



UMY UNIVERSITAS
MUHAMMADIYAH
YOGYAKARTA



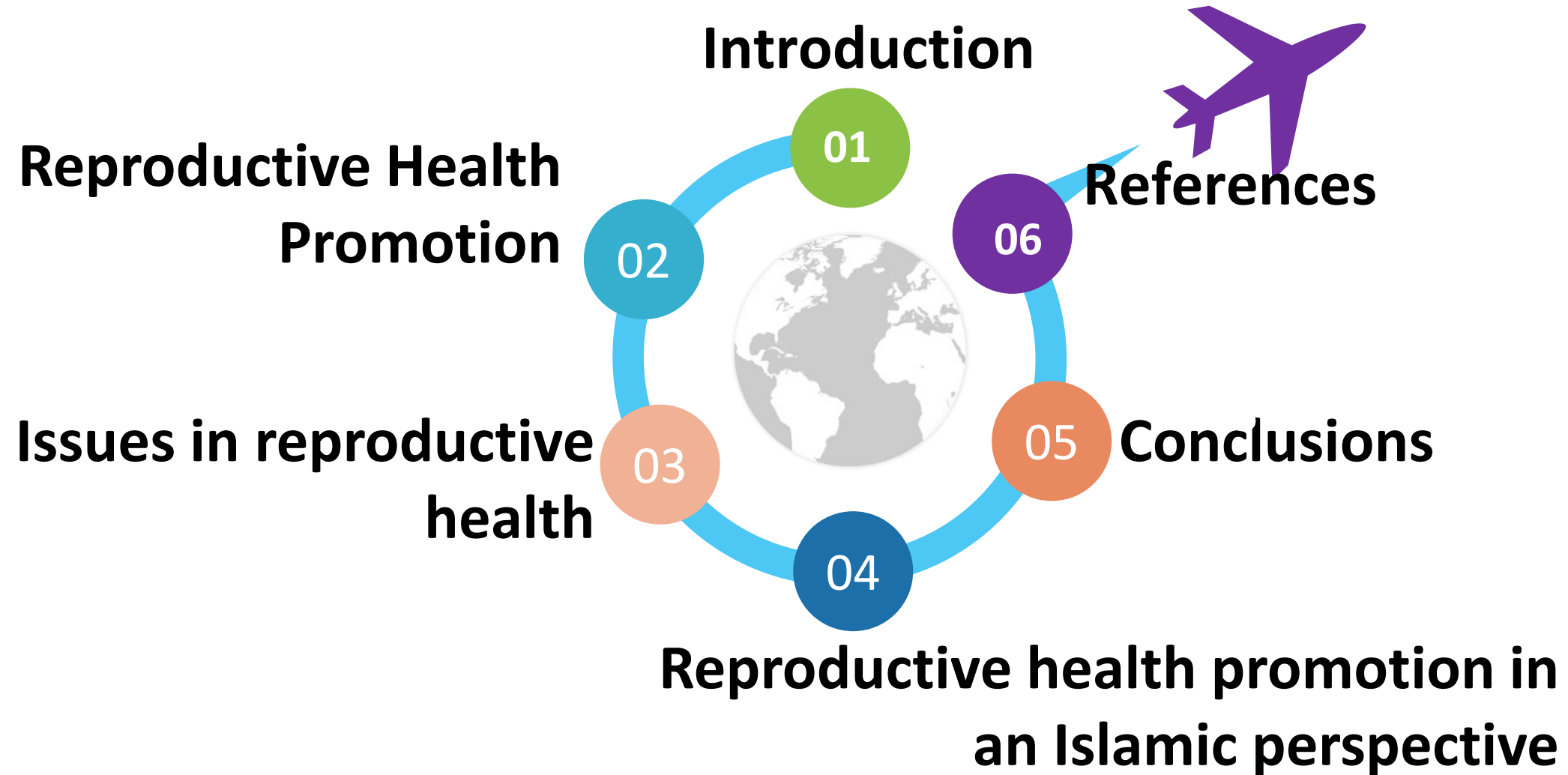
Sexual and Reproductive Health Promotion

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OUTLINE



1. INTRODUCTION

What is sexual & reproductive health?

“A state of **complete physical, mental and social well-being** and **not merely the absence of disease or infirmity**, in all matters **relating to the reproductive system and its functions and processes**. This implies that people are able **to have a satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if**, when and how often to do so.”

International Conference on Population & Development (ICPD), Cairo 1994

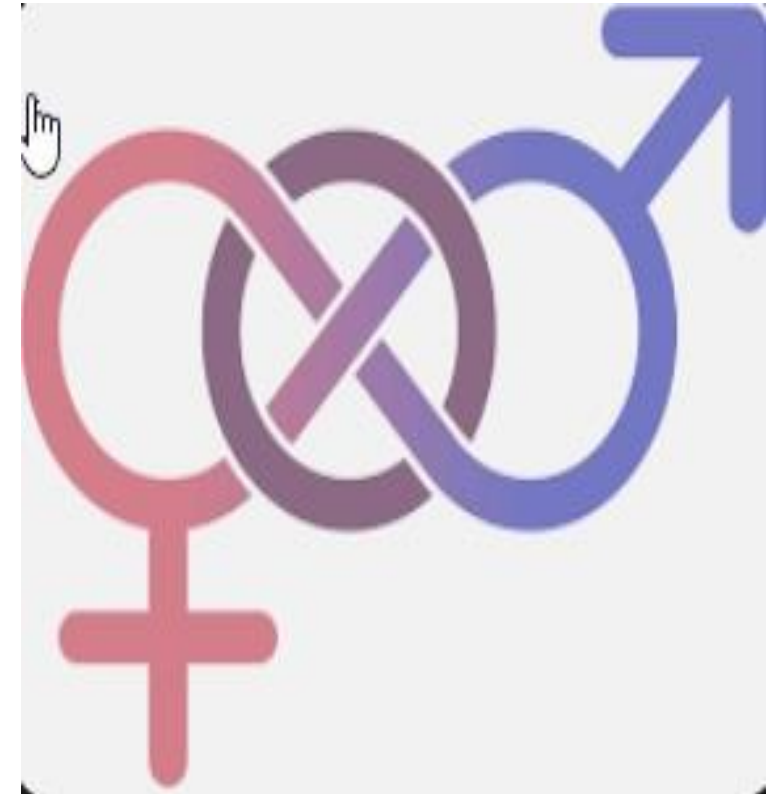


1. INTRODUCTION

Sexual Health

“.....a state of physical, mental and social well-being in relation to sexuality. It requires **a positive and respectful approach to sexuality and sexual relationships**, as well as the possibility of **having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.**“

World Health Organization (WHO), 2006



1. INTRODUCTION

Sexuality:

SEXUALITY WHEEL



“...**a central aspect of being human** throughout life encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction.

Sexuality is **experienced and expressed** in thoughts, fantasies, desires, beliefs, attitudes, values, behaviours, practices, roles and relationships.

Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, legal, historical, religious and spiritual factors.”

World Health Organization (WHO), 2006

2. Health Promotion and Prevention

The Four Levels of Prevention:

Primordial Prevention

**Avoidance of
Developing risk factors:**
**Educational materials
on how to:**

- Maintenance an appropriate weight
- Eat well and exercise
- Avoid unhealthy lifestyle habits

**Addressing
determinants of health:**

- Environmental, social, economic, & behavioral conditions

Primary Prevention

Health Promotion

- Health Education
- Good standard of nutrition
- Marriage counseling & sex education
- Genetic screening
- Periodic selective examinations

Specific Protection

- Use of specific immunizations
- Avoidance of allergens
- Use of specific nutrients
- Protection from carcinogens

Secondary Prevention

Early Diagnosis and Prompt Treatment

- Prevent spread of communicable disease
- Prevent complications
- Prevent disease[■] process

Disability Limitations

- Adequate treatment and prevent complication
- Provision of facilities to limit disability

Tertiary Prevention

Restoration and Rehabilitation

- Provision of hospital & community facilities for retraining & education to maximize use for remaining capacities
- Education of public & industry to use rehabilitated persons to fullest possible extent

2.1. Definition of Health Promotion

Health Promotion is:

Health promotion—as a means of achieving ‘Health For All’



... the process of **enabling individuals and communities to increase control** over the **determinants of health** and thereby improve their health.

The science and art of **helping people change their lifestyle to move toward a state of optimal health**

Health promotion represents a mediating strategy between **people and their environments, combining personal choice with social responsibility** for health to create a healthier future

2.2. Strategies Health Promotion

Involve the individual may be either **passive** or **active**



Passive strategies involve the individual as an inactive participant or recipient

Active strategies depend on the individual becoming personally involved in adopting a proposed program of health promotion:

- Daily exercise as part of a physical fitness plan,
- Adopting a stress management as part of daily living

2.3. The Role of Nurse and Goal of Health Promotion:



The role of Nurse:

Principally concerned with eliciting useful **changes in human behavior** on the basis of current research

1. **Advocate**
2. **Care manager**
3. **Consultant**
4. **Deliverer of Services**
5. **Educator**
6. **Healer**
7. **Researcher**

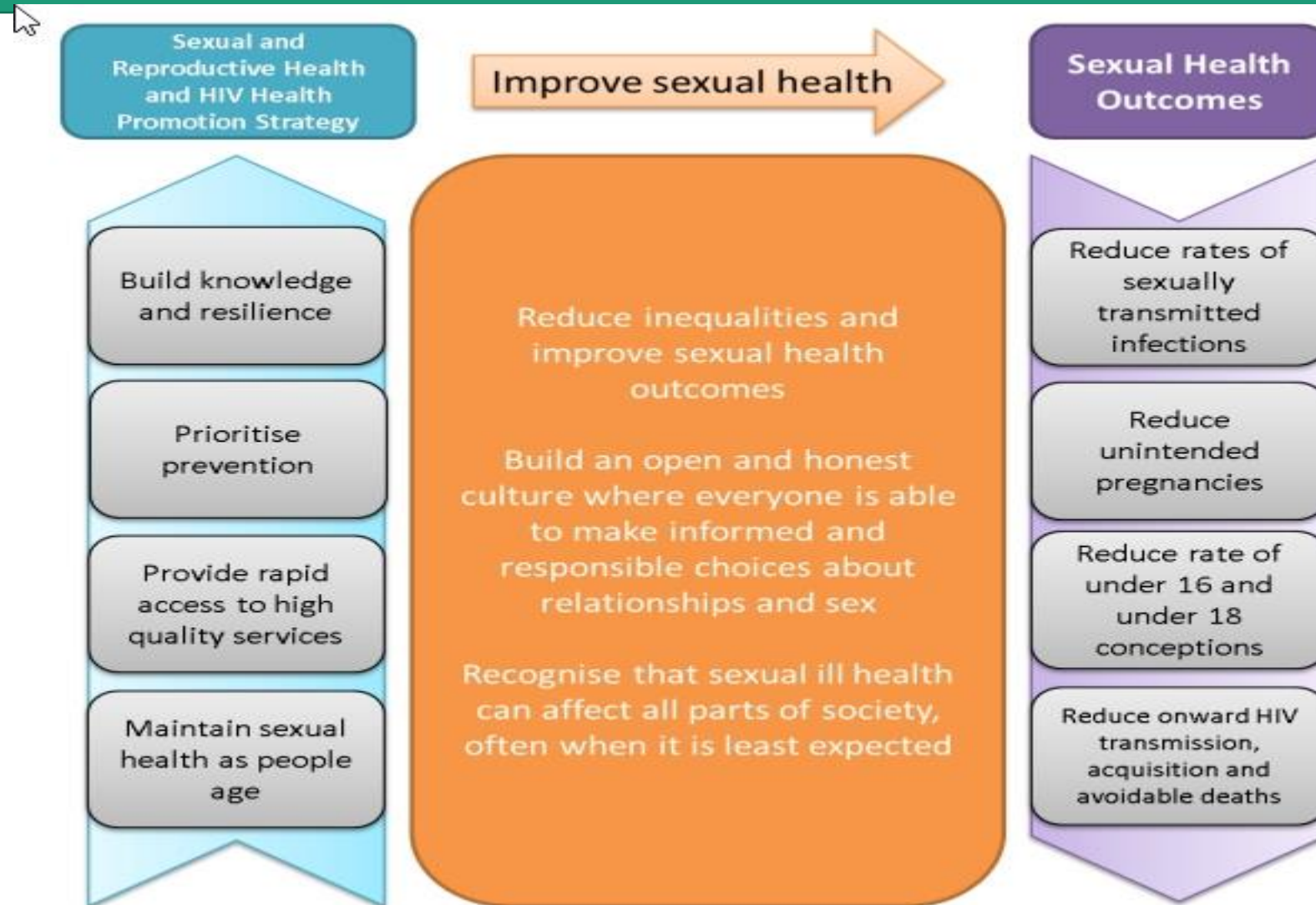


The goal:

To inculcate a **sense or responsibility** in individuals for their own health

2.4. Reproductive Health Promotion

Sexual and Reproductive Health and HIV Health Promotion Strategy



2.5. The Essential Package of SRHR Interventions



Accurate information and counselling on SRH and evidence-based, comprehensive sexuality education

Information, counselling, and care related to sexual function and satisfaction

Prevention, detection, and management of Sexual and Gender Based Violence (SGBV) and coercion

A choice of safe and effective contraceptive methods

Safe and effective antenatal, childbirth, and post-natal care

Safe and effective abortion services and care

Prevention, management, and treatment of infertility

Prevention, detection, and treatment of STIs, including HIV, and of reproductive tract infections

Prevention, detection, and treatment of reproductive cancers

3. Issues in reproductive health

1. Child Marriage
2. Unsafe abortion
3. Gender based Violence
4. Cancer
5. Adolescent health

3.1. Child Marriage

Globally, the prevalence of child marriage among boys is just one sixth that among girls, with **5–20 times more girls married** as children compared with boys in different countries.

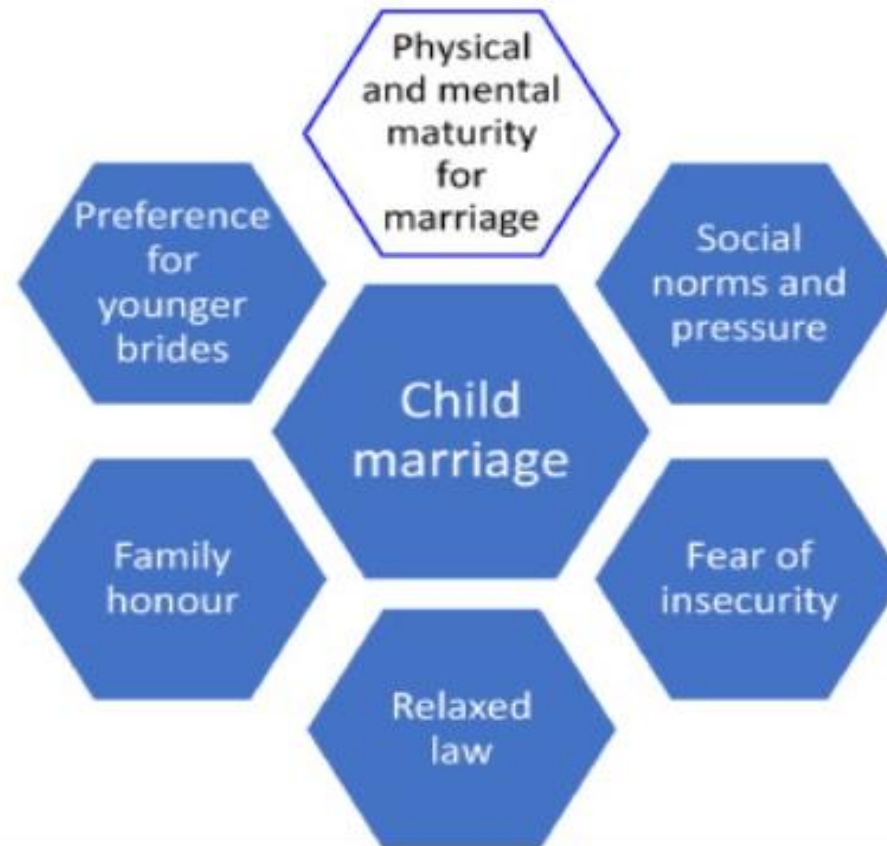
Recent data indicate that one in five or 12 million girls are married as children annually, and **650 million women and girls currently alive were child brides**

90% of the burden is in low- and middle-income countries



The key factors that influence the girls to enter into child marriage

- family values
- religious beliefs
- individual beliefs, and knowledge (the view that beauty diminishes with age)



3.2. Unsafe Abortion

- Between 2010–2014, on average, **56 million** induced (safe and unsafe) abortions occurred worldwide each year
- There were **35 induced abortions per 1000 women** aged between 15–44 years
- **25% of all pregnancies** ended in an induced abortion
- The rate of abortions was higher in developing regions than in developed regions. `
- Among the 25 million unsafe abortions, **8 million** were carried out in the least-safe or dangerous conditions. `
- Over half of all estimated unsafe abortions globally were in **Asia**

Sumber WHO, 2019

3.3. Gender based Violence



- Physical
- Sexual (coercion, FGM)
- Economical
- Psychological

3.4. Cancer

Cervical cancer

- Each year, more than half a million women are diagnosed with cervical cancer and the disease results in over 300 000 deaths worldwide
- Approximately 90% of cervical cancers occur in low-income and middle-income countries that lack organised screening and HPV vaccination programmes

Breast cancer



3.5. How about adolescent reproductive health?

- There are now **1.2 billion** adolescents in the world
- **67 juta** jiwa atau **24%** dari total penduduk Indonesia (sensus penduduk, 2020)

with diverse interests, needs, and concerns

The Problems are:

- Menstruation** is still seen as a **taboo** topic
- Adolescents are the only age group in which **HIV-related deaths are not decreasing**
- Sexually transmitted infections** are **high** and **growing**
- High proportion of adolescent girls have experienced physical and/or **sexual intimate partner violence**
- Unsafe abortion** (**2 Million**)

Healthy adolescent sexual development

Healthy adolescent sexual development involves:

- not only bodily changes,
- sexual behaviors,
- and new health care needs,

it also involves:

- building emotional maturity,
- relationship skills,
- and healthy body image.



The aspects of adolescent development



Sexual development occurs both within an individual and through interaction with the environment

The biological triggers of **puberty are genetic**, and are also affected by the available **food**

Psychological and social processes occur through interactions with **family, cultural institutions, and peers, and are also affected by brain development**

Adolescent sexual development is likely to be healthy, and to lead to positive **sexual health**, when each of these processes is appropriately supported in a young person's environment

A sexually healthy adolescent or adult could say:



1. I am **comfortable with my body** and my sexuality.
2. I can **talk effectively** with my peers, family, and partners.
3. I **know my body** and **how it functions**.
4. I **understand the risks, responsibilities, and consequences** of sexual behavior.
5. I am able to **recognize risks and ways to reduce them**.
6. I know how to **access and use health care services** and information.
7. I am able to **set boundaries** when it comes to sex and sexual relationships.
8. I **act responsibly** according to my **personal values**.
9. I am able to form and maintain **healthy relationships**.

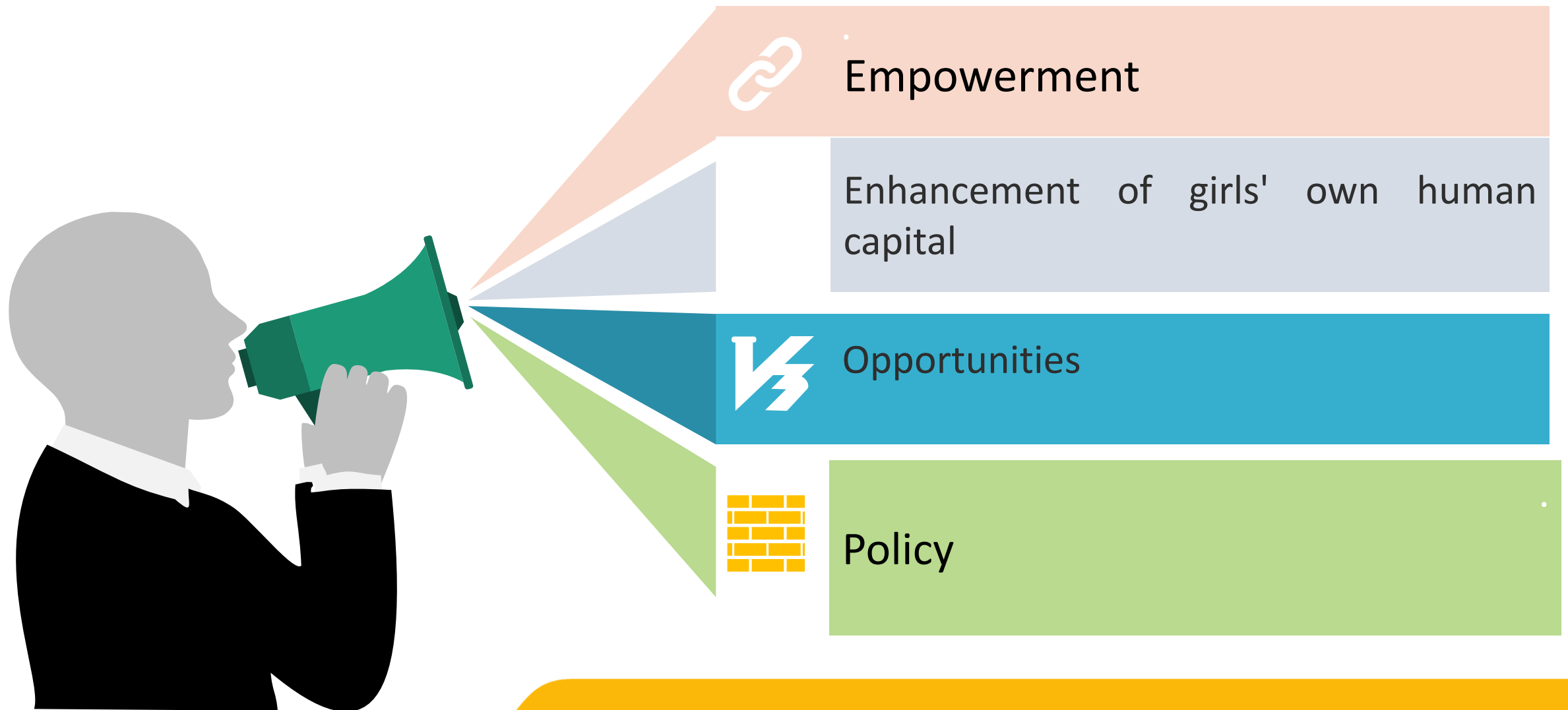
4. Islamic Health Promotion Based on Qur'anic Perspective



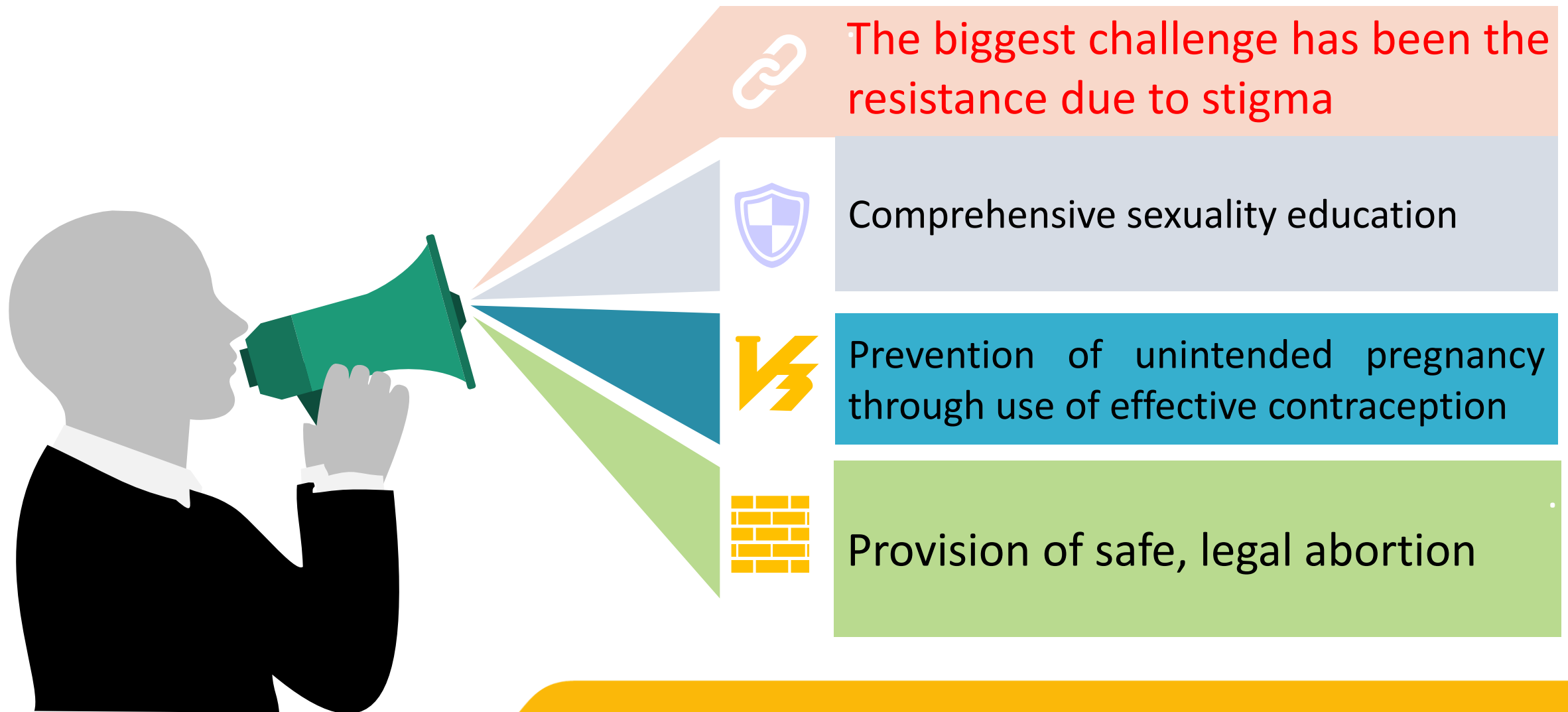
- Health Communication in the Qur'an
- Healthy Lifestyle According to the Qur'an
- Personal Hygiene (Thaharah): "And clean your clothes". (Surah Al-Mudatstsir / 74; 4)
- Healthy Eating Patterns
"And eat from what God has given you as a halal and good fortune"(Surat al-Ma'idah/5:8)

5. KESIMPULAN

5.1. How to delaying marriage?



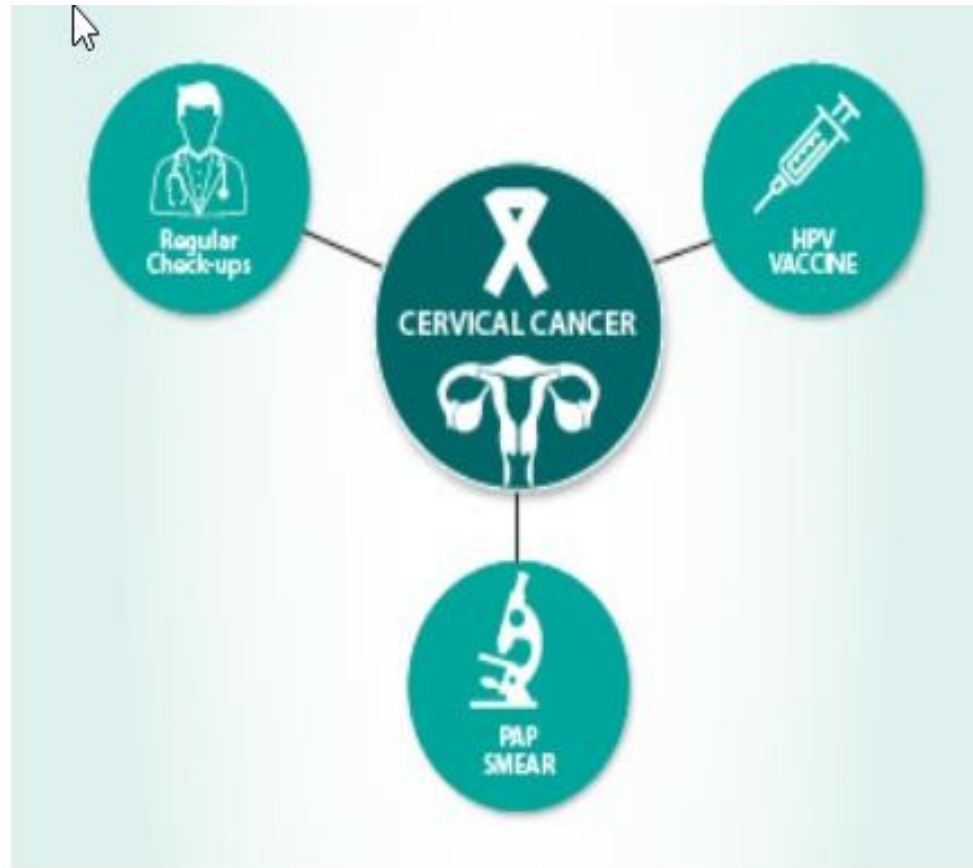
5.2 Unsafe abortion can be prevented through:



5.4. Violence



5.4. The some preventions for Cervical cancer:



5.5. Adults have many roles to play in supporting positive sexual health for young people:



Positive **parent/family involvement in sexual health** may be extraordinarily effective in reducing risky behaviors/promoting healthy behaviors



Sexual health programming can have a measurable impact on risk behaviors



Communities can support young people's sexual health by using a positive youth development approach

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ALHAMDULILLAH

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ،

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ،

أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