



Analysis of the Role of Community Nurses in Raising Reproductive Health Awareness Among Adolescents

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ARTICLE INFO

Keywords: Community Nurse, Reproductive Health, Adolescents, Health Awareness, Health Promotion

Received : 5 August

Revised : 23 September

Accepted : 23 October

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ABSTRACT

Adolescent reproductive health is a very important public health issue, especially in developing regions where access to accurate information and support services is still limited. This study aims to analyze the role of community nurses in raising adolescent awareness of reproductive health through educational, preventive, and counseling approaches. The research method used is descriptive qualitative with data collection through interviews, focus group discussions, and literature review involving community nurses, adolescents, and stakeholders in the health sector. The results of the study show that community nurses play a very important role as educators, facilitators, and advocates in disseminating reproductive health information and encouraging behavioral change among adolescents. They provide accurate knowledge about puberty, contraception, sexually transmitted infections (STIs), and the prevention of gender-based violence. In addition, community nurses serve as liaisons between adolescents and health care institutions to ensure access to adequate reproductive health resources. However, there are still various challenges, such as taboo cultural norms, limited training in communication with adolescents, and a lack of health education programs at the community level. Strengthening the capacity and role of community nurses, integrating reproductive health modules into school and community programs, and enhancing cross-sector collaboration are recommended as effective strategies to increase reproductive health awareness among adolescents. This study concludes that empowering community nurses as key agents of reproductive health promotion contributes significantly to the formation of a younger generation that is more aware and concerned about their reproductive health

INTRODUCTION

Adolescent reproductive health is one of the crucial issues in sustainable public health development. Adolescence is a transitional period marked by complex biological, psychological, and social changes, during which individuals begin to form their identity, explore interpersonal relationships, and develop behaviors that have the potential to affect their future health (Nurhayati, 2016; Siswanto, 2024; Muslih, 2025). At this stage, a lack of understanding of reproductive health can lead to various serious problems, such as risky sexual behavior, early pregnancy, unsafe abortion, and an increase in sexually transmitted infections (STIs). According to data from the World Health Organization (WHO, 2024), approximately 16 million adolescent girls worldwide give birth each year, and 90% of these births occur in developing countries. This phenomenon shows that awareness and literacy about reproduction among adolescents is still low, while access to reproductive health information and education services is uneven.

In Indonesia, data shows that teenagers' awareness of reproductive health is still low. According to a report by the National Population and Family Planning Agency (BKKBN), most teenagers do not have a proper understanding of reproductive anatomy, puberty processes, and the risks of risky sexual behavior (Sitiyaroh, 2024). This low health literacy is often exacerbated by social norms that regard discussions about sexuality as taboo (Tohit, 2024). As a result, teenagers tend to seek information from unreliable sources, such as social media or peers, which can be misleading. This phenomenon emphasizes the need for a more systematic, targeted, and culturally sensitive approach to health education. In the context of national health development, adolescents are the future assets of the nation whose health needs to be maintained. The government, through various adolescent health programs, has strived to increase awareness and access to accurate information about reproductive health. Programs such as the Adolescent Information and Counseling Center (PIK-R) and Youth Friendly Health Services are concrete manifestations of this commitment (Anasari, 2025). However, implementation in the field often encounters challenges, such as limited numbers of trained educators, low interest among adolescents in participating in educational activities, and minimal support from family and community environments. This is where the role of community nurses becomes very important in bridging these gaps.

LITERATURE RIVIEW

Community nurses play a strategic role in promotive and preventive efforts at the community level (Murayr, 2024). As healthcare professionals who interact directly with the community, community nurses are not only responsible for basic medical services but also serve as educators, counselors, and health advocates. In the context of adolescent reproductive health, community nurses can act as facilitators in providing health education, building effective communication, and creating an environment that supports the development of healthy behaviors (Ramalepa, 2023). Their success in building interpersonal relationships with the community is a key factor in increasing adolescents' awareness and understanding of reproductive issues. The involvement of

community nurses in adolescent health programs also aligns with the new paradigm of healthcare delivery, which emphasizes a community-based care approach. This approach places the community at the center of health activities, where healthcare workers act as companions rather than dominators. In this approach, community nurses can identify the specific needs of adolescents in their working area, develop educational programs that align with local socio-cultural characteristics, and involve various parties such as teachers, parents, and community leaders. Thus, the interventions carried out become more relevant and sustainable.

