

**PEER EDUCATORS**  
**A STRATEGY APPROACH IN LEARNING**  
**ADOLESCENT REPRODUCTIVE HEALTH**

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**ABSTRACT**

Adolescence is a time of transition from adult children backwards. Teenage life is the life that is crucial for their future life further. In 2010 the number of adolescents aged 10-24 years is very large at around 64 million, or 27.6% of the total Indonesian population of 237.6 million people (Census Population, 2010) Seeing the numbers are very large, then a teenager as the future generation needs to be prepared to be human healthy physically, spiritually, mentally and spiritually. In fact, studies show that teens have a very complex problem due to the transition period experienced by adolescents.

Prominent problem among adolescents, namely the problem of the TRIAD KRR (Sexuality, HIV and AIDS, and drugs), lack of knowledge of adolescents on Adolescent Reproductive Health and the median age of first marriage of women is still relatively low at 19.8 years (IDHS, 2007).

Parents should be responsible for providing first hand information on reproductive health for adolescents, but an opportunity for discussion about reproductive health is still very limited, even still many parents and teachers are considered taboo. Henceforth, the approach taken to provide support to adolescents in addressing the problem is through the peer, or also called peer educators. Peer education is a process of communication, information and education are carried out by and for the peer group. It can mean a group of teenagers, a peer group of students, student groups.

Peer Educator: People who disseminate certain information to their peers in hopes of influencing attitudes and actions peer group. Presented by special material Peer Educator (PS) are:

- 1) Maturation Age of Marriage (PUP)
- 2) TRIAD KRR and
- 3) Life skills (Life Skills)

## INTRODUCTION

Teenagers are State assets and their generation will play an important role in the life of the nation. For that teenagers should be well prepared in order to grow and develop into healthy human physical and psychic. Teens and various problems to the attention of the world this year and be a major issue in the World Population Day which falls on July 11, 2013, In Indonesia the number of adolescents aged 10 to 24 years has reached about 64 million, or 27.6 percent of the total population of Indonesia.

In adolescence is also commonly called a period of transition where there is a change in mental and physical terms. Mental changes caused confusion among teenagers. Symptoms of emotional and mental stress so easily deviate from the rules and social norms prevailing in the society. Sex problems in adolescents is a complicated issue and very important in realizing human resources and qualified families in Indonesia. Understanding and awareness of their rights and reproductive health in adolescents is low, and some of them are not exactly understanding this is worsened by the ease in accessing information about teen sex erroneous through print and electronic media such as magazines, videos and the internet. Opportunity for discussion about reproductive health is still very limited, even still many parents and teachers are considered taboo. Parents should be responsible for providing first hand information on reproductive health for adolescents, therefore many parents who allow their children to learn on their own, because the parents worried that teenagers who have received such education will have a desire to try to do it. It turns out that parents mistakenly that the presence of rapidly evolving technology teenagers will be able to obtain information about the abuse even access images for reproduction.

A large number of teenagers who are a great potential for the advancement of the nation. However, if it is not nurtured properly or let it evolve into a negative direction, then it would be a burden for the country. While current conditions, according to the results of the

survey indicators RPJMN in 2012, many teenagers are already dating and courtship behavior excessively, thus causing unwanted pregnancies and ultimately perform unsafe abortion because the teen couple is not ready to build a family. The adolescent problems related to reproductive health risks due to changes in the environment around teens. This is due to the freer lifestyle, relationships within family life increasingly tenuous, demands that the school gave birth to the competition among the students, the content of media messages that increasingly permissive, and patterns of living in a society that is increasingly individualistic. Based on the research results of the UI Center for Health Research in 2010 in Jakarta, Tangerang and Bekasi (JATABEK) with a sample of 3006 respondents (aged <17-24-years), showed that 20.9% of adolescent pregnancies and births before marriage and 38.7% of adolescents experience premarital pregnancy and birth after marriage.

