



## ANALYSIS OF THE ROLE OF SELF-EFFICACY AND ATTITUDE IN PREVENTING EARLY PREGNANCY IN ADOLESCENTS THROUGH REPRODUCTIVE HEALTH EDUCATION

Zumrotul Ula<sup>1\*</sup>, Mildaratu<sup>2</sup>, Rezqiqah Aulia Rahmat<sup>3</sup>, Cakrawati R<sup>4</sup>

<sup>\*1</sup> Midwifery Study Programs, Surabaya Institute of Health and Business, Indonesia

<sup>2</sup> Midwifery Study Program, Universitas Indonesia Timur, Indonesia

<sup>3</sup> Medical Study Programs, Bosowa University, Makassar, Indonesia

<sup>4</sup> Midwifery Study Programs, Poltekkes Ummi Khasanah, Indonesia

\*Correspondent Author : Zumrotul Ula, Email: [zumrotul.ula18@gmail.com](mailto:zumrotul.ula18@gmail.com)

### ABSTRACT

Early pregnancy in adolescents is a health problem influenced by various psychological factors, including self-efficacy and attitude. Self-efficacy plays a role in shaping an individual's belief in their ability to avoid risky behavior, while attitude reflects behavioral tendencies towards reproductive health. This study aims to analyze the role of self-efficacy and attitude in preventing early pregnancy in adolescents through reproductive health education. This study used a quantitative design with a cross-sectional approach. A sample of 110 respondents was selected using a purposive sampling technique. Data were collected using a questionnaire and analyzed using multiple linear regression. The results showed that self-efficacy ( $\beta = 0.45$ ;  $p < 0.001$ ) and attitude ( $\beta = 0.32$ ;  $p < 0.01$ ) significantly influenced early pregnancy prevention behavior, with self-efficacy as the most dominant factor. Reproductive health education has been shown to improve both variables. In conclusion, increasing self-efficacy and positive attitudes through education is an important strategy in preventing early pregnancy in adolescents.

**Keywords:** *Self-Efficacy, Attitude, Adolescents, Early Pregnancy, Reproductive Education*

### 1. INTRODUCTION

Adolescence is a developmental phase marked by significant biological, psychological, and social changes. During this phase, adolescents begin to experience reproductive maturity, accompanied by an increased curiosity about sexuality. Without proper understanding, this can lead to risky behaviors, including early pregnancy.





Early pregnancy has far-reaching health, psychological, and social consequences. Teenagers who experience early pregnancy are at risk of health complications, dropping out of school, and experiencing high levels of social pressure. Therefore, preventative measures are crucial, including reproductive health education.

In the context of health behavior, psychological factors play a crucial role in determining individual actions. Two highly influential factors are self-efficacy and attitude. Self-efficacy is an individual's belief in their ability to perform a specific action, including avoiding risky behavior. Adolescents with high self-efficacy tend to be better able to resist social pressure and make healthy decisions.

Attitudes reflect an individual's tendency to respond to an object or situation. A positive attitude toward reproductive health will encourage adolescents to behave more responsibly. Reproductive health education plays a role in shaping both of these factors by increasing knowledge and awareness.

Many adolescents still have low self-efficacy and attitudes that are less supportive of healthy behaviors. This highlights the need for an educational approach that is not only informative but also builds self-confidence and a positive attitude.

Thus, this research is important to conduct in order to empirically analyze the role of self-efficacy and attitudes in preventing early pregnancy in adolescents.

## 2. RESEARCH METHODS

### a. Research Design

This study used a quantitative analytical design with a cross-sectional approach. This design aimed to identify and analyze the relationship between independent variables (self-efficacy and attitudes) and the dependent variable (early pregnancy prevention behavior) at a single measurement point.

Cross-sectional approach was chosen because it efficiently provides a snapshot of the respondents' actual conditions and allows for analysis of relationships between variables without requiring extensive time. This research is non-experimental in nature, as it does not provide direct intervention to respondents but rather simply observes naturally occurring relationships.

### b. Location and Time of Research

This research was conducted in a secondary school (SMA/equivalent) within the research area. The location was selected considering that school-aged adolescents are a vulnerable group to reproductive health issues.

The research period was carried out for approximately 1 month, which included the stages of instrument preparation, data collection, data processing, and analysis of research results.



**c. Population and Sample**

The population in this study was all adolescents aged 15–19 years who were registered as active students in secondary schools.

