

TEENAGE GIRLS' KNOWLEDGE ABOUT THE RISKS OF PREGNANCY IN ADOLESCENT AGE

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ABSTRACT

This study aims to determine the knowledge of adolescent girls about pregnancy risks at SMKN 1, within the Megang Community Health Center (Puskesmas) working area in Lubuklinggau City, in 2025. The research method used was quantitative. The results of the continuum test showed that the indicators were able to name 67.89%, the indicators were able to define 70.20%, and the indicators were able to describe 67.41%. The non-parametric Spearman Rank test showed a significance value of 0.001, where 0.001 is less than 0.05. In conclusion, adolescent girls' knowledge of pregnancy risks at SMKN 1, within the Megang Community Health Center working area in Lubuklinggau City is at most 60%.

Keywords: Knowledge, Adolescent Girls, Pregnancy Risk

INTRODUCTION

Adolescents are highly curious and enthusiastic about new things, including personal matters such as sexuality. Adolescents seeking their identity tend to engage in more promiscuous sexual relationships due to the ease of accessing global information related to sexuality (Wahyuningsih et al., 2024; Adyana et al., 2023). Adolescence is a time of rapid growth and development. Reproductive health issues that occur in adolescents not only impact physical, mental, and emotional well-being, but also impact long-term economic and social well-being. The emergence of sexual urges and motivations makes adolescents vulnerable to diseases and reproductive health issues, such as premarital sex, which can lead to early pregnancy (Yuniantari et al., 2025).

Information on adolescents' knowledge and attitudes toward early pregnancy is crucial for understanding the increasing number of early pregnancies. Research conducted by Amdadi et al., (2021) on 30 female students at Gowa State Senior High School 1 showed that the majority of subjects (53%) still lacked knowledge about the risks of early pregnancy. In addition, the results of research conducted by Claret (2022) on 301 young women in Sanggalangi' District, North Toraja Regency showed that there were still 24% of young women who had sufficient knowledge about the impact of early pregnancy. However, research conducted by Irwan (2022) on 65 female students at SMA Negeri 1 Makassar showed that 90.7% had good knowledge about the subject of early age and 73.8% of them had a positive attitude towards efforts to prevent early age pregnancy.

Teenage pregnancy is highly risky for both the mother and the fetus. Adolescence is a transitional period from childhood to adulthood, during which the reproductive organs are not yet mature enough to function properly. A woman's uterus begins to mature at age 14, marked by the onset of menstruation. Between the ages of 14 and 19, the hormonal system is not yet stable, as evidenced by irregular menstrual cycles. This irregularity can impact

pregnancy. Pregnancy becomes unstable, bleeding is more likely, and abortion or fetal death can occur (Rosyida, 2024).

Each year, approximately 21 million girls aged 15-19 in developing countries become pregnant. According to World Health Organization data, approximately 12 million of these girls give birth. This data demonstrates that teenage pregnancy is not a minor issue, but a global problem affecting millions of young lives worldwide. This phenomenon demonstrates that teenage pregnancy occurs on a massive scale, even in various countries, and has a serious impact on the future of adolescents, especially girls (WHO, 2023).

Teenage pregnancy is a social problem that remains prevalent in various regions in Indonesia. This is evidenced by the 26 to 27 women aged 15 to 19 who give birth for every 1,000 women in the same age group. This figure indicates that one in approximately 37 adolescent girls experiences a pregnancy that results in childbirth (BPS, 2023).

Teenage pregnancy is a crucial issue in public health development, particularly in efforts to improve the quality of human resources. In Indonesia, teenage pregnancy remains a significant problem, particularly in several provinces, such as South Sumatra. Based on data from the 2021 Population Census Long Form (SP2021), the Age-Specific Fertility Rate (ASFR) for adolescents aged 15 to 19 in South Sumatra was recorded at 36 births per 1,000 women. This figure indicates that adolescent fertility remains quite high and requires special attention (BPS, 2021).

