ABSTRACT

The Effectiveness of the SAPA REPRO Program in Improving Reproductive Health Knowledge among Housewives and Adolescents in Bukit Pariaman Village, East Kalimantan, Indonesia

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Background : Reproductive health is an essential component of public health, yet awareness and knowledge regarding reproductive health remain limited in some rural communities. In Bukit Pariaman Village, Tenggarong Seberang District, Kutai Kartanegara Regency, education is needed to improve understanding of reproductive health, including routine checkups and early detection of cervical cancer among housewives, as well as reproductive hygiene, personal boundaries, and the prevention of risky behaviors among adolescents. Therefore, the SAPA REPRO program was developed as an educational initiative targeting these two groups.

Objective : To evaluate the effectiveness of the SAPA REPRO program in improving reproductive health knowledge among housewives and adolescents in Bukit Pariaman Village through educational interventions tailored to the needs of each group.

Research Methods/ Implementation Methods : This study used a pre-experimental design with a one-group pretest–posttest approach to evaluate the effectiveness of the SAPA REPRO educational program. The program was conducted on July 14–15, 2026, in Bukit Pariaman Village, Tenggarong Seberang District, Kutai Kartanegara Regency, Indonesia. A total of 68 participants were involved, consisting of 32 housewives from the Family Welfare Movement (PKK) and 36 senior high school students participating in PMR and BioClub. Educational sessions were tailored to each group: housewives received education on reproductive health checkups and early detection of cervical cancer through visual inspection with acetic acid (VIA), while adolescents received education on reproductive hygiene, personal boundaries, and the prevention of risky behaviors. Participants' knowledge was assessed before and after the intervention using questionnaires. Data were analyzed using the Shapiro–Wilk normality test and the Wilcoxon Signed Rank Test to determine changes in knowledge following the educational sessions.

Results : The SAPA REPRO program demonstrated a statistically significant improvement in reproductive health knowledge among both participant groups. Among the 32 housewives in Volume 1, the Wilcoxon Signed Rank Test showed a significant difference between pretest and posttest scores ($Z = -4.859$, $p < 0.001$). Similarly, among the 36 adolescents in Volume 2, a significant improvement was observed ($Z = -5.352$, $p < 0.001$). These findings indicate that the educational interventions effectively increased participants' knowledge of reproductive health. The housewives gained knowledge about reproductive health checkups and early detection of cervical cancer through IVA testing, while adolescents improved their understanding of reproductive hygiene, personal boundaries, and the prevention of risky behaviors.

Conclusion/Lesson Learned : The SAPA REPRO program effectively improved reproductive health knowledge among housewives and adolescents in Bukit Pariaman Village, as demonstrated by statistically significant differences between pretest and posttest scores ($p < 0.001$). Tailored educational interventions can help increase awareness of reproductive health, encourage early detection of cervical cancer, and promote healthy behaviors among adolescents.

Keyword : Reproductive health, health education, SAPA REPRO, adolescents, cervical cancer prevention.