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## An Overview Of Adolescents' Levels Of Knowledge And Attitudes Toward Reproductive Health In The Children And Youth Fellowship (Par) Of Marthen Luther Church, Sentani

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### Abstract

Adolescence is a transitional period of physical and mental development that is vulnerable to risky sexual behavior due to a lack of understanding regarding reproductive health. Religious institutions, such as the Child and Youth Fellowship (PAR), have a strategic role as a health education medium based on moral values. This study aims to analyze the level of knowledge and attitudes of adolescents toward reproductive health at PAR Marthen Luther Church, Sentani. This research is a quantitative descriptive study with a cross-sectional approach. The study population consisted of all members of PAR Marthen Luther Church, Sentani, using a total sampling technique with 38 respondents. Data were collected using structured questionnaires. Knowledge assessment criteria were categorized into good (76-100%), moderate (60-75%), and poor (<60%), which were then analyzed univariately. The results showed that respondents' knowledge level was in the Good category in the aspects of understanding reproductive health (100%), reproductive organs (80%), fertile period and pregnancy (100%), maintenance of reproductive organs (80%), reproductive health problems (78%), sexual growth and development (75%), as well as menstruation and wet dreams (75%). However, the Moderate category was found in the aspects of adolescent nutrition (72%) and access to information (66.7%). Regarding attitudes, respondents showed positive results with an average achievement of 82%, where 97.4% of respondents supported the church as a place for reproductive health discussions. In general, respondents possess a good level of knowledge and attitudes, yet their understanding of how to access health information and nutrition still needs to be improved. This support indicates the importance of collaboration between health programs and the Child and Youth Fellowship to enhance the understanding of reproductive health.

**Keywords:** Adolescent, Reproductive Health, Knowledge, Attitude, Church.

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## INTRODUCTION

The World Health Organization (WHO) defines adolescents as individuals aged 10–19 years.<sup>1</sup> Based on population data of Jayapura Regency in 2024, the number of adolescents aged 10–24 years reached approximately 48,500 people. This large proportion of adolescents requires reproductive health education efforts to prevent risky sexual behaviors during their developmental period.<sup>2</sup> Juridically, Article 51 of Law Number 17 of 2023 concerning Health emphasizes that adolescents are individuals in a transitional phase of physical and mental development who require special health protection.<sup>3</sup> The provision of comprehensive reproductive health education for adolescents aims to enable them to undergo this transitional period responsibly and to avoid adverse health risks.

The large number of adolescents today contributes to increasingly complex developmental challenges, such as problems faced during the transitional phase, particularly in the process of searching for self-identity through social interactions. This condition makes adolescents vulnerable to inaccurate information, which can lead them into high-risk behaviors such as premarital sex, drug abuse (NAPZA), and the transmission of HIV/AIDS.<sup>4</sup> This situation is exacerbated by challenges in the digital era, where easy access to unfiltered information increases the risk of adolescents engaging in behaviors that threaten their reproductive health.<sup>5</sup>

Adequate levels of knowledge among adolescents have been shown to have a positive relationship with the formation of responsible attitudes in maintaining reproductive health.<sup>6</sup> This is supported by previous research conducted by Hayati (2025), which demonstrated significant results, showing that educational interventions increased the proportion of adolescents with good knowledge from 42% to 85%. The statistical test results in that study indicated a significance value of  $p < 0.05$ , suggesting that higher levels of knowledge can improve adolescents' attitudes toward reproductive

health.<sup>7</sup> Therefore, religious institutions play a strategic role as non-formal educational platforms capable of integrating spiritual values with medical health information.<sup>8</sup>

In the current societal context, religious institutions such as churches have an important role as educational facilities that are closely connected to adolescents' daily lives. The provision of reproductive health education should be prioritized to reduce the prevalence of risky behaviors among the younger generation.<sup>9</sup> Accordingly, this study aims to determine the levels of knowledge and attitudes of adolescents in the PAR (Children and Youth Fellowship) of Marthen Luther Church, Sentani, toward reproductive health.

