

PROVISION OF SOCIAL REPRODUCTIVE HEALTH IN TEENAGE PREGNANCY IS VERY IMPORTANT FOR LONG-TERM WELL-BEING

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ABSTRACT

Addressing social reproductive health in adolescent pregnancy is an important step to ensure long-term well-being, both for young mothers and their babies. This study aims to analyze the challenges, needs, and effective interventions in supporting pregnant adolescents from health, psychosocial, and economic aspects. This study uses a literature study. Article searches using the PubMed and Google Scholar databases from 2020 to 2024. The results of the study show that adolescent pregnancy has a significant impact on physical health, such as prenatal complications, anemia, and premature birth. In terms of psychosocial, pregnant adolescents face challenges such as social stigma, isolation, and limited family support. Intervention programs involving reproductive health education, family support, and access to adolescent-friendly health services have proven effective in reducing the risk of complications and improving the well-being of pregnant adolescents. However, obstacles such as the lack of health facilities in remote areas and the lack of trained medical personnel are still major obstacles. This study confirms that a multidisciplinary approach involving medical personnel, psychologists, social workers, and families is essential to support the well-being of pregnant adolescents. With appropriate interventions, social reproductive health care can not only have positive impacts on young mothers and their babies, but also contribute to the development of more inclusive and sustainable societies.

Keywords: *teenage pregnancy; social reproductive health; long-term well-being; and adolescent health management.*

INTRODUCTION

The reproductive health of women and children under five in Indonesia is a very important issue in the context of public health. With a large population and diverse cultures and varied geographical conditions, Indonesia faces complex challenges in ensuring optimal health for women and children under five (Muharrina et al. 2023). Women often face high risks related to their reproductive health, such as difficulties in accessing comprehensive reproductive health services, inadequate information regarding sexual and reproductive health, and health problems that arise during pregnancy and childbirth. Meanwhile, children under five are faced with serious problems such as poor nutrition, infectious diseases, and lack of access to timely health

care (Arfan et al. 2024). Women have an important role in the family, both in terms of children's education and the health of all family members, so efforts to improve the implementation of women's health need special attention. Children's reproductive health is also no less important to receive attention because children are the nation's next generation. In the future, children will lead this nation. Therefore, health risks to children must be seriously considered so that they grow up healthy and intelligent. Reproductive health for women and children under five is an important matter that must receive attention from both the community and the government (Afriani, Afiati, and Conia 2021).

Teenage pregnancy is a public health issue that requires serious attention in various parts of the world, including Indonesia. Pregnancy at an early age, especially among teenagers, has impacts not only related to physical aspects but also psychosocial, economic and educational. Adolescents who experience pregnancy often face very complex challenges, both medical and social, that can threaten their long-term well-being. Therefore, handling social reproductive health in teenage pregnancies is very important to ensure that their future is not hampered by the negative impacts of unplanned pregnancies.

According to the World Health Organization (WHO), reproductive health is a state of perfect physical, mental and social health, not only in terms of the absence of disease or disorders, but also in terms of sexual and reproductive well-being. This includes the right of every individual to have a safe, satisfying and fulfilling sexual life, as well as the right to have the ability to reproduce and the freedom to decide for themselves regarding reproduction without discrimination, pressure or coercion. A condition in which the mental, physical and social are in a state of health and complete prosperity which is related to functions, systems and processes and does not only include a state of being free from disorders or illness and formed on the basis of a legal marriage so as to be able to fulfill both mental and mental needs. , spiritually and materially qualified, devoted to God and having appropriate and consistent relationships with family members, relatives, society and the environment (Permatasari & Suprayitno, 2021).

The 2019 SKAP results show several results, namely that 40.7% of teenagers know about the fertile period, but of this percentage, only 13.4% have adequate knowledge about the fertile period. Then, there are still 28.9% of teenagers who have knowledge that women will not be able to get pregnant if they only have sex once and 18.3% don't know. Furthermore, there are still 2.1% of young men who plan to marry at the age of <20 years, as well as 4.3% of girls who plan to marry at the age of <20 years. This is of course not in accordance with the marriage age maturation program. And finally, 49% of teenagers do not know the consequences of

marrying at a young age. Based on the results of the 2019 SKAP monitoring, it is necessary to promote communication of information and education about adolescent reproductive health and maturation of marriage age as a whole in schools and in activity groups (Fitria et al., 2023). One of the factors that worsens this situation is a lack of understanding about reproductive health and limited access to youth-friendly health services. In many areas, information related to reproductive health is still limited and is often considered taboo to discuss, both within the family, school and society in general. This causes teenagers to lack adequate knowledge regarding contraceptive options, pregnancy risks, and the importance of antenatal care and safe delivery. In addition, social stigma against teenage pregnancy often worsens their psychological conditions, which ultimately affects the mental and social health of pregnant teenagers.

