

The Impact of Tik Tok Social Media on Teens' Knowledge of Reproductive Health

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ABSTRACT

The generation of teenagers is the one that will eventually carry on the advancement and ideals of the country. Teenagers' involvement in achieving the goals of the country also determines whether or not it is developed. Teenagers are particularly susceptible to and frequently experience issues related to reproductive health. Three Basic Risk Threats to Adolescent Reproductive Health, or TRIAD KRR, include sexuality, HIV/AIDS, the Human Immunodeficiency Virus, and other infectious diseases, in addition to narcotics, psychotropics, and other addictive substances (NAPZA). The social media app Tik Tok, which was only introduced a few years ago, has garnered a lot of interest from people of all ages, including the young and the old. Indonesia's Tik Tok user base.

Keywords: knowledge, reproductive health, teenagers, tik tok social media

BACKGROUND

Changes in physical, psychological, and psychosocial growth and development occur during the adolescent stage. Teenagers experience a variety of changes, such as body image alterations, mental shifts, attitudes toward the environment, hormone imbalances, and behavioral changes, such as an inclination to try new things and participate in unhealthy conduct (Ajhuri, 2019).

According to estimates, there are 1.2 billion teenagers on the planet, or 18% of the total population (Supit et al., 2019). The United Nations Children's Fund (UNICEF) Indonesia reports that in 2021, there were 17%, or 46 million, teens in Indonesia who were between the ages of 10 and 19. According to data from the Central Statistics Agency census conducted in 2021, Indonesia's teenage population.

Teenagers are particularly susceptible to and frequently experience issues related to reproductive health. According to the Ministry of Health of the Republic of Indonesia (2015), this issue is known as TRIAD KRR, or Three Basic Risk Threats to Adolescent Reproductive Health. These threats include sexuality, HIV/AIDS, narcotics, psychotropics, and other addictive substances (drugs). TRIAD KRR is a significant global health issue that affects everyone, including Indonesian youth. It is possible that these youth may face challenges due to their involvement in drug addiction, alcohol consumption, and free sex, which can lead to HIV/AIDS infection (Nugraha, Ayu & Sari, 2021).

According to Riskesdas (2018), one in five youths between the ages of 15 and 19 are dating for the first time. Approximately 33.3% of teenagers.

It is likewise impossible to overlook the issue of HIV/AIDS among teenagers. HIV/AIDS can be spread through sexual activity, which is becoming more and more widespread, as well as through drug use through injection needles, which is one of the origins of the disease. HIV infection rates among injectable drug users range from 50 to 90 percent. Thus, the issue of

HIV infection is intimately linked to injecting drug use as well as hazardous sexual behavior (Bandana, 2017 in Nugraha, Ayu & Sari, 2021).

Teens frequently encounter issues with their reproductive health since they are not given accurate information (Mayasari, Febriyanti, & Primadevi, 2021). Teenage pregnancy, early marriage, abortion, STDs, and HIV/AIDS are among the issues brought on by their misunderstanding of reproductive health (Supit et al., 2019). Insufficient understanding and insufficient.

The advancement of technology and information resources has significantly impacted modern human existence. Due to the quick advancement of technology, a lot of people have started utilizing social media more frequently to get information, and since the Covid-19 pandemic, social media is now a choice for online learning. Data Reportal estimates that in January 2022, there were 204.7 million internet users in Indonesia, or 73.7% of the country's total population of 277.7 million people. 191.4 million people in Indonesia utilize social media, making up 68.9% of the country's total population. Tik Tok is one of the social media platforms in Indonesia that has grown to become well-known in the early months of 2020. Tik Tok social media.

Through the films, songs, and chants that are posted on Tik Tok, a lot of people utilize social media to express their creativity or share knowledge about various topics. This facilitates the communication of information and may encourage viewers to replicate or disseminate it. Tik Tok is a popular social media platform among millennials, generations Y and Z, and has a large user base. Its advertising features allow users to maximize the distribution of their videos. These factors make Tik Tok an effective promotional tool (Dewa & Safitri, 2021). In light of this context, the purpose of this study is to determine the extent to which teenage reproductive health information can be influenced by social media platforms like Tik Tok.

