

## ADOLESCENT KNOWLEDGE ABOUT SEXUALITY AND REPRODUCTIVE HEALTH: VALIDITY AND RELIABILITY TESTS OF RESEARCH INSTRUMENTS AND ITS INTERPRETATION

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### ABSTRACT

Adolescents have sexual and reproductive health needs. Adolescence is a transitional period that needs to be given an understanding of sexual and reproductive health. One of the efforts that can be made so that adolescents get information about sexual and reproductive health is health education about sexuality. Talking about sexual and reproductive health is no longer taboo. This paper aims to identify content validity testing questions about adolescent knowledge related to sexual and reproductive health. This research was conducted in 4 schools in the city of Kendari which were divided into 2 groups (case and control). The two groups were jointly given a questionnaire (pre-posttest) on sexual and reproductive health. The sample in this study were boys and girls in class X-XI adolescents aged 15-17 years. This study uses a true experiment. The control group was not given intervention while the case group was given intervention. Data collection using a questionnaire. The pretest-posttest results in the control group showed an Asymp.Sig(2-tailed) value of 0.029, in the case group with an Asymp.Sig(2-tailed) value of 0.000. In this study to test the validity and reliability of the questionnaire instrument used was the Alpha Cronbach Test.

**Keywords:** Adolescent Knowledge, Sexuality Education, Reproductive Health Literacy, Validity Testing, Reliability Testing

### INTRODUCTION

Ignorance of adolescents about sexual and reproductive health is one of the factors that triggers an increase in sexual behavior due to a lack of knowledge about reproductive health. Reproductive health means not only being free from disability, disease (Rosidaningrum et al, 2020). One of the important issues for building and developing health in society is adolescent knowledge about sexuality and reproductive health. The low knowledge that adolescents have about sexual and reproductive health, which is still very low, has the potential to cause unwanted behavior such as free sex, pregnancies outside of marriage, sexually transmitted diseases and so on. Many sources are media for learning both books, learning about sexuality and the mass media. Information from the mass media, if not based on adequate knowledge, will trigger irresponsible sexual behavior. (Rosidaningrum et al, 2020).

Lack of knowledge and information as well as low self-control are factors that can influence behavior so that it is at risk of causing bad behavior. The inability to control oneself has the potential for imbalance in controlling sexual urges. The ease of accessing information through various media in the millennial era certainly provides great benefits in people's lives in general, the lives of adolescents in particular, but the development of the world of technology is often used inappropriately, access to information at low cost and even free of charge will provide

opportunities for adolescents to creative to negative things (Kasim, 2014). The speed of information leads to the acceleration of adolescent association which is getting out of control.

Sexuality education is the key to reducing risk and improving youth's Sexual and Reproductive Health (SRH), but many adolescents lack adequate knowledge and experience poor access to SRH information. Parents are no less important in contributing to adolescent knowledge about sexuality and reproductive health. Lack of communication, support, and information (Murdiningsih et al., 2020), especially parents regarding sexuality will trigger problems resulting in an inability to prevent unethical adolescent behavior.

## RESEARCH METHOD

Research methodology is the science of studying how research is carried out scientifically (Patel, 2019). In research, several instruments can be used, one of which is a questionnaire (Tsang et al., 2017). In this study the instrument used was a questionnaire consisting of 20 question items. This questionnaire was given to respondents with the same criteria as the actual research sample, to measure adolescent knowledge about sexual and reproductive health. The questionnaire used was first tested for validity and reliability. Validity test was carried out 2 times.

## RESULTS AND DISCUSSION

In this study to test the validity and reliability of the questionnaire instrument used was the Alpha Cronbach Test with the following results:

**Table 1**  
**Statistical test results with Alpha Cronbach Test**

No	Question Items	Test		Retest	
		Corrected Item-Total Correlation	Cronbach's Alpha	Corrected item-Total Correlation	Cronbach's Alpha
1	Reproductive health is a state of physical, mental and sexual well-being related to the reproductive system and its functions	0.335	0.823	0.836	0.975
2	Hormonal role for the process of growth in sexuality and reproductive health	0.327		0.833	
3	Sexuality and reproductive health are related to biology lessons.	0.378		0.836	
4	During puberty, there will be changes in the body	0.453		0.842	
5	The first sign of puberty in boys is a wet dream	0.550		0.883	
6	Menstrual blood comes out of the vagina	0.400		0.744	
7	The female reproductive organs are the vagina, uterus and ovaries	0.409		0.887	
8	The male reproductive organs are the penis, testicles and scrotum	0.648		0.836	

