbangkes, 2018), this occurs because adolescent girls lose iron (Fe) as much as 12.5-15mg per month or 0.4-0.5mg of iron (Fe) per day during menstruation. This situation causes adolescent girls who are in the growth spurt period to be at greater risk of iron (Fe) deficiency than adolescent boys (World Health Organization, 2011).

In addition to anemia, free sex is also a major problem of adolescents in Indonesia. Based on a survey conducted by the Ministry of Health in 2009 in 4 major cities namely Jakarta, Medan, Bandung and Surabaya, it was found that 35.9% of adolescents have had premarital sex or free sex (BKKBN, 2021). Research in Indonesia in 2005 reported that adolescents openly admitted to having had premarital sex or casual sex with percentages in each city as follows Jabodetabek 51%, Bandung 54%, Surabaya, Medan 47% and 52%. Every year about 15 million teenagers aged 15-19 years give birth, 4 million have abortions and nearly 100 million are infected with Sexually Transmitted Diseases (STDs). (Tjitarsa in (Purnama, 2020)).

Peer values play an important role in free sex behavior, this is evident from the research (Fauziyah, Tarigan and Hakin, 2021) which shows p value = 0.032 with the conclusion that there is a relationship between peer value and the incidence of free sex.. In addition to peer influence, in the research (Fauziyah, Tarigan and Hakin, 2021) also said that there is a relationship between sex education and free sexual behavior. So it can be

concluded that sex and peer education is important for adolescents in determining promiscuous sexual behavior.

The program of Generasi Berencana (GenRe) is still being implemented today. Subagyo said (BKKBN, 2021) program of Generasi Berencana (GenRe) becomes one of the solutions to deal with teenage problems both about anemia and about free sex. Based on this background, the researcher intends to empower planned generation ambassadors (Genre ambassadors) in increasing knowledge about anemia and free sex in peers by providing assistance in the form of education and counseling. The location of the study is in SMA Negeri 1 Medan on the grounds that the high school has an active ambassador GenRe and at the initial meeting with the entire Ambassador GenRe Medan only Ambassador GenRe of SMA Negeri 1 are present from the high school level.

## RESEARCH METHODS

This analytical Survey with quasy experiment and one group pre-test post-test design. Pretest (O1) to obtain a level of knowledge about Anemia and promiscuous sex in GenRe Ambassador peers GenReprior to intervention. Providing treatment/ intervention (X) in the form of education through counseling as much as 3x and then given another test to measure the level of knowledge about anemia and free sex (O2).

The difference between O1 and O2 is tested by T-test. Knowledge of anemia and free sex is measured by the number of correct scores, namely a maximum score of 180 for knowledge of anemia and a maximum score of 120 for knowledge of free sex. Combined knowledge is measured by the value that is, if all correct then get the value of 100.

This research was conducted on teenage girls in Class X of SMA Negeri 1 Medan in March 2023. The selection of SMA Negeri 1 is because the Ambassador of the GenRe of Medan City at the high school level who is active and ready to be empowered only comes from SMA Negeri 1 Medan.

## RESULTS and DISCUSSION

The results showed that the average score of knowledge about anemia before the provision of assistance is 98 with a minimum value of 40 and a maximum value of 130. The average score of knowledge about anemia after the provision of assistance is 144 with a minimum value of 100 and a maximum value of 170.

The results showed that the average score of knowledge about casual sex before the provision of assistance is 80.5 with a minimum value of 50 and a maximum value of 120. The average score of knowledge about free sex after the provision of assistance is 116.6 with a minimum value of 80 and a maximum value of 120.

The results showed the average value of knowledge about anemia and free sex before the provision of assistance is 59.39 with a minimum value of 36.67 and a maximum value of 76.67. While the average value of knowledge about anemia and free sex after the provision of assistance is 85.22 with a minimum value of 70 and a maximum value of 93.33.

Different score of anemia knowledge before and after the provision of assistance is done using wilcoxon test wilcoxon with significance  $<0.05$  which means there is a difference score of anemia knowledge before with anemia knowledge score after the provision of assistance by the ambassador generesi plan (Table 1).

Table 1. Knowledge of anemia

Anemia Knowledge Score	
Z Asymp. Sig. (2-tailed)	-6.726 <sup>b</sup> .0001
a. Wilcoxon Signed Ranks Test	
b. Based on negative ranks.	

