

## School drop-outs: How do their knowledge about reproductive health increase using Gendang Beleq as an Indonesian Traditional Culture?

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### ABSTRACT

**Background:** Youth is a critical development condition and it should have understanding and awareness of sexual and reproductive health (SRH) needs. In many aspects of life, young people or adolescents who drop out of school fare worse. Those people who do not have the ability to attend school during these formative years, sadly, do not find opportunities and fall behind compared to other people who attend school. This study aimed to examine the effectiveness of Gendang Beleq as an Indonesian Traditional culture in increase the knowledge of SRH among school drops-out adolescents in Kuta coastal areas, Central Lombok, West Nusa Tenggara.

**Subjects and Method:** This study was an experimental study using pretest-posttest study without control group design. This study was conducted in Kuta coastal areas, Central Lombok, West Nusa Tenggara. A total of 30 school drops-out adolescents was selected for this study using purposive sampling. The dependent variable was SRH knowledge (fertile age, puberty, age of marriage, maturity of premarital age, and sexually transmitted infection, HIV-AIDS, and drugs). The independent variable was SRH intervention using Gendang Beleq. The data were collected using questionnaire and in-depth interview. The data were analyzed using t-test.

**Results:** Means of SRH knowledge were increased after Gendang Beleq intervention. Fertile age (Mean= 84.58; SD= 6.58) was increased than before (Mean= 52.55; SD= 5.33), puberty was increased (Mean= 83.65; SD= 3.89) than before (Mean=52.15; SD=10.03), age of marriage was increased (Mean= 82.31; SD= 6.55) than before (Mean= 82.31; SD=5.33), maturity of premarital age was increased (Mean= 82.68; SD= 4.61) than before (Mean=57.68; SD=8.70), and sexually transmitted infection, HIV-AIDS, and drugs was increased (Mean=81.61; SD=3.11) than before (Mean=55.68; SD=8.27), and they were respectively statistically significant.

**Conclusion:** Gendang beleq increase the knowledge regarding sexual and reproductive health among school drops-out adolescents in Kuta coastal areas, Central Lombok, West Nusa Tenggara.

**Keywords:** Gendang beleq, knowledge, adolescents, sexual and reproductive health

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### BACKGROUND

Adolescence is the stage of turbulence in which a child undergoes many changes in physical, psychological, and emotional condi-

tions. During this stage, if the adolescence attends school, it is not only good for educational achievements, but also for the opportunity to share many turbulent

thoughts with their peers and sometimes with teachers (Saxena and Maithly, 2008). Compared to those who graduate, people who drop out of high school do substantially worse. Dropouts earn less, report lower happiness levels, commit more crimes and suffer poorer health (Lochner and Moretti, 2004; Lleras-Muney, 2005; Oreopoulos, 2007).

Based on the International Demographic and Health Survey (2012), in Indonesia, the Age Specific Fertility Rate for the 15-19 age group generally drops insignificantly from 51 to 48 per 1000 women (IDHS, 2007; IDHS, 2012), still far from the figure expected in the National Population and Family Planning Agency Strategic Plan namely 38 per 1000 women in 2019. The high proportion adolescents aged 15-19 who have given birth and are pregnant with their first child increases from 8.5% (2007) to 9.5% (2012). According to the 2014 Annual Review-UNICEF, states that one in four women in Indonesia marry before the age of 18. This condition is thought to be a result of early marriage and a result of promiscuity (Marline, 2012).

West Nusa Tenggara Province is one of the provinces in Indonesia with a high population growth rate. Data from the Central Lombok Regency Office of Religious Affairs in 2013 recorded 486 couples who registered for marriage, it was found that 297 couples were adolescents (12-24 years). Several sub-districts in Central Lombok district, such as Pujut sub-district, are among the districts with the highest rates of young marriage (138 couples), especially those whose working areas are in coastal areas such as the Kuta coastal area when compared to other districts in Central Lombok (Religious Affair of Central Lombok, 2013; Religious Affair of Pujut, 2013).

The coastal area of Kuta beach in Central Lombok Regency is a tourism area.

