



# Assistance for Youth Counselors in Efforts to Improve the Implementation of PIK-R

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## ABSTRAK

Pusat Informasi dan Konseling Remaja merupakan wadah program kegiatan yang dikelola untuk remaja. Tujuan dari pengabdian ini adalah untuk memberikan wawasan segar mengenai fungsi remaja PIK sebagai pusat informasi remaja serta memberikan pengetahuan dan keterampilan kepada konselor remaja mengenai kesehatan reproduksi remaja. Hal ini dilakukan dengan optimalisasi pencatatan dan pelaporan PIK-KR serta pelatihan penyuluh remaja melalui sosialisasi melalui role play, ceramah, diskusi dan pendampingan program PIK-R serta penataan sistem pencatatan pelaporan dan simulasi pengisian PIK- dokumen R. Menguji pengetahuan dan keterampilan kader remaja mengenai kesehatan reproduksi remaja dan permasalahannya dengan memberikan pre-test dan post-test. Hasil pengabdian masyarakat menunjukkan bahwa dari 30 orang peserta diklat pada pre-test, 28 orang mendapat nilai <50 dan 2 orang peserta mendapat nilai >50, dengan rata-rata skor 40,8. Setelah dilakukan intervensi terjadi peningkatan pengetahuan yang dibuktikan dengan peningkatan nilai post-test peserta pelatihan. Hasil penelitian menunjukkan peningkatan dengan rata-rata skor 80. Kesimpulan dari pengabdian masyarakat ini adalah intervensi yang dilakukan oleh tim pengabdian masyarakat terbukti efektif dalam meningkatkan pengetahuan peserta pelatihan. Disarankan untuk melanjutkan intervensi yang sama dengan peserta lain untuk meningkatkan pengetahuan mereka secara keseluruhan.

## ABSTRACT

The Youth Information and Counseling Center is a forum for program activities managed for teenagers. The aim of this service is to provide refreshing insight into the function of PIK teenagers as a youth information center and to provide knowledge and skills to youth counselors regarding adolescent reproductive health. This is done by optimizing PIK-KR recording and reporting and training youth counselors by means of socialization through role playing, lectures, discussions and mentoring on the PIK-R program as well as structuring the reporting recording system and simulating how to fill out PIK-R documents. Testing the knowledge and skills of adolescent cadres is regarding adolescent reproductive health and its problems by providing pre-tests and post-tests. The results of the community service show that out of 30 training participants in the pre-test, 28 people got a score <50 and 2 participants got a score >50, with an average score of 40.8. After the intervention was carried out, there was an increase in knowledge as evidenced by an increase in the post-test scores of the training participants. The results showed an increase with an average score of 80. The conclusion of this community service is that the intervention carried out by the community service team has proven to be effective in increasing the knowledge of training participants. It is recommended to continue the same intervention with other trainees to improve their overall knowledge.

## 1. INTRODUCTION

Teenagers have very complex problems along with the transition period that teenagers experience. Problems that stand out among teenagers are issues surrounding sexuality, HIV and AIDS and drugs, the low knowledge of teenagers about Adolescent Reproductive Health and the median age at first marriage for women is still relatively low, namely 19.8 years (Casey et al., 2010; Pati Saghu et al., 2022; Solehati et al., 2022). Apart from that, teenagers also often face pressure from peers, family and society in maintaining their reputation and image. The development of technology and social media also influences teenagers' thinking patterns and behavior, such as gadget addiction and cyberbullying. Teenagers' lack of

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understanding regarding safe sex practices and contraception is also caused by the absence of comprehensive sex education in schools (Abbas et al., 2019; Farré et al., 2020). Teens may also be exposed to harmful sexual habits and false relationship expectations due to the widespread use of online platforms and easy access to explicit content. Additionally, constant exposure to unrealistic body standards and edited images on social media platforms can cause teens to develop negative body image and low self-esteem (Brewster et al., 2000; Jiotsa et al., 2021; Morris & Katzman, 2003). Additionally, the pressure to maintain a perfect online persona can increase anxiety and stress among teens, as they seek validation and acceptance from their peers.

The Youth Information and Counseling Center is a forum for program activities managed by and for teenagers. Youth PIK managers are young people/adolescents who are committed and directly manage Youth PIK and have attended training by the BKKBN (Ismarwati et al., 2022; Kim & Lee, 2023). The PIK Youth management consists of the Chair, Administration Section, Program and Activities Section, Peer Educators and Peer Counselors. The formation of Youth PIK is expected to help bring closer access for teenagers to GenRe information, especially Teenage Reproductive Health, Teenagers' Preparation for Family Life, Life Skills, Population and Family Development. PIK Pemuda also aims to provide assistance and counseling to teenagers in need. With PIK Pemuda, it is hoped that teenagers will have better knowledge about these problems and can make wise decisions in their lives. By providing teenagers with information about Adolescent Reproductive Health, Preparation for Family Life, Life Skills, Population and Family Development, PIK Teens aims to empower them to make the right decisions. In addition, the support and counseling provided by PIK Pemuda will ensure that teenagers have a reliable source of guidance when facing challenges related to these problems (Díez et al., 2020; Salam et al., 2016).