The results of this study in line with previous research in SMA Muhammadiyah 4 Depok and SMK Al-Hidayah Cinere obtained porporasi anemia of 63.4% with knowledge of anemia is less than 50% and when tested statistically, there is a significant relationship between knowledge of anemia with anemia status students (Simanungkalit and Oster Simarmata, 2019). Another study conducted in 2012 at SMA Kabupaten Selayar found that there is a relationship of knowledge with the incidence of anemia in adolescent girls with a p-value of 0.000 (Tenri in (Simanungkalit and Oster Simarmata, 2019))

Various studies reveal that there is a relationship between nutritional knowledge, especially knowledge about anemia with the incidence of anemia. Such as the results of research at SMK Sukohardjo which showed that 61.1% of students have knowledge about anemia with less category and prevalence anemia of 59.3%. When tested statistically, the prevalence of lack of knowledge and the incidence of anemia obtained a p value = 0.001, so it can be concluded that there is a relationship between knowledge and the incidence of anemia. (Hasyim, Mutalazimah and Muwakhidah, 2018).

Different scores of free sex knowledge before and after the provision of assistance with wilcoxon get the results of significance  $<0.05$  which means there is a different score of free sex knowledge before and after the provision of assistance by Duta Generesi Berencana (Table 2).

Table 2. Knowledge Of Free Sex

Free Sex Knowledge Score	
Z Asymp. Sig. (2-tailed)	-6.619 <sup>b</sup> .0001
a. Wilcoxon Signed Ranks Test	
b. Based on negative ranks.	

Different pre and post knowledge about anemia and free sex performed using wilcoxon test with the results of significance  $<0.05$  which means there is a difference in the value of knowledge of anemia and free sex before the provision of assistance with the value of

knowledge of anemia and free sex after the provision of assistance by the GneRe Ambassador (Table 3).

Table 3. Knowledge of Anemia and free sex

	Knowledge of Anemia and Free Sex Score
Z Asymp	-6.731 <sup>b</sup>
. Sig. (2-tailed))	.000

a. *Wilcoxon Signed Ranks Test*

b. Based on negative ranks.

Based on the results of the study, it can be seen that the role of peers is very important, and it is also important that there is a GenRe Ambassador. GenRe Ambassador is a teenager/ student who has knowledge, attitudes and behaviors as a teenager/ student who is able to carry out a planned level of Education. Not only the level of education, in a career GenRe is also expected to be well planned. GenRe teenagers/students in discussing marriage are also fully planning according to the reproductive health cycle in order to prepare a mature family life. (BKKBN, 2012).

GenRe Ambassador is a member of the GenRe that is expected to be a role model for teenagers/ other students. Duta GenRe is an exemplary figure and motivator among teenagers who will play a role in providing education and insight to the younger generation about reproductive health, as well as creating adolescents who are drug-free, free sex and do not commit early marriage. GenRe ambassadors as Agents of change can serve as examples and role models for other adolescents in the fight against early marriage, premarital sex and Drug Abuse and HIV/ AIDS prevention. In addition, the GenRe ambassador is also responsible for socializing GenRe programs among teenagers (Bali, 2020)

## Conclusion

- The average score of knowledge about anemia before the provision of assistance is 98 with a minimum score of 40 and a maximum of 130. The average score of knowledge about anemia after providing assistance is 144 with a minimum score of 100 and a maximum of 170.
- The average score of knowledge about free sex before the provision of assistance is 80.5 with a minimum score of 50 and a maximum of 120. The average score of knowledge about free sex after providing assistance is 111.6 with a minimum score of 80 and a maximum of 120.
- The average value of knowledge about anemia and free sex before the provision of assistance is 59.39 with a minimum value of 36.67 and a maximum of 76.67. The average value of knowledge about anemia and free sex after the provision of assistance is 85.22 with a minimum value of 70.00 and a maximum of 93.33.
- There is a significant difference ( $p < 0.05$ ) in the average score of knowledge about anemia before the provision of assistance with after the provision of assistance by the



Ambassador GenRe where the average score of knowledge about anemia after assistance is higher / significantly increased than before the provision of assistance

e) There is a significant difference ( $p < 0.05$ ) in the average score of knowledge about free sex before the provision of mentoring with after the provision of mentoring by the Ambassador of the GenRe where the average score of knowledge about free sex after mentoring is higher / significantly increased than before the provision of mentoring

f) There is a significant difference ( $p < 0.05$ ) in the average value of knowledge about anemia & free sex before the provision of mentoring with after the provision of mentoring by the Ambassador GenRe where the average value of knowledge about anemia & free sex after mentoring is higher / significantly increased than before the provision of mentoring

### Advice

- a) Mentoring in the form of education and counseling to young women about anemia and free sex should be given to all young women to prevent anemia and free sex
- b) Mentoring training in the form of education and counseling needs to be given to peers by GenRe Ambassador so that more resources can provide mentoring to peers
- c) Mentoring training in the form of education and counseling needs to be given to teachers/ educators so that educators can also accompany students who are not reached by the GenRe Ambassador.

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