As a tourism area, in addition to developing natural resources, traditional arts and culture are also developed. The impact of tourism areas in addition to generating foreign exchange can also lead to changes in people's lives, especially teenagers. The major changes that have occurred in adolescents in the coastal area of Kuta are currently becoming a momentum as well as a challenge with the opening of a wide and unblocked flow of information.

In many low-and middle-income countries (LMICs), sex education is not provided in schools or starts too late to be of assistance; also, some children do not attend school or leave school before receiving knowledge. There is clear evidence that school-based sex education increases risk tolerance, knowledge of risk-reduction techniques, and contributes to a higher degree of intention to pursue safer sex (Wellings et al., 2006).

Improvements in health begin with health knowledge. Knowledge allows adolescents to have agency over their own bodies and protects them from dangerous sexual behavior (Finlay et al., 2020). That is way the approach taken in coastal areas is carried out by means of knowledge sharing for adolescents, based on preliminary studies with information dissemination techniques, has reached the target but few still remember and many adolescents do not pay attention because one-way counseling is saturating for adolescents. Therefore, it is necessary to think about empowering the cultural potentials that exist in the coastal areas of Kuta which are popular with teenagers and as a medium for conveying information such as the traditional art of the Sasak tribe, namely Gendang beleq.

"Gendang beleq" comes from the word "Gendang," meaning a traditional musical instrument that is beaten and in the pelvis and "beleq," meaning big, so Gendang beleq is a musical art of the Lombok Sasak tribe

that is often displayed during Nyongkolan cultural parades and wedding receptions, where the bride and groom, families, traditional leaders, religion, adolescents and adolescents were gathered around. Gendang beleq cultural music produces a compact sound when played simultaneously and a singer transmits messages to teenagers when the music is finished. Gendang Beleq provides societies a show with thinking and interpretation. This value is essential because it affects the social environment and how the artwork is seen by individuals. Gendang Beleq's art contains cultural values, morals and values of religion. These three values lead to a field of character education that supports the life guidelines of Lombok individuals. This study aimed to examine the effectiveness of Gendang Beleq as an Indonesian Traditional culture in increase the knowledge of SRH among school drop-out adolescents in Kuta coastal areas, Central Lombok, West Nusa Tenggara.

**SUBJECTS AND METHOD**

**1. Study Design**

This was an experimental study using pretest-posttest study with control group design. This study was carried out in the coastal regions of Kuta, Central Lombok, West Nusa Tenggara Province.

**2. Population and Samples**

The population of this study were school drop-outs adolsecents aged 12-24 years and unmarried livibf in the coastal area of Kuta, Central Lombok, West Nusa Tenggara Province. A total of 60 school drops-out

adolescents was selected for this study.

**3. Study Variables**

The dependent variable was SRH knowledge (fertile age, puberty, age of marriage, maturity of premarital age, and sexually transmitted infection, HIV-AIDS, and drugs). The independent variable was SRH inter-vention (Gendang Beleq and conventional intervention).

**4. Data Instrument**

The data were collected using questionnaire and in-depth interview. On the pre-test and post-test instruments, the total value of each question was added up and then the score and categorization scores were made.

**5. Analysis Data**

The comparison of the control and the inter-vention groups of school drop-outs adoles-cents was carried out by the Mann Withney test with a confidence level of 95%.

**RESULTS**

**1. Study Subjects Characteristics**

A total of 30 adolescents were interviewed for this study. The study subject's characteristic was attached in Table 1.

**Table 1 Study Subjects Characteristic**

<b>Variables</b>		<b>n</b>	<b>%</b>
Gender	Male	18	30.00
	Female	12	20.00
Age (years)	12-18	15	25.00
	19-24	15	25.00
Education	Junior High School	13	21.67
	Senior High School	17	28.33

**Table 2 Influence of reproductive health information through Gendang Beleq among school drop-out adolescents**

Variables	Intervention	Mean	SD	p
<b>Fertile age</b>	Pre-intervention	52.25	5.33	0.002
	Post-intervention	84.58	6.58	
<b>Puberty</b>	Pre-intervention	52.15	10.03	0.002
	Post-intervention	83.65	3.89	
<b>Age of marriage</b>	Pre-intervention	59.27	6.55	0.001
	Post-intervention	82.31	5.33	
<b>Maturity of premarital age</b>	Pre-intervention	57.68	8.70	<0.001
	Post-intervention	82.68	4.61	
<b>STI, HIV-AIDS, drugs</b>	Pre-intervention	55.68	8.27	0.001
	Post-intervention	81.61	3.11	