Based on the data and phenomena above, researchers conducted interviews with 10 adolescent girls. They asked whether they were aware of the risks of teenage pregnancy and whether they knew about the psychological changes that pregnancy can have on adolescence.

Based on the interviews with the girls, it was found that one girl was unaware of the risks of promiscuity, and six girls were unaware of the psychological changes that pregnancy can have on adolescence. Based on the above issues, the researchers were interested in conducting a study entitled: "Adolescent Girls' Knowledge of the Risks of Adolescent Pregnancy at SMKN 1, Megang Community Health Center, Lubuklinggau City, in 2025."

METHODS

Types of Research

Quantitative research is a research procedure that seeks knowledge by using numerical data as a tool to find information about what is being studied. Quantitative data is the result of observations that convert qualitative data into numbers (quantitative). The type of research used in this study is quantitative research, which uses numerical data.

Research Instrument

An instrument is a tool for collecting data in a study. The questionnaire used in this study was developed from variables, variable indicators, and operational definitions. In this study, the main research problem was the variable of adolescent girls' knowledge about the risks of teenage pregnancy at SMKN 1, within the Megang Community Health Center (Puskesmas) working area of Lubuklinggau City in 2025.

The research instrument was a questionnaire to measure adolescent girls' knowledge about the risks of teenage pregnancy. The questionnaire technique (questionnaire) is a data collection technique that uses a systematically compiled list of questions to be completed by respondents.

Measurement Scales and Instrument Construction

Measurement Scale

A measurement scale is an agreement used as a reference to determine the length of intervals within a measuring instrument. Therefore, when used in measurements, the instrument will produce quantitative data using a Likert scale, which is used to measure the attitudes, opinions, and perceptions of an individual or group of people regarding social phenomena. The data obtained using this scale is interval data (interval scale). Interval data is data that displays equal distances. The distances between 1 and 2, 2 and 3, 3 and 4, 4 and 5 are equal and do not have an absolute zero.

Instrument Development

In any data collection method, a tool called a data collection instrument is always required. The data collection instrument in this study used a questionnaire. The questionnaire aims to measure young women's knowledge about the risks of teenage pregnancy. A questionnaire is defined as a well-structured, well-thought-out list of questions, where respondents (in the case of a questionnaire) and interviewers (in the case of an interview) simply answers or mark certain points.

Table. 1
Questionare

Variables	Indicator	Item Number	Many Grains
Knowledge of Young Women in Grade XI at the year level	Respondents were able to mention the risks of pregnancy during adolescence	1,2,3,4,5,6	6
	Respondents were able to define the risks of pregnancy during adolescence	7,8,9,10,11,12	6
	Respondents were able to describe the risks of pregnancy during adolescence	13,14,15,16,17,18	6

Data Sources and Types

The data used in this study were primary and secondary data. Primary data were obtained through questionnaires conducted with adolescent girls at SMKN 1 within the Megang Community Health Center (Puskesmas Megang) area in Lubuklinggau City. Secondary data were obtained from data from the Megang Community Health Center and data from adolescent girls at SMKN 1.

Population and Sample

Population

In this study, the population was all 836 female adolescents at SMKN 1, within the Megang Community Health Center (Puskesmas Megang), Lubuklinggau City, totaling 836 female adolescents (State Vocational High School 1, 2025).

Sample

The sample in this study was female adolescents at SMKN 1, within the Megang Community Health Center, Lubuklinggau City, in 2025. The sampling technique was based on population characteristics.

Inclusion Criteria: Female adolescents who are students at SMKN 1 Lubuklinggau; female adolescents who agreed to be included in the sample.

Exclusion Criteria: Female adolescents who are not students at SMKN 1 Lubuklinggau; and female adolescents who did not agree to be included in the sample. The total sample size for this study was 271 individuals.