Based on the results of observations, PIK-R, Togafo Village, West Ternate City, was formed in January 2022. The process of implementing the Counseling Information Center Program in Togafo Village, West Ternate City, should run continuously and be a medium for teenagers to discuss and resolve adolescent reproductive health problems, but these efforts not working optimally. This is based on data that PIK-R activities in Togafo Village, West Ternate City are still focused on youth posyandu services in the form of physical examinations of blood pressure, height and weight of teenagers in general which have not been documented and have not provided private consultation services to teenagers to convey their problems openly. So that specific youth problems have not been widely identified and this has resulted in less than optimal functions and duties of the PIK-R implementation team, Togafo Village, West Ternate City, because the PIK-R TEAM is still composed of students and university students.

Based on the results of a preliminary study by the proposing team with officers holding the PIK-R program in Togafo Village, the following problems can be identified. The documentation system for PIK-R activities (Posyandu Activities) in Togafo Village has not been well documented, PIK-R managers have not understood and gained knowledge about reproductive health, PIK-R managers have the status of pupils and students so they do not have time to carry out planned activities, Special rooms for consultations for teenagers are not yet available. This activity was carried out to provide refreshing insight into the function of PIK teenagers as a youth information center and to provide knowledge and skills to youth counselors regarding adolescent reproductive health in Togafo Village. The socialization of the role of PIK youth also provides a strategic overview for managers in developing and assisting PIK members regarding planning and structuring PIK-R Sandiwa reporting records. This activity also directs collaboration with the nearest health service, namely the community health center, to provide periodic health services.

## 2. METHOD

Based on the results of problem identification, the proposing team takes a step-by-step approach to solving the problem. This activity was carried out in the context of empowering teenagers in implementing the youth PIK program in Togafo Village, West Ternate District. The solution steps offered to solve this problem is show in Table 1, and Table 2.

**Table 1. Optimization of PIK-R recording and Reporting**

Indicator	Description
Purpose of Activity	This activity was carried out to provide refreshing insight into the function of PIK Teens as a youth information center in Togafo Village. The socialization of the role of PIK youth also provides a strategic overview for managers in developing and assisting PIK members regarding planning and structuring PIK-R Sandiwa reporting records. This activity also directs collaboration with the nearest health service, namely the community health center, to provide periodic health services.

Indicator	Description
Contents of Activities	Socialization of Sandiwa's PIK-R role includes: understanding PIK-R, functions and objectives of PIK-R, organizational structure of PIK-R, Togafo Village, West Ternate District. Duties of PIK-R implementers, adolescent Reproductive Health triad, scope of adolescent cadres, functions of adolescent cadres, duties of adolescent cadres and PIK-R recording and reporting
Target	Trustees and Managers of PIK-R Togafo
Strategy	Lectures, discussions and guidance on the PIK-R program as well as structuring the reporting recording system and simulations on how to fill out PIK-R documents
Evaluation	Test participants on their knowledge of PIK-R recording and reporting by asking questions directly during this activity.
Target Results	Increased participant knowledge about the role of PIK-R. as well as the availability of recording and reporting books
Partner Participation	Partners are expected to understand and remain consistent in filling out the recording and reporting books.

**Table 2. Youth Counselor Training**

Indicator	Description
Purpose of Activity	Providing knowledge and skills to adolescent counselors regarding adolescent reproductive health
Contents of Activities	PIK R program training which includes, Peer Counselor, Adolescent growth and development, Reproductive Health, prevention of sexually transmitted diseases, HIV/AIDS, PKHS
Target	Teen Counselor
Strategy	Lectures, discussions, demonstrations, role plays are carried out by the chairman and proposing members
Evaluation	Testing the knowledge and skills of adolescent cadres regarding adolescent reproductive health and its problems by providing pre-tests and post-tests
Target Results	Increasing the knowledge and skills of youth cadres on adolescent reproductive health. There is a training certificate for youth cadres and managers

The community service location of the community service was carried out in the "Teras Smart" building, Togafo Village, West Ternate District. In this activity, the targets were PIK-R Managers and Youth Cadres in Togafo Village. Implementation of Community Service activities in Togafo Village includes: 1, planning stage, at this stage we coordinate with the Subdistrict and PIK-R Advisors as well as Youth Cadres for Mentoring and Training activities. 2, Preparation Stage, After coordinating, the targets for which training will be provided are determined, time, place, tools and materials, as well as preparing materials, training modules, and needs for implementing PKM which have been agreed with the PIK-R management and Youth Cadres. 3, Implementation Stage, Training activities were carried out for 2 days to deepen reproductive health material for PIK-R Managers accompanied by supervisors, namely the Village Head, Village Midwife, PLKB, POKJA IV PKK Village.

