



## The Correlation Between Knowledge Level And Peer Role In Preventing Unintended Pregnancies Among Adolescents

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### ABSTRACT

**Background:** Adolescence is the phase of transitional growth and development, ranged from 10 and 19 years. The serious issue that can occur among adolescent is unintended pregnancies. Unintended pregnancy not only affects the adolescent's health but also has social and economic impact. Unintended pregnancy can result from casual relationships, peer influences, and inadequate knowledge among adolescents. A high level of knowledge is expected to enhance the role of peers in preventing unintended pregnancy. Peers can play a role in preventing unintended pregnancy by acting as educators, motivators, and role models. The research is to describe the level of knowledge and peer role and their relationship as efforts in preventing unintended pregnancies

**Methods:** The research design is a cross sectional study involving 200 female adolescents from high schools in Magelang City. The sampling method used is quota sampling. The instruments used are a knowledge and a peer role questionnaire, both of which have undergone validity and reliability testing. The statistical test used is the spearman rank test.

**Results:** Majority respondents with a good level of knowledge to 187 (93.5%). The role as an educator was high among 175 (87.5%), as a motivator among 138 (69%), and as a model among 158 (79%). There is a significant relationship between the level of knowledge and the role as an educator with a p-value of 0.04. However, there is no significant relationship between the level of knowledge and the role as a motivator with a p-value of 0.14, and there is no significant correlation between the level of knowledge and the role as a model with a p-value of 0.42.

**Conclusion:** Knowledge is associated with the peer role as an educator. Peers can provide information about preventing unintended pregnancies, but efforts to prevent unintended pregnancies still need to be enhanced through the peer role as motivators and role models.

Keyword : *video stimulation; growth and development toddler; toddler; development toddler;*

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**Background.** Adolescence are a group of individuals aged between 10 and 19 years old. Adolescence is a natural process as part of growth and development (Hamidiyanti & Pratiwi, 2021). As a result of these changes, adolescents will experience changes related to their sexuality, including becoming interested in the opposite sex, thus requiring awareness of risky sexual behavior (Keto et al., 2020).

Unintended pregnancies become one of the concerns. Unintended pregnancy is a situation in which a woman experiences

pregnancy without planning or intending to become pregnant. Unintended pregnancy can have negative impacts on both health, social, and economic aspects, which are significant for individuals and society (Ismarwati & Utami, 2017) . Unintended pregnancies can occur in adolescents as one of the consequences of lack of knowledge about reproductive health and risky sexual behavior (Amalia & Azinar, 2017).

The consequences of remarriage include serious health, social, and economic

issues, including kematian among remarriage children worldwide. It is estimated that approximately 55% of all unwanted pregnancies among adolescents aged 15–19 years ended in abortions in 2019, which is frequently unsettling in developing nations (Moshi et al., 2023).

Unintended pregnancies at the global level occur in approximately 121 million pregnancies, or nearly half of all pregnancies. Unintended pregnancies in Indonesia reach 40 percent of all pregnancies. This situation must be addressed promptly to prevent various adverse effects on both mothers and babies (Arlinta, 2022).

The BKKBN (National Population and Family Planning Board) data for the year 2020 stated that the percentage of unintended pregnancies in Indonesia was 17.5%. Out of the adolescent population (aged 14-19 years), there were 19.6% cases of unintended pregnancies (UPs), and approximately 20% of abortion cases in Indonesia were performed by adolescents (Utami, 2022).

One of the risk factors for a dangerous pregnancy is ignorance. The incidence of high-risk pregnancies will likely rise with less or restricted information of these pregnancies and the risks involved; behavioral and socioeconomic factors also influence the risks in pregnancy. Healthy behavior in later life will be built on knowledge and practice gained during adolescence. Therefore, funding programs for teenage reproductive health during life will be advantageous (Ayu et al., 2020).