METHODS

Pre-Experimental Designs are being used in this quantitative study. Because this research only used one group sample and lacked a comparison group sample, the pre-experimental research employed a one-group pretest-posttest design. Two trials were carried out in this study: one before and after therapy using a pretest, and the other after treatment using a posttest. The study was carried out in September and October of 2022. In the meanwhile, 71 responders made up the sample. Purposive sampling was the method of sampling used in this study. Google Form was used to distribute surveys in order to collect data online. The questionnaire distribution results will be compiled into an Excel table, which will subsequently be processed with computerized SPSS.

RESULTS

Table 4.1. Frequency Distribution of Response Characteristics Based on Age and Gender

Characteristics	n	Percentage (%)
Age (year)		
15	10	14,1
16	15	21,1
17	17	23,9
18	16	22,5
19	13	18,3
Total	71	100
Gender		
Man	23	32,4
Woman	48	67,6
Total	71	100

Source: Primary Data

The majority of respondents who were 17 years old (23.9%) were 17 respondents, according to data from 71 respondents in table 4.1 who agreed to participate in the survey. As a result, middle-aged respondents made up the majority of the study's participants. The gender distribution of the respondents, as shown in table 4.1, indicates that 48 respondents (67.6%) were female and 23 respondents (32.4%) were male.

Table 4.2. Frequency Distribution of Pretest and Posttest Knowledge Levels on Adolescent Reproductive Health

Knowledge	Pretest		Posttest	
	Frequency	(%)	Frequency	%
Not enough	10	14,1	0	0
Enough	35	49,3	9	12,7
Good	26	36,6	62	87,3
Total	71	100	71	100

Source: Primary Data

According to table 4.2, which shows the frequency distribution of pretest knowledge, 35 respondents, or 49.3%, possessed an adequate level of knowledge. In contrast, 62 respondents, or 87.3%, possessed posttest knowledge that was deemed to be at a good level.

Table 4.3. Overview of Pretest and Posttest Values for Adolescent Reproductive Health Knowledge

Knowledge	N	Mean	Std. Deviation	Min	Max
Pretest	71	70,78	10.494	39,00	89,00
Posttest	71	83,84	8.391	61,00	100

Source: Primary Data

Table 4.3 shows that respondents' mean knowledge score was 70.78 before the intervention, with a minimum score of 39.00 and a high score of 89.00. With a minimum score of 61.00 and a maximum score of 100, the knowledge score climbed to 83.84 after receiving intervention using Tik Tok video content for three days.

Table 4.4. Cross Tabulation Based on Knowledge and Age of Respondents Before and After Giving Counseling with Tik Tok Video Media

Age (year)	Pretest						Total
	Not enough	%	Enough	%	Good	%	
15	1	1,4	6	8,5	3	4,2	10
16	5	7,0	8	11,3	2	2,8	15
17	2	2,8	11	15,5	4	5,6	17
18	1	1,4	5	7,0	10	14,1	16
19	1	1,4	5	7,0	7	9,9	13
Amount	10	14,1	35	49,3	26	36,6	71
Age (year)	Posttest						Total
	Not enough	%	Enough	%	Good	%	
15	0	0,0	0	0	10	14,1	10
16	0	0,0	4	5,6	11	15,5	15
17	0	0,0	3	4,2	14	19,7	17
18	0	0,0	1	1,4	15	21,1	16
19	0	0,0	1	1,4	12	16,9	13
Amount	0	0,0	9	12,7	62	87,3	71

Source: Primary Data

Based on table 4.4, it shows that before the intervention was given using Tik Tok video media, the 16 year old age group received the least category with 5 respondents (7.0%). Then, after being given intervention using Tik Tok video media, many got the fair and good categories, of the five age groups above, 18 year olds got the good category, namely 15 respondents (21.1%).

Table 4.5. Cross Tabulation Based on Knowledge and Gender of Respondents Before and After Giving Counseling with Tik Tok Social Media

Gender	Pretest						Total
	Not enough	%	Enough	%	Good	%	
Man	6	8,5	13	18,3	4	5,6	23
Woman	4	5,6	22	31,0	22	31,0	48
Amount	10	14,1	35	49,3	26	36,6	71
Posttest							
Man	0	0,0	6	8,5	17	23,9	23
Women	0	0,0	3	4,2	45	63,4	48
Amount	0	0	9	12,7	62	87,3	71

Source: Primary Data

Based on table 4.5, it shows that before being given intervention using Tik Tok video media, male and female respondents were in the poor category. There were 6 male respondents or (8.5%) and 4 or (5.6%) female respondents. Then after being given intervention using Tik Tok video media, the knowledge of male and female respondents increased. 17 male respondents received the good category or (23.9%) and 45 female respondents received the good category or (63.4%).

