

Smart and Healthy Generation: Sexuality Education and Health Check-Up with Garuda Parang Catholic Junior High School Students in Magetan

**Kolektus Oky Ristanto¹, Cicilia Deandra Maya Putri², Audrey Gabriella Titaley³,
Maria Mediatrix Andita Garindra Putri⁴**

¹Physical Education, Health and Recreation, Universitas Negeri Surabaya, Indonesia

²English Literature, Universitas Negeri Surabaya, Indonesia

³German Education, Universitas Negeri Surabaya, Indonesia

⁴General Practitioner, Esmovre Clinic, Indonesia

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Corresponding Author

Nama Penulis: Cicilia Deandra Maya Putri

E-mail: ciciliaputri@unesa.ac.id

Abstract

The community service program "Smart and Healthy Generation: Sexuality Education and Health Check-Up with Garuda Parang Catholic Junior High School Students in Magetan" was implemented to address the need for improved reproductive health literacy and healthy lifestyle behaviors among early adolescents. Adolescents at the junior high school level are in the pubertal phase, characterized by significant physical, emotional, and social changes, and thus require a comprehensive understanding of sexuality, reproductive health, and the prevention of risk behaviors. However, research shows that the level of sexual literacy among Indonesian adolescents is still low, while access to inaccurate information from digital media is increasing. Therefore, appropriate and adolescent-friendly educational interventions are urgently needed to support the development of healthy and responsible behaviors. This activity aims to: (1) increase students' understanding of healthy sexuality, puberty, boundaries, and sexual violence prevention; and (2) conduct basic health checks, including nutritional status, blood pressure, and personal hygiene. The activities include interactive lectures, group discussions, and health checks by medical personnel and educators. The program results showed an average 32% increase in students' knowledge based on pre-tests and post-tests, an increase in positive attitudes toward healthy behaviors, and initial findings of actionable health conditions such as mild anemia and unhealthy body mass index. These findings are consistent with previous studies confirming that participatory health education is effective in improving adolescent health literacy.

Keywords - sexual education, adolescent health, health literacy, community service

Abstrak

Program pengabdian kepada masyarakat "Generasi Cerdas dan Sehat: Edukasi Seksualitas dan Pemeriksaan Kesehatan pada Siswa SMP Katolik Garuda Parang di Magetan" dilaksanakan sebagai respons terhadap kebutuhan peningkatan literasi kesehatan reproduksi dan perilaku hidup sehat pada remaja awal. Remaja tingkat sekolah menengah pertama berada pada fase pubertas yang ditandai dengan perubahan fisik, emosional, dan sosial yang signifikan, sehingga memerlukan pemahaman yang komprehensif mengenai seksualitas, kesehatan reproduksi, serta pencegahan perilaku berisiko. Namun, berbagai penelitian menunjukkan bahwa tingkat literasi seksual remaja di Indonesia masih rendah, sementara akses terhadap informasi yang tidak akurat dari media digital semakin meningkat. Oleh karena itu, intervensi edukatif yang tepat dan ramah remaja sangat dibutuhkan

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untuk mendukung terbentuknya perilaku yang sehat dan bertanggung jawab. Kegiatan ini bertujuan untuk: (1) meningkatkan pemahaman siswa tentang seksualitas sehat, pubertas, batasan diri, dan pencegahan kekerasan seksual; serta (2) melakukan pemeriksaan kesehatan dasar yang meliputi status gizi, tekanan darah, dan kebersihan diri. Metode yang digunakan meliputi ceramah interaktif, diskusi kelompok, serta pemeriksaan kesehatan oleh tenaga medis dan pendidik. Hasil kegiatan menunjukkan adanya peningkatan pengetahuan siswa sebesar rata-rata 32% berdasarkan hasil pre-test dan post-test, peningkatan sikap positif terhadap perilaku hidup sehat, serta temuan awal kondisi kesehatan yang memerlukan tindak lanjut seperti anemia ringan dan indeks massa tubuh yang tidak sehat. Temuan ini sejalan dengan penelitian sebelumnya yang menegaskan bahwa pendidikan kesehatan berbasis partisipatif efektif dalam meningkatkan literasi kesehatan remaja.

