

The Impact of Social Media on Reproductive Health Knowledge Among Gen Z

Alia Badrun^{1*}, Rikha Putri Nabila², Desy Hermayanti³

Universitas Borneo Tarakan

*Corresponding author: aliabadrun2004@gmail.com

ARTICLE INFO

Article history:

Received: 18th December 2024

Revised: 21th December 2024

Accepted: 28th December 2024

Keywords:

Early Marriage
Generation Z
Out-Of-Wedlock Pregnancy
Reproductive Health
Risky Sexual Behavior
Social Media

ABSTRACT

Social media plays a significant role in the lives of Generation Z, especially in influencing knowledge and behavior related to reproductive health. This study aims to describe the impact of social media on reproductive health among generation Z, including the issue of early marriage, risky sexual behavior, and pregnancy outside of marriage. The results showed that free access to pornographic content and lack of reproductive health education are the main factors that encourage these negative behaviors. Early marriage risks causing health complications such as LBW, anemia, and hypertension, while risky sexual behavior increases the rate of sexually transmitted infections (STIs). In addition, pregnancy outside of marriage often occurs due to low knowledge of reproductive health and weak parental supervision. Prevention efforts involve the active role of the government, parents, and proper education to build a good understanding of reproductive health. Thus, controlling the use of social media and increasing reproductive health literacy are important solutions to overcome this problem among Generation Z.

I. Introduction

According to WHO (2008), reproductive health is a state of complete physical, mental, and social well-being and freedom from disease and disorder in all aspects of the reproductive system, its functions and processes. Reproductive health is a state of complete physical, mental, and social well-being in all aspects related to the reproductive system and its functional processes. This includes not only freedom from disease and illness, but also social well-being.

Reproductive health is a collection of methods, techniques, and services that support reproductive health and well-being through the prevention and resolution of reproductive health problems that affect sexual behavior, living conditions, and personal relationships; Through sexual contact.

Generation Z, also known as Gen Z, iGen, or centennials, consists of individuals born between 1996 and 2010, after the millennial generation or Gen Y. Raised in the digital age, this generation is familiar with the internet and social media. Many of them have gone through higher education and started entering the workforce since 2020.

It is important for Generation Z to have a good understanding of reproductive health. In addition to maintaining the health and function of the body's organs, proper knowledge in this area can help them avoid unwanted behaviors. Sources of information on reproductive health can be accessed through health education, advice from experts, personal experience, as well as reading in print media such as magazines, pamphlets, and health books, as well as through electronic media and education at school and at home.

Most of the information we receive comes from our sensory experiences, particularly the eyes and ears. The low level of knowledge among generation Z may be due to the lack of adequate information regarding the care and maintenance of reproductive organs. Often, they



rely solely on information obtained from peers, which may not always be accurate. Factors such as customs, culture, religion, as well as lack of access to information from appropriate sources contribute to their low understanding. This can lead to adverse consequences for Generation Z and their families.

Social media is a necessity that is difficult to eliminate from people's lives, especially in the era of digitalization. Media platforms such as Facebook, Instagram, Twitter, and TikTok not only provide opportunities for users to interact and share information, but also have significant positive and negative impacts on many aspects of life, including reproductive health. Social media has a negative impact on the reproductive health of generation z, including risky sexual behavior, early marriage, and pregnancy outside of marriage.

The lack of knowledge about reproductive health among mothers and generation z women has led to many not realizing the importance of reproductive health. This situation ultimately results in women being unable to care for their reproductive organs due to confusing information. This also occurs due to the lack of information received by generation z women and mothers, even though knowledge is one of the factors that influence a person's behavior. This information can actually be obtained from friends, teachers, and parents. However, some mothers and generation z women feel embarrassed to ask or talk about their genitals. They believe the topic is still taboo, especially in rural areas. Online social media has a significant impact on increasing understanding of women's reproductive health.

The purpose of writing this article is to describe the impact of social media on reproductive health, the role of parents, social media factors, and government efforts regarding early marriage, risky sexual behavior, and pregnancy outside of marriage.

