

ABSTRACT

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Effect of Health Education About Puberty Physical Changes Future Knowledge of Young Men Class VII in MTs Aulia Cendekia Kelurahan Talang Jambe Palembang 2016.

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Background: adolescent is a time of transition from children to adults ages 15-19 years. At this age teenagers should be given health education about the changes of puberty so expect teens can protect themselves from the association that is not good

Objective: this study aimed to determine the effect of health education about the physical changes of puberty to the knowledge of young men in the class VII MTs Aulia Cendekia Kelurahan Talang Jambe Palembang.

Methods: This study used quantitative designs with pre-experimental method with the approach of one group pretest posttest. Using non-probability sampling using purposive sampling technique. Large sample 64 responder analysis using Wilcoxon test.

Results: The results showed p value $0.01 < 0.05$ thus indicating there is effect between health education on the knowledge before and after health education about the physical changes of puberty in young men in the class VII MTs Aulia Cendekia Kelurahan Talang Jambe Palembang.

Conclusion: in this study concluded that health education can increase knowledge of adolescents about puberty.

Bibliography : 24 (2006-2015)