

The relationship between knowledge and attitudes toward early pregnancy among female adolescents at SMA Negeri 1 Godean

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Abstract

Background adolescence is a transitional period from childhood to adulthood, which begins with puberty. During this phase, various changes occur, including physical, social, and emotional developments. One of the factors influencing teenage pregnancy is the level of knowledge and attitude among adolescents. A lack of knowledge about sex and reproductive health tends to lead adolescents with low awareness to engage in negative behaviors such as premarital sex, which can result in early pregnancy during adolescence. Research Objective to determine the relationship between knowledge and attitudes regarding early pregnancy among female adolescents at SMA Negeri 1 Godean, Sleman, Yogyakarta. Research Method this study employed a quantitative method with a cross-sectional design. The sample consisted of 30 postpartum mothers selected using total sampling technique. Data were collected using a questionnaire that included variables on husband support and psychological adaptation of postpartum mothers, and analyzed using the chi-square test. Research Results based on the data analysis, it was found that 26 students (32.5%) had moderate knowledge and a negative attitude, while 54 students (67%) had good knowledge and a positive attitude. The results of the statistical analysis using the Chi-square test showed a significance value (2-tailed) of 0.000 ($p < 0.05$). This indicates that there is a significant relationship between knowledge and attitudes regarding early pregnancy among female adolescents at SMA Negeri 1 Godean, Sleman, Yogyakarta. The correlation coefficient value was 0.707, indicating a strong relationship between knowledge and attitudes toward early pregnancy among female students. Conclusion there is a significant relationship between knowledge and attitudes regarding early pregnancy among female adolescents at SMA Negeri 1 Godean, Sleman, Yogyakarta. Recommendation it is recommended that the school enhance education and counseling for female students to support the prevention of early pregnancy among adolescent girls.

Keywords: Knowledge; attitude; early pregnancy; adolescents girl.

1. Introduction

Adolescence is a transitional period from childhood to adulthood that begins with puberty. During this period, various changes occur, both physically, socially, and emotionally. One factor that influences teenage pregnancy is the level of knowledge and attitudes of teenagers. Lack of knowledge about sex and reproductive health encourages teenagers with limited knowledge to engage in negative behaviors such as premarital sex, which can lead to teenage pregnancy (Ariani, P. *et al.*, 2021).

Good knowledge among adolescent girls can prevent teenage pregnancy. Information available through the media, social environment, and other sources can be a good reference for adolescent girls to learn everything about the dangers of teenage pregnancy. Unclear and limited information can also arouse curiosity in adolescents themselves. This curiosity can stimulate adolescent girls to engage in sexual activity, which can ultimately lead to teenage pregnancy (Indah *et al.*, 2022).

Attitudes are the product of a socialization process in which people act according to the stimuli they receive. If an attitude is directed at a particular object, it means that adjustment to that object is influenced by the social environment and a person's willingness to respond to that object. One of the things that can be assessed in a person is their attitude (Susanti *et al.*, 2024). Early pregnancy can have adverse effects on adolescent girls physically, psychologically, and socially. The effects of teenage pregnancy can include unpreparedness for pregnancy, unpreparedness for motherhood, anxiety about giving birth, physiological changes, emotional instability, and lack of knowledge about parenting (Siregar *et al.*, 2020).

Based on research (Nuryasita *et al.*, 2022), the results show that a lack of knowledge about casual sex is often the cause of risky behavior among adolescents, resulting in unwanted pregnancies and a lack of information sources that are widely understood by adolescents. Most respondents indicated that they were not at risk (53.1%), but the percentage of those engaging in low-risk premarital sex was still

quite high (41.7%). Most respondents had sufficient knowledge about reproductive health, and most respondents had accessed health information sources Health (Safitri et al., 2024).

Based on the data presented above, the knowledge and attitudes of adolescent girls are very important in reducing the number of cases of early pregnancy. The impact of adolescents' lack of positive attitudes or poor attitudes towards teenage pregnancy covers all aspects of adolescent life, such as affecting health, physical, psychological, and social aspects. The safety and health of adolescents and their unborn children are at risk due to the uterine muscles being weak, not yet fully developed, and mentally immature, while the impacts on the baby include premature birth, low birth weight (LBW), congenital defects, and even infant mortality.