Unplanned teenage pregnancies can be caused by a lack of education on reproductive rights and health, societal permissiveness, easy access to pornography, and the influence of family roles and peer pressure (Ismarwati & Utami, 2017). Teenage who are more likely to experience remarriage are those who have a limited understanding of sexual and reproductive health (Moshi et al., 2023).

Misinformation regarding sexual and reproductive health among adolescents will raise the likelihood of an unplanned pregnancy and all of its associated risks. On the other hand, having precise information can improve one's capacity to make wise health-related decisions (Salfadila et al., 2023).

Adolescents is an important parameter in the reproduction health. Adolescents is also known as the transitional period, during which there is a rapid physical change that is sometimes not accompanied by a corresponding mental or emotional change. Adolescents gradually begins to distinguish herself from other adolescents and participates more and more in the activities of the group of friends she lives with. If adolescents is embraced by her partner, she would feel betrayed. The desire to fit in with a seductive partner might potentially lead to the occurrence of a sexual encounter that is negative and is carried out by a young woman (Asih et al., 2021a).

Based on the aforementioned phenomenon, it can be inferred that the reluctance of young people to engage in sexual activity is a result of their limited understanding of the risks associated with reproduction and sexual behavior. However, it is not evident how the relationship between adolescents understanding and the peer perspective in the unintended pregnancies. Unintended pregnancy is a problem that can occur in adolescents and has implications for health, social, and economic aspects. The initial effort to prevent unintended pregnancy is by increasing adolescents' knowledge about unintended pregnancy, thereby enhancing the role of peers in preventing unintended pregnancy.

The aims of this research is to obtain information about the relationship between adolescents' level of knowledge and the role of peer influence in preventing unintended pregnancies

**Method.** This study is a deskriptif analytical study using a cross-sectional study design. The research variable that will be examined is the level of knowledge as an independent variable and peers role as a educator, motivator, and role model as a dependent variable. The population in this study is all the woman adolescents in SMA (Senior High Scholl) at Magelang City its about 2500 people. The sample used in this study is senior high school students from all of SMA at Magelang City in XII grade classes.

The sampling technique uses quota sampling that conducted to obtain a representative sample from each school. and the total number of samples is 200 people. The research instrument uses a questionnaire with 25 questions related to the level of knowledge about reproductive health and unintended pregnancies uptake. There are 24 questions in the questionnaire about the role of peers, including roles as motivators, educators, and role models. The results of the validity test prove that the r-value is greater than the t-table, thus, those 24 questions are considered valid.

Univariate descriptive analysis is conducted to understand the characteristics of respondents. The interpretation of the data with percentages. To demonstrate the correlation between knowledge level and peer role, it is displayed in a cross-tabulation. Meanwhile, to determine the correlation between independent and dependent variables, the spearman rank test is employed with a significance level of 5% and a confidence level of 95%. If the value of  $p < 0.05$ , it indicates a significant correlation between variables.

**Result and Discussion.** The research results indicate that out of 200 respondents from whom data were collected. The respondents are given the opportunity to fill out a questionnaire related to the knowledge and role of peers in preventing unintended pregnancies. Majority respondents with a good level of knowledge

to 187 (93.5%). The role as an educator was high among 175 (87.5%), as a motivator among 138 (69%), and as a model among 158 (79%).

The findings regarding the respondents characteristic are as follows:

Table 1. Respondents characteristic

Variable	n	%
Knowledge Level		
Good	187	93,5
Adequate	13	6,5
Insuffisient	0	0
Role as an Educator		
Good	175	87,5
Adequate	25	22,5
Insuffisient	0	0
Role as an Motivator		
Good	138	69
Adequate	52	26
Insuffisient	10	5
Role as role model		
Good	158	79
Adequate	30	15
Insuffisient	12	6
TOTAL	200	100

**Adolescents knowledge.** Majority respondents have a good level of knowledge, totaling 187 people (93.5%). Respondents with good knowledge are expected to provide information to their peers about efforts to prevent unintended pregnancies. This study's findings are consistent with those of Ayu S. (2020), who stated that students understanding of the risk of pregnancies have a good level (71.3%). Adolescent knowledge is an important role in preventing unintended pregnancies. Unintended pregnancy in adolescents is one of the consequences of promiscuous sexual behavior. Several factors contribute to unplanned pregnancies in adolescents, including a lack of knowledge about reproductive health and factors stemming from adolescents themselves who may not understand their responsibilities.