Based on the above problems, it is for the juvenile is in need of support to:

- Through a period of sexual development during adolescence experienced by survivors.
- Delaying sexual activity until they are ready to be psycho-socially.
- Being able to make decisions based on correct information and be responsible

The approach taken to provide support to young people in addressing the problem is through the peer, or also called peer educators. Peer education is a process of communication, information and education are carried out by and for the peer group. It can mean a group of teenagers, a peer group of students, student groups.

## THEORY STUDY

Teen or "Adolescence" (UK), derived from the Latin "Adolescere" which means to grow towards maturity. Maturity is not only meant physical maturity, but also social and psychological maturity. Adolescence is a period of transition from childhood to adulthood is marked by changes in the physical, emotional, and psychological. According to WHO (the UN agency for the health of the world) adolescent age limit is 12 to 24 years. While BKKBN teens covered are those aged 10 to 24 years (BKKBN, 2004)

Peer educators are second only to the family environment, which affect the lives of individuals. Whether or not it affects the individual with peers depending on the individual's perception of the group, because the individual's perception of peer group will determine the decisions taken later. Peer educators to provide an environment, which is where their peers can socialize with prevailing values, no longer value set by adults, but by friends of his age, and place in order to determine his identity, but if the value is developed in a peer group is a negative value, it will pose a danger to the development of the individual soul.

The strong influence of peer groups also resulted in the weakening of individual bonds with parents, schools, conventional norms. In addition, the individual spends a lot of time outside the home with peers than with their parents is one of the main reasons for the importance of the role of individual peers.

According Gerungan (1986) delinquency arising from social interaction between social individuals among individuals with the same age group. The role of the interaction with the peer group may be imitation, identification, suggestion and sympathy. Teens can imitate (imitation) mischief done by their peers. While the suggestion that the needs and teenage drug use is a good beginning to agitate. The strong influence of peer groups who directs delinquent or not is also determined how the adolescent's perception of the peer group. Peers to obtain the information that is not in the can in the family, and the ability to add a

second place after family orients itself towards good behavior and provide feedback (correction) of the deficiencies it has, of course, will have a positive impact for youth in question.

Teens have the tendency that the peer is a place to learn free from adults, learn to adjust to the standard group, sharing learning, sportsmanship, learn, accept and carry out responsibilities. Learning good social behavior and learn to work together.

## DISCUSSION

Demographic data show that the number of people in the world population of adolescents a large population 2010 population census data shows that Indonesia's population reached 238.6 million people, 64 million of whom are teenagers.

Based on the above data the government in this case the National Population and family planning (BKKBN) to develop a program genre (plan generation) for youth through Information and Counseling Center of Youth and Students (PIK R / M) and families with teenagers through Teens Family Development group (BKR). "PIK R / M will provide information and counseling about the maturation age of marriage, the family of eight functions, Triad KRR namely sexuality, HIV and AIDS, and drug, life skills, gender, and skill advolasi and KIE.

The model utilizes the role of adolescent peer educators / students learn to become a partner in problem solving for fellow group (peer). This model is inspired by the co-operative learning models learning and collaborative learning. Through the model distance between adolescent peer educators who have the ability to carry out counseling (counselor), with adolescents who have problems can be approximated.

Criteria for Peer Educators:

- Confident.
- Recognize yourself.

- Appreciate the difference.
- Like to hang out and help.
- Having empathy for others.
- Speaking in accordance with their knowledge.
- Have the ability to organize.

Role of Peer Educators :