The data obtained will subsequently be used as a basis for delivering education through health counseling, which is an effective method for strengthening adolescents' understanding in a sustainable manner.<sup>10</sup> One technique applied in this educational process is oral presentation of materials to encourage active participation through question-and-answer sessions, as this method has proven effective in conveying information to audiences with varying levels of education.<sup>11</sup> The results of this study are expected to serve as a reference in formulating appropriate health promotion strategies within religious institutions.

## RESEARCH METHODS

### Research Design

This study employed a descriptive quantitative design with a cross-sectional approach. This design was selected to provide a systematic overview of adolescents' levels of knowledge and attitudes toward reproductive health at a specific point in time at the research site.

### Place and Time of Study

The study was conducted at the PAR of Marthen Luther Church, Sentani, Jayapura Regency. Data collection was carried out in December 2025, concurrently with a health education activity.

### Population and Sample

The population in this study comprised all adolescents participating in PAR activities at Marthen Luther Church, Sentani. The sampling technique used was total sampling, based on inclusion criteria, namely adolescents who were present during the activity, aged 13–18 years, and willing to participate as respondents. Based on these criteria, a total sample of 38 respondents was obtained.

### Research Instrument

Data were collected using a structured questionnaire. The questionnaire covered variables of knowledge and attitudes of adolescents toward reproductive health. Data analysis was conducted using computerized univariate analysis to determine the frequency distribution and percentages of each variable.

### Data Collection Technique

Data collection was carried out directly at the research site. Prior to the commencement of the counseling session, the researcher provided an explanation of the study objectives (informed consent) and distributed the questionnaires to the respondents. After the questionnaires were completed and collected, the activity continued with the provision of reproductive health education through material presentation and a question-and-answer session.

## RESULTS AND DISCUSSION

**Table 1**  
**Frequency Distribution of Respondents' Age and Gender (N = 38)**

Characteristics	Frequency	Percentage (%)
<b>Age</b>		
13 years old	5	13.2
14 years old	6	15.8
15 years old	7	18.4
16 years old	8	21.1
17 years old	7	18.4
18 years old	5	13.2
<b>Total</b>		100%
<b>Gender</b>		
Male	18	47.4
Female	20	52.6

Source: Researcher's Primary Data, 2025

Table 1 shows that respondents were in the 13–18 age range. The largest age group was 16, with 8 respondents (21.1%), while the smallest age group was 13 and 18, with 5 respondents (13.2%). Based on gender, the majority of respondents were female, with 20 respondents (52.6%), while 18 respondents were male, with 47.4%. This indicates a relatively balanced distribution of male and female respondents in this study.

**Table 2**  
**Distribution of Adolescent Knowledge about Reproductive Health**

<b>CHILDREN AND YOUTH FELLOWSHIP OF THE MARTHEN LUTHER CHURCH OF SENTANI</b>		
Question	Percentage (%)	
	Yes	No
<b>UNDERSTANDING REPRODUCTIVE HEALTH</b>		
Reproductive health is a condition of physical, mental and social health related to the reproductive system, functions and processes.	76.3	23.7
Reproductive health is simply the absence of disease in the reproductive organs.	18.4	81.6
Maintaining reproductive health is important from adolescence.	84.2	15.8
<b>Total : 100% (Good Knowledge)</b>		
<b>REPRODUCTIVE ORGANS</b>		
The vagina is a reproductive organ that is located on the outside (external)	73.7	26.3
The uterus (womb) is a reproductive organ located internally.	94.7	5.3
The process of fetal development occurs in the woman's egg cell.	15.8	84.2