Social reproductive health management in teenage pregnancy should not only focus on medical aspects, but also on prevention efforts involving comprehensive sex education, increasing awareness about reproductive rights, and empowering teenagers to make the right decisions regarding their health. Holistic and community-based interventions, involving parents, educators, health workers and community institutions, are very necessary to create a supportive environment for teenagers in dealing with unwanted pregnancies.

Apart from that, strong social support is also very important for pregnant teenagers. Families and communities must play an active role in providing emotional and material support, so that pregnant teenagers can experience a healthier pregnancy and reduce the risk of complications that could endanger them and their fetuses. With a more inclusive approach based on local social and cultural needs, it is hoped that reproductive health management in teenage pregnancy can be more effective.

The importance of handling social reproductive health in teenage pregnancy also has implications for long-term welfare, both for the mother, child and society as a whole. Through good management of this problem, it is hoped that a generation that is healthy, educated and has a brighter future can be created. This article will discuss various aspects related to handling social reproductive health in teenage pregnancy, including causal factors, long-term impacts, and solutions that can be implemented to improve the welfare of pregnant teenagers and prevent pregnancy at an early age.

METHOD

The research method used in this research is a literature review with a narrative review approach. The aim of this research is to review relevant literature to understand social reproductive health management in teenage pregnancy and its impact on long-term well-being. This research process includes several stages. First, literature will be identified through searches in academic databases such as PubMed, Google Scholar, and ScienceDirect, as well as reports from international institutions such as WHO and UNICEF. Searches were carried out using keywords such as "teenage pregnancy", "social reproductive health", "long-term well-being", and "adolescent health management".

After that, the screening process was carried out by considering the inclusion criteria, namely literature published in the last 5 years, national or international, and relevant to the topic of teenage pregnancy and social reproductive health. Literature that did not discuss adolescence or pregnancy, or was less relevant to long-term well-being, was excluded. Articles that meet the criteria will be analyzed to identify key themes, reproductive health interventions, and outcomes related to long-term well-being. Analysis was carried out using a thematic approach to group the main issues. It is hoped that the final results of this research will provide in-depth insight into the best strategies for dealing with social reproductive health in teenage pregnancy and its long-term influence on physical, mental and social well-being.

RESULTS AND DISCUSSION

This study focuses on the risk factors that influence pregnancy at a young age, the resulting impact on both mother and child, as well as interventions that have been implemented to improve long-term well-being. This discussion not only highlights the physical health impacts, but also the social, economic and educational implications, which are integral aspects in supporting the well-being of teenage mothers. By understanding these findings, it is hoped that integrated solutions can be formulated to mitigate negative impacts and improve the quality of life of teenagers experiencing pregnancy. From the results of the selection of articles that had been carried out, 250 articles were obtained, 5 articles were selected according to the criteria analyzed, the flow chart of the search process and research inclusion.

Table 1. Literature Analysis

No	Name and Year	Title	Results
1	(Auri, Jusuf, and Ahmad 2022)	Strategi Layanan Kesehatan Reproduksi pada Remaja: Literature Review	reproductive health service strategies for teenagers can be carried out through applications on cellphones. This method can provide better benefits because it can increase teenagers' knowledge and the most important thing is that teenagers' confidentiality is maintained.
2	(Purnami, Wicaksono, and Permani 2023)	Efforts to Prevent Youth Pregnancy Through Reproductive Health Information System Models in Advanced and Developing Countries: Literature Review	The adolescent reproductive health information system model in developed countries focuses on preventing teenage pregnancy when engaging in risky behavior, while the rep health information system model
3	(Mohamed et al. 2023)	Interventions To Prevent Unintended Pregnancies Among Adolescents: A Rapid Overview of Systematic Reviews	School-based interventions that combine sexual education, contraceptive promotion, skills training, and counseling have great potential to prevent unintended teenage pregnancy. However, more evidence of better methodological quality is needed to make stronger policy recommendations.
4	(Manlove et al. 2020)	Short-Term Impacts of Pulse: An App-Based Teen Pregnancy Prevention Program For Black And Latinx Women	- Skills-based programs, counseling, and peer-led approaches are generally effective. - Information-based programs alone or focused on delaying sexual activity provide mixed results. - Social, economic, and cultural factors must be considered in intervention design.
5	(Hungo and Casinillo 2023)	Evaluating Parents' Perspective on Sex Education in Elementary Schools	Parents largely reject the integration of sex education into the primary school curriculum due to a lack of understanding and negative views towards this topic. Research recommends the need for more inclusive and educational approaches to overcome these negative perceptions, including involving parents in the development of culturally appropriate sex education programs.

