

Adolescent Reproductive Health

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This topic discusses:

- 1. Adolescent development**
- 2. Reproductive health**
- 3. Adolescent Health Problems**



Adolescent Development

Definition

Adolescence (ages 10–19) is a transition period from childhood to adulthood.

During this time:

- Young people experience rapid physical growth, such as height increase and body changes
- There are cognitive changes, meaning they begin to think more critically and independently
- Psychological/emotional changes occur, including identity formation and mood fluctuations
- Social roles change, such as becoming more independent and forming deeper relationships

A key feature of this stage is puberty, which:

- Marks the beginning of sexual maturity
- Prepares the body for reproduction
- Includes hormonal changes that affect both body and behavior
- This period is also known as the maturation of reproductive organs, meaning the reproductive system becomes fully functional.

Unpad

Approach to Adolescents

When working with adolescents, it is important to:

- Use open and non-judgmental communication
- Provide accurate and age-appropriate information
- Respect their privacy and growing independence
- Understand that they are still developing emotionally and cognitively

A supportive approach helps adolescents make healthy and responsible decisions, especially regarding reproductive health.

Hormonal Changes

Boys

1. Increase in LH (Luteinizing Hormone)

LH stimulates the Leydig cells in the testes to produce testosterone, which then stimulates the development of secondary sexual characteristics.

2. Increase in FSH (Follicle Stimulating Hormone)

FSH stimulates Sertoli cells to produce inhibin as feedback to the hypothalamus–pituitary–gonadal axis. FSH also stimulates the development of seminiferous tubules, resulting in testicular enlargement.

3. Spermatogenesis

Occurs due to the influence of FSH and testosterone produced by Leydig cells.