<b>CHILDREN AND YOUTH FELLOWSHIP OF THE MARTHEN LUTHER CHURCH OF SENTANI</b>		
<b>Question</b>	<b>Percentage (%)</b>	
	<b>Yes</b>	<b>No</b>
The penis is a male reproductive organ that functions to produce sperm.	76.3	23.7
The part of the penis that is cut during circumcision is the foreskin on the glans.	97.4	2.6
Every teenage girl will experience a menstrual cycle of approximately 20–35 days.	81.6	18.4
<b>Total : 80% (Good Knowledge)</b>		
<b>GIZI REMAJA</b>		
Teenage girls need more iron intake than teenage boys.	89.5	10.5
Teenage boys require a higher calorie intake for their growth period than teenage girls.	92.1	7.9
Puberty requires a balanced diet to support reproductive growth and development.	68.4	31.6
Nutritional deficiencies in adolescents can affect reproductive health.	78.9	21.1
An unbalanced diet can cause menstrual disorders in adolescent girls.	73.7	26.3
<b>Total : 72% (Medium Knowledge)</b>		
<b>MENSTRUATION AND WET DREAMS</b>		
Menstruation is a process of periodic blood discharge due to the shedding of the uterine lining.	78.9	21.1
The normal menstrual cycle in adolescents generally ranges between 21–35 days.	76.3	23.7
Menstruation can be influenced by hormonal conditions and the health of adolescents.	71.1	28.9
Wet dreams are one of the signs of puberty in teenage boys.	86.8	13.2
Wet dreams occur due to the unconscious release of semen during sleep.	81.6	18.4
Wet dreams are normal and do not indicate any illness.	89.5	10.5
<b>Total : 75% (Good Knowledge)</b>		
<b>FERTILE PERIOD AND PREGNANCY</b>		
A woman's fertile period generally occurs in the middle of the menstrual cycle.	92.1	7.9
A man's fertile period is related to his ability to produce healthy sperm.	86.8	13.2
Male fertility can be affected by lifestyle and health conditions.	84.2	15.8
Pregnancy occurs when a sperm cell successfully fertilizes an egg during the fertile period.	97.4	2.6
Missing a period is one of the early signs of pregnancy.	86.8	13.2
Teenage pregnancy can pose health risks and lead to abortion.	92.1	7.9
Pregnancy should be planned after the age of 17.	94.7	5.3

**Total : 100% (Good Knowledge)**

<b>CHILDREN AND YOUTH FELLOWSHIP OF THE MARTHEN LUTHER CHURCH OF SENTANI</b>		
<b>Question</b>	<b>Percentage (%)</b>	
	<b>Yes</b>	<b>No</b>
<b>MAINTENANCE OF REPRODUCTIVE ORGANS</b>		
Cleaning the genitals should be done from front to back.	89.5	10.5
Sanitary napkins should be changed regularly during menstruation.	94.7	5.3
When cleaning the penis, it's best to use clean water and non-irritating soap.	78.9	21.1
	73.7	26.3
The foreskin of the penis needs to be cleaned regularly to prevent dirt buildup.	81.6	18.4
	86.8	13.2
Improper reproductive hygiene can lead to infections. Changing underwear regularly is important for maintaining reproductive health.		

**Total : 80% (Good Knowledge)**

<b>REPRODUCTIVE HEALTH ISSUES</b>		
Risky sexual intercourse can lead to sexually transmitted diseases (STDs).	94.7	5.3
Vaginal discharge that smells and is accompanied by itching is a normal condition in adolescent girls.	18.4	81.6
Signs of STDs in men can include abnormalities in the penis, painful urination, or abnormal discharge.	76.3	23.7
Signs of STDs in women can include abnormal vaginal discharge, odor, itching, or bleeding.	78.9	21.1
	31.6	68.4
Oral sex cannot transmit sexually transmitted infections (STIs). Untreated STIs can lead to long-term complications and infertility.	86.8	13.2

**Total : 78% (Good Knowledge)**

<b>ACCESS TO REPRODUCTIVE HEALTH INFORMATION</b>		
Hospitals are the only source of reproductive health information.	39.5	60.5
Have you ever looked for reproductive health information through books or the internet?	63.2	36.8
	76.3	23.7
Reproductive health information can be obtained from parents, teachers, or health workers.	68.4	31.6
Social media can be a source of reproductive health information for adolescents.		