II. Methods

This study used review articles that searched for review results through Google Scholar. The Indonesian database used the following keywords: social media, Generation Z, reproductive health, early marriage, risky sexual behavior, and pregnancy outside marriage. Search results that met the criteria were reviewed article by article.

III. Results and Discussion

Results

1. Early Marriage

According to the World Health Organization (WHO), early marriage refers to marriage between couples under the age of 19. Early marriage can affect the health of mothers and children. Biological impacts that occur during pregnancy and childbirth include LBW, anemia, and hypertension. This occurs because the reproductive system is not ready to conceive and give birth. Biologically, a woman's reproductive organs are still maturing, so even though she is physically healthy, she is not ready. Many teenagers who marry young do not know this, even though it is very dangerous for the mother and child. In terms of obstetric risks, pregnancy before the age of 19 has the risk of miscarriage, bleeding, death, molar pregnancy, and early pregnancy. Meanwhile, the quality of children produced by this facility is very high, with a total of 4,444 babies born with low birth weight (LBW). The risk of giving birth to a child with a disability is 5 to 30 times more.

2. Risky Sexual Behavior

Risky sexual behavior such as changing partners without protection is the main cause of the increase in STI cases among adolescents and young adults in Indonesia. Sexually transmitted infections (STIs) are genital infections caused by viruses, fungi, parasites, and bacteria that invade the body, multiply, and are transmitted through sexual intercourse. Sexually transmitted infections are still a public health problem worldwide, both in developed and developing countries (Haryati, 2023).

Reproductive health and sexuality remain important concerns in adolescent health issues. Adolescents, both girls and boys, are at risk of sexually transmitted infections (STIs), especially at working age. However, they often do not have access to or sufficient knowledge about basic information on reproductive health (Fratama and Nugraheny, 2021).

There are several types of Sexually Transmitted Diseases namely syphilis, gonorrhea, chlamydia, genital warts, HIV, genital herpes which can be transmitted by several bacteria such as *Chlamidia trachomatis* (chlamydia), *Treponema pallidum* (syphilis), *Neisseria gonorrhoeae* (gonorrhea), viruses such as human papillomavirus (genital warts), human immunodeficiency virus (HIV), and parasites that spread through body fluids (Farhana., 2022).

The prevalence of sexually transmitted diseases in Indonesia in 2021 according to laboratory inspection was 11,133 problems, the prevalence of early syphilis was 2,976 problems, late syphilis was 892 problems, gonorrhea was 1,482 problems, gonorrhea urethritis was 1,004 problems, genital herpes was 143 problems, trichomoniasis was 342 problems, HIV was 7,650 problems & AIDS was 1,677 problems (Indonesian Ministry of Health, 2021).

3. Pregnancy Outside of Marriage

Pregnancy outside marriage is a sexual act that occurs before a formal religious or governmental commitment (contract). Pregnancy without a formal commitment (contract) is classified as promiscuous sex or adultery. Out-of-wedlock pregnancies are a result of teenage promiscuous sexual behavior and have been increasing in recent years. Young people between the ages of 10 and 24 are of school and working age, and are at high risk of reproductive health problems when engaging in premarital sex, so serious consideration is needed.

According to data from the Ministry of Health of the Republic of Indonesia, between 2015 and 2019, Indonesia recorded an incidence of 121 million unintended pregnancies each year. From

Of these, about three in ten unintended pregnancies end in abortion. Research conducted by Yasinta (2016) revealed that the global abortion rate equals 60 million babies each year, with Indonesia ranking fourth in the world in terms of the number of abortions.

Citing data from the National Population and Family Planning Agency (BKKBN), there are about 2.4 million abortion cases every year in Indonesia, this figure tends to increase every year. Meanwhile, data from the Ministry of Health states that in Java, ages 15 to 49 years, the abortion rate reached 42.5 per 1000 women, which is higher than the previous rate of 39 abortions per 1000 women (Kemenkes RI, 2022).