The purpose of this study is to determine the relationship between the level of knowledge and attitudes about early pregnancy among female adolescents at SMA Negeri 1 Godean. This study is expected to provide an overview of the extent to which female adolescents' understanding of the risks of early pregnancy influences their attitudes towards this issue. The results of this study are also expected to be used as material for consideration in the development of reproductive health education programs in schools to prevent early pregnancy.

2. Method

This study is a quantitative study using a cross-sectional approach. Through this study, the researcher wants to determine the relationship between knowledge and attitudes about early pregnancy among female adolescents at SMA Negeri 1 Godean Sleman Yogyakarta.

The population in this study was female adolescents at SMA Negeri 1 Godean Sleman Yogyakarta, totaling 80 students with inclusion criteria of age 15-18 years, having menstruated, and willing to be respondents. The sampling technique used was total sampling. The sample used consisted of 80 female students at SMA Negeri 1 Godean Sleman Yogyakarta.

The data collection method in this study used primary data, which is data obtained directly in the field by the researcher. Data collection was carried out through questionnaires to determine knowledge and attitudes about early pregnancy. The questionnaire was adopted from (Yuda Yulia Ningsih.2020). This study used the chi-square test, which is a non-parametric analysis used to determine the strength of the relationship between two nominal-scale variables, using SPSS software. The researcher obtained approval from the Ethics Committee of Universitas 'Aisiyiah Yogyakarta with Ethics Committee No. 4443/KEP_UNISA/V/2025

3. Results and Discussion

3.1 Results

This research was conducted at SMA Negeri 1 Godean Sleman Yogyakarta, on May 23. The number of respondents in this study was 80 female students who were 10th grade students. The data collection process was carried out using a questionnaire consisting of questions about knowledge and attitudes regarding early pregnancy. The questionnaire was distributed directly to the respondents after obtaining permission from the school and consent from the respondents. The results of the study are shown in Table 1.

Table 1. Frequency distribution of respondent characteristics and variables (knowledge and attitudes)				
No		Character/ Variable	Frequency	%
1	Age	15 Years	67	83.8%
		16 Years	13	16.3%
		Amount	80	100.0
2	Knowledge	Sufficient	26	32.5%
		Good	54	67.5%
		Amount	80	100.0
3	Attitude	Negative	26	32.5%
		Positive	54	67.5%
		Amount	80	100.0

Based on Table 1 of respondent characteristics, age characteristics show that the majority are 15 years old, with 67 students (83.8%). Data on the distribution of knowledge and attitudes about early pregnancy showed that the highest classification of knowledge and attitudes was good and positive, with a total of 54 students (67.5%). Furthermore, there were 26 students (32.5%) who fell into the classification of sufficient and negative knowledge. In terms of knowledge, 35 (44%) had adequate knowledge about the definition of early pregnancy, 15 (18.75%) about early pregnancy, 13 (16.3%) about the process of pregnancy, and 16 (20%) about the causes of early pregnancy. In terms of attitude, 82 (102.50%) were classified as adequate in their response to adolescent sexual behavior, 103 (128.75%) in their pro-view of early pregnancy, 90 (112.50%) in their perception of the ideal age to marry, and 104 (130.00%) regarding views on early marriage.

Table 2. Testing the Relationship Between Knowledge and Attitudes about Early Pregnancy

Knowledge	Attitude				Amount	p-value	cc
	Negative		Positive				
	F	%	F	%			
Sufficient	26	32.5	0	0.0	32.5	0.000	0.707
Good	0	0.0	54	67.5	67.5		
Amount	26	32.5	54	67.5	100.0		

Based on Table 2. The relationship between knowledge and attitudes about early pregnancy among female adolescents at SMA Negeri 1 Godean Sleman Yogyakarta. With good knowledge, the highest classification was 54 students (67.5%) who had a positive attitude, while 26 students (32.5%) had adequate knowledge and a negative attitude, and there were 0 students (0%) in the poor category. The results of the statistical test conducted using the Chi-Square test indicate that 0.000 ($p < 0.05$), thus showing a relationship between knowledge and attitudes toward early pregnancy among female adolescents at State High School 1 Godean Sleman Yogyakarta. Additionally, the correlation coefficient value of 0.707 indicates that the relationship has a strong correlation strength, consistent with the classification of contingency coefficients according to (Sugiyono, 2019).