**Total : 66.7% (Medium Knowledge)**

<b>ADOLESCENT SEXUAL GROWTH AND DEVELOPMENT</b>		
Puberty is the transition from adulthood to old age.	21.1	78.9
In adolescent boys, the voice will become deeper during puberty.	92.1	7.9
Physical changes in adolescent girls are marked by the beginning of breast development.	94.7	5.3
	92.1	7.9
Puberty is a time of physical and psychological changes in adolescents.		

**Total: 75% (Good Knowledge)**

Source: Researcher's Primary Data, 2025

Table 2 shows that knowledge about reproductive health is 100%. Knowledge about reproductive organs is 80%. Knowledge about adolescent nutrition is 72%. Knowledge about menstruation and wet dreams is 75%. Knowledge about fertility and pregnancy is 100%. Knowledge about reproductive organ maintenance is 80%. Knowledge about reproductive health issues is 78%. Knowledge about access to reproductive health information is 66.7%. Knowledge about adolescent sexual growth and development is 75%.

**Table 3**  
**Distribution of Adolescent Attitudes About Reproductive Health**

CHILDREN AND YOUTH FELLOWSHIP MARTHEN LUTHER CHURCH, SENTANI		
Attitude Questions	Percentage (%)	
	Yes	No
Teenagers need to limit their interactions with the opposite sex to prevent risky sexual behavior.	84.2	15.8
Maintaining reproductive organ hygiene is a very important personal responsibility.	94.7	5.3
I feel embarrassed to consult a health professional about reproductive issues.	31.6	68.4
Avoiding early marriage is the right step towards a better future.	92.1	7.9
Discussions about reproductive health in church settings are positive and should be supported.	97.4	2.6
<b>Total : 82% (Good Attitude)</b>		

Source: Researcher's Primary Data, 2025

Table 3 shows that respondents' attitudes regarding reproductive health are in the good category, with an average percentage of 82%. This indicates that the majority of respondents have a positive attitude toward maintaining their reproductive health.

## DISCUSSION

### 1. Knowledge of PAR Members Regarding the Definition of Reproductive Health

Research on the description of the level of knowledge of reproductive health is one of the efforts to identify problems related to reproductive health, growth and development, and issues surrounding adolescents, particularly within the Fellowship of Children and Adolescents of Marthen Luther Church, Sentani. In this study, adolescents' knowledge of the definition of reproductive health was found to be in the **Good** category, with a percentage of **100%**. This indicates that all respondents understood that reproductive health is a state of complete physical, mental, and social well-being, not merely the absence of disease. This understanding is in line with the definition of the World Health Organization (WHO)<sup>1</sup> and Law Number 17 of 2023 concerning Health.<sup>3</sup>

The high level of awareness among respondents regarding the importance of maintaining health since adolescence demonstrates a strong foundation of reasoning. This knowledge serves as a primary provision for adolescents in filtering information and forming responsible behavior. This finding is consistent with the study conducted by Hayati (2025)<sup>7</sup>, which states that good knowledge has a positive relationship with adolescents' awareness in maintaining their reproductive function. The results also indicate that the church environment is highly effective as a place for adolescents to learn about health. As explained in the research by Tumanan & Pasang (2023)<sup>8</sup>, religious organizations play an important role in delivering health information to young people. The data obtained with a percentage of 100% show that guidance in the Fellowship of Children and Adolescents of Marthen Luther Church has been able to optimally assist adolescents in understanding health-related materials, thereby enhancing their independent health literacy.<sup>6</sup>

## **2. Knowledge of PAR Members Regarding Reproductive Organs**

This study explored adolescents' knowledge of the definition of reproductive organs in both males and females. The findings indicated that the level of knowledge was in the Good category, with an average achievement of 80%. This result suggests that the majority of respondents have a good understanding of the structure and function of their bodies. The highest achievement was found in understanding circumcision practices (97.4%) and the location of the uterus (94.7%). This shows that respondents are highly familiar with both internal reproductive organs and common health practices in society. The data also reveal that 84.2% of respondents correctly understood the actual site of fetal development. This basic knowledge is crucial because, according to Desmukh and Chaniana (2023)<sup>12</sup>, adolescents facing sexual maturation must be equipped with accurate knowledge of reproductive organs to prevent risky sexual behavior.