Open interaction between parents and children regarding reproductive health is often lacking, leading to deviant sexual behavior. Parents have a crucial role in supporting children's growth in various aspects, including physical, intellectual, emotional, moral, personality, and spiritual. Children need emotional attachment, physical and mental stimulation, more attention from parents, and a sense of comfort as a necessity to achieve optimal development. It is very important for parents to prevent risky sexual behavior among adolescents. Research shows that effective communication and emotional support from parents can lower the risk of unwanted sexual behavior. Conversely, lack of supervision and dialogue from parents and children can increase the likelihood of harmful sexual behaviors. The role of parents in guiding adolescents largely determines the formation of adolescent character, where parents function as educators. They must provide guidance and teach religious values to children from an early age as a provision in dealing with changes experienced by adolescents. Parents' ignorance of clear and adequate information about child development is an obstacle for adolescents in getting appropriate explanations. In fact, many

parents feel awkward or do not know the right way to discuss topics regarding biological, psychological development and reproductive health issues with their children.

One of the causes of early marriage is the influence of social media, where teenagers are free to watch videos and read erotic magazines. This increases their interest in trying the things they see without realizing the possible consequences. The influence of social media on risky sexual behavior is influenced by the duration of use, frequency, interest in accessing social media, and the type of content consumed. Adolescents with intense social media use are more likely to engage in risky sexual behavior. In addition, platforms such as Instagram and YouTube have a significant relationship with adolescent sexual behavior.

This lack of knowledge about reproductive health can contribute to unwanted pregnancies or out-of-wedlock pregnancies due to low education in this area. The spread of access to pornographic material on social media leads to an increased desire for adolescents to experience and follow such behavior. Current technological developments make it easy for anyone to find information. In addition, adolescence is a time when a person is full of curiosity and the desire to imitate. This situation can result in various problems, especially when parental supervision is weak.

The government is now responding with various measures. These include adjusting the minimum age of marriage for women, running a national campaign, and focusing on child marriage in the Medium-Term Development Plan (RPJMN). In addition, the government directed several agencies to develop intervention programs such as community-based integrated child protection (PATBM) and educate the community.

Through Socialization Campaigns on Stop Child Marriage, Child Friendly Cities, and providing counseling on mental and reproductive health education for children. The Indonesian government's commitment to child protection is reflected in social protection programs.

- a) Protect the rights of children, especially girls, prevent early marriage, and strengthen regulations to prevent incidents from being hidden from the community.
- b) Provide opportunities for children to pursue higher education to help improve household finances.
- c) Strengthen protection measures for girls aged 15 to 17, with a focus on completing secondary education.
- d) Provide information on early marriage laws and sanctions for violators, as well as the risks that may arise if a minor remains married.

The government's steps in dealing with risky behavior involve several aspects, namely it is expected that the government can formulate and implement policies that control the spread of pornographic content on social media. The aim is to reduce adolescents' exposure to inappropriate sexual content, which could influence their views and actions towards casual sex. Existing regulations and laws need to be evaluated to ensure protection for social media users against the misuse of persuasive technologies. This also includes protections for users' digital privacy. Self-regulation by technology companies can be challenging, but is an important step. Companies are expected to take responsibility for managing the content they offer and ensuring users, especially adolescents, are not exposed to content that is sexually explicit.

Risky behaviors. Government efforts could also include educational programs to raise awareness among adolescents about the risks of harmful sexual behaviors and the importance of using social media wisely.

The government's efforts related to pregnancy outside marriage include several things. The government is advised to issue regulations that specifically protect women who become pregnant outside of marriage. This aims to provide legal certainty and clearer protection for women in these circumstances. In addition, legal protection for out-of-wedlock children is

expected to be regulated not only through the decision of the Constitutional Court, but also in the law. This will provide a clearer and stronger legal basis for the rights of unmarried children.

IV. Conclusion

The biggest impact of social media is risky sexual behavior. To prevent this from happening, the role of parents is very important through open communication and emotional support. The government also needs to play an active role by creating policies that limit pornographic content on social media.