The evaluation was carried out by socializing the role and function of PIK-R to all stakeholders and also youth cadres in Togafo Village. Next, the teenagers practice counseling with their peers. Monitoring and evaluation was carried out at the youth posyandu in the following month. The facilities used in this service are in the "Smart Terrace" room, Togafo Village, West Ternate District. The tools and materials are laptops, infocus and other stationery equipment.

Pre-activity evaluation aims to find out to what extent the training participants, in this case PIK-R managers and Youth Cadres, know and understand reproductive health and life skills material. Evaluation is carried out by distributing questionnaires containing questions about knowledge and understanding of reproduction in general. Phase 1 post-activity evaluation is carried out during mentoring training by evaluating activities, namely by distributing activity posttest questionnaires. The aim is to see how far teenagers' understanding and knowledge go after attending the training. Phase 2 post-activity evaluation, namely after completing the training activities, is intended to see whether teenagers in Togafo Village have utilized the counseling room and Whatsapp group, by monitoring teenagers who access these facilities.

### 3. RESULT AND DISCUSSION

#### Result

The results of this community service are described in stages of implementation. At this stage of preparation, all partners contacted by the PKM Team to coordinate activities can work together well and targets for training in this PKM activity are determined. The implementation stage was also carried out well. The first day of training activities began with an opening and a welcome from the Village Head as the PIK-R supervisor. Furthermore, enrichment material on reproductive health is provided by the PKM Team according to the type of expertise required, in this case midwifery lecturers who are experienced in the field of reproductive health. This service activity begins with a pre-test activity to see the knowledge of the participants. The method applied is presentation of material and lectures by the PKM Team using power point, delivery of material is also accompanied by discussions and questions and answers between participants and the PKM Team, as well as counseling practices between fellow participants. The documentation of community service is show in [Figure 1](#).



**Figure 1.** Providing Understanding by the Community Service Team to Participants

The results of the pre-test of 30 training participants, there were 28 people who got a score <50 and 2 participants got a score >50, with an average score of 40.8. From the results of this pre-test, it can be concluded that the majority of PIK-R managers and adolescent cadres do not properly understand reproductive health. After the pre-test was carried out, the team continued with the presentation of the material using power point media, followed by a question and answer discussion session and also carried out counseling practices on reproductive health. Next, a post test was held to see whether this activity could increase participants' knowledge or not. From the post test results of the training participants, the results showed an increase with an average score of 80. More details can be seen in [Table 3](#).

**Table 3.** Increase in Participant Knowledge

Pre-Test		Post-Test	
Results <50	Results >50	Results <50	Results >50
25	5	2	28
83.3%	16.7%	93.3%	6.7%

In this activity the Team also recorded and reported PIK-R, optimized the WA group so that communication with fellow managers and cadres could be conveyed. In addition, the Team ensures that all PIK-R records and reports are accurately documented and shared with relevant stakeholders. They also work to improve the efficiency of the WA group by simplifying communication channels and ensuring important information reaches managers and cadres on time. The team is also trying to improve the PIK-R reporting system by implementing more sophisticated technology, such as the use of mobile applications to record and report data. This is expected to increase efficiency and accuracy in PIK-R reporting.

#### Discussion

The results of the pre-test on 30 training participants, there were 28 people who got a score <50 and 2 participants got a score >50, with an average score of 40.8. From the results of this pre-test it can be

concluded that the majority of PIK-R managers and adolescent cadres do not understand reproductive health well. This shows that there is still a lack of knowledge and understanding regarding reproductive health among PIK-R managers and adolescent cadres. Further efforts are needed to improve their understanding in order to provide accurate and comprehensive information to the public. Increasing understanding of reproductive health among PIK-R managers and adolescent cadres is very important in encouraging responsible sexual behavior and preventing reproductive health problems (Afriani et al., 2023; Pasay-an et al., 2020). These efforts may include providing comprehensive training programs, workshops, and educational materials specifically tailored to their needs. Additionally, it is important to overcome cultural or social barriers that may hinder the dissemination of accurate information and encourage open discussions about reproductive health (Arulmohi et al., 2017; Thongmixay et al., 2019).