Although understanding of penile function (76.3%) was slightly lower, the majority of respondents recognized that sperm is produced by the testes, not the penis. This aligns with the study by Sari (2024)<sup>13</sup>, which states that early and accurate anatomical understanding can reduce adolescents' vulnerability to reproductive health problems. Overall, the average score of **80%** serves as an essential foundation for respondents to independently maintain their reproductive health. Previous research by Pratiwi (2025)<sup>14</sup> emphasized that good access to information regarding reproductive cycles, including menstruation and ejaculation, greatly assists adolescents in facing physical changes during puberty with a more positive attitude.

## **3. Knowledge of PAR Members Regarding Adolescent Nutrition**

Adolescents' knowledge of adolescent nutrition in this study was in the moderate category, with a percentage of 72%. This indicates that most respondents understood the relationship between nutritional intake and reproductive health, although this understanding was not evenly distributed across all aspects. The highest achievement was found in understanding male caloric needs (92.1%) and the need for iron intake among females (89.5%) during growth. This is consistent with Situmorang (2024)<sup>15</sup>, who reported that adolescents generally find it easier to understand nutritional needs that are physical and gender-specific.

Although the majority of respondents (78.9%) were aware that malnutrition negatively affects reproductive organs, understanding of the importance of balanced nutrition during puberty still needs improvement, as it reached only 68.4%. This is an important note, considering that adolescence is a period of rapid growth requiring optimal nutritional intake. As explained by Rahman & Sari (2023)<sup>16</sup>, uneven dissemination of nutritional information can lead adolescents to neglect balanced dietary patterns, increasing the risk of reproductive function disorders. Data also show that understanding of the impact of dietary patterns on menstrual disorders stood at 73.7%. Overall, nutritional knowledge serves as an important foundation for adolescents, yet strengthening education on balanced nutrition in a more specific manner is essential. This is in line with Hayati (2025)<sup>7</sup>, who stated that comprehensive education on balanced nutrition can minimize the risk of reproductive health disorders such as anemia and irregular menstrual cycles among adolescent girls.

## **4. Knowledge of PAR Members Regarding Menstruation and Nocturnal Emission**

Based on the research findings, the respondents' level of knowledge regarding menstruation and nocturnal emission was in the Good category, with an average of **75%**. This indicates that most respondents had a good understanding of the primary signs of sexual maturity during puberty. Regarding menstruation, the majority of respondents (78.9%) understood its definition as the shedding of the uterine lining, and 76.3% knew the normal cycle. Although understanding of the hormonal influence on menstruation was the lowest point (71.1%), overall knowledge remained adequate. This is consistent with the study by Wulandari & Fitriani (2024)<sup>6</sup>, which explained that while adolescents understand the physical process of menstruation, knowledge of the hormonal system often requires deeper education.

Meanwhile, knowledge regarding nocturnal emission showed higher figures. As many as 89.5% of respondents recognized that nocturnal emission is a normal condition rather than a disease.

This high percentage is very positive, indicating that respondents have accurate health perceptions regarding their biological changes. As stated by Pratiwi (2025)<sup>14</sup>, correct understanding of pubertal signs forms a foundation for adolescents to avoid anxiety or embarrassment when experiencing physical changes for the first time. This knowledge is essential for building adolescents' self-confidence in maintaining personal hygiene during puberty.