Understanding reproductive health should ideally come from both parents and schools (Keto et al., 2020).

Adolescents receive information about teenage pregnancy from various sources,

which may not always be accurate, leading to a lack of knowledge among adolescents due to misinformation.

Table 2. The correlation between knowledge level and peer role

Peer role	Knowledge level			Total
	good	adekuat	insufisient	
<b>Educator</b>				
Good	165	10	0	175
Adekuat	22	3	0	25
insufisient	0	0	0	0
Total	187	13	0	200
<b>Motivator</b>				
Good	135	3	0	138
Adekuat	49	3	0	52
insufisient	3	7	0	10
Total	187	13	0	200
<b>Role model</b>				
good	154	4	0	158
adekuat	27	3	0	30
insufisient	6	6	0	12
Total	187	13	0	200

Adolescent knowledge significantly influences adolescent attitudes and behaviors, so ignorance or lack of knowledge among adolescents can lead to negative attitudes. Negative attitudes will determine adolescents involvement in negative activities, such as engaging in premarital sexual relationships, which can result in teenage pregnancies (Salfadila et al., 2023) . Ignorance is one of the risk factors for a potentially unsafe pregnancy. Lack of information or understanding about high-risk pregnancies and the risks associated with them will also increase the incidence of these pregnancies. Adolescent knowledge and practice will serve as the cornerstone for later in life healthful conduct (Ayu et al., 2020).

Understanding the unsafe pregnancy or unintended pregnancy, is crucial for adolescent. Unintended refers to pregnancy that occurs when one or both of the parties involved in the negotiation do

not intend for there to be pregnant, in fact, intended but not expected at this time (Asih et al., 2021a) . Factors influencing unintended pregnancies in adolescent include: 1. lack of teenage knowledge about reproductive health. Good and accurate knowledge can enhance adolescents' ability to make decisions regarding healthy behavior. 2. A highly permissive society towards teenage promiscuity. 3. Easy access to pornography, both through social media and mass media (Ismarwati & Utami, 2017). 4. Peer influence from peers who are closely associated with adolescents. 5. Weak supervision and lack of closeness between parents and adolescents. Incorrect parenting styles can lead adolescents to feel unsupported by their families, thus seeking psychological comfort outside the family (Bain et al., 2020). 6. Children from broken households received inadequate education. The kids

weren't given the right guidance or information, which made them more susceptible to peer pressure and less likely to refrain from sex (Bain et al., 2020).

**The Role of Peer.** Peers play a significant role in shaping the behaviors and attitudes of adolescence. The majority of adolescents can act as educators, motivators, and models effectively. This proves that adolescents can interact with their peers well by exchanging information, providing motivation, and serving as examples for behavior. Adolescents views and drive are among the other elements that contribute to the emergence of reproductive health issues in them, as is a lack of knowledge about the learning processes they employ to gain understanding (Hamidiyanti & Pratiwi, 2021). In other study found that peer pressure (22%) was the major reason/ factor that influenced the respondents for their first sexual intercourse. Peers have a greater influence on both the positive and negative behaviors of their friends (Keto et al., 2020).

Peer group consists of people of the same age and social group. Peer group is considered important by adolescents in mid to late adolescence, so the influential role of parents on the child's self-concept decreases even to be replaced by their role dominated by the role of their peers. Children increasingly identify themselves with peers of the same age and follow the forms of behavior of their peer groups. Adolescents will feel happy if accepted by their peers and feel stressed if rejected by them. This triggers early sexual behavior carried out by adolescents related to their negative interactions with their peer group (Asih et al., 2021a).