Research Location and Time

Research Location

This research was conducted at SMKN 1, within the Megang Community Health Center (Puskesmas) working area in Lubuklinggau City. This study aimed to assess adolescent girls' knowledge about the risks of teenage pregnancy.

Research Time

This research was conducted from May 13 to 31, 2025, at SMKN 1, within the Megang Community Health Center (Puskesmas) working area in Lubuklinggau City, according to the academic calendar.

RESULTS

Univariate Analysis

Table. 2
Respondents' Age Characteristics

No	Age (Year)	Frequency	Percentage
1	15 Tahun	21	7.7%
2	16 Tahun	127	46.9%
3	17 Tahun	117	43.2%
4	18 Tahun	6	2.2%
Total Amount		271	100%

Based on the data in the table above, it can be seen that the age characteristics of the respondents with the highest frequency are 16 years old with a percentage of 46.9%.

Table. 3
Respondent Class Level Characteristics

No	Age (Year)	Frequency	Percentage
1	Kelas X	126	46.5%
2	Kelas IX	145	53.5%
Total Amount		271	100%

Based on the data in the table above, it can be seen that the characteristics of the respondent class level with the highest frequency are class IX with a percentage of 53.5%.

Bivariate Analysis

Table. 4
Spearman Rank Nonparametric Statistic Analysis Test Results

Variable			Level of knowledge with the indicator Able to State	Level of knowledge with the indicator Able to Define	Level of knowledge with the indicator Able to Describe
Spearman 's rho	Don't Know Indicator Able to Mention	Correlation Coefficient Sig. (2-tailed) N	1.000 . 271	1.000** . 271	1.000** . 271
	Don't Know Indicators Able to Define	Correlation Coefficient Sig. (2-tailed) N	1.000** . 271	1.000 . 271	1.000** . 271
	Don't Know Indicators Able to Explain	Correlation Coefficient Sig. (2-tailed) N	1.000** . 271	1.000** . 271	1.000 . 271

** Correlation is Significant at the 0,01 level (2-tailed)

Based on the output results of the Spearman rank nonparametric statistical analysis test in the table above, it shows that the variable of knowledge of young women about the risk of pregnancy during adolescence which was tested on 271 respondents obtained a significant value of $0.001 < 0.05$, so the knowledge of young women about the risk of pregnancy during adolescence at SMKN in the working area of the Megang Health Center, Lubuklinggau City in 2025 was more than 60% of the expected value.

DISCUSSION

In this study, the researchers hypothesized that adolescent girls' knowledge of the risks of teenage pregnancy at SMKN 1, within the Megang Community Health Center (Puskesmas) in Lubuklinggau City, would be at most 60% of the expected value by 2025. This hypothesis was rejected because the results showed that the majority of adolescent girls' knowledge of the risks of teenage pregnancy was good, with a score of 68.5%. The nonparametric Spearman rank test yielded a significance value of $0.001 < 0.05$.

In this study, respondents' responses were obtained, where, at the knowledge level, with the indicator of being able to state, the highest response was found in item number 3, which reads: "The risk of teenage pregnancy is low birth weight (LBW)," with a percentage of 71.14%. While the lowest response was found in item number 6, which reads: "The risk of teenage pregnancy is high maternal mortality," with a percentage of 64.35%.

At the knowledge level, with the indicator of being able to define, the highest respondent response was found in item number 11, which reads: "Infection is easily occurring because the immune system is not fully mature, which is one of the risks of teenage pregnancy," with a percentage of 74.34%. While the lowest respondent response was found in item number 9, which reads: "Low Birth Weight (LBW) is a condition where the baby weighs less than 2.5 kg, which is one of the risks of teenage pregnancy," with a percentage of 66.34%.

Meanwhile, at the knowledge level, with the indicator of being able to describe, the highest respondent response was found in item number 17, which reads: "If pregnancy occurs in adolescence, the child will be more susceptible to infection because the immune system is not fully mature and hormonal changes during the labor process," with a percentage of 73.06%. While the lowest respondent response was found in item number 13, which reads: "I will be at risk of miscarriage if I become pregnant as a teenager," with a percentage of 61.99%.

