

MODEL APLIKASI *MOBILE HEALTH TITEER (TIGHT IN SMART PHONE FOR TEEN PREGNANCY PREVENTION REVOLUTION)*
SEBAGAI PROMOSI PERILAKU PENCEGAHAN
KEHAMILAN REMAJA DI KOTA PEKANBARU



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ABSTRAK

MODEL APLIKASI *MOBILE HEALTH TITEER (TIGHT IN SMART PHONE TEEN PREGNANCY PREVENTION REVOLUTION)* SEBAGAI PROMOSI PERILAKU PENCEGAHAN KEHAMILAN REMAJA DI KOTA PEKANBARU

Deswinda

Kehamilan remaja merupakan fenomena internasional yang belum terselesaikan hingga sekarang, termasuk Indonesia. *Age Specific Fertility Rate* Indonesia 36 per 1000 perempuan berusia 15-19 tahun. Di provinsi Riau angka kehamilan remaja usia 15-19 tahun 8,7% dan sudah pernah melahirkan 22,1% pada tahun 2017. Angkanya terlihat kecil, tetapi mengalami peningkatan jika dibandingkan pada tahun 2007, kehamilan remaja usia 15-19 tahun 1,9% dan sudah pernah melahirkan 6,6%.

Penelitian ini dilakukan dengan tiga tahap. Tahap 1 untuk mengidentifikasi masalah dan kebutuhan dengan studi kuantitatif dengan melakukan studi pendahuluan, telaah kepustakaan dan survey untuk mengidentifikasi karakteristik, kebutuhan remaja akan layanan kesehatan reproduksi, dengan menyebarkan kuesioner kepada 398 remaja. Tahap 2 mengembangkan model aplikasi *mobile health Titeer* yang merupakan hasil integrasi antara penelitian tahap 1, studi literatur dan konsultasi pakar. Tahap 3 melakukan uji coba model aplikasi *mobile health Titeer* dengan desain *quasi experiment* untuk mengetahui efektivitas model aplikasi *mobile health Titeer* antara kelompok intervensi dan kelompok kontrol sebelum diberikan aplikasi *mobile health Titeer*, setelah 2 minggu dan 10 minggu dengan uji statistik GLM-RM (*General Linear Model-Repeat Measure*).

Hasil penelitian tahap 1 didapatkan semua variabel berhubungan signifikan dengan perilaku pencegahan kehamilan remaja. Hasil penelitian tahap 2 terciptanya model aplikasi *mobile health Titeer (Tight in smart phone for Teen pregnancy prevention Revolution)*. Hasil penelitian tahap 3 terdapat perbedaan bermakna pada variabel pengetahuan, sikap, *self efficacy*, *life skills*, pengaruh teman sebaya dan perilaku pencegahan kehamilan remaja pada pengukuran 2 minggu dan 10 minggu setelah intervensi diantara kelompok intervensi dan kelompok kontrol.

Direkomendasikan kepada Kemenkes, BKKBN, Dinas Kesehatan dan Dinas Pendidikan untuk menggunakan aplikasi *mobile health Titeer* sebagai instrumen dan media promosi yang digunakan pada program pelayanan kesehatan remaja.

Kata Kunci: aplikasi *mobile health*, pencegahan kehamilan remaja

ABSTRACT

THE MODEL OF APPLICATION MOBILE HEALTH TITEER (TIGHT IN SMART PHONE FOR TEEN PREGNANCY PREVENTION REVOLUTION) AS AN PROMOTING HEALTH IN PREVENTING TEEN PREGNANCY IN PEKANBARU

Deswinda

Teen pregnancy is an international phenomenon that has not been solved at the moment, including in Indonesia. The Age Specific Fertility Rate in Indonesia was 36 out of 1000 women from the age 15 to 19. In Riau province, the percentage of teen pregnancy for 15-19 year-old teenagers was 8.7% and those who have given birth was 22.1% in 2012. The number seemed low, yet there was an increase compared to 2007 in which the percentage was 1.9% and 6.6% for those having given birth.

This research was conducted in three steps. The first step was done by identifying the problems and the use of quantitative study through conducting a preliminary study, literature review, and surveys carried out through distributing questionnaires to 398 teenagers. The survey was used to identify the teenagers' characteristics and necessities regarding reproduction health services. The second step was carried out by improving the model of application mobile health Titeer as an integrated result of research step 1, literature review, and expert consultations. The last step was done by implementing the trial of application mobile health model with the quasi experiment design to figure out the effectiveness of application mobile health model in the group of intervention and the group of control during three periods; before the application mobile health Titeer was implemented, after two weeks, and after ten weeks the application was implemented with GLM-RM (General Linear Model-Repeat Measure) statistic test.

The first step of the study found that all variables were significantly correlated with the prevention behavior of teen pregnancy. The second step of the research ended up with the invention of application mobile health Titeer model (Tight in smart phone for Teen pregnancy prevention Revolution). The last step revealed that there was a significant difference in the variable of knowledge, attitude, self-efficacy, life skills, peer influence, and prevention behavior in the two-week and ten-week measurement after being intervened in the group of intervention and control.

This Titeer application was recommended to Ministry of Health, BKKBN, Department of Health, and Department of Education as an instrument and a promotional media which can be implemented in teen health service program.

Keywords: application mobile health, teen pregnancy prevention