V. References

- Alifah, A. P., Apsari, N. C., & Taftazani, B. M. (2021). Out of wedlock. 2(3), 529- 537.
- Amelia, F. R. (2020). The Effect of Social Media on Improving Women's Reproductive Health. *Journal of Women's, Gender and Religious Studies*, 14(2), 255-264. <https://ternate.ac.id/index.php/alwardah/article/view/297>
- Barokah, L., & Zolekhah, D. (2019). The Relationship between Mass Media Use and the Level of Knowledge of the Impact of Early Marriage on Reproductive Health. *Journal of Midwifery*, 11(01), 44. <https://doi.org/10.35872/jurkeb.v11i01.329>
- Corona: *Journal of General Health Sciences, Psychologists, Nursing and Midwifery*, 2(1), 243-253. <https://doi.org/10.61132/corona.v2i1.334>
- Dewi, F. E. S., & Kurniasih, F. R. (2023). Sexually transmitted infections in women in Indonesia. *Jompa Health Journal*, 2(2), 1-8.
- Directorate General of Disease Prevention and Control, Ministry of Health.
- DISEASE Factors Affecting Adolescents' Knowledge of Sexually Transmitted Diseases at SMA Negeri 4 Banda Aceh City. 10(2), 260-271.
- Education, Linkages, and Reproductive Health. 2024. "Triwikrama: Journal of Social Sciences Triwikrama: Journal of Social Science." 4(4): 166-72.
- Education, P., Taat, R., Chellyadiza, A., Riana, A., Azwari, S., Rahman, F., Alisa, F. N., Afifah, H. N., Zahra, N. A., Study, P., Society, K., & Medicine, F. (2024). *Journal of human service*. 11 (September).
- Ermi Lilianda Alang, Diah Ayu Dwi Satiti, & Ninick Corea Fernandez. (2024). The Relationship between Information Sources and Community Knowledge and Attitudes about Sexually Transmitted Diseases in Pukdale Village, East Kupang District.
- Farhana Umhaera Patty, Ronald Darlly Hukubun, Sitti Aisa Mahu, Natalia Tetelepta, & Linansera, Febyani, W. D., Mudzakkir, M., Arifta, D., Beny Adam, M., Regina Gabri Ruliastuti, N., & Nadya Intan Boari, V. (2024). Health Education on the Impact of Social Media on Reproductive Health in Generation Z at SMA Pawyatan Daha Kediri.
- Galbinur, E., & Defitra, M. A. (2021). The Importance of Reproductive Health Knowledge for Adolescents in the Modern Era. 221-228.
- Indonesian Ministry of Health. (2021). Estimation of Indonesia's Sexually Transmitted Infections.
- Irwan, I., & Nakoe, M. R. (2021). Risk Factors for Transmission of Sexually Transmitted Infections in Adolescents of the Male Sex Male {Lsl} Group. *Health & Science Journal: Gorontalo Journal Health and Science Community*, 5(1), 243-251. <https://doi.org/10.35971/gojhes.v5i1.10313>
- Ismail, D. H., & Nugroho, J. (2022). Gen Z Work Competencies in the Era of Industrial Revolution 4.0 and Society 5.0. *JIIP - Scientific Journal of Education Science*, 5(4), 1300-1307. <https://doi.org/10.54371/jiip.v5i4.566>
- Law, P., Women, T., & Pregnant, Y. (2024). MARRIAGE IN INDONESIA.
- Misykat Al-Anwar *Journal of Islamic Studies and Society*, 7(1), 32. <https://jurnal.umj.ac.id/index.php/MaA16/index>
- Mulya, A. P., Lukman, M., & Yani, D. I. (2021). The Role of Parents and the Role of Friends Peers on Adolescent Sexual Behavior. *Faletehan Health Journal*, 8(02), 122-129. <https://doi.org/10.33746/fhj.v8i02.138>