### **5. Knowledge of PAR Members Regarding Fertile Period and Pregnancy**

The results of this study indicate that all respondents understood the basic concepts of fertility and the process of pregnancy. Based on the analysis of the distribution table, respondents' knowledge of the fertile period and pregnancy was in the Good category, with a percentage of 100%. The majority of respondents (92.1%) understood that the female fertile period occurs in the middle of the menstrual cycle, and 86.8% understood that male fertility is determined by sperm quality and lifestyle. This aligns with Utami (2024)<sup>17</sup>, who stated that understanding the fertile period is an essential foundation for adolescents to comprehend the risk of pregnancy from an early age.

Nearly all respondents (97.4%) understood that pregnancy occurs as a result of fertilization of the egg by sperm during the fertile period. Respondents also demonstrated high awareness (92.1%) of the health risks and social impacts of adolescent pregnancy, including the risk of abortion. This understanding is supported by the finding that 94.7% of respondents agreed that pregnancy planning should be undertaken at the age of over 17 years. According to Mahendra (2025)<sup>18</sup>, comprehensive knowledge of the biological processes of pregnancy and the risks of early-age pregnancy is highly effective in encouraging adolescents to adopt more responsible attitudes. This knowledge serves as a foundation for respondents in planning their future and avoiding risky sexual behaviors.

### **6. Knowledge of PAR Members Regarding Reproductive Health Problems**

In this study, respondents' level of knowledge regarding reproductive health problems was in the Good category, with an average achievement of 78%. This indicates that most respondents understood the risks of sexual behavior and the symptoms of sexually transmitted infections (STIs). The highest knowledge level was found in understanding that risky sexual intercourse can cause STIs (94.7%). The results also demonstrate good clinical awareness, with 81.6% understanding that foul-smelling and itchy vaginal discharge is abnormal, and 86.8% recognizing the risk of infertility if sexually transmitted diseases are left untreated.

Although respondents recognized specific symptoms of STIs in males (76.3%) and females (78.9%), understanding of transmission through oral sex was still suboptimal (68.4%). This is consistent with the study by Putra & Lestari (2024)<sup>19</sup>, which stated that adolescents often have misconceptions regarding non-penetrative sexual activities, making education on all transmission pathways crucial. Comprehensive knowledge of STI symptoms and risks serves as an important foundation for adolescents to avoid risky sexual behavior. As explained by Hidayat (2025)<sup>20</sup>, continuous strengthening of reproductive health literacy is necessary to ensure that adolescents are able to detect health disorders early and seek appropriate medical assistance.

### **7. Knowledge of PAR Members Regarding Reproductive Organ Care**

The level of respondents' knowledge regarding reproductive organ care in this study was in the Good category, with an average achievement of 80%. This reflects that most respondents recognized the importance of maintaining reproductive hygiene as a preventive measure against health problems. In detail, the highest knowledge was found in menstrual care practices (94.7%), where respondents understood the importance of regularly changing sanitary pads. Additionally, 89.5% of respondents were aware of the correct genital cleaning technique, namely from front to back, to prevent bacterial contamination.

Respondents' understanding of infection prevention through regular changing of underwear was also high (86.8%). This aligns with the research by Fauziah & Rahayu (2024)<sup>21</sup>, which emphasized that proper personal hygiene behavior among adolescents is highly effective in reducing the risk of urinary tract infections and genital irritation. Meanwhile, in male health aspects, although knowledge regarding foreskin hygiene was the lowest point (73.7%), collectively respondents still demonstrated

good understanding in infection prevention (81.6%). Knowledge of daily hygiene forms the basis for respondents to adopt healthy lifestyles from an early age. As explained by Nasution (2025)<sup>22</sup>, education on reproductive hygiene not only affects physical cleanliness but also builds adolescents' sense of responsibility for their long-term health.

#### **8. Knowledge of PAR Members Regarding Access to Reproductive Health Information**

Based on the analysis of the distribution table, respondents' knowledge regarding access to reproductive health information was in the moderate category, with a percentage of 66.7%. This indicates that although most respondents were aware of various information sources, their utilization was not yet optimal and remained limited. As many as 60.5% of respondents understood that health information does not only come from hospitals but also from other channels. This is reinforced by data showing that 63.2% utilized books and the internet, and 76.3% recognized the importance of parents, teachers, and health workers as reliable sources of information.

