



Publish by: STIKes Karsa Husada Garut
Jurnal Pengabdian Masyarakat DEDIKASI
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USE OF MENSTRUAL CALENDAR APPLICATIONS TO IMPROVE ADOLESCENTS' REPRODUCTIVE HEALTH KNOWLEDGE AT SMPN 1 SELAAWI

ARTICLE INFO

Article history:

Received December 02nd, 2025
Revised December 12th, 2025
Accepted December 16th, 2025

Keywords:

Adolescents, Application,
Menstrual Calendar,
Reproductive Health

ABSTRACT

Adolescence is a time of physical, psychological, and intellectual growth and development. Problems that occur during adolescence include a lack of reproductive health information, understanding, and awareness of healthy lifestyles. This community service activity provides counseling using technology from the Play Store (My Calendar). The menstrual calendar application serves as a tool to improve adolescent reproductive health knowledge and quality at SMPN 1 Selaawi. The methods used include preparation, implementation, technology application, and evaluation. The target audience for this community service activity is adolescents at SMPN 1 Selaawi. This community service activity was carried out using lectures, questions and answers, discussions, practical exercises, and video screenings. This activity was attended by 100 adolescent girls at SMPN 1 Selaawi and demonstrated enthusiasm and positive attitudes.

Keywords: Adolescents, Application, Menstrual Calendar, Reproductive Health

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1. INTRODUCTION

Adolescence is a transitional period from childhood to adulthood. Adolescence is defined as the age range of 10-24 years old, and not yet married (Handayani, 2022). Adolescents are defined as those aged 10 to 18 years old (Ministry of Health of the Republic of Indonesia, 2014). Adolescence is characterized by physical, psychological, and intellectual growth and development. The Ministry of Health established the Adolescent Health Care Service (PKPR) to improve adolescents' knowledge and skills regarding reproductive health and healthy lifestyles and to provide quality health services to adolescents (Ministry of Health of the Republic of Indonesia, 2019).

Data from the Ministry of Health on HIV cases in Indonesia in 2022 shows that young people are one of the most affected groups. The prevalence is as follows: 29.4% of AIDS patients are in the 20-29 age group, 18.7% are aged 40-49, 9.8% are aged 50-59, 3.4% of patients are over 60 years old, and those under 15 years old have a prevalence rate of less than 2% (Handayani, 2022). Adolescents undergo psychological, mental, and social changes (Permatasari & Suprayitno, 2021). One of the problems that occurs in society, especially during adolescence, is promiscuity. There are several factors that cause promiscuity among adolescents, one of which is a lack of knowledge about reproductive health education. Reproductive health education for adolescents is a preventive measure to avoid promiscuous behavior, learn about menstruation, and apply healthy reproductive health behaviors.

According to the World Health Organization (WHO), reproductive health problems affect around 33% of the population (Permatasari & Suprayitno, 2020). Reproductive health is a state of complete physical, social, and mental well-being, free from disability or disease related to reproductive functions, systems, and processes (Permatasari & Suprayitno, 2021). Problems related to reproductive health often affect adolescents, especially adolescent girls who often do not pay much attention to knowledge or information from reliable sources about science and how to maintain their reproductive health (Mukhlisah, 2019). The benefits and objectives of the adolescent reproductive health program are for adolescents to understand and be aware of the importance of their health so that they can practice healthy behaviors. Activities such as advocacy, health promotion, Communication, Information, and Education (CIE), and consultation (Perceka et al., 2022).

With the development of the internet, access to the internet has become more accessible with the advent of smartphones. Smartphones are used as a medium of communication and a medium of learning based on mobile applications, especially in reproductive health (Novaeni et al., 2018). One of the problems faced by adolescents is reproductive health, especially in terms of information about the menstrual cycle (Kusnadi et al., 2024). One such application is the menstrual calendar application, which helps women predict their menstrual cycle, ovulation cycle, and determine their fertile period. This program enables adolescents to alleviate menstrual complaints and disruptions so they do not interfere with daily activities (Ningrum et al., 2015).

Based on community service in Karanghaur Village in 2023, adolescent girls maintain reproductive health with the help of a menstrual calendar application as a reminder of their menstrual cycle and can implement it in their daily lives (Yunitasari et al., 2023). According to (Febrina, 2020), health education in the form of educating adolescent girls at the Darussalam Al-Tahfidz Islamic Boarding School in Jambi City about the concept of menstruation can overcome pain during menstruation and adolescents know how to maintain personal hygiene during menstruation.