- Mulyono, F. (2021). The Impact of Social Media for Teenagers. 4(1), 57-65. Mkes, S. K. M. (2021). The impact of social media on adolescents abstract.
- Mutaqin, Z. Z., & Ediyono, S. (2024). THE INFLUENCE OF SOCIAL MEDIA ON ADOLESCENT PROMISCUOUS SEXUAL BEHAVIOR: THE LITERATURE REVIEW INFLUENCE OF SOCIAL MEDIA ON YOUTH CASUAL SEX: 5(47), 32–39. <https://doi.org/10.36082/jmswh.v5i1.1972>
- Nabila, L. N., Utama, F. P., Habibi, A. A., & Hidayah, I. (2023). Accentuation of Literacy in Gen-Z to Prepare the Progressive Generation of the Era. 4(1), 28-36.
- National Seminar on Science, Health, and Learning, 2022, 97-101.
- Nur Rohmah Mutiah, Ishmatul Zulfa, & Widodo Hami. (2024). Analysis of Causes and The Impact of Early Marriage (Case Study in Rejosari Village, Bojong District).
- Pasuruan, K. (2024). 3 1,2,3. 06(2), 32-39.
- Puspitarini, D. S., & Nuraeni, R. (2019). Utilization of Social Media as a Promotional Media. Common Journal, 3(1), 71-80. <https://doi.org/10.34010/common.v3i1.1950>
- Puspitasari, I., Indanah, I., Yulisetyaningrum, Y., & Rozaq, A. (2022). The Influence of the Role of Parents, Peers and Religious Observance on Premarital Sex Behavior. Journal of Nursing and Midwifery Science, 13(2), 392-399. <https://doi.org/10.26751/jikk.v13i2.1539>
- Rahayu, F. S. (2020). Teenage Pregnancy Outside of Marriage Based on Abraham Maslow's Holism and Humanistic Theory Viewpoints. Prophetic: Professional, Empathy and Islamic Counseling Journal, 3(2), 211. <https://doi.org/10.24235/prophetic.v3i2.7596>
- Rahmatika, Q. T., & Rahman, L. O. A. (2020). Social Media as a Strategy for Reproductive Health Promotion in Adolescents. Journal of Health, 8(1), 39. <https://doi.org/10.46815/jkanwvol8.v8i1.48>
- S., Knowledge, T., Infectious, I., & Pada, S. (2024). JOURNAL. 7(4), 836-840.
- Sari, L. Y., Umami, D. A., & Darmawansyah, D. (2020). The Impact of Early Marriage on Women's Reproductive and Mental Health (Case Study in Ilir Talo District, Seluma Regency, Bengkulu Province). Journal of Health Sciences, 10(1), 54-65. <https://doi.org/10.52643/jbik.v10i1.735>
- Sexual, M., Sma, D. I., Safitri, F., Andika, F., & Sakdah, N. (2024). FACTORS INFLUENCING ADOLESCENTS' KNOWLEDGE ABOUT Sexually Transmitted. ABDIKAN: Journal of Community Service in Science and Technology, 1(2), 225-231. <https://doi.org/10.55123/abdikan.v1i2.293>
- Susanti, S., Flora, R., & Zulkarnain, M. (2023). The Influence of Digital Technology on Improving Women's Reproductive Health. Electronic Journal Scientific of Environmental Health And Disease, 3(2), 143-153. <https://doi.org/10.22437/esehad.v3i2.27656>
- V. (2022). Sex Education Socialization: The Importance of Introducing Sex Education to Adolescents as an Effort to Minimize Disease.
- Widiani, S. (2023). Generation Z in Utilizing Social Media. Kaisa: Journal of Education and Learning, 2(1), 1-9. <https://doi.org/10.56633/kaisa.v2i1.497>
- Yusuf, R. I., & Hamdi, A. (2021). The Interaction Effect of Social Media Use and Reproductive Health Knowledge on Adolescent Risky Sexual Behavior. Pekommas Journal, 6, 35-45. <https://doi.org/10.56873/jpkkm.v6i3.3687>