3.2 Discussion

3.2.1. Knowledge

Based on the results of the study, it shows that knowledge at SMA Negeri 1 Godean Sleman Yogyakarta is mostly in the good category, namely 54 female students (67.5%). This shows that knowledge at SMA Negeri 1 Godean Sleman Yogyakarta is good. Knowledge is the primary source of a nation's civilization, whether it is advanced or not, and it begins with the community's attention to science (Octaviana *et al.*, 2021).

The knowledge level of 10th-grade female students at SMA Negeri 1 Godean, Sleman, Yogyakarta, was considered adequate, with 26 respondents (32.5%) demonstrating an inaccurate understanding of several aspects, such as the belief that early pregnancy is more common in developed countries, and the belief that pregnancies in married women under 20 are not considered early pregnancy. This reflects a conceptual gap in understanding regarding the definition and scope of early pregnancy. However, 26 female students (32.5%) still had adequate knowledge. The lowest level of knowledge was about the pregnancy process, with the question "Like women, normal men only produce one sperm cell per month." This situation is a concern because suboptimal knowledge can impact adolescents' attitudes toward the risks of early pregnancy. Inadequate knowledge can prevent adolescents from fully realizing the dangers of premarital sexual relations and their impact on physical and social health. Knowledge is essential in shaping a person's behavior. Knowledge can be gained through formal and informal education, meaning that behavior is based on understanding. Knowledge underpins the occurrence of pregnancies under the age of 20. The greater a person's understanding, the better they are at preventing early pregnancy and planning their pregnancy (Aisah *et al.*, 2018). Lack of knowledge about reproductive health can lead to unplanned or unplanned pregnancies due to a lack of education (Danik Agustin *et al.*, 2024).

Data from the National Population and Family Planning Board (BKKBN) (2022) shows that the

birth rate from early pregnancies has increased compared to the previous year. Several studies indicate that a lack of knowledge about sexuality, low socioeconomic status, negative peer interactions, sociodemographic factors, family relationships, developmental status, attention needs, and drug abuse are some of the causes of the high proportion of early pregnancy (Wahyuningsih et al., 2024).

Adolescence is part of the growth and development process, a transitional period from childhood to adulthood. Problems that often arise as a result of physical, emotional, and social changes in adolescents include promiscuous sex, premarital pregnancies, and sexually transmitted infections, including HIV/AIDS. Promiscuous sex carries a high risk of leading to unwanted pregnancies (KTD) (Fransiska et al., 2024).

One contributing factor to the increasing incidence of early pregnancy is a lack of knowledge about the dangers of early pregnancy among adolescents. This lack of knowledge about pregnancy can influence their actions, leading to early pregnancy. This lack of understanding of reproductive health and sexuality leads to misperceptions, which can trigger sexual behavior that can lead to underage pregnancies (N. Ariani et al., 2024).

This finding aligns with research (Zuhriyatun et al., 2023), which states that adolescent girls with a good level of knowledge tend to have more positive attitudes toward early pregnancy. This is because they understand the various health risks and social impacts. Conversely, adolescents with little or adequate knowledge are more prone to negative attitudes, which can contribute to an increased risk of early pregnancy. Therefore, ongoing educational efforts are needed through comprehensive reproductive health education programs to increase knowledge and foster more responsible attitudes among adolescent girls.

3.2.2. Attitude

The research results show that attitudes at SMA Negeri 1 Godean, Sleman, Yogyakarta, were mostly positive, with 54 students (67.5%). This indicates that attitudes at SMA Negeri 1 Godean, Sleman, Yogyakarta are good, while the lowest attitude classification was negative, with 26 students (32.5%). The moderate attitudes among female students at SMA Negeri 1 Godean, Sleman, Yogyakarta, are reflected in their inaccurate views on the issue of early pregnancy. Some respondents stated that the ideal age for marriage is under 20, and they believed that marrying at a young age can actually provide a good future. This indicates that although there is a basic understanding of reproductive health, there is still a need for improved information and strengthened education regarding the impacts and risks of early marriage and pregnancy.