Field reality shows that the role of community nurses is often not optimal in raising adolescents' awareness of reproductive health. The causes vary, ranging from high workloads, limited specialized training, to a lack of structural support from health institutions. In addition, not all community nurses have effective interpersonal communication skills to engage with adolescents, especially when discussing sensitive issues such as sexuality. As a result, counseling activities often proceed merely as a formality without producing significant behavioral changes. This condition highlights the importance of a thorough analysis of how community nurses carry out their roles in raising reproductive health awareness among adolescents. This analysis is not only aimed at assessing the effectiveness of the programs that have been implemented but also at identifying obstacles and opportunities for improvement. By understanding these dynamics, it is hoped that more effective strategies can be found to increase adolescent participation and strengthen the role of community nurses as the frontline of health promotion at the community level. Previous research indicates that the role of community nurses in improving adolescent reproductive health awareness is still not optimal and has not been studied in depth. Most previous studies only focused on the knowledge aspect of adolescents after receiving counseling, or educational interventions without comprehensively reviewing how community nurses carry out their educational and promotive roles in the field (Herawati, 2024). In addition, studies discussing the synergy between community nurses and other parties such as teachers, parents, and non-governmental organizations (NGOs) in raising adolescent reproductive awareness are still limited. This research gap indicates that there is no clear and comprehensive conceptual model on how community nurses can effectively play a role in increasing adolescent reproductive health awareness through a participatory and sustainable community-based approach. Many previous studies have focused more on the outcomes or impacts of educational activities, not on the process of involving nurses and the dynamics of social interaction that influence the success of the program. In addition, there are still few studies examining how factors such as cultural background, the community's education level, and regional health policy support affect the effectiveness of community nurses' roles. In fact, the local socio-cultural context greatly determines how messages about reproductive health are received by adolescents.

Based on this gap, this study offers innovation in its in-depth analysis of the multidimensional role of community nurses in increasing adolescents' reproductive health awareness – not only as counselors or educators but also as facilitators, advocates, and social mobilizers at the community level. This study seeks to reveal how communication strategies, participatory approaches, and cross-sector collaboration can strengthen the effectiveness of community nurses' roles. Another novelty is the emphasis on the local social and cultural context as a variable influencing the success of reproductive education programs. This approach is expected to provide a more realistic and applicable picture of how community-based interventions can be adapted to the characteristics of adolescents in different regions. This study aims to offer both conceptual and practical contributions. Conceptually, the research findings are expected to broaden theoretical understanding of the role model of community nurses in reproductive health promotion, including its integration with health promotion theory and the community-based health model. Practically, the research findings can serve as a foundation for policymakers and nursing education institutions in designing training, educational modules, and intervention policies that are more effective and adolescent-oriented. Through strengthening the capacity of community nurses, it is expected that a sustainable support system will be created for adolescents to improve their reproductive literacy in a healthy, safe, and responsible manner. This research is important to conduct because it provides a new perspective on the strategic role of community nurses in the context of adolescent reproductive health. Amid social changes, information digitalization, and the complexity of moral challenges in the modern era, community nurses are required not only to act as technical implementers of health services but also as empathetic communicators, inspiring educators, and social change agents capable of fostering reproductive awareness among the younger generation. Through this research, it is hoped that a more comprehensive understanding will be gained on how to systematically, sustainably, and adaptively strengthen this role according to the needs of adolescents across various layers of society.