9	Urine comes out of the vagina for women and urine comes out of the penis for men	0.186	0.744
10	The hymen is a sign of female virginity	0.382	0.796
11	One of the functions of the vagina is to secrete fluid or blood produced from the uterus	0.039	0.832
12	Leucorrhoea can occur before women experience menstruation	0.526	0.850
13	Menstruation is an early sign of teenage girls	0.442	0.756
14	Puberty is a transitional period from childhood to adolescence	0.261	0.735
15	If a boy enters adolescence there will be a change in voice	0.165	0.756
16	Physical changes in young girls are marked by enlarged breasts and hips	0.563	0.735
17	In women entering adolescence is marked by the arrival of menstruation every month	0.361	0.883
18	In young men, signs of physical maturity can be seen from the growth of a mustache/beard and Adam's apple	0.599	0.649
19	The male reproductive organ is the penis is the male reproductive organ, and the vagina is the female reproductive organ	0.569	0.784
20	Adolescence is characterized by interest in the opposite sex	0.464	0.929

**Tabel 2**  
**Reliability Knowledge test 1**  
**Case Processing Summary**

		N	%
Cases	Valid	32	100.0
	Excluded	0	.0
	Total	32	100.0
<b>Reliability Statistics</b>			
Cronbach's Alpha		N of Items	
.823		20	
<b>Item-Total Statistics</b>			
Scale Mean if	Scale Variance if	Corrected Item-Total	Cronbach's Alpha if Item Deleted

	Item Deleted	Item Deleted	Correlation	
A1	48.75	23.548	.335	.819
A2	48.91	23.959	.327	.818
A3	48.47	22.902	.378	.817
A4	48.25	23.742	.453	.813
A5	48.41	22.572	.550	.807
A6	48.34	23.717	.400	.815
A7	48.28	23.822	.409	.815
A8	48.22	23.144	.648	.806
A9	48.38	24.306	.186	.827
A10	48.72	23.241	.382	.816
A11	48.91	25.249	.039	.833
A12	48.84	21.620	.526	.807
A13	48.63	23.081	.442	.813
A14	48.31	24.157	.261	.822
A15	48.16	25.104	.165	.824
A16	48.34	23.007	.563	.808
A17	48.41	23.797	.361	.817
A18	48.47	22.644	.599	.805
A19	48.25	23.290	.569	.809
A20	48.56	22.641	.464	.811

**Tabel 3**  
**Reliability Knowledge re-test**  
**Case Processing Summary**

		N	%
Cases	Valid	32	100.0
	Excluded	0	.0
	Total	32	100.0

**Reliability Statistics**

Cronbach's Alpha	N of Items
.975	20

**Item-Total Statistics**

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
AA1	51.63	55.726	.836	.973
AA2	51.84	53.684	.833	.973
AA3	51.63	55.726	.836	.973
AA4	51.84	53.620	.842	.973
AA5	51.81	53.383	.883	.972
AA6	51.59	56.572	.744	.974
AA7	51.78	53.467	.887	.972

AA8	51.63	55.726	.836	.973
AA9	51.59	56.572	.744	.974
AA10	51.88	53.919	.796	.973
AA11	51.81	53.770	.832	.973
AA12	51.84	53.555	.850	.973
AA13	51.66	55.910	.756	.974
AA14	51.66	56.039	.735	.974
AA15	51.66	55.910	.756	.974
AA16	51.66	56.039	.735	.974
AA17	51.81	53.383	.883	.972
AA18	51.56	57.415	.649	.975
AA19	51.78	54.241	.784	.974
AA20	51.66	54.878	.929	.972

Based on the table above, the TEST results show that the Corrected Item-Total Correlation value still has a number of questions with a value below 0.40 even though the reliability value is 0.823, because according to Brown 2001 the Corrected Item-Total value is  $> 0.40$  (Shelby, 2011), so the question items are corrected. followed by RETEST which shows a Corrected Item-Total Correlation value above 0.40 and a reliability value of 0.975 (very strong) so that it can be concluded that the questionnaire knowledge variable is valid and reliable

## CONCLUSION

This instrument is declared valid and reliable for use in research as shown by statistical test results using the Alpha Cronbach Test.

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