Table 4.6. Results of Pretest and Posttest Statistical Tests on Adolescent Reproductive Health Knowledge Using Tik Tok Social Media

Pengetahuan	N	Mean	Str. Deviasi	Str. Error	P-Value
Pretest dan posttest	71	13.056	10.977	1.302	0.000

Source: Primary Data

Based on table 4.6, the results of the paired t test of knowledge before and after using Tik Tok video media show results with a significance value of $p\text{ value} = 0.000 < 0.05$ with a mean value of 13.056. This shows that providing treatment in the form of learning media through Tik Tok videos is able to increase the knowledge value of teenagers at SMK Negeri 5 Yogyakarta. Thus it can be concluded that "Tik Tok social media is effective in knowledge of adolescent reproductive health at SMK Negeri 5 Yogyakarta", so that H_a is accepted.

DISCUSSION

Knowledge on the Pre- and Post-Tests

Tables 4.2 and 4.3 present the research findings on the frequency distribution of knowledge levels between the pretest and posttest. According to the data, there were 10 respondents (14, 1%), but after receiving treatment using the Tik Tok video media, there were no respondents in the poor category. This indicates that the treatment using Tik Tok video media had a sufficient level of knowledge from the category of 35 respondents (49.3%) rising to the good category of 62 respondents (87.3%). Following the treatment, the mean value increased to 83.84 from 70.78 before the intervention. This demonstrates how Tik Tok video content causes a shift in knowledge.

Although there are many reasons why knowledge can grow, the researcher in this study believes that one reason could be respondents' preparedness for the exams they were assigned to take during the learning process.

A cross-tabulation of respondents' knowledge levels by age and gender is presented in Table 4.4. Compared to respondents in other age groups, namely 15 respondents (14.1%), those 18 years old had a higher level of good knowledge following counseling utilizing Tik Tok video media. This demonstrates that an individual's knowledge improves with age. Given their advanced age, the study participants may have a more open-minded and grasping mentality, making it simpler to understand and absorb.

Based on the study's findings, the researcher surmises that this is because a large number of female respondents agreed to participate in the online survey. It is possible for adolescent boys and girls to encounter reproductive health issues, and they may not always react to these issues in the same way. This may be because female teenagers have more time than male teens to study or talk with their peers about reproductive health, and women tend to be more information-seeking than males.

The Impact of Tik Tok Social Media on Adolescents' Understanding of Reproductive Health
The outcomes of statistical knowledge tests conducted before and after watching Tik Tok videos are displayed in Table 4.6.

Researchers are of the belief that the increase in respondents' knowledge scores reflects an increase in knowledge scores which is impacted by the assistance of learning media which makes it easier for respondents to retain the material presented.

Tik Tok video content was employed by researchers as a teaching tool in this study. The Tik Tok video's content is organized in a straightforward, detailed manner to ensure that educational targets can understand it and that it doesn't lead to misunderstandings. Targets will find it easier to comprehend information when using Tik Tok video media as a learning tool than when information is solely communicated verbally since the targets can see the graphics in the media immediately.

Table 4.6 presents the results of a statistical test that compares knowledge utilizing Tik Tok video media before (pretest) and after (posttest). The paired t test yields a significant value of $p\text{ value} = 0.000 < 0.05$, and the mean is 13.056. This indicates that Tik Tok social media is useful in increasing teenage reproductive health awareness at SMK Negeri 5 Yogyakarta. Counseling utilizing Tik Tok video media can also raise teenage reproductive health knowledge.

CONCLUSION

The following conclusions can be made in light of the findings of the study and the previous discussion:

1. Before (pretest) watching videos on social media, students at SMK Negeri 5 Yogyakarta were taught about teenage reproductive health. Out of 35 responders, Tik Tok had sufficient knowledge (49.3%).
2. After watching a video on social media, students at SMK Negeri 5 Yogyakarta were asked to posttest their knowledge of teenage reproductive health. Tik Tok had 62 responders (87.3%), indicating strong expertise.
3. SMK Negeri 5 Yogyakarta finds that Tik Tok social media is useful for teaching adolescents about reproductive health.

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