



Effect of Information Services through Leaflet Media on Junior High School Students' Understanding of Reproductive Health

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ARTICLE INFO

Received: February 18, 2026; **Revised:** May 24, 2026; **Accepted:** May 27, 2026

KEYWORDS

Information services;
Leaflet media;
Junior High School Students;
Reproductive health

ABSTRACT

This study examined the effectiveness of information services using media leaflet to improve students' understanding of reproductive health. A quantitative pre-experimental one-group pretest-posttest design was conducted with seventh-grade students of class VII.1 at SMP Negeri 8 Banda Aceh, using saturated sampling. Data were collected through questionnaires and analyzed using the Wilcoxon Signed-Rank Test. The findings indicated that prior to the intervention, most students demonstrated low to moderate levels of understanding. After the implementation of information services using media leaflet, there was a significant increase in students categorized as having high understanding. The Wilcoxon test results showed a significant difference between pretest and posttest scores ($p < 0.001$), indicating that the intervention was effective. These results suggest that media leaflet can be used as an effective supporting tool in school guidance and counseling services to enhance adolescents' understanding of reproductive health and support preventive educational programs.

KATA KUNCI

Layanan informasi;
Media leaflet;
Siswa Sekolah Menengah
Pertama;
Kesehatan reproduksi

ABSTRAK

Penelitian ini bertujuan untuk mengetahui efektivitas layanan informasi melalui media leaflet dalam meningkatkan pemahaman kesehatan reproduksi siswa. Penelitian ini menggunakan pendekatan kuantitatif dengan desain pre-eksperimental one group pretest-posttest. Populasi penelitian adalah siswa kelas VII.1 SMP Negeri 8 Banda Aceh dengan sampel yang ditentukan menggunakan teknik sampling jenuh. Pengumpulan data dilakukan melalui angket, sedangkan analisis data menggunakan uji Wilcoxon Signed-Rank Test. Hasil penelitian menunjukkan bahwa sebelum diberikan layanan informasi, sebagian besar siswa berada pada kategori pemahaman sedang dan rendah. Setelah diberikan layanan informasi melalui media leaflet, terjadi peningkatan signifikan pada kategori pemahaman tinggi. Hasil uji Wilcoxon menunjukkan nilai signifikansi ($p < 0,001$), yang menunjukkan bahwa layanan informasi melalui media leaflet efektif dalam meningkatkan pemahaman kesehatan reproduksi siswa. Kesimpulan penelitian ini menunjukkan bahwa media leaflet dapat menjadi media pendukung yang efektif dalam layanan bimbingan dan konseling di sekolah untuk meningkatkan pemahaman kesehatan reproduksi remaja.

1. INTRODUCTION

Reproductive health is an important aspect in shaping a healthy, responsible, and productive young generation. Adolescence is a developmental phase characterised by biological, psychological, and social changes; therefore, adolescents need an adequate understanding of reproductive health. Such understanding is essential to help adolescents maintain their personal health, make appropriate decisions, and avoid risky behaviours. Research by Rafif and Listyaningsih (2023) revealed that there are still gaps in reproductive health knowledge among Indonesian adolescents influenced by educational background, gender, and socioeconomic conditions. Adolescents

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DOI: <https://doi.org/10.22460/quanta.v10i2.7153>



with lower educational access tend to have insufficient understanding of reproductive health and are therefore more vulnerable to risks such as unintended pregnancy and sexually transmitted infections. This condition underscores the importance of comprehensive, continuous reproductive health education in schools.

The lack of adolescents' understanding of reproductive health is influenced not only by limited access to information but also by environmental, cultural, and family factors. According to Oktarina et al. (2024), socioeconomic, cultural, and psychological factors significantly affect adolescent reproductive behaviour. Cultural values that still consider discussions about sexuality taboo often make adolescents feel embarrassed or reluctant to seek information regarding reproductive health. In addition, limited open communication between parents and children also causes adolescents to obtain insufficient or even inaccurate information. As a result, adolescents' understanding of reproductive health remains low and requires attention through appropriate educational programs in schools.

Adolescent reproductive health issues are also reflected in the high prevalence of risky behaviours among teenagers. Survey findings indicate that approximately 15–20% of adolescents have engaged in premarital sexual intercourse, and around 15 million adolescent girls experience childbirth each year. Furthermore, adolescent girls aged 15–19 years have been reported to experience pregnancies outside marriage at a rate of 16%. Information related to abortion practices is also relatively high, where 19% of male adolescents and 23% of female adolescents reported knowing peers who had undergone an abortion. In comparison, 1% had been directly involved in assisting such practices (Baroroh, 2021). These data indicate that adolescents require adequate reproductive health knowledge to protect themselves and avoid risky behaviours.

Understanding reproductive health is not only about biological knowledge of the body but also about how adolescents understand, accept, appreciate, and treat their bodies in healthy ways. Therefore, reproductive health education services need to be designed using approaches that are appropriate to adolescents' developmental characteristics. However, in practice, adolescents often experience cognitive and psychosocial barriers in receiving reproductive health information. Arifah and Sharfina (2018) stated that feelings of embarrassment, awkwardness, and fear become obstacles for adolescents in utilising reproductive health services. Consequently, one-way instructional methods such as lectures are often less effective at optimally attracting students' attention.

One medium that can support the delivery of reproductive health information more engagingly and understandably is Leaflet. A leaflet is a printed educational medium in the form of folded paper containing concise, clear, and attractive information through a combination of brief texts, illustrations, and simple visual layouts (Putri et al., 2020). The use of leaflets is considered effective because they provide practical information that students can reread independently. Anggraini et al. (2025) explained that leaflets are among the effective educational media for delivering health information. In addition, Azhari et al. (2022) stated that leaflets can effectively attract adolescents' attention when the design and language are adjusted to the characteristics of junior high school students. Research by Miniharianti et al. (2025) also demonstrated that leaflets effectively improve adolescents' knowledge and awareness of reproductive health because the presentation is informative, personal, and less intimidating than direct lecture methods.

Previous studies have shown a significant relationship between reproductive health knowledge and adolescents' sexual behaviour (Kasim et al., 2025; Setyaningsih et al., 2021). School-based reproductive health education programs have also been proven to improve adolescents' knowledge and attitudes toward reproductive health (Fitri et al., 2025; Marlinawati, Rahfiludin, & Mustofa, 2023). In Indonesia, the use of printed media such as leaflets has supported effective reproductive health education strategies (Masriana & Usiono, 2023; Akbar et al., 2025). Nevertheless, adolescents' access to accurate and age-appropriate reproductive health information remains limited, while many adolescents still obtain inaccurate information from various sources (Fatkhayah et al., 2020). In addition, educational approaches commonly used, such as lectures and seminars, are still considered less engaging and have not optimally ensured students' understanding (Putri & Ratnawati, 2020).

This condition was also identified at SMP Negeri 8 Banda Aceh. Although the school has implemented reproductive health counseling programs, students' level of understanding remains varied. Some students are still unable to relate the information they receive to healthy self-care behaviours and appropriate social interaction boundaries. This condition indicates that the information delivery methods currently used still need improvement to be more attractive, understandable, and appropriate for junior high school students' characteristics.

Based on these conditions, information services via Leaflet are considered a potential alternative for improving junior high school students' understanding of reproductive health. The novelty of this study lies in the use of Leaflet as part of information services in school guidance and counseling programs. Therefore, this study aims to examine the effect of Leaflet-delivered information services on junior high school students' understanding

of reproductive health. It is expected that this study will contribute to the development of information service media in guidance and counseling, particularly in adolescent reproductive health education in schools.

2. METHOD

2.1 Research Design

This study employed a quantitative, pre-experimental design. This design was used to determine changes in students' levels of understanding before and after receiving treatment in the form of information services through leaflet media. The pre-experimental design used in this study was a one-group pretest-posttest design. In this design, the research involved only one group without a comparison group. Before the treatment was administered, students were given a pretest to assess their initial understanding of reproductive health. Subsequently, students received the treatment in the form of information services via leaflets. After the treatment was completed, a posttest was conducted to determine changes or improvements in students' understanding of reproductive health after participating in the information service through leaflet media. The illustration of the one-group pretest-posttest design is presented as follows:

Table 1. One-Group Pretest–Posttest Design

Group	Pretest	Treatment	Posttest
Experimental	O1	X	O2

Description:

O1: Initial test (pretest) conducted before treatment was administered

X: Treatment provided to students

O2: Final test (posttest) conducted after treatment was administered

2.2 Subject of Research.

This study was conducted at SMP Negeri 8 Banda Aceh during the first semester of the 2025/2026 academic year. The sample consisted of all 31 students in class VII-1, selected using a saturated sampling technique (total sampling). This technique was chosen because the number of participants was relatively small and all participants were accessible to the researcher. The selection of seventh-grade students was based on the consideration that they are in early adolescence, a developmental stage characterised by various physical and psychological changes that require an adequate understanding of reproductive health. In addition, based on recommendations from the Guidance and Counseling teacher, students in class VII-1 demonstrated lower levels of understanding of reproductive health compared to students in other classes.

2.3 Data Collection

The data collection technique used in this study was a Likert-scale questionnaire with four response categories: Strongly Agree (SA), Agree (A), Disagree (D), and Strongly Disagree (SD). The questionnaire was used to measure students' attitudes, opinions, and perceptions regarding their understanding of reproductive health.

2.4 Data Analysis

The data collected from the pretest and posttest were analysed quantitatively. To test the research hypothesis, a non-parametric statistical test, namely the Wilcoxon Signed-Rank Test, was employed. This test was selected because the data did not meet the assumption of normality and were paired within the same group. Therefore, the Wilcoxon test was considered more appropriate for comparing score differences between the two conditions, namely, before and after treatment.

2.4 Research Procedure

The implementation of the study consisted of three main stages: 1) Pre-intervention Stage. A pretest was conducted by distributing questionnaires to research participants to measure students' initial understanding of reproductive health; 2) Intervention Stage. After the pretest, leaflet media were distributed to all participants in the sample group. Students were given sufficient time to read and understand the leaflet; 3) Post-intervention Stage. After the intervention period, a posttest was conducted using the same questionnaire to assess

improvements in students' understanding after reading the leaflet. The pretest and posttest results were then compared to determine the effectiveness of the leaflet media.

3. RESULTS AND DISCUSSION

3.1 Results

The study found that students' understanding of reproductive health in class VII-1 at SMP Negeri 8 Banda Aceh improved after the implementation of information services through leaflet media. The study involved 31 students, who were first given a pretest to assess their initial understanding of adolescent reproductive health. Based on the pretest results, students' understanding was categorised into three levels: low, moderate, and high. The pretest findings indicated that students' understanding of reproductive health remained relatively low, with most students classified in the moderate and low categories. The lowest pretest score was 60, and the highest was 96. These findings provided an initial overview of students' understanding of reproductive health before the intervention.

Following the pretest, the researcher implemented information services through leaflet media using a classical guidance approach. The intervention was conducted from January 19 to January 27, 2026, and consisted of three treatment sessions. Each session lasted approximately 45 minutes. The leaflet media contained concise, age-appropriate information on adolescent reproductive health, accompanied by educational illustrations to facilitate students' understanding.

In the first treatment session, the researcher introduced the concept of adolescent reproductive health and discussed the physical and psychological changes experienced during puberty. Students were encouraged to share their experiences and ask questions related to the changes they encountered during adolescence. The leaflet was distributed as supporting material to strengthen students' understanding.

The second treatment session focused on students' understanding of male and female reproductive organs and on how to maintain personal hygiene properly. The researcher explained the functions of the reproductive organs using appropriate, age-appropriate scientific terms. Students were also guided to discuss healthy habits, such as maintaining body cleanliness, changing clothes regularly, and implementing healthy lifestyles.

The third treatment session emphasised healthy behaviours and the risks associated with unhealthy ones among adolescents. Students were introduced to the importance of maintaining healthy social interactions, balanced nutrition, regular exercise, and positive daily habits. The researcher also discussed the consequences of risky adolescent behaviours through simple case discussions that encouraged students to make responsible decisions. At the end of the session, students reflected on healthy behaviours they intended to apply in their daily lives.

After all treatment sessions were completed, a posttest was administered to measure students' understanding of the information services provided through leaflet media. The posttest results showed an increase in students' understanding of reproductive health compared to the pretest. The findings indicated that only a small number of students remained in the low category, while the number of students in the high category increased significantly.

Table 2. General Profile of Posttest Results on Adolescent Reproductive Health

Category	Frequency	Percentage
Low	3	10%
Moderate	15	48%
High	13	42%

Based on Table 2 the results showed that after the treatment was implemented, most students were categorised in the moderate and high levels of reproductive health understanding. Students in the high category increased substantially from the pretest, indicating that the leaflet media effectively supported students' understanding of adolescent reproductive health concepts.

The posttest scores also showed improvement compared to the pretest scores. The lowest posttest score was 61, while the highest score was 96. Compared with the pretest results, the number of students categorised as having high understanding increased substantially, while the number in the low category decreased. These findings indicate that information services through leaflet media positively contributed to improving students' understanding of reproductive health.

To determine the effectiveness of the leaflet media, the researcher conducted the Wilcoxon Signed-Rank Test.

Table 3. Wilcoxon Signed-Rank Test Results

Test Statistics	Pretest – Posttest
Z	-3.625
Asymp. Sig. (2-tailed)	< .001

Based on Table 3, the Wilcoxon Signed-Rank Test showed a significance value of less than .001, indicating a significant difference between students’ pretest and posttest scores. Therefore, the hypothesis was accepted, and it can be concluded that information services through leaflet media were effective in improving students’ understanding of adolescent reproductive health.

The researcher also conducted the N-Gain test to determine the level of effectiveness of the leaflet media intervention.

Table 4. N-Gain Score Distribution

N-Gain Score	Category	Total
< 0.3	Low	6
0.3–0.7	Moderate	0
> 0.7	High	25

Table 4. shows that most students were categorised in the high N-Gain category, indicating that the leaflet media had a strong effect on improving students’ understanding of reproductive health. Only a small number of students were classified in the low category, while none were categorised in the moderate category.

The comparison between pretest and posttest results is summarised below.

Table 5. Comparison of Pretest and Posttest Results

Category	Pretest Frequency	Pretest %	Posttest Frequency	Posttest %
Low	8	26%	3	10%
Moderate	20	64%	15	48%
High	3	10%	13	42%

Based on Table 5. the percentage of students in the high category increased substantially after the treatment, while the percentages of students in the low and moderate categories decreased. These findings indicate that implementing information services through leaflet media was effective in improving junior high school students’ understanding of reproductive health.

3.2. Discussion

The findings of this study indicate that information services delivered through leaflet media were effective in improving students’ understanding of adolescent reproductive health. The implementation of information services through leaflets encouraged students to become more active and engaged during the learning process. Students demonstrated greater interest in the material because the information was presented in a concise, systematic, and visually appealing manner. The use of Leaflet media also fostered a more communicative learning environment, enabling students to understand better topics related to puberty, personal hygiene, and healthy behaviour during adolescence. These findings suggest that educational media tailored to the characteristics of junior high school students can enhance the effectiveness of school guidance and counseling services.

Theoretically, these findings are consistent with the Health Education and Health Promotion theory, which emphasises that clearly and attractively presented health information can improve individuals’ knowledge and awareness of health maintenance (Banfield et al., 2015). In adolescence, reproductive health education plays an important role because biological, psychological, and social changes characterise this developmental stage. Adolescents require accurate, age-appropriate information to understand these changes and avoid risky behaviours (Sumaryani & Purwaningsih, 2024). Leaflets, as printed visual media, support the delivery of information through simple explanations, illustrations, and attractive layouts that facilitate students’ understanding (Maulana et al., 2023). Compared to conventional lecture methods, leaflet media provide a more student-centred learning experience because students can independently review and reflect on the information provided.

The effectiveness of leaflet media in this study was also influenced by the characteristics of early adolescents, who generally prefer practical and visually engaging learning materials. Discussions about reproductive health are often considered sensitive among adolescents, causing students to feel embarrassed or uncomfortable during direct classroom discussions. The use of leaflets provided students with a more comfortable and flexible way to access reproductive health information independently. Materials on puberty, reproductive organ hygiene, and healthy lifestyles were easier for students to understand because they were closely connected to their daily experiences (Sishartami et al., 2025). Furthermore, the gradual implementation of information services allowed students to understand the material more systematically and continuously. This finding indicates that simple yet engaging educational media can increase students' participation in guidance and counseling activities.

The findings of this study align with previous studies, showing that leaflet media are effective in improving adolescents' understanding and awareness of reproductive health (Azhari et al., 2022; Haninuna et al., 2023). Previous research explained that leaflets are practical, easy to reread, and suitable for adolescent learning characteristics (Octavariny et al., 2025; Pudyastuti, 2016). In addition, visual educational media are considered more effective at attracting students' attention than one-way instructional methods. However, this study differs from previous research because leaflet media were integrated directly into school guidance and counseling information services. The leaflets were used as part of structured classical guidance services based on the Service Implementation Plan (Rencana Pelaksanaan Layanan/RPL), thereby making service implementation more organised and systematic. Therefore, this study strengthens the view that leaflet media are not only useful for health promotion but also relevant to preventive guidance and counseling services in schools.

