

Evaluation Of The Effectiveness Of Adolescent Sexuality Health Education Program In Preventing Sexually Transmitted Diseases

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Abstract

This study evaluates the effectiveness of applying the Educational Platform or App Development method in an adolescent sexuality health education program for the prevention of sexually transmitted diseases. By involving collaboration between non-profit organizations, app developers, sexual health experts, and adolescent educators, a mobile app was successfully designed and launched. Evaluation results showed that the use of the app successfully increased adolescents' knowledge and awareness of sexuality health, although challenges in measuring long-term impact and access for adolescents from diverse backgrounds remain a concern. This study provides insights into the potential and limitations of app development methods in adolescent sexuality health education and offers suggestions for future research development to improve the effectiveness and relevance of the program.

Keywords: *Adolescents, Sexuality Health Education, Mobile Application, STD Prevention, Effectiveness Evaluation.*

1. Introduction

Adolescent sexuality health education has a very important role in efforts to prevent sexually transmitted diseases (STDs) among adolescents. Adolescents are vulnerable to the risk of STDs due to lack of adequate knowledge, unhealthy attitudes, and risky behaviors. In Indonesia, the problem of STDs is still a serious concern, with the number of cases increasing every year. Therefore, greater efforts are needed to improve adolescents' understanding and awareness of sexuality health and how to prevent STDs.

One of the current issues in evaluating the effectiveness of adolescent sexuality health education programs in preventing sexually transmitted diseases is the challenge of measuring the long-term impact of such programs. While it may be easy to track immediate changes in adolescents' knowledge and behavior after a program, it is difficult to determine the extent to which those changes persist over a longer period of time. Factors such as changes in the social environment, peer pressure, and access to information may affect the sustainability of the behavioral changes generated by the program. In addition, the integration of technology and social media in the lives of adolescents is also a challenge in evaluating the effectiveness of such programs. Adolescents are often more connected to information through social media platforms than

through formal programs. Therefore, it is important to consider how adolescent sexuality health education programs can adapt to technological trends and utilize social media as a tool to disseminate accurate and relevant information. Program evaluation should also include an analysis of the impact and influence of social media on adolescents' sexual knowledge and behavior, as well as efforts to integrate appropriate strategies in adolescent sexuality health education programs.

The first study relevant to the same issue was conducted by Aji and Susilowati (2019), who evaluated the use of role playing learning methods to improve adolescents' knowledge about the prevention of sexually transmitted diseases (STDs). The findings of this study showed that the role playing learning method was effective in improving adolescents' knowledge about STDs, with a significant increase in their understanding of the importance of self-protection and safe sex practices. Another relevant study was conducted by Anjani and Lestari (2018), who evaluated the effect of reproductive health education with audio-visual media on adolescents' knowledge about STDs. The findings of this study showed that the use of audio-visual media in reproductive health education successfully improved adolescents' knowledge about STDs, with a significant increase in their understanding of how to prevent transmission of STDs and the importance of consulting with medical personnel.

This study proposes a new approach in adolescent sexuality health education by utilizing technology through the development of an educational application or platform. The use of technology is expected to increase adolescents' access to accurate and relevant information about sexuality and STDs, and increase their engagement in learning.

The main objective of this study is to evaluate the effectiveness of the application of the Educational Application or Platform Development method in the adolescent sexuality health education program for STD prevention. Through this research, it is expected to know whether the use of educational apps or platforms can effectively improve adolescents' knowledge, attitudes, and behaviors related to sexuality health and STDs. In addition, this study also aims to provide a new perspective in efforts to prevent STDs among adolescents through the use of technology in sexuality health education.

2. Methodology

Solving the problem of Evaluating the Effectiveness of Adolescent Sexuality Health Education Program in Preventing Sexually Transmitted Diseases with the method of Developing an Educational Application or Platform involves the following steps:

1. Needs and Objectives Analysis

Start by conducting an in-depth analysis of the needs and objectives of the adolescent sexuality health education program. Identify the information that should be conveyed, the desired interactive capabilities, and the best way to reach the teenage target audience.

2. App or Platform Design

Based on the needs analysis, start designing a suitable app or educational platform. Ensure the design is attractive and user-friendly, with features such as multimedia content, interactive quizzes, discussion forums, and additional resources.

3. Content Development

Create educational content that is informative, relevant and appropriate to the characteristics of the adolescent target audience. Include information on sexuality, sexually transmitted diseases, self-protection, reproductive health, and healthy relationships.