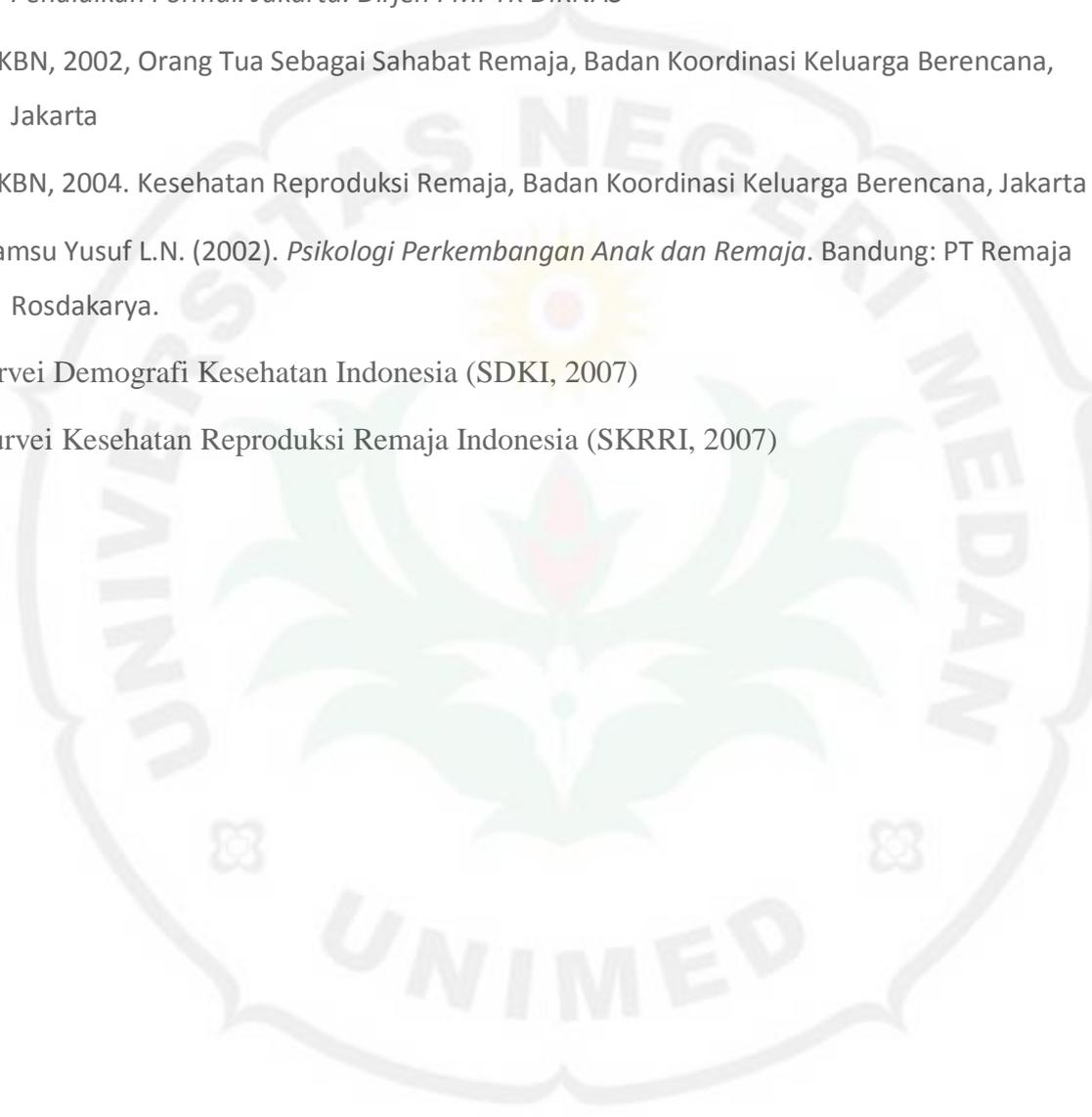
- Disseminate correct information about the dangers of drugs and HIV-AIDS.
- Develop good skills and the right for a peer group in avoiding drug abuse and HIV-AIDS.
- Motivate desired behavior changes (+).

## CONCLUSION

1. Teens have the tendency that the peer is a place to learn free from adults, learn to adjust to the standard group, sharing learning, sportsmanship, learn, accept and carry out responsibilities. Learning good social behavior and learn to work together.
2. Peer educators are second only to the family environment, which is very influential to the individual whether or not it affects the lives of adolescents with peers depending on the individual's perception of the group, because the individual's perception of peer group will determine the decisions taken later.
3. Presented by special material which is normally Peer Educator on adolescent reproductive health)

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