Attitude is a person's reaction or response to an object or stimulus. Attitude clearly indicates the appropriateness of a reaction to a particular stimulus, such as an emotional reaction to a social stimulus. In other words, attitude is a readiness to react to an object in a particular environment as a reflection of that object. To measure a person's attitude directly, one can ask the subject to express an opinion or statement about something. A person's attitude can be influenced by many different factors, such as personal experience, the influence of others, cultural influences, mass media, educational and religious institutions, and emotional factors. Personal experiences also contribute to shaping and influencing one's attitudes and social behavior (Wahyuningsih et al., 2024).

From the definition of attitude above, it can be concluded that attitude is a readiness to react to an object as a result of understanding the object. According to Notoatmojo (2021), there are several levels of attitude, including: receiving, responding, valuing, and being responsible. Although the majority of respondents showed a positive attitude toward preventing early pregnancy, 26 female students (32.5%) still fell into the negative attitude category. The lowest level of attitude was related to the question "response to adolescent sexual behavior." Respondents in this category likely lack sufficient emotional fear of the risk of early pregnancy or have not yet shown a tendency to take preventative action, such as limiting promiscuity or seeking reproductive health information. Factors influencing a person's attitude include experience, the influence of others considered important, cultural influences, educational institutions, and social media (Sri Kustiyati et al., 2024).

Early pregnancy can have detrimental impacts on adolescent girls, physically, psychologically, and socially. The impacts of teenage pregnancy can lead to unpreparedness for pregnancy, unpreparedness for motherhood, anxiety about childbirth, physiological changes, emotional instability,

and a lack of knowledge about parenting (Siregar et al., 2020).

This finding aligns with research (Susanti et al., 2024). Attitude is a product of the socialization process, where people act according to the stimuli they receive. If an attitude is directed at a particular object, it means that adjustment to that object is influenced by the social environment and a person's willingness to respond to that object. One of the things that can be assessed in a person is attitude.

3.2.3. The Relationship Between Knowledge and Attitudes Toward Early Pregnancy Among Female Adolescents at SMA Negeri 1 Godean, Sleman, Yogyakarta

This study aims to determine the relationship between knowledge and attitudes about early pregnancy among adolescent girls at SMA Negeri 1 Godean, Sleman, Yogyakarta. The data analysis technique used the Chi-square statistical test. Based on the results of the study, the Chi-square statistical test yielded a p-value of 0.000 ($p < 0.05$). This indicates a relationship between knowledge and attitudes about early pregnancy among adolescent girls at SMA Negeri 1 Godean, Sleman, Yogyakarta. Furthermore, the correlation coefficient of 0.707 indicates a strong relationship between knowledge and attitudes about early pregnancy among adolescent girls.

A good knowledge of adolescent girls can prevent early pregnancy. Information available through mass media, the internet, and other sources can be a good reference for adolescent girls, helping them learn about the dangers of early pregnancy. Unclear and limited information can also spark curiosity in adolescents. This strong curiosity can stimulate them to engage in sexual intercourse, which can ultimately lead to early pregnancy (Ayuni et al., 2022). Factors influencing knowledge can generally be classified into two: internal factors (originating within the individual) and external factors (originating outside the individual). These factors include age, and external factors include education, experience, information, and culture (Pariati et al., 2021).

Sex education is important to provide from an early age. This is an effort to teach and provide information about sexual issues, including reproductive health, to prevent deviations and prevent the desire to try things that are not yet permitted from childhood to adolescence. One factor influencing adolescent behavior is a lack of knowledge about sex education. Adolescents generally receive information about sex from electronic media and peers without in-depth understanding from competent individuals (Wati, Rettno et al., 2021).

Accurate information that is appropriate to a child's physical and psychological development will have a positive impact on adolescent behavior. Adolescents become more responsible in their behavior if they have sufficient knowledge. They are also better able to avoid various reproductive health problems and the dangers of pregnancy while they are still teenagers. Lack of knowledge about the dangers of pregnancy during adolescence can be a factor contributing to the increase in early pregnancy. Although women are more knowledgeable, they are less aware of the dangers that can arise if they become pregnant as teenagers. Therefore, knowledge about reproductive health is crucial to increasing understanding of the risks of pregnancy during adolescence (Nuryani et al., 2021).