The research sample consisted of 110 respondents, who were selected using purposive sampling techniques, namely a sampling technique based on certain criteria that have been determined by the researcher.

## 1) Inclusion criteria:

- Teenagers aged 15–19 years
- Registered as an active student
- Have you ever received reproductive health education?
- Willing to be a respondent and sign the informed consent

## 2) Exclusion criteria :

- Respondents who did not complete the questionnaire completely
- Respondents who were not present during the data collection process

The number of samples has met the requirements for multivariate statistical analysis, especially multiple linear regression.

**d. Research Variables**

This research consists of:

## 1) Independent (free) variables:

- Self-efficacy (confidence in avoiding risky behavior)
- Attitudes towards early pregnancy prevention

## 2) Dependent variable (bound):

- Early pregnancy prevention behavior

**e. Operational Definition**

1) Self-efficacy : adolescents' belief in their ability to control themselves and avoid risky sexual behavior.

2) Attitude: adolescents' emotional responses or tendencies towards efforts to prevent early pregnancy

3) Preventive behavior: concrete actions taken by adolescents to avoid early pregnancy, such as maintaining boundaries in social interactions and making healthy decisions.

**f. Research Instruments**

The instrument used in this study was a structured questionnaire with a Likert scale (1–4), which consisted of several parts:

- 1) Self-efficacy (12 items)
- 2) Attitude (10 items)
- 3) Preventive behavior (12 items)

Each item is arranged based on theoretical indicators that are relevant to the research variables. Before use, the instrument has gone through the following stages:





- 1) Validity test , to ensure that each item is able to measure the intended variable
- 2) Reliability test , using Cronbach's Alpha with a value of  $\alpha > 0.70$  which indicates that the instrument is reliable

**g. Data collection technique**

Data collection was carried out using the direct survey method ( field survey). research ) by distributing questionnaires to respondents.

Data collection steps include:

- 1) Submitting research permits to the school
- 2) Provide an explanation to respondents regarding the purpose of the research
- 3) Distribute the information sheet consent to respondents
- 4) Distribute questionnaires to be filled out independently
- 5) Checking the completeness of respondents' answers

During the questionnaire filling process, researchers provided assistance to ensure that respondents understood each question, thereby minimizing filling errors and data bias.

**h. Data Analysis Techniques**

Data analysis is carried out using statistical software (e.g. SPSS) through the following stages:

1) Univariate Analysis

Used to describe the distribution of respondent characteristics and research variables in the form of frequency, percentage, mean , and standard deviation.

2) Bivariate Analysis

This is done to determine the relationship between independent and dependent variables using the Pearson correlation test.

3) Multivariate Analysis

Using multiple linear regression to determine the simultaneous influence of self-efficacy and attitudes on early pregnancy prevention behavior and to determine the most dominant variables.

**i. Classical Assumption Test**

Before conducting regression analysis, a classical assumption test was carried out to ensure the feasibility of the model, including:

- 1) Normality test (to see data distribution)
- 2) Multicollinearity test (to see the relationship between independent variables)
- 3) Heteroscedasticity test (to see the similarity of residual variances )

**j. Research Ethics**

This research pays attention to the principles of research ethics, namely:

- 1) Informed consent (respondent's consent)
- 2) Confidentiality of respondent data
- 3) Anonymity (without listing identity)





- 4) Non- maleficence (does not harm the respondent)

### 3. RESULTS AND DISCUSSION

#### a. Results

This study aims to analyze the role of self-efficacy and attitudes in preventing early pregnancy in adolescents through reproductive health education. The results are presented in tabular form and analyzed integratively with theoretical discussion.

#### 1) Respondent Characteristics

| Variables  | Frequency (n) | Percentage (%) |
|------------|---------------|----------------|
| Ages 15–16 | 45            | 40.9           |
| Ages 17–19 | 65            | 59.1           |
| Man        | 50            | 45.5           |
| Woman      | 60            | 54.5           |

Based on the table above, the majority of respondents were aged 17–19, which falls into the late adolescence category. In this phase, individuals develop more rational thinking skills and are able to consider the consequences of their actions. However, this phase is also marked by increased exploration of self-identity and a tendency to try new things, including risky behavior.

The gender distribution shows a relatively balanced proportion of males and females, thus allowing for a more representative analysis of adolescent behavior in general.