According to Notoatmodjo in Chapter II, page 46, the age of respondents at SMKN 1 in the Megang Community Health Center area of Lubuklinggu City is in the range of 15-18 years, thus influencing their comprehension and mindset in obtaining information. As a person gets older, their experience and knowledge increase, which leads to the development of comprehension and mindset, resulting in better information obtained. This is due to the rapid development of technology and social media, so that young women gain a lot of insight from the internet, such as information about the risks of pregnancy during adolescence. One popular platform among teenagers is TikTok and YouTube, where many health workers, including obstetricians, provide direct education. For example, a number of obstetricians in Indonesia actively upload educational content on TikTok and YouTube, discussing the risks of pregnancy during adolescence. This content is often delivered in a light, interactive manner, and in accordance with adolescent language, making it easier to understand and easily accepted. Such education helps increase young women's knowledge about the importance of maintaining reproductive health and encourages them to be more aware of the risks of pregnancy during adolescence. An educational approach through social media can be an effective strategy for reducing teenage pregnancy rates, especially when combined with school education and active family involvement. This way, adolescents become not only users of information, but also individuals capable of making healthy and responsible decisions about their bodies.

Regarding the age characteristics of respondents, the highest frequency was 16 years old (46.9%), while the lowest frequency was 18 years old (2.2%). According to Jean Piaget's theory of cognitive development, intelligence changes as children grow. According to Jean Piaget, cognitive development in children begins around age 12 and continues into adulthood. As adolescents enter this stage, they gain the ability to think abstractly by manipulating ideas in their heads, without relying on concrete manipulation.

Adolescence is part of the growth and development process, a transitional period from childhood to adulthood. Problems that frequently arise as a result of physical, emotional, and social changes in adolescents include promiscuity, premarital pregnancy, and the spread of sexually transmitted infections (STIs), including HIV/AIDS (Lestari & Meylissa, 2025; Andriani et al., 2022).

The results of research by Ayuni et al., (2022) based on a literature review showed that the low level of knowledge of adolescents regarding the factors causing pregnancy during adolescence, there was an increase in knowledge after being given information related to the risks of pregnancy at a young age.

Research conducted by Suwandeni (2021); Budiharjo (2018) also found similar results, namely that the level of knowledge of adolescent pregnancy among young women in the Saptosari Community Health Center, Gunung Kidul Regency, was largely good, with respondents mostly aged 14-16 years. The results of Raehana's (2023) research show that there is a relationship between the level of knowledge and attitudes of young women regarding pregnancy during adolescence in Lendang Ara Village, Wajageseng Health Center Working Area in 2023.

Factors that influence a person's attitude are experience, the influence of others who are considered important, cultural influences, the influence of educational institutions and the influence of social media. Looking at the data on respondent characteristics, where the information obtained by respondents about early pregnancy is mostly sourced from health workers and from the internet, the researcher argues that health workers and social media have a significant influence on the attitudes of young women about early pregnancy. From the discussion above, the knowledge and attitudes of young women about early pregnancy are related to the source of information, especially the information provider and the accuracy of the information provided to prove how influential and how strong the relationship is (Sili & Kustiya, 2024; Marfiana, 2021).

CONCLUSION

Knowledge of adolescent girls about the risks of pregnancy during adolescence at SMKN 1 in the Megang Health Center Working Area of Lubuklinggau City in 2025 was at most 60% of the expected value.

SUGGESTIONS

It is hoped that the results of this study can be used to develop theories on the importance of early reproductive health education, particularly in the context of vocational secondary education. Adolescent girls' knowledge of the risks of pregnancy during adolescence demonstrates the need for educational approaches that are more relevant to the current conditions and environments of adolescents.

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