Kata kunci - pendidikan seksual, kesehatan remaja, literasi kesehatan, pengabdian kepada masyarakat

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INTRODUCTION

Adolescents are an age group in an important transitional phase, marked by rapid physical, psychological, social, and cognitive changes (Uktamovna, 2025). At this stage, they need proper understanding of reproductive health, pubertal development, and healthy lifestyle habits in order to make safe and responsible decisions. However, results from various national surveys indicate that Indonesian adolescents' literacy regarding reproductive health remains very low. The 2017 Indonesian Demographic and Health Survey (IDHS) found that adolescents' reproductive health knowledge remains below 50%, and most obtain information from social media, which is often inaccurate or misleading (BKKBN, 2018; Saparini, 2024; Prasetya, 2025).

Low reproductive health literacy has consequences, including an increased risk of risky sexual behavior, sexual harassment, and unintended pregnancy at a young age. In line with this, a report from the Ministry of Health (2018) shows that around 20% of sexually transmitted infection (STI) cases occur among individuals aged 15–24 years, making comprehensive sex education an urgent need for adolescents in Indonesia. Beyond reproductive issues, general health problems such as anemia, obesity, malnutrition, and abnormal blood pressure also often go undetected among adolescents. These conditions are directly associated with concentration levels, academic performance, and long-term well-being.

This situation is also found among the students of the Garuda Parang Catholic Junior High School, Magetan, who serve as partners in this Community Service (PKM) program. Adolescents in a boarding environment have limited access to valid health information and rarely receive open dialogue regarding reproductive health or overall physical health. Limited educational facilities, the absence of regular health screening programs, and the school's stronger focus on academics leave basic health needs among adolescents insufficiently addressed. Yet, adolescents in boarding settings face unique challenges such as intense peer interaction, high curiosity, rapid emotional changes, and the lack of reference figures to help them understand bodily changes during puberty.

UNESA, through the Religious Institution PKM Scheme, aims to address these issues through the program "Smart and Healthy Generation: Sexuality Education and Health Check-Up with Garuda Parang Catholic Junior High School Students in Magetan." This program is designed in response to the need to improve health literacy among adolescents and as a tangible contribution from UNESA to the Magetan community, especially following the establishment of UNESA Campus 5 in the region. The activities combine two main approaches: age-appropriate and comprehensive reproductive health

education, and standard health screenings including height, weight, body mass index, nutritional status, and blood pressure.

This program is not only locally relevant but also supports achieving the Sustainable Development Goals (SDGs), particularly SDG 3: Good Health and Well-Being, which emphasizes adolescent health through preventive actions and improved health literacy. In addition, the program aligns with SDG 17: Partnership for the Goals, as its implementation involves collaboration between UNESA, medical personnel, the school, students, and the local community. This collaborative approach strengthens synergy to ensure program sustainability and maximize social impact in Magetan.

Through interactive education, health workshops, the distribution of personal hygiene kits, and continuous monitoring, this community service initiative aims to help adolescents become not only physically healthy but also emotionally, socially, and morally empowered. With improved health literacy, students are expected to recognize risks, make safe decisions, and adopt sustainable healthy lifestyle habits.

Thus, the implementation of this community service program not only provides direct benefits to the students of Garuda Parang Catholic Junior High School but also serves as a model for educational and health screening programs that other schools can adapt. Ultimately, this initiative helps build a young generation that is intelligent, healthy, of strong character, and prepared to face the challenges of modern life.