Peers also influence adolescents' sexual knowledge. When adolescents spend time together, deviant behaviors from one adolescent can also be transmitted to their friends. Internalization and externalization of risky sexual behaviors occur among adolescents who

are friends with each other. Adolescents who have friends who have engaged in premarital sexual relations are more likely to engage in risky sexual behavior themselves (Sumaryani et al., 2021). The role of peer educators is to educate their peers in an adequate and structured manner, recognize individuals in need of additional help and refer them for assistance, and advocate for resources and services for themselves and their peers (Nkurunziza et al., 2020).

Adolescents will quickly realize that images and texts of pornography, clothing and fashion, sexual styles, and contraceptive use have been included in teenage knowledge through the internet. The internet has become an important source of irregular sexual and pornographic material. Audiovisual media enhances understanding of sexual reproductive health among adolescents (Sumaryani et al., 2021).

**The Correlation between knowledge level and the role of peer.** The statistical analysis results indicate that there is a relationship between adolescents' level of knowledge about reproductive health and the role of peer influence as educators with a significance value of  $p=0.04$  (less than 0.05). There is no significant relationship between knowledge and the role of peer influence as motivators with a value of  $p=0.14$  (greater than 0.05), and there is no significant relationship between the level of knowledge and the role of peer influence as role models with a value of  $p=0.42$  (greater than 0.05).

The role of friends/peers in adolescents' lives is very significant in their daily lives. Adolescents spend more time outside the home with friends as a group, and the influence of peers on attitudes, conversations, interests, and behavior is greater than the influence of family (Firdausa et al., 2023). The role of peers can be as educators, motivators, and role models. Adolescents knowledge about

reproductive health and preventing unwanted pregnancies significantly influences their implementation of their role as educators for their peers.

Peers also influence adolescents' sexual knowledge. When adolescents spend time together, deviant behaviors from one adolescent can be transmitted to their friends. There is internalization and externalization of risky sexual behaviors among adolescents who are friends with each other (Asih et al., 2021a) . Peer influence will affect teenage pregnancy prevention behaviors. Peers are friends who are of the same age, and among them, closeness is usually established. The role of peers in adolescents' lives is very significant in their daily lives. Adolescents spend more time outside the home with friends as a group, and the influence of peers on attitudes, conversations, interests, and behavior is greater than the influence of family (Firdausa et al., 2023).

The role of adolescents as motivators cannot be separated from knowledge. Although this study does not show a significant relationship between knowledge and the role as motivators, however, descriptively, it appears that the role of adolescents as motivators for healthy behavior is very high. Motivation can be characterized as the force, support, drive, excitement, pressure, or mental processes that propel individuals or groups of individuals toward the accomplishment of specific goals in line with their desires. Frequently, an underperforming motivator is not the result of a lack of skill; rather, it is the result of a lack of work motivation, which prevents the motivator from attempting to reach his maximum potential in line with the requirements of his line of work and guidance and counseling services (Bain et al., 2020).

Another role of peers is as role models. Teenage females were terrified of being pregnant, particularly if they had seen others become pregnant. They would have

to stop attending school both during and after their pregnancy in order to give birth (Harahap et al., 2023) . Teens are more likely to participate in risky sexual conduct themselves if they have acquaintances who have had premarital sex (Asih et al., 2021b) . The impact of peers, notably through relationships, communication, contact, linkages, and control within peer groups, is linked to the involvement of peers in premarital sexual conduct, which is frequent among adolescents

**Conclusion and suggestions.** Most adolescents have a good level of knowledge about preventing unwanted pregnancies. Knowledge is associated with the peer role as an educator. Peers can provide information about preventing unintended pregnancies, but efforts to prevent unintended pregnancies still need to be enhanced through the peer role as motivators and role models. As a follow-up to this research, efforts can be made to form peer groups by providing training to become educators, motivators, counselors, or role models for peers.

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