The involvement of STIKes Karsa Husada Garut as one of the stakeholders in the breastfeeding mother class activity is intended to increase mothers' knowledge and skills in breastfeeding (Muhammad et al., n.d.). For STIKes Karsa Husada, this activity is a community service activity which is one of the obligations of Higher Education Institutions in implementing the Tri Dharma. Improving the welfare of adolescents can be done by increasing their knowledge about reproductive health. Therefore, STIKes Karsa Husada Garut conducted a community service program entitled "The Use of Menstrual Calendar Applications to Improve Adolescent Reproductive Health Knowledge in Garut Regency."

This activity aimed to provide institutional support for government programs in the form of knowledge and ideas for addressing reproductive health issues. It also aimed to educate adolescents to improve their reproductive health knowledge, especially regarding menstruation.

METHODS

This activity was carried out using strategies and methods such as lectures, question and answer

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sessions, discussions, video screenings, and practical exercises. The media used to convey the message included mobile devices, guidebooks, projectors, laptops, leaflets, and banners.

RESULT AND DISCUSSION

1. Results

The activities carried out by the PKM team were held for one day on December 19, 2024. The activities began at 8:00 a.m. and ended at 1:00 p.m. This training activity was aimed at increasing the knowledge of adolescents to improve their reproductive health in the SMPN 1 Selaawi area. This educational activity aimed to help adolescent girls understand menstruation. This community service activity provided health education to adolescent girls about menstruation. The educational activity lasted approximately 30 minutes and was carried out in an orderly and smooth manner, receiving a positive response from the participants and the school. The activity involved providing health education in the form of menstruation counseling, covering the definition of menstruation, the menstrual process, menstrual disorders, ways to overcome menstrual pain, how to maintain hygiene during menstruation, and an introduction to menstruation apps. Health education is a process of raising awareness, increasing knowledge, and changing people's behavior regarding health. Health education aims to make the community aware and knowledgeable about how to maintain health, avoid or prevent things that are harmful to health, and how to seek appropriate treatment (Notoatmojo, 2007). The counseling is expected to increase adolescent girls' knowledge about menstruation and improve their hygiene practices during menstruation. The activities were carried out according to the activity table.

Table 1. Education and Training Activities

No	Activity	Date/Time Implementation	Source Person
1.	Menstrual Health Education Concept (Pre-test and Material Delivery)	19 Desember 2024	Lecturer Team SKHG
2.	Introduction to menstruation apps		
3.	Post-test evaluation of theory and practice		

This community service activity was attended by 100 adolescents from the local community. There were 70 adolescents aged 11-13 years and 30 adolescents aged 14-16 years. Forty adolescents had a menstrual cycle of 21-35 days, while 60 adolescents had a menstrual cycle of > 35 days.

Table 2. Characteristics of Adolescents

Age	Age 11-13	70
	Age 14-16	30
Menstrual Cycle	21-35 Cycle	40
	>35	60

Menstrual education outreach activities and introduction to menstrual apps prior to education: 90 people had insufficient knowledge, 15 people had good knowledge. After menstrual education and introduction to menstrual apps, there was a significant increase of 100% in all adolescents having good knowledge about menstruation.

Table 3. knowledge before and after education

Type	Pretest/Before		Posttest/After	
	Frequency	Presentation	Frequency	Presentation
Not Enough	85	85 %	0	0 %
Good	15	15 %	100	100 %

The Community Service Program generated considerable enthusiasm among participants (... et al., n.d.). While participants' knowledge tended to be limited, after the outreach, young women gained a greater understanding of menstruation. The menstrual cycle app, a learning tool, helped participants understand the material presented, and they were eager to implement it.



CONCLUSION AND RECOMMENDATIONS

The community service activities carried out by the team of lecturers and students from STIKes Karsa Husada Garut have been successfully implemented and run smoothly. These activities have had an impact on the abilities, knowledge, and attitudes of adolescent girls in understanding menstruation and

how to maintain personal hygiene during menstruation. The activities received a positive response and support from the local community.

It is hoped that schools and health workers can routinely provide health education related to reproductive health to adolescents and can evaluate the counseling that has been provided to monitor the level of understanding of adolescents regarding the information they have obtained.

ACKNOWLEDGMENTS

The author would like to express their gratitude to all those who have helped and provided support in the process of completing this research. To the Principal of SMPN 1 Selaawi, Selaawi District, Garut Regency, who granted permission to carry out community service activities; to the teachers and Head of LP4M STIKes Karsa Husada Garut, who provided the author with the opportunity to conduct research; and to fellow lecturers from the Midwifery Undergraduate Program who assisted in the implementation of community service to improve reproductive health among adolescents. may Allah SWT reward all of you for your kindness.

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