METHOD

The implementation of the Community Service Program “Smart and Healthy Generation: Sexuality Education and Health Check-Up with Garuda Parang Catholic Junior High School Students in Magetan” used educational, participatory, preventive, and collaborative approaches designed comprehensively to address the issues of low reproductive health literacy and the lack of routine health check-ups among students living in the dormitory of Garuda Parang Catholic Junior High School, Magetan Regency. This one-day program was held directly in the school and dormitory environments. In general, the activities began with a field observation and coordination process between the team from Universitas Negeri Surabaya (UNESA), the school, the dormitory management, and medical personnel. This stage aimed to identify participants' needs, adapt the educational materials to the characteristics of junior high school adolescents, and ensure the readiness of the venue, facilities, and technical flow for activities. The observations indicated the need for comprehensive yet age-appropriate reproductive health information, as well as the importance of basic health examinations and support early detection of students' health conditions. The materials used in this program included various educational media and supporting tools. The team prepared learning materials, including presentation slides, educational videos on reproductive organ hygiene, and pre- and post-test questionnaires to measure changes in students' knowledge. Additionally, the health screening session used tools such as a digital scale, a height-measurement device, a sphygmomanometer, and student health record sheets completed by medical personnel. Each student also received a personal hygiene kit containing bath soap, a toothbrush and toothpaste, shampoo, a small towel, and sanitary pads for female students, accompanied by a short guide on clean and healthy living practices.

The implementation method focused on providing accurate knowledge and encouraging active participation. The educational approach was carried out through delivering materials on reproductive health, puberty changes, body hygiene, and the risks of unsafe sexual behaviors. This session was designed to be interactive, combining lectures, open discussions, video screenings, and simple simulations to help students understand the material in an enjoyable, easily digestible way. To measure the effectiveness, students completed questionnaires before and after the activity to assess changes in their understanding. Next, the participatory approach was applied by giving students the opportunity to actively engage in discussions, ask questions, share experiences, and participate in personal hygiene demonstrations. This approach aimed to foster a sense of ownership over personal health and build

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students' confidence in discussing puberty issues that are often considered taboo. Observation of participant engagement became part of the evaluation to assess the success of this approach. The preventive approach was implemented through the health screening conducted by medical personnel. The examination included measuring height, weight, body mass index, blood pressure, and nutritional status. The results were used to map students' health conditions and to provide recommendations to the school. Students were also educated about the importance of routine health check-ups, a nutritious diet, and healthy lifestyle habits to prevent disease and reproductive health problems.

Another important component of the program method was the collaborative approach. Activities were carried out through close cooperation between UNESA, medical staff, and the school and dormitory. Collaboration began during the planning stage and continued through the preparation of materials, the main program implementation, and the development of follow-up programs. This synergy ensured that the program was beneficial not only on the day of implementation but also had a long-term impact through health recommendations, opportunities for regular check-ups, and the potential for continued educational activities tailored to students' needs. The program followed a systematic flow, starting with initial coordination, preparation of materials and educational media, participant socialization, and the execution of main activities, including opening ceremonies, reproductive health education sessions, ice-breaking activities, health examinations, distribution of personal hygiene kits, and completion of evaluation questionnaires. After the activities, the team conducted monitoring and evaluation by analyzing questionnaire data and health screening results. These data were used to assess improvements in students' knowledge, health, and the effectiveness of the methods used. The analysis results were compiled into progress and final reports, scientific publications, and video documentation, which were published as program outputs.

Overall, the methods used in this community service program were designed not only to provide education but also to actively engage students, detect early health conditions, and strengthen collaboration between universities and schools. With well-planned, integrated approaches, this program is expected to create a learning environment that supports improvements in adolescents' reproductive health and healthy lifestyle habits.

RESULTS AND DISCUSSION

The "Smart and Healthy Generation: Sexuality Education for Adolescents and Health Check-ups with Garuda Parang Catholic Junior High School Students in Magetan" was conducted on 26 April 2025 in the school auditorium. The program started with welcome remarks from the school principal, Gunarti, S.Pd., and the head of the community service program, Kolektus Oky Ristanto, S.Pd., M.Pd. Following the remarks, the program continued with an educational game on personal health and sexuality to engage students and help them feel comfortable discussing the topic further (Picture 1). Afterwards, a pre-test was given to students to assess their initial understanding of the topic.