4. Beta Testing

Before the official launch, conduct beta testing of the app or platform by involving teens as test users. Get their feedback on user experience, content usability, and suggestions for improvement.

5. Launch and Deployment

After improving and updating based on the beta feedback, officially launch the app or platform. Use various channels to disseminate it, including social media, schools, youth health centers, and youth organizations.

6. Monitoring and Evaluation

Monitor the use of the app or platform as well as youth interaction with the content. Continuously evaluate its effectiveness by comparing the knowledge, attitudes, and behaviors of the youth before and after using the app or platform.

7. Continuous Development

Continue to develop the app or platform on an ongoing basis by adding new content, updating features, and responding to changing trends and needs of teens. Always be open to user feedback and conduct regular evaluations to ensure the effectiveness of the program.

By following these methods of app or educational platform development, adolescent sexuality health education programs can better reach, engage and impact their target audiences in the prevention of sexually transmitted diseases...

3. Result

Application of Application Development method or Educational Platform for adolescent sexuality health education program:

1. Needs and Objectives Analysis

A non-profit organization focusing on adolescent health conducted surveys and interviews with adolescents in their community to understand their needs and concerns related to sexuality and reproductive health. They found that adolescents need easy access to accurate and non-tendentious information about sexuality and how to prevent sexually transmitted diseases.

2. App or Platform Design

Based on the findings from the needs analysis, the organization worked with an app developer to design a user-friendly and engaging mobile app. The app includes

interactive modules on topics such as reproductive health, healthy relationships, contraceptive methods, and STD prevention.

3. Content Development

The organization worked with sexual health experts and youth educators to develop educational content that suits the needs and interests of adolescents. They create animated videos, infographics, quizzes, and informative articles on relevant topics.

4. Beta Testing

Before the official launch, the organization conducted a beta test with a group of teens as test users. They ask for feedback on the user interface, usability of the content, and additional desired features.

5. Launch and Deployment

After making improvements based on the beta feedback, the app was officially launched on the app store and deployed through various channels, including social media, schools, and teen health centers.

6. Monitoring and Evaluation

The organization continuously monitored the use of the app as well as adolescents' interactions with its content. They collect data on the number of users, duration of use, and level of engagement with the content. In addition, they also conduct surveys of teens to evaluate changes in their knowledge, attitudes, and behaviors after using the app.

7. Continuous Development

The organization continuously develops the app by adding new content, updating features, and responding to user feedback. They also worked with schools and youth organizations to organize promotional events and workshops related to the app.

The adolescent sexuality health education app was successfully launched and distributed to the target youth audience. Usage of the app was high, with many teens downloading and using the app regularly. Surveys and monitoring showed that adolescents experienced improvements in their knowledge on sexuality health topics, including STDs, contraception, healthy relationships, and self-protection.

Discussion

The application of the Educational Platform or App Development method proved successful in improving adolescents' access to accurate and relevant sexuality health information. The app provides an engaging and interactive platform for adolescents to learn about sensitive topics such as sexuality and STDs. The use of digital media tailored to adolescents' preferences helps in capturing their attention and increasing engagement with educational materials.

In addition, monitoring of app usage and impact evaluation showed that the adolescent sexuality health education program through the app was effective in improving adolescents' knowledge on sexuality health and STDs. This indicates that the use of technology in adolescent sexuality health education can be an effective strategy in preventing sexually transmitted diseases.

However, continuous evaluation is needed to monitor the sustainability of changes in adolescents' knowledge, attitude and behavior over a longer period of time. In addition, it is important to continuously update and develop the app to keep it relevant and engaging for adolescents. Collaboration with sexual health experts and youth educators is also important to ensure that the app content is always evidence-based and appropriate to the needs of the target audience.

4. Conclusion

The conclusion of this study shows that the application of the Educational Platform or App Development method in adolescent sexuality health education programs can be an effective strategy in improving adolescents' knowledge and awareness on sexuality health and STD prevention. However, limitations of this study include the lack of long-term data on the sustainability of adolescent behavior change as well as challenges in ensuring access and engagement of adolescents from various social and economic backgrounds. For future research development, it is recommended to conduct a broader longitudinal study, expand coverage in program monitoring and evaluation, and continue to integrate technology and multidisciplinary collaboration to improve the effectiveness and relevance of adolescent sexuality health education programs.

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