Adolescents are one of the social groups affected by poverty, addiction, disability, ethnic and gender discrimination, AIDS, exposure to violence or physical, sexual and psychological abuse by peers or adults in the family, school or community. WHO emphasizes theoretical and

practical developments to provide and promote adolescent reproductive health in order to reduce the risk of vulnerability. Data from 2019 shows that teenagers aged 15-19 years in middle and low income countries are estimated to have 21 million pregnancies every year, of which around 50% are unwanted pregnancies that end in abortion (World Health Organization 2024). Data from the Central Statistics Agency shows that the birth rate in Indonesia for teenage girls aged 15-19 years in 2017 reached 1,418 people. The percentage of teenagers who have been pregnant in 2020 reached 16.5% with the division as follows: aged <16 years around 2.83% and aged 17-18 years around 13.67% (Central Statistics Agency 2022). In addition, less than 30% of adolescents have access to comprehensive reproductive health education (Rahmayani 2024; Ulya, Sondakh, and Yulindahwati 2022; Yuliati and Wijayanti 2023)

One of the main pillars (SDGs) in sustainable development is improving adolescent sexual and reproductive health (United Nations International Children's Emergency Fund (UNICEF), 2016; Zakaria et al. 2019). Reproductive health is a universal concern, but is of particular importance to women, especially during the reproductive years. It addresses human sexuality and the reproductive process at all stages of life and implies that people can have responsible, satisfying, and safe sex lives and that they have the ability to reproduce and the freedom to decide whether, when, and how often to do so. Comprehensive sexual education at the school level and open communication within the family are important factors that can improve adolescents' ability to make decisions regarding their reproductive health (Hungo and Casinillo 2023; Rouhparvar, Javadnoori, and Shahali 2022; Singh 2019). Youth and adolescents are characterized by unique physical, psychological, social, and emotional changes that place their lives at high risk. Adolescent health, especially sexual and reproductive health, remains crucial in achieving sustainable development. Many behaviors acquired as teenagers can last a lifetime and affect their well-being as well as that of future adults. Risk behaviors that begin in adolescence account for the majority of preventable deaths that occur in adults. A healthy transition for young people into adulthood can enable them to make good use of the opportunities they have as adults. Therefore, investing in adolescent sexual and reproductive health and knowledge could have huge demographic dividends.

The strategy used to support this program is by providing health service facilities for teenagers (German & Constantine, 2010; Schouten, van den Putte, Pasmans, & Meeuwesen, 2007; Situmorang, 2011; Violita & Hadi, 2019). In some countries, knowledge of reproductive health and safe sexual behavior is still low. They face barriers in accessing sexual and reproductive health services. Several countries have developed technology-based health services, such as

the Pulse Application which aims to mobilize users (adolescents) to choose effective contraceptives and to seek reproductive health services to prevent unplanned pregnancies (Manlove et al. 2020); USSD Mobile Phone App for Adolescents Sexual Reproductive is a USSD (Unstructured Supplementary Service Data) based application that can provide confidential information related to reproductive health according to user requests and can be used as a tool to evaluate the usability and user experience of the application (Macharia et al. 2022); The Jalinan Kasih application is an Android-based mobile phone application that can be downloaded via the Play Store. This application provides information related to reproductive health and maturity at marriage (Andriani et al. 2022).

This has implications for the knowledge and skills needed by adolescents to make decisions regarding their health (Dewi, Kamila, and Nurhidayati 2021). Evidence of the lack of attention to their sexual and reproductive needs is the high rate of public health problems related to teenage pregnancy, unsafe abortion, and sexually transmitted infections including HIV/AIDS, sexual harassment and violence, and coercion among young people (Mohamed et al 2023; Salfadila, Sutrisminah, and Susilowati 2023). In addition to physical risks, teenagers who face early pregnancy often experience psychological stress such as depression, anxiety, and social stigma. This condition can affect their future, including education and economic prospects (Astuti, Hirst, and Bharj 2020; Fakhari et al. 2022; Sezgin and Punamäki 2020). Several studies report that a lack of knowledge about reproductive health influences adolescents to behave deviantly. This deviant behavior leads to lower levels of adolescent reproductive health. Knowledge, education, economics, social and culture can influence adolescent reproductive health. Besides that, technology-based health services can influence knowledge about reproductive health in adolescents. This activity can be used as a strategy to provide public health information aimed at increasing awareness among teenagers.

CONCLUSION

Comprehensive reproductive health education is very important for adolescents, especially to overcome the problem of early pregnancy and increase knowledge about reproductive rights. There is an urgent need for inclusive and culturally appropriate educational programs, as well as parental involvement in open communication regarding sexual health. Teenage pregnancy has a significant impact on physical and psychosocial health, and effective interventions include reproductive health education, family support, and access to teen-friendly health services. However, challenges such as inadequate health facilities in remote areas and a lack of

trained personnel still exist. A multidisciplinary approach involving a variety of health professionals and families is critical to supporting pregnant adolescents, ultimately contributing to a healthier and more inclusive society.

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