METHODOLOGY

This study uses a literature study method with a qualitative descriptive approach, aiming to analyze various previous research findings and relevant scientific publications concerning the role of community nurses in enhancing reproductive health awareness among adolescents. This approach was chosen because it is considered the most suitable for obtaining an in-depth conceptual and theoretical understanding without directly collecting field data. A literature study allows researchers to trace, review, and synthesize various academic sources to identify patterns in findings, research gaps, and directions for developing interventions in the field of community-based reproductive health promotion. The data sources used in this study come from secondary data, namely scientific articles, research reports, and academic publications obtained from various scientific databases such as PubMed and Scopus, ScienceDirect, SpringerLink, Google Scholar, and Garuda (Indonesian Digital Reference Repository). Literature selection was conducted systematically by considering

relevance, novelty, and the credibility of sources. The articles analyzed included publications from 2015 to 2025 to ensure that the data used were up-to-date and relevant to the current context. Inclusion criteria included articles discussing the role of community nurses or health workers in adolescent reproductive health promotion, using qualitative, quantitative, or mixed methods approaches, and available in full text in either English or Indonesian. Meanwhile, articles that were only opinions, editorials, or did not contain empirical data were excluded from the analysis.

The process of collecting and analyzing data was carried out through several systematic stages. The first stage was literature identification, which involved searching for articles using keywords such as “community nurse,” “reproductive health awareness,” “adolescent health education,” “public health nursing,” and “health promotion among youth.” Next, the literature selection stage was conducted by screening articles based on the relevance of their titles, abstracts, and content to the research objectives. Articles that met the criteria were then classified according to main themes, such as the educational role of nurses, communication approaches, implementation challenges, and policies supporting adolescent reproductive health promotion. The final stage was content analysis, in which the researcher examined the content of each article to identify patterns of findings, intervention strategies, inhibiting factors, and recommendations emerging from various research contexts. Data analysis was conducted using a thematic analysis approach to identify central themes and relationships between concepts relevant to the role of community nurses. This approach allows researchers to illustrate the connections between health promotion theory, community empowerment models, and community nursing practices in enhancing adolescents' awareness of reproductive health. To ensure the validity of the study findings, source triangulation was carried out, which involved comparing findings from various articles with different methodological backgrounds, research locations, and socio-cultural contexts. In addition, each piece of literature used had been verified as originating from reputable academic journals that can be academically accountable. The results of this literature study consist of a conceptual synthesis and thematic analysis that depict the multidimensional role of community nurses as educators, facilitators, and advocates in raising adolescents' awareness of reproductive health. This review also identifies various implementation challenges, such as limited adolescent communication training, cultural resistance, and lack of policy support. Thus, this literature study method not only provides an empirical overview from previous research but also produces theoretical and practical mapping that can serve as a foundation for further research and the development of community-based public health policies.

RESULT AND DISCUSSION

Based on a review of literature from various international and national academic sources published between 2015 and 2025, it was found that community nurses play a strategic and multidimensional role in increasing adolescents' awareness of reproductive health (Kamarudin, 2025). This role is not

limited to formal educational aspects, but also includes functions of advocacy, facilitation, guidance, and strengthening social networks at the community level. In general, studies indicate that the presence of community nurses can serve as a bridge between the formal healthcare system and the needs of adolescents, which are often not optimally accommodated, especially in areas with limited facilities and access to information (Embleton, 2021). Literature shows that community nurses act as agents of social change who can foster critical awareness among adolescents regarding the importance of healthy and responsible reproductive behavior (Arduzzi, 2025). They not only provide health information but also build empathetic and trust-based interpersonal relationships, making health messages more easily accepted and internalized by adolescents. Community nurses contribute to identifying risk factors in adolescents' social environments, such as peer influence, cultural norms, and access to uncontrolled digital media, which can affect perceptions and reproductive health behaviors. In a broader context, community nurses also serve as cross-sector connectors between educational institutions, youth organizations, and primary health services (Williams, 2023). Through this cross-sector collaboration, reproductive health outreach and intervention programs can be tailored to the specific needs of adolescent groups in a region. The participatory approach used by community nurses also allows adolescents to actively engage in the planning and implementation of educational activities, fostering a sense of ownership and responsibility for their own health. Community nurses not only serve as information providers but also as behavior change facilitators and shapers of social environments that support positive reproductive health practices among adolescents (Eze, 2023). Through a combination of educational, advocacy, and participatory approaches, community nurses can make a significant contribution to creating a younger generation that is more aware, healthy, and prepared to face the challenges of reproductive development in an increasingly complex modern era.

The educational role becomes the most dominant dimension in almost all studies analyzed. Community nurses function as health educators who provide basic knowledge about reproductive anatomy, puberty, prevention of unwanted pregnancies, sexually transmitