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# Proceeding

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# Reproductive Health Education With Pupuh Sunda Among Elementary Students In Kuningan District Of West Java

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**Abstract.** Various studies recommend the importance of reproductive health education for early adolescents. Selection of the appropriate media should be taken into account. Pupuh Sunda is the local culture of Kuningan District, learned in elementary school and is often used as a competition arena. This study was conducted to make learning innovation with pupuh Sunda. This quasi-experimental research was done with a non-randomized pre test and post-test. The study was conducted at SD Negeri 2 Setianegara in Kuningan District Year 2016. The sample was 40 students. The research instrument included Pupuh Sunda poems and their explanation and questionnaire. Quantitative data analysis used a paired t-test. There was a significant difference in students' knowledge on the pre-test and post test (p value of 0.000 and the mean difference of 10.87). Pupuh Sunda could be used as an innovative media to improve reproductive health knowledge of elementary students.

**Keywords:** Reproductive Health Education, Pupuh Sunda.

## INTRODUCTION

Improving the quality of Indonesian human life with healthy Indonesia program is a priority agenda to 5 of Nawa Cita. Based on the strategic plan of the Ministry of health in the Year 2015-2019, program priorities strengthening health services use wholesome family approach. To achieve a healthy family, it must be approached continuum of care and sustainable life cycle at all stages of the human life cycle. One such school children and adolescents. One important issue in adolescents, namely reproductive health.

Based on BKKBN (2014), the number of teenagers who have sex and get pregnant out of wedlock in Indonesia increased (Witjaksono J, 2014). Similarly in Kuningan District, West Java. One reason is the lack of knowledge on reproductive health. In Indonesia, reproductive health education to the students of Elementary School aged 10-12 years has not been widely implemented. Some contend, reproductive health education can only be given to junior and senior high school, elementary school students because there is concern not ready to receive. Another assumption, to be given precisely reproductive health education teaches students to free sex. Most parents believe that sex is natural, so that children will learn by itself. In fact, with the development of emerging technology, elementary students also tend to want to know everything related to sex, because they've entered the age of puberty (Pertiwi KR, 2007). The accuracy of teens to be given education about reproductive health, sexuality, will affect the sexual behavior of teenagers. The earlier sexual education is given, then the lower adolescent sexual behavior risk. Early sex education will be easier for teens to delay sexual intercourse rather than stopping sexual behavior is commonly practiced. Sex education is given as early as possible (5 years), starting from the introduction of sex (UNESCO, 2009).

Based on Kurniasari (2010), there is a relationship between the age of commencement of communication about reproductive health with adolescent sexual behavior. The prevalence of adolescent risky sexual behavior were 2.6 times more common in teenagers who begin to establish communication about reproductive health with parents at a late age (> 12 years) compared with adolescents who begin sexual communicate with parents at an early age (<= 12 years). The results are consistent with research recommendations Wyckoff. SC, et al (2008) Miller. KS et.al (2009), Hyde. A et al (2009), Hu. Y, et al (2012) and Stammers T (2007), which concluded on the importance of sexual communication at an early age. Selection of the media at the time of the intervention must be considered. One of the methods and media that are being developed are based learning culture. Pupuh Sunda is a local culture of West Java, learned in elementary school and in the District Brass is often used as a platform race. The research objective is to improve reproductive health knowledge to the students by using the media Pupuh Sunda

## MATERIALS AND METHODS

.This research is an analytic quasi-experimental designs, non-randomized pre test and post test one group design. The study was conducted in SD Negeri 2 Setianegara Kuningan district in April until November 2016. The research sample is 40 students aged 10-12 years with the inclusion and exclusion criteria. The research instrument includes poems Pupuh Sunda made by researchers and questionnaire. Data analysis used paired t-test.

## RESULTS AND DISCUSSION

**Table.1 Paired t-test analysis of changes in knowledge (Pre test and post test)**

<i>Pre test</i> Mean (SD)	<i>Post test</i> Mean (SD)	Beda Mean (CI 95%)	<i>P</i>
77,37 (11,29)	88,25 (10,87)	10,87 (8,07-13,6)	0,000

Table 1 shows the average pre-test score of 77.37 and the average post-test score of 88.25 with a mean difference of 10.87, with p value 0.000. There is a significant difference knowledge score pre-test and post-test

Results showed, there is a significant difference knowledge score pre-test and post-test on so that it can be concluded that the media Pupuh Sunda can improve reproductive health knowledge. Pre-test held before granting the intervention and post-test was held one day after the intervention. Material reproductive health education already provided at the time of the intervention include 6 materials: 1) physical and psychological changes in adolescence and the introduction of the system and the function of reproduction, 2) the reproductive process that began with the sign of sex primary (menstruation for women and a wet dream for men) and how one maintains the reproductive organs, 3) association of healthy among adolescent boys and girls, 4) the impact of free association includes both unintended pregnancy and abortion, sexually transmitted diseases, HIV / AIDS 5) the dangers of drugs and alcohol 6) the balanced nutrition for adolescents. The material given in 6 meetings.