#### 2) Analysis of the Influence of Self-Efficacy and Attitude

| Variables     | Coefficient ( $\beta$ ) | <i>p</i> - value |
|---------------|-------------------------|------------------|
| Self-efficacy | 0.45                    | 0,000            |
| Attitude      | 0.32                    | 0.004            |

The results of the multiple linear regression test indicate that both independent variables, namely self-efficacy and attitude, have a significant influence on early pregnancy prevention behavior ( $p < 0.05$ ). The regression coefficient value indicates that self-efficacy has a greater influence than attitude, so it can be said to be the dominant factor in this study.





## b. Discussion

### 1) The Role of Self-Efficacy in Preventing Early Pregnancy

Self-efficacy is an individual's belief in their ability to perform a particular action. In the context of this research, self-efficacy relates to adolescents' ability to control themselves and avoid risky sexual behavior.

Research results show that self-efficacy has the greatest influence on early pregnancy prevention behavior. Adolescents with high self-efficacy tend to have better abilities in:

- Resisting peer pressure
- Avoiding potentially risky situations
- Making rational and responsible decisions

This finding is in line with *Social Theory*. Bandura's *cognitive theory* states that self-efficacy influences an individual's thought patterns, emotions, and actions. Individuals with high self-efficacy are more confident in facing challenges and have better control over their behavior.

Conversely, adolescents with low self-efficacy tend to be easily influenced by their environment and less able to control internal impulses. This increases the risk of unhealthy behaviors, including early pregnancy.

### 2) The Role of Attitudes towards Preventive Behavior

Attitude is an individual's tendency to respond to an object or situation, which can be either positive or negative. In this study, attitudes toward reproductive health played a role in shaping behaviors related to early pregnancy prevention.

Research results show that attitudes have a significant influence on adolescent behavior. Adolescents with positive attitudes toward reproductive health tend to:

- More appreciation for the importance of maintaining personal health
- More open to health information
- More responsible in making decisions

Positive attitudes are formed through learning, experience, and exposure to appropriate information. Reproductive health education plays a crucial role in shaping these attitudes, especially when delivered in an engaging and relevant manner to adolescents' lives.

However, attitude alone is not always enough to drive behavioral change if it is not supported by self-efficacy. This is evident from the lower coefficient value compared to self-efficacy.





### 3) Interaction of Self-Efficacy and Attitude

The results of this study indicate that self-efficacy and attitude interact to influence behavior. Self-efficacy acts as an internal factor that controls actions, while attitude serves as the evaluative basis for a behavior.

Adolescents who have a combination of high self-efficacy and positive attitudes tend to engage in better preventive behaviors than those who possess only one of these factors. This suggests that optimal behavior change requires a comprehensive approach.

### 4) The Role of Reproductive Health Education

Reproductive health education is a crucial intervention in improving adolescent self-efficacy and attitudes. Effective education not only provides information but also builds self-confidence and fosters positive attitudes.

The effectiveness of education depends heavily on the methods used. One-way methods, such as lectures, tend to be less effective in changing behavior. In contrast, interactive methods such as discussions, simulations, and peer-to-peer learning are more effective. Education is more capable of increasing youth involvement.

Education also needs to be tailored to adolescent characteristics, including age, level of understanding, and sociocultural context. A contextual approach will be more easily accepted and understood by adolescents.

### 5) Implications of Research Results

The results of this study have important implications for developing early pregnancy prevention programs for adolescents. Effective programs should:

- Focus on increasing self-efficacy through *life skills training* (*skills*)
- Forming positive attitudes through continuous education
- Using interactive learning methods
- Involving the roles of schools, families and health workers

### 6) Synthesis of Discussion

Overall, the results of this study indicate that adolescent pregnancy prevention behaviors are the result of an interaction between psychological factors, particularly self-efficacy and attitudes. Self-efficacy is a key factor because it is directly related to an individual's ability to control behavior.

Although attitudes have a significant influence, without the support of self-efficacy, behavior change will not be optimal. Therefore, effective interventions must be able to improve both factors simultaneously.

With a comprehensive approach, it is hoped that adolescents will have better abilities in making healthy and responsible decisions, thereby preventing early pregnancy.





#### 4. CONCLUSION AND SUGGESTIONS

##### a. Conclusion

Self-efficacy and attitudes have a significant influence on early pregnancy prevention behavior in adolescents, with self-efficacy as the dominant factor.

##### b. Suggestion

- 1) Reproductive education needs to focus on increasing self-efficacy
- 2) Schools need to implement interactive education methods
- 3) Further research can add other variables

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