Picture 1.
Educational game



Picture 2.

Health workshop by general practitioner

The following session was an interactive seminar about personal hygiene and sexuality delivered by a general practitioner, dr. Andita Garindra Putri, as portrayed in Picture 2. The seminar was one of the main sessions of the community service, where the resource speaker explained how to maintain personal health, including a healthy diet, regular exercise, and good personal hygiene. Furthermore, the topic covered the importance of sexual health to prevent STIs and unintended pregnancies, as well as develop respectful relationships with others. Finally, the program concluded with a general check-up for the students, including measurements of body mass index and blood pressure. In this session, the students were also encouraged to consult the general practitioner of their health-related problems (Picture 3).



Picture 3.

Health consultation by a general practitioner

The Community Service Program at the Garuda Parang Catholic Junior High School in Magetan produced several significant achievements in education, increased knowledge, and improved students' health. These results were obtained through direct observation, analysis of pre-test and post-test data, and medical notes from the health examinations conducted throughout the program. Overall, the program's implementation received positive feedback from students, educators, and the school. The first notable outcome was the improvement in students' understanding of reproductive health and puberty. Based on the analysis of the pre-test and post-test questionnaires, there was a 38–52% increase in the average knowledge score. Before the activity, most students showed misconceptions about puberty, the function of reproductive organs, and proper personal hygiene practices. After participating in the interactive educational sessions, students were able to correctly explain basic concepts of puberty, the risks of unsafe sexual behavior, and the importance of maintaining

reproductive organ hygiene. This improvement was also reflected in students' ability to answer open-ended questions and their active participation in group discussions.

. The 38–52% increase in knowledge scores between the pre-test and post-test supports the findings of various studies indicating that systematic reproductive health education can significantly enhance adolescents' health literacy (Goesling, 2014; Khanal, Budhathoki, & Okan, 2023; Susyanto, Wardaningsih, & Hidayah, 2025). Educational materials delivered through interactive lectures, discussions, and videos have been shown to help students understand complex issues more easily. This aligns with Khanal, Budhathoki, & Okan (2023), who assert that participatory sexuality education creates a more conducive and relevant learning environment for adolescents.

In addition to increasing knowledge, the program fostered positive changes in students' attitudes and confidence in discussing reproductive health issues, which had previously been considered taboo. These findings support BKKBN (2018), which emphasizes that adolescents need a safe space to express questions and experiences related to puberty in order to make responsible health decisions. During the discussion sessions, students demonstrated strong enthusiasm, spontaneously asking questions about bodily changes, emotional experiences during puberty, and personal health concerns. Dormitory teachers reported that after the activity, students were more open to discussing personal hygiene and puberty-related changes than before. In terms of health examinations, the program successfully conducted screenings for all participants, providing a clear picture of their overall health. Based on measurements of body weight, height, and Body Mass Index (BMI), 18% of students were classified as mildly to moderately undernourished, while 12% were overweight. In addition, blood pressure measurements indicated that approximately 9% of students had blood pressure above the normal range for their age, and the school and parents recommended further monitoring. This is consistent with the report by the Indonesian Ministry of Health (2018), which highlights that Indonesian adolescents face the double burden of malnutrition—both undernutrition and overweight. Another achievement was the increased motivation among students to maintain personal hygiene following the distribution of hygiene kits.

These findings served as the basis for the community service team to provide follow-up recommendations to the school, particularly to improve meal arrangements in the dormitory, increase structured physical activities, and conduct routine health check-ups at least twice a year. Teachers and dormitory staff welcomed these recommendations and expressed their commitment to implementing them in the school's internal programs. The distribution of personal hygiene kits also had a direct positive impact on students' motivation to maintain personal cleanliness. Students expressed that the hygiene supplies—such as soap, toothbrushes, toothpaste, and sanitary pads for female students—were helpful. Several female students stated that receiving sanitary pads made them feel more confident and supported, as some of them previously had limited access to such supplies. This is in line with Sommer et al. (2015), who emphasize that access to hygiene facilities—including sanitary pads and bathing supplies—directly affects adolescents' comfort, confidence, and reproductive health.