Reproductive health by using Pupuh Sunda given by way of read together using methods song / *nembang* and provide an explanation of the contents of these stanzas that use stanza Sunda one at each meeting. Pupuh Sunda "is the media arts and communication, which is a form of traditional poetic language. Pupuh Sunda has a certain number of syllables in each line as well as a characteristic not shared by other vocal art. Pupuh can contain any express or implied meaning through *Seloka seloka*- particular, depends what you want presented by its creator. PUPUH usually recited by way of *Sung (nembang)* which can also be accompanied by the passage of the harp, scraping fiddle and flute toot (Wacana Nusantara, 2015). Regent Brass strongly supports the development of local art, so almost every year held *pasangiri / Pupuh Sundanese song contest* organized by the Department of Education Youth and Sports attended by teachers and elementary students throughout the District Brass.

Pupuh type used in this research that Pupuh enters the teenage characters are pupuh kinanti, balakbak and Asmarandana. At the first meeting and the second, giving the material using pupuh kinanti entitled "Kesehatan Reproduksi" and "Cara Ngarawat Diri" which contains material physical and psychological changes in adolescence and the introduction of the system and the function of reproduction, the reproduction process that began with the sign of sex primary (menstruation for women and a wet dream for men) as well as how to maintain the reproductive organs. The third meeting and to four using pupuh balakbak entitled "Kudu Jaga Pergaulan" containing material socially healthy between boys and girls and maturation age of marriage and "Dampak Tina Pergaulan Bebas", which contains material impact of promiscuity which includes pregnancy unwanted and abortion, sexually transmitted diseases, HIV / AIDS. The fifth and sixth meetings using Asmarandana Pupuh with the title "Bahaya Narkoba" which contains material dangers of drugs and "Gizi Saimbang Kanggo Remaja" containing material balanced diet for teenagers.

When bringing the song during the administration of the intervention, the students looked happily, but remain in the classroom conducive conditions. Students are familiar with the type of Pupuh given because they get an extra curricular knowledge of the arts, so that students do not trouble to bring these Pupuh.

At the time of the provision of health education, many students who ask about menstruation, because the cycle is not regular, and many of those who do not know what to do when menstruating. To students, most of them admitted not having a wet dream and did not know about wet dreams, so when given the material, they are very enthusiastic about active listening and discussion. In addition, on topics such as the impact of free sex, drug abuse, and nutrition in adolescents is the same, students are actively involved in it.

The concept used of Pupuh Sunda is culture-based learning concept, because it is a typical art Sundanese region in the province of West Java, the arts and communication media. Utilization of the local culture of learning is a form of creative learning media to produce meaningful contextual learning. Through the development of the concept of local culture in the learning process, then the material provided will be easily understood and accepted by learners (Saliman, 2007). This is in line with the regulations the Minister of Education and Culture in 2013, which states, each region requires appropriate education to the characteristics of each area (Mendikbud, 2013).

Pupuh Sunda song by “nembang” to the accompaniment of harps. By singing, the learning atmosphere becomes tense and stiff. Reproductive health materials are packed in Pupuh Sunda proven to increase student participation at the time of the intervention. The results are consistent with research Saliman (2007) which states that the use of the local culture that is used as a medium of learning can enhance the activity of teaching and learning, it can be seen in the activity to question and argue, in addition, the utilization of the local culture as a learning medium can also increase knowledge learners as evidenced by the increasing academic achievement. Other research supports, conducted by Iman K (2010), in Yogyakarta, stating that music can be used as a medium in conveying the message. Results from these studies are learning with music, is effective in improving learning achievement of learners. Music serves to create an atmosphere that makes it easy to digest the information, generate interest and, reduce the saturation and can induce relaxation (Iman K, 2010).

The research result Siegel published in The Chinese University of Hong Kong in the Ward for 2012 which is based on the theory of neurons explain, neuro will be the circuit if there is a stimulus of music in the form of movement, caress, and noise resulting in neuron separate mesh and integrate themselves into the circuit brain. The more stimulation of music, the more complex the network among neurons, thereby increasing intelligence (Wardana P, 2012).

The students together to sing Pupuh happily, it is consistent with the statement that music is the potential to bring creativity to sing, while the singing is fun and is a means to express themselves. Music can improve physical and mental coordination, so it can be a very effective catalyst in the process of learning and development (Sheppard, 2007). Diana F (2013) in South Bengkulu stated, the application method of singing by using a learning tool to improve intelligence. In addition, research Permatasari (2013) states there is an influence on the level of learning methods singing Indonesian vocabulary.

The song is able to provide a means of greeting are unknowingly stored in memory in the brain. This situation which actually makes the learning process becomes rigid. Almost everyone is happy with the song because the song has a fun selection of songs characteristic becomes an important point when we talk about the purpose of teaching (Ifadah Aimah M and S, 2013).

The important thing to be underlined in this study is, although rumpaka containing reproductive health are the lyrics of the new to be heard by the students, but for Pupuh Sunda used is well known by students that the majority is native of Kuningan District, the health messages contained in it becomes easier to accept. Barz 2006 in Bingley in 2011 in Uganda states, with the music get faster information to the participants than just words. By combining scientific knowledge about health with special music as a cultural heritage, then the message / information will be able to enter into life, so it can be a culture / cultural usual. Health message would attract listeners if packaged in the form of songs, especially if the song is very well known and has a significant meaning for the listener.

## **CONCLUSION**

Pupuh Sunda can increase knowledge about reproductive health in elementary school students in the district of Kuningan, West Java

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