From a guidance and counseling perspective, information services aim to help students develop self-awareness and make informed decisions in their daily lives (Nursyaidah et al., 2025). Providing reproductive health education through leaflets represents an important preventive guidance service because it helps students understand developmental changes from an early age. A better understanding of reproductive health can encourage students to maintain personal hygiene, adopt healthy lifestyles, and avoid risky behaviours. Therefore, integrating Leaflet media into guidance and counseling services can be an effective strategy for supporting reproductive health education in schools.

Overall, this study's findings demonstrate that information services through leaflet media can improve junior high school students' understanding of reproductive health. The use of leaflets contributed to the creation of learning activities that were more engaging, communicative, and appropriate for adolescent developmental characteristics. In addition to improving students' understanding, leaflet media also strengthened the implementation of preventive guidance and counseling services through a simple yet effective educational approach. These findings indicate that leaflet media can serve as an alternative educational tool to help guidance and counseling teachers deliver reproductive health education more effectively in junior high schools.

4. RESEARCH IMPLICATIONS

4.1 Theoretical Implications

This study contributes to the development of guidance and counseling studies and adolescent reproductive health education. The findings demonstrate that structured information services supported by Leaflet media can improve students' understanding of reproductive health. These findings strengthen the theory of preventive guidance and counseling, which emphasises that providing accurate, systematic, and developmentally appropriate information can help students better understand aspects of self-development and personal health. In addition, this study supports health education theories, which state that visual and communicative educational media can facilitate students' comprehension and engagement in the learning process.

4.2 Practical Implications

In practice, the findings provide guidance and counseling to teachers, schools, and students. For school counsellors, leaflet media can be used as a supporting tool in classical information services to deliver reproductive health material in a more engaging and understandable way. For schools, the findings may serve as a reference for developing reproductive health education programs integrated into preventive counseling services. For students, leaflets provide accessible and independent learning resources that help improve their understanding and awareness of reproductive health issues. Therefore, leaflet media is an effective and efficient educational tool within the secondary school context.

4.3 Methodological Implications

This study demonstrates that a pre-experimental one-group pretest–posttest design can be applied to measure changes in students' understanding following information service interventions. However, future studies are recommended to employ stronger experimental designs with control groups and larger sample sizes to improve the validity, reliability, and generalizability of the findings.

5. CONCLUSIONS

Based on the findings of this study conducted at SMP Negeri 8 Banda Aceh, it can be concluded that information services delivered through leaflet media were effective in improving students' understanding of adolescent reproductive health. The use of leaflets helped students better understand reproductive health materials because the information was presented in a concise, clear, and visually engaging format. Through these services, students developed a better understanding of physical and psychological changes during adolescence, the importance of maintaining reproductive health, and the risks associated with unhealthy behaviours.

The findings also indicate that systematically implemented information services, guided by a Service Implementation Plan (RPL), can be an effective strategy in school guidance and counseling programs. The use of Leaflet media allowed students to review the materials independently, thereby reinforcing their understanding of the information. In addition, leaflet media supported guidance and counseling teachers in delivering reproductive health education in a more communicative, engaging, and developmentally appropriate manner.

This study further suggests that information services using Leaflet media can serve as a form of preventive guidance and counseling to support students' understanding of reproductive health. Therefore, leaflet media are recommended as supporting educational resources in school information services. Future research is encouraged to employ more rigorous research designs and involve broader participant groups in order to obtain deeper insights into the effectiveness of leaflet-based information services in adolescent reproductive health education.

ACKNOWLEDGMENTS

The authors would like to express their sincere gratitude to all parties who contributed to the completion of this study. Special appreciation is extended to SMP Negeri 8 Banda Aceh for providing the opportunity, support, and facilities necessary for conducting this research.

AUTHOR CONTRIBUTION STATEMENT

The authors contributed comprehensively to all stages of the research, including data collection, data analysis, interpretation of findings, manuscript preparation, and article revision. All authors have approved the final version of the manuscript and fulfilled their respective responsibilities in the research process.

DECLARATION OF COMPETING INTEREST

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this study.

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