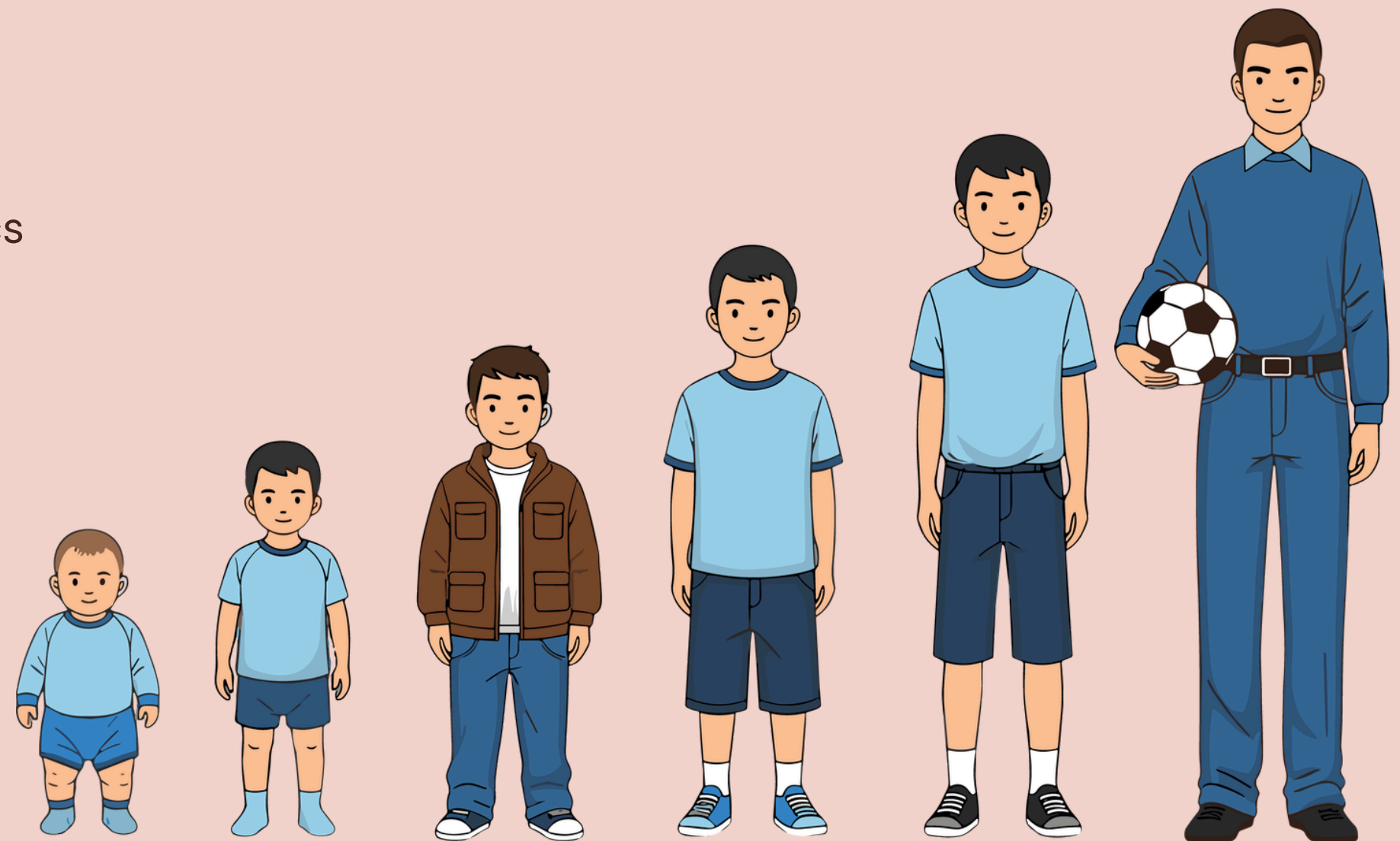
Other Hormones

1. Growth hormone (GH)
2. GH levels increase during the growth spurt in puberty
3. Contributes approximately:
4. 17% of adult height in males
5. 12% in females
6. Sex steroid hormones increase GH secretion in both males and females
7. In females, GH increases at the beginning of puberty
8. In males, GH increases at the end of puberty

Physical Changes

Five specific changes during puberty:

1. Rapid increase in height (growth spurt)
2. Development of secondary sexual characteristics
3. Development of reproductive organs
4. Circulatory system changes
5. Respiratory system changes





Psychological Changes of Puberty

Psychosocial changes in adolescents are divided into three stages:

1. Early adolescence (12–14 years)
2. Middle adolescence (15–17 years)
3. Late adolescence (18 years)

Early Adolescence



- Identity crisis
- Emotional instability
- Increased verbal ability for self-expression
- Importance of close friends
- Reduced respect toward parents, sometimes behaving rudely
- Pointing out parents' mistakes
- Seeking affection from others besides parents
- Tendency to behave childishly
- Strong peer group influence on hobbies and clothing
- Forming groups with similar behavior, appearance, and communication styles
- Focused on the present rather than the future
- Beginning sexual awareness: feelings of shame and attraction to the opposite sex
- Experimentation with cigarettes, alcohol, or drugs



Middle Adolescence

- Complaints that parents interfere too much
- Less appreciation of parents' opinions
- Periods of sadness due to desire for independence
- Strong concern about appearance
- Efforts to gain new friends
- Mood swings
- Starting to write diaries
- Selective and competitive peer relationships
- Growing interest in intellectual pursuits and career
- Development of role models and consistency in goals
- Strong attention to appearance and romantic relationships
- Frequently changing partners and increased attraction to the opposite sex



Late Adolescence

- Stronger self-identity
- Ability to think abstractly and generate ideas
- Ability to express feelings verbally
- Greater focus on the future
- Increased respect for others
- More consistent interests and pride in achievements
- More developed sense of humor
- More stable emotions
- Clearer understanding of future roles
- More serious relationships
- Acceptance of social norms and traditions

Adolescent Reproductive Health



- A healthy condition involving the reproductive system, functions, and processes in adolescents
- Not only free from disease or disability, but also includes mental and socio-cultural well-being (IDAI, 2013)
- Adolescent Reproductive Health (KRR) is a healthy condition of the reproductive system (functions, components, and processes) physically, mentally, and socially (BKKBN, 2006)

Indonesian Government Programs

- Planned Generation Program (GenRe) by BKKBN
- Youth/Student Information and Counseling Centers (PIK R/M)
- Family Development for Adolescents (BKR)
- Adolescent-Friendly Health Services (PKPR)