The rapid dissemination of information presents an opportunity for the public to increase their knowledge. However, this rapid dissemination of information can also present challenges for the public in obtaining accurate information. This study concluded that the majority of adolescents tend to obtain information from social media (Dewi et al., 2021). Adolescent girls' knowledge and attitudes about early pregnancy are related to the source of information, particularly the information provider, and the accuracy of the information provided to demonstrate the influence and strength of the relationship.

Reproductive health (kespro) in adolescents is related to the health of their reproductive organs. This is characterized by menarche in adolescent girls and wet dreams in boys. Aspects of reproductive health encompass the reproductive processes, functions, and systems, not limited to disease or disability, but encompass social, mental, and physical well-being. According to data released by the World Health Organization, adolescents are in a gradual transition phase toward sexual maturity, experiencing psychological changes from childhood to adulthood, and experiencing an economic shift from dependence to relative independence (Intan Mutiara Putri et al., 2025).

The high rate of early marriage in Yogyakarta is caused, among other things, by unintended pregnancies (KTD). KTD is triggered by several factors, including adolescents' lack of knowledge about reproductive health concepts and environmental factors that influence adolescents' attitudes, mindsets,

and sexual behavior (Endang Koni Suryaningsih et al., 2025).

The physiological impacts include miscarriage (abortion), premature birth, low birth weight (LBW) and congenital abnormalities, susceptibility to infection, anemia during pregnancy, preeclampsia (gestosis), and maternal death. The reproductive organs of women who marry early are not yet fully mature, so they are not yet ready to function (Rokhanawati et al., 2022).

Midwives' efforts to prevent early pregnancy include providing counseling on the ideal age for marriage or pregnancy and the impacts of early marriage in collaboration with schools. They also provide guidance and support to prepare students as future mothers and fathers for marriage, and raise awareness among young women about the importance of responsibility, the rights and obligations of each partner (Kurnia & Rokhanawati et al., 2022).

The high number of maternal deaths in several regions of the world reflects the gap in access to quality healthcare. Women die due to complications during and after pregnancy and childbirth. Maternal deaths should be preventable if healthcare solutions to prevent or manage complications are well-known. Therefore, all women should have access to high-quality care during pregnancy (Setyaningsih & Intan Mutiara Putri et al., 2024).

Efforts that can be made by both schools and health workers include improving adolescent knowledge by providing good information, providing facilities and infrastructure for easy access to knowledge, providing counseling and preventing early marriage, monitoring adolescent behavior, especially among girls, and increasing the activation of Adolescent Reproductive Health (ARH) extracurricular activities in schools. (Adiwijaya et al., 2021). Regional and central governments have an important role in fulfilling the reproductive health rights (Kespro) of adolescents with disabilities. Adolescents with disabilities are often targets of sexual violence due to their limited knowledge about reproductive health (Puspito et al., 2023).

Based on the data presented above, the knowledge and attitudes of adolescent girls are crucial to reducing the number of cases of early pregnancy. The impact of a lack of positive attitudes among adolescents, or a negative attitude toward teenage pregnancy, encompasses all aspects of adolescent life, including health, physical, psychological, and social well-being. The safety and health of adolescents and their unborn children are at risk because the uterine muscles are still weak, not fully developed, and mentally immature. Impacts on the babies include premature birth, low birth weight (LBW), congenital defects, and even infant death (Ariani, N. et al., 2024).

4. Conclusion

This study showed that the highest classification of respondents was female students with good and positive knowledge and attitudes, namely 54 female students (67.5%). The results of the chi-square statistical test showed a significance value of $p = 0.000$ ($p < 0.05$), indicating a relationship between knowledge and attitudes regarding early pregnancy among adolescent girls at SMA Negeri 1 Godean. The coefficient value of 0.707 indicates a strong relationship. The better the female students' knowledge, the more positive their attitudes toward early pregnancy.

Adolescent girls are expected to be more proactive in seeking accurate information about the risks of early pregnancy and developing wise attitudes. Parents need to instill moral and religious values through open communication. Schools are encouraged to strengthen reproductive health education through the curriculum and in collaboration with health workers. Midwives and community health center staff are expected to actively provide preventive education and adolescent counseling services. Further research is recommended to examine other factors such as the influence of social media and the environment, and to incorporate mixed methods with a wider sample size.

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