The use of social media as an information source was also evident (68.4%), although it was not fully regarded as the most valid source. These findings align with Pradana (2024)<sup>23</sup>, who explained that although adolescents are highly skilled in using digital media, they still require validation to ensure the accuracy of health information they receive. Knowledge of diverse information access forms a foundation for adolescents to be more selective in absorbing information in the digital era. As emphasized by Lestari (2025)<sup>24</sup>, improving health literacy is crucial so that adolescents can choose accurate information sources appropriate to their developmental needs, thereby avoiding medical misinformation that may pose risks to reproductive health.

#### **9. Knowledge of PAR Members Regarding Adolescent Sexual Growth and Development**

Based on the findings of this study, respondents' level of knowledge regarding sexual growth and development was in the Good category, with a percentage of 75%. This illustrates that most respondents had a basic understanding of pubertal changes, although it was not yet comprehensive. In detail, the majority of respondents recognized primary and secondary physical changes, such as voice changes in males (92.1%) and breast development in adolescent girls (94.7%). Additionally, 92.1% of respondents were aware that puberty encompasses both physical and psychological aspects.

Although recognition of physical changes was very good, some misconceptions regarding developmental stages remained, with some respondents not fully understanding the position of puberty within the human life cycle (78.9%). This is consistent with Sari (2024)<sup>25</sup>, who stated that adolescents tend to more quickly recognize visually apparent physical changes than abstract biological developmental concepts. Knowledge of physical changes forms the basis for adolescents to develop a positive self-image and reduce anxiety when entering puberty. As explained by Yusuf (2025)<sup>26</sup>, comprehensive understanding of growth phases is essential so that adolescents are not only physically prepared but also mentally prepared to face the transition into adulthood.

#### **TABLE 3. DISTRIBUTION OF ADOLESCENTS' ATTITUDES TOWARD REPRODUCTIVE HEALTH**

Based on the univariate analysis results in the distribution table of adolescents' attitudes toward reproductive health, overall respondents' attitudes were in the Good category, with an average percentage of 82%. This indicates that most respondents exhibited positive attitudes that support health maintenance efforts and the prevention of reproductive risks.

In the preventive aspect, 84.2% of respondents agreed to limit interactions with the opposite sex to prevent risky sexual behavior. A very strong positive attitude toward future planning was also evident (92.1%) through support for avoiding early-age marriage. This aligns with Rahman (2025)<sup>27</sup>, who stated that adolescents with a clear future vision tend to have stronger defenses against risky sexual behavior. In terms of personal responsibility, respondents demonstrated very high awareness (94.7%) in maintaining reproductive organ hygiene.

Regarding health-seeking behavior, 68.4% of respondents stated that they were not embarrassed to consult health workers. This finding is supported by Savitri (2024)<sup>28</sup>, who explained that reducing stigma surrounding reproductive issues is a crucial initial step for adolescents to obtain

appropriate medical treatment. The most prominent point was support for education within the church environment (97.4%). This positive attitude reflects the openness of respondents' paradigms to utilize fellowship platforms as healthy and safe spaces for adolescent development. Their trust in the church environment as an educational setting indicates significant opportunities for public health programs to collaborate with local religious communities.

## CONCLUSION

Based on the research results, it can be concluded that adolescents in the Marthen Lutheran Church (PAR) in Sentani generally have a good level of knowledge (76-100%), particularly regarding basic reproductive health, fertility, and pregnancy. Consistent with this level of knowledge, respondents also demonstrated a positive attitude (82%) toward maintaining reproductive health. However, limited understanding of adolescent nutrition and access to official health information was still found. Given the high level of support (97.4%) from respondents for the church's role as an educational medium, ongoing collaboration between health workers and religious institutions is essential to optimize adolescent reproductive health literacy within the community.

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