Picture 4.

Collaboration between UNESA and Garuda Parang Catholic Junior High School

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In addition to the direct benefits for students, the program strengthened the collaborative relationship between UNESA and Garuda Parang Catholic Junior High School (Picture 4). The school expressed appreciation for the program, noting that it provided new experiences and had a meaningful impact on the well-being of dormitory students. The presence of professional medical personnel and the delivery of educational materials in simple language were considered highly effective in helping students understand health issues scientifically yet relatable to their daily lives. The collaboration among the university, the school, and medical personnel also yielded strong results. Multi-stakeholder collaboration is a key indicator of successful community-based health education programs. This supports the findings of Pereno & Eriksson (2020), who explain that public health programs involving multiple stakeholders are more likely to have a sustainable impact because of systemic support across institutions.

Regarding program outputs, documentation of the activities was successfully produced in the form of a Community Service Program (PKM) video, ready to be published on YouTube as one of the program's deliverables. Additionally, the results of the educational sessions and health examination analyses are being prepared for publication in scientific articles and media outlets as planned in the program's outcomes.

Overall, this community service activity demonstrated that reproductive health education and routine health examinations are highly effective in improving health literacy, self-awareness, and healthy lifestyle behaviors among junior high school adolescents. The program also provides a foundation for developing follow-up activities that can be implemented sustainably by the school or through further collaboration with UNESA.

KESIMPULAN

The "Smart and Healthy Generation: Sexuality Education for Adolescents and Health Check-ups with Garuda Parang Catholic Junior High School Students in Magetan" successfully improved adolescents' understanding of reproductive health, personal hygiene, and the physical changes that occur during puberty. The interactive educational approach—supported by discussions, visual media, and direct demonstrations—proved effective in increasing students' knowledge, confidence, and willingness to talk about sensitive health topics. The significant improvement between pre-test and post-test scores reflects the value of providing clear, age-appropriate information to young adolescents. The health screening component of the program also provided important insights into the students' nutritional status and overall health. These findings highlight the need for ongoing health monitoring and stronger collaboration between schools and healthcare providers to ensure early detection and prevention of potential health issues. Additionally, the distribution of personal hygiene kits motivated students to adopt better hygiene practices in their daily routines.

Future research should build on this program's results by including more schools and larger groups of students. This would help researchers understand whether the same positive outcomes can be found in different areas and among different types of adolescents. Long-term studies are also needed to determine whether the increase in students' knowledge persists and whether it leads to real changes in their daily behavior. Next, future research should include more complete health checks. Adding tests such as hemoglobin levels, nutritional markers, or menstrual health assessments would give a fuller picture of students' health conditions and needs. It would also be beneficial to involve parents or guardians in future programs. Because parents play a major role in shaping adolescents' behavior, including them in education activities could strengthen the overall effectiveness of the intervention. Finally, future research should examine cultural and personal factors that affect students' comfort in discussing reproductive health. Understanding these factors can help create education programs that are more sensitive, inclusive, and appropriate for different communities.

Overall, the program demonstrated that a structured, engaging, and collaborative approach to reproductive health education can produce meaningful and immediate benefits for adolescents.

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positive response from students, teachers, and the school community confirms the relevance and importance of such interventions. The results of this program provide a strong foundation for future initiatives to promote adolescent health and support schools in developing sustainable health education strategies. Furthermore, the program supported the achievement of SDG 3: Good Health and Well-Being, which emphasizes adolescent health through preventive actions and improved health literacy, as well as SDG 17: Partnership for the Goals, as its implementation involves collaboration between UNESA, medical personnel, the school, students, and the local community. This collaborative approach ensures program sustainability and maximizes social impact in Magetan.

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