Table 2 shows that means of knowledge were increased after Gendang Beleq intervention. Fertile age (Mean= 84.58; SD= 6.58) was increased than before (Mean= 52.55; SD= 5.33), puberty was increased (Mean= 83.65; SD= 3.89) than before (Mean= 52.15; SD=10.03), age of marriage was increased (Mean= 82.31; SD= 6.55) than before (Mean= 82.31; SD=5.33), maturity of premarital age was increased (Mean= 82.68; SD= 4.61) than before (Mean=57.68; SD= 8.70), and sexually transmitted infection, HIV-AIDS, and drugs was increased (Mean= 81.61; SD= 3.11) than before (Mean=55.68; SD= 8.27), and they were respectively statistically significant (p=0.002; p=0.002; p=0.001; p<0.001; p=0.001; p=0.002).

**DISCUSSION**

Nearly a quarter of girls aged 15-19 are married, with an estimated 16 million adolescents giving birth worldwide each year, 95% of which are from low- and middle-

income countries (LMICs) (United Nations, 2016). When unnoticed heterogeneity is ignored, both male and female dropouts exhibit significantly higher rates of contracting a Sexually Transmitted Infection (STI) than those who remain in school (Anderson and Pörtner, 2014). In Asia and Africa, nearly half of women aged 20-24 are married by the age of 18, placing them at higher risk of early pregnancy, multiple births, maternal disability and death (Stevens-Simon and McAnarney, 1996).

A systematic review study reported that many evidence-based SRH approaches in humanitarian and LMIC contexts can be successful for young people (Desrosiers et al., 2020). This study performed intervention model design that enhances the cultural potential of the Sasak tribe in the adolescent groups, namely Gendang beleq, as a strategy to increase adolescent knowledge towards sexual and reproductive health (SRH).



**Figure 1.** The customary figure of Gendang Beleq gave the messages of SRH

The design of the Gendang beleq cultural model is an extension media design that utilizes the potential of local culture in order to attract the interest of respondents in paying attention to extension materials so that they can further enhance the knowledge and attitudes of the respondent towards the proposed material and options. Gendang beleq design collaborates between movements, gending (songs), and traditional songs delivered by traditional leaders in the traditional art, which contains messages on SRH knowledge regarding fertile age, puberty, age of marriage, maturity of premarital age, and sexually transmitted infection, HIV-AIDS, and drugs.

Study reported from Bali, showed that in some SRH aspects, adolescent students had a low level of sufficient knowledge, a few students reported permissive attitude and performed sexual premarital behaviors. It is therefore worth considering the provision of comprehensive sexuality education (CSE) to enhance knowledge and appropriate skills in order to avoid risky sexual behavior among adolescents (Pradnyani, Putra and Astiti, 2019).

Some studies reported the effectiveness of using creative health promotion media on increase the SRH knowledge. Calabrese

(2019) reported teaching mixed media SRH course resulted in a 11.36% increase among adolescent SRH knowledge retention. Another intervention media using a soap opera that similar to the Gendang Beleq concept to affect the cognition and behavior associated with the sexual behavior. This study also reported how the knowledge on SRH were increased after the intervention of the media (Jones, 2008).

This study reported that the Gendang Beleq design using local cultural wisdom is an excellent approach for adolescents in increasing SRH knowledge. Learning will achieve better goals if it is supported or using interesting media, such as using the design of the Sasak Gendang beleq ethnic art model for adolescents which is packaged with materials and messages about adolescent reproductive health by raising local cultural wisdom which can increase the knowledge among adolescents who living in the coastal area of Kuta, Central Lombok district, West Nusa Tenggara province.

#### **AUTHOR CONTRIBUTION**

Maruni Wiwin Diarti designed, directed the project, analyzed the data, and made discussion, Yunan Jiwintarum enhanced the discussion, Lale Heny Herawati provided the

access to the study subjects/ respondents for this study.

#### CONFLICT OF INTEREST

There is no conflict of interest in this study.

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