After carrying out the pre-test, the team continued with presenting the material using power point media, followed by a question and answer discussion session and also carried out reproductive health education practices. Next, a post test was carried out to see whether this activity could increase the participants' knowledge or not. From the post test results of the training participants, it was found that the results had increased with an average score of 80. The post test results showed an increase in the average score of 80, which indicates that this activity was effective in improving the abilities of the training participants. This shows that the use of power point media and reproductive health counseling practices can provide significant benefits in learning. The increase in participants' post-test scores indicates that incorporating PowerPoint media and counseling practices into reproductive health education can be very beneficial in learning. These findings highlight the potential of these activities to increase participants' knowledge and understanding in meaningful ways.

Increasing understanding of reproductive health among PIK-R managers and adolescent cadres is very important in encouraging responsible sexual behavior and preventing reproductive health problems (Agustini & Ida Ayu Ningrat Pangruating Diyu, 2022). Increasing understanding of reproductive health can help PIK-R managers and adolescent cadres understand the importance of using effective contraception and self-protection in sexual relations (Dayal & Gundi, 2022; Guzzo & Hayford, 2018). In addition, a good understanding of reproductive health can also help them recognize signs of sexually transmitted infections and take action to seek appropriate medical care and treatment (Garcia et al., 2021; Otu et al., 2021). By prioritizing health, PIK-R managers and adolescent cadres can ensure safer and healthier sexual experiences, reducing the risk of unwanted pregnancy and transmission of sexually transmitted diseases. Additionally, improving reproductive health education can empower them to make informed decisions regarding their sexual health, fostering a culture of responsible behavior and overall well-being within their communities (Hastuti et al., 2019; Hubert et al., 2019).

Efforts to increase understanding of PIK-R can take the form of providing comprehensive training programs, workshops and educational materials specifically tailored to their needs. Apart from that, the use of information and communication technology can also be used to provide wider access to the public in gaining an understanding of PIK-R (Hastuti et al., 2019; Muthmainnah et al., 2021). For example, online platforms and social media can be used to spread information about PIK-R and reach a wider audience. Additionally, collaboration with relevant organizations and experts can further increase the effectiveness of these efforts by bringing diverse perspectives and expertise (Castañer & Oliveira, 2020; Mite Setiansah et al., 2022). By collaborating with relevant organizations and experts, outreach efforts regarding PIK-R can be more effective because they can present a variety of points of view and expertise. In addition, by utilizing online platforms and social media, information about PIK-R can be disseminated more widely to the public so that they can gain a better understanding (Hastuti et al., 2019; Mite Setiansah et al., 2022). Additionally, partnering with influential individuals and thought leaders can also amplify the reach and impact of information about PIK-R. Their endorsement and support can help attract attention and credibility, encouraging more people to engage with the information and take necessary action.

It is important to overcome cultural or social barriers that may hinder the dissemination of accurate information and encourage open discussion about reproductive health (Adongo et al., 2013; Kavanaugh et al., 2019). This can be done through an inclusive and comprehensive educational approach, namely actively involving the community in discussing reproductive health issues. In addition, it is also important to increase awareness of the importance of reproductive health and provide easy access to accurate and reliable information on this topic. By addressing cultural or social barriers, we can create a safe and supportive environment where individuals feel comfortable seeking information and discussing their reproductive health concerns. Additionally, ensuring that health care providers are trained in culturally sensitive practices can help bridge gaps between different communities and increase access to quality reproductive health services (Mahur et al., 2022; Schaaf et al., 2020).

The implications of this research can help youth counselors to identify areas of deficiency and improve strategies that are less effective in implementing PIK-R. In this way, the quality of youth counseling

services can be improved, providing greater benefits for participants. However, research findings may not be directly applicable in general because they may be limited to a particular sample or context. Therefore, caution is needed in generalizing the results of this study to a wider population. Apart from that, it is also necessary to carry out regular evaluation and monitoring of these community service activities to ensure their sustainability and effectiveness in increasing the understanding and skills of PIK-R managers.

#### 4. CONCLUSION

From this community service it can be concluded that there has been an increase in the knowledge and understanding of participants, namely PIK-R administrators and Togafo Village Youth Cadres, seen from the average score which has increased, namely 80 from the previous average score of 40.6. In this activity, the Team also organized PIK-R recording and reporting, optimizing the WA group so that communication with fellow managers and cadres could be conveyed. Considering the large benefits of this community service activity, it is then necessary to hold similar community service in other sub-districts in Ternate City. Effective time is needed in implementing training for better mastery of reproductive health material for PIK-R managers and Youth Cadres. This can be done by involving experts or assistant staff who have knowledge and experience in the field of reproductive health.

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