

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM SARJANA TERAPAN KEBIDANAN**

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ADELIA SARASWATI**

**PENGARUH EDUKASI REPRO EMPOWER BOOK TERHADAP SELF
EFFICACY DALAM MENJAGA KESEHATAN REPRODUKSI PADA
REMAJA DI SMAN 7 KOTA PEKANBARU TAHUN 2026**

xiii + 40 Halaman, 3 Tabel, 14 Lampiran 2 Bagan

ABSTRAK

Remaja merupakan kelompok yang rentan mengalami permasalahan kesehatan reproduksi akibat keterbatasan akses terhadap informasi yang benar, sehingga dapat memengaruhi *self efficacy* dalam menjaga kesehatan reproduksi. Edukasi menggunakan *Repro Empower Book* diharapkan mampu meningkatkan *self efficacy* remaja. Penelitian ini menggunakan metode kuantitatif dengan desain pre-experimental one group pretest-posttest. Sampel berjumlah 77 siswa kelas X SMAN 7 Kota Pekanbaru yang dipilih menggunakan simple random sampling. Data dikumpulkan menggunakan kuesioner *self efficacy* sebelum dan sesudah intervensi, kemudian dianalisis secara univariat dan bivariat menggunakan Wilcoxon Signed Rank Test. Hasil penelitian menunjukkan rata-rata skor *self efficacy* meningkat dari 102,56 menjadi 116,29 dengan selisih rata-rata 13,73 poin. Seluruh responden mengalami peningkatan skor *self efficacy* (positive ranks = 77). Hasil uji Wilcoxon $p < 0,000$ menunjukkan adanya pengaruh signifikan edukasi *Repro Empower Book* terhadap peningkatan *self efficacy* remaja. Edukasi menggunakan *Repro Empower Book* efektif meningkatkan *self efficacy* remaja dan dapat dimanfaatkan sebagai media edukasi kesehatan reproduksi di lingkungan sekolah.

Kata Kunci : *Repro Empower Book*, edukasi, kesehatan reproduksi remaja, *self efficacy*.

Daftar Bacaan : 22 Referensi (2018-2026)

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ADELIA SARASWATI

THE EFFECT OF REPRO EMPOWER BOOK EDUCATION ON SELF-EFFICACY IN MAINTAINING REPRODUCTIVE HEALTH AMONG ADOLESCENTS AT SMAN 7 PEKANBARU CITY IN 2026

xiii + 40 Pages, 3 Tables, 14 Appendices, 2 Figures

ABSTRACT

Adolescents are a group vulnerable to reproductive health problems due to limited access to accurate information, which may affect their self-efficacy in maintaining reproductive health. Education using the Repro Empower Book is expected to improve adolescents' self-efficacy. This study employed a quantitative method with a pre-experimental one-group pretest-posttest design. The sample consisted of 77 tenth-grade students at SMAN 7 Pekanbaru City, selected using simple random sampling. Data were collected using a self-efficacy questionnaire before and after the intervention and were analyzed using univariate and bivariate analyses with the Wilcoxon Signed Rank Test. The results showed that the mean self-efficacy score increased from 102.56 to 116.29, with a mean difference of 13.73 points. All respondents showed an improvement in their self-efficacy scores (positive ranks = 77). The Wilcoxon test result ($p < 0.000$) indicated that the Repro Empower Book education had a significant effect on improving adolescents' self-efficacy. Education using the Repro Empower Book was effective in enhancing adolescents' self-efficacy and can be utilized as a reproductive health education medium in the school setting.

Keywords: Repro Empower Book, education, reproductive health, adolescents, self-efficacy..

References: 22 sources (2018–2026)