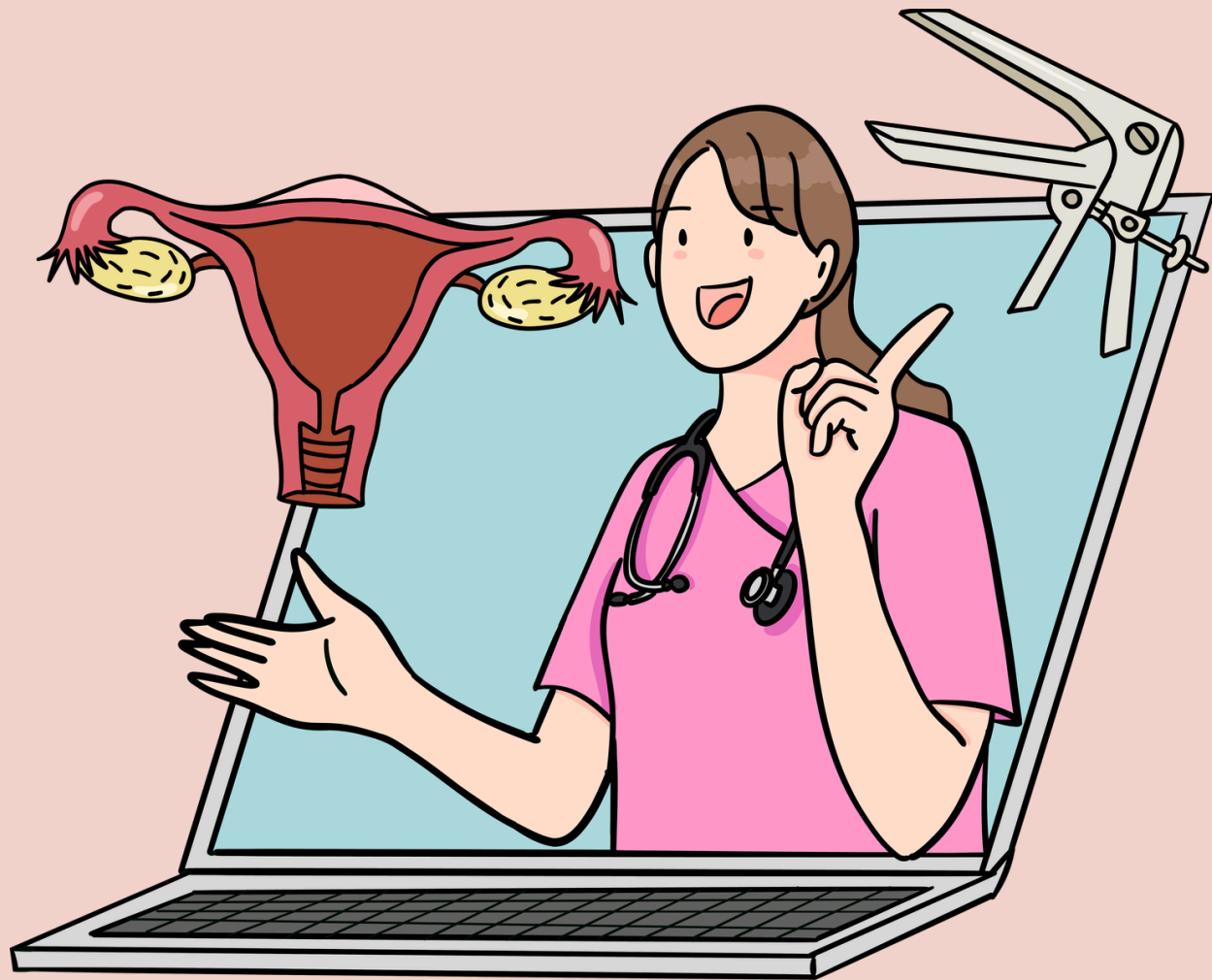
Target groups of Adolescent-Friendly Health Services (PKPR):

1. In-school and out-of-school adolescents
2. Female adolescents and pregnant adolescents
3. Adolescents vulnerable to HIV
4. Adolescents living with HIV
5. Adolescents affected by HIV/AIDS
6. Orphans due to AIDS
7. Adolescents with special needs (victims of violence, trafficking, sexual exploitation, disabilities, street children, working adolescents, those in conflict or remote areas)

Scope of Adolescent Reproductive Health (KRR) – BKKBN (2006)

1. Sexual development and risks
2. HIV (Human Immunodeficiency Virus) and AIDS (Acquired Immunodeficiency Syndrome)
3. Narcotics, Alcohol, and Addictive Substances)

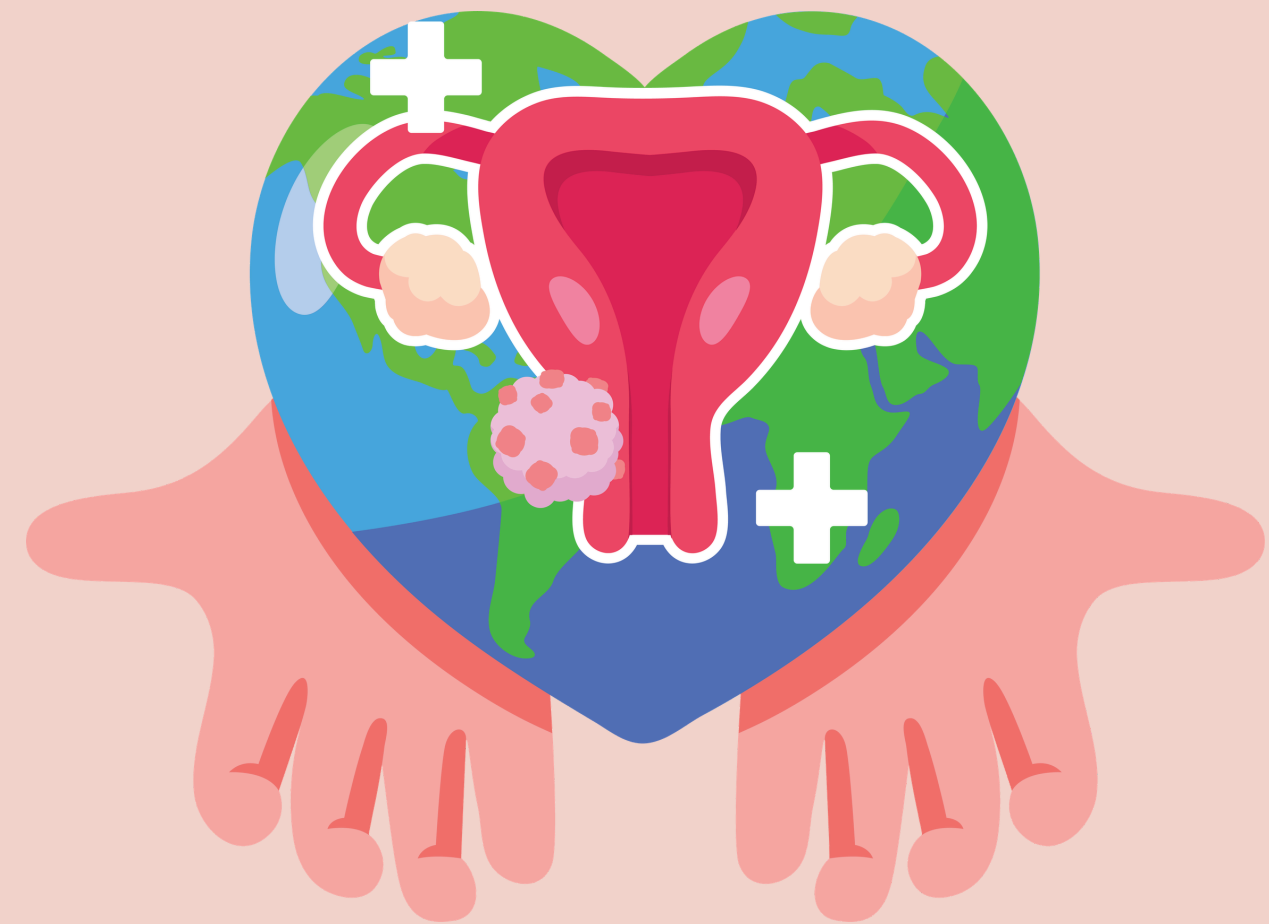
Adolescent Health Problems



1. Threat of HIV/AIDS and STIs
2. Increasing adolescent birth rates
3. Lack of knowledge about family planning and contraceptives
4. Adolescent knowledge and practices shape future behavior
5. Large adolescent population
6. Drug abuse

Sexually Transmitted Diseases (STDs) in Adolescents

1. Gonorrhoea (GO)
2. Syphilis
3. Genital herpes
4. Trichomoniasis vaginalis
5. Chlamydia
6. Genital warts (HPV)
7. HIV/AIDS



Causes of STDs

1. Sexual intercourse with an HIV-infected partner
2. Use of contaminated needles or sharp tools (piercing, tattoos, shaving tools)
3. Blood transfusions containing HIV
4. Transmission from HIV-positive mother to fetus

Prevention

1. Avoid risky behaviors
2. Do not engage in premarital sexual intercourse
3. Be able to refuse risky invitations
4. Use abstinence for positive activities
5. Be faithful
6. Choose good friends



Adolescent Health Services



- Counseling, information, and family planning services
- Pregnancy and childbirth services (including safe abortion, newborn and neonatal care)
- Treatment of reproductive tract infections and STDs
- Counseling and reproductive health services (KRR)
- Education and information on reproductive health
- Technological innovation for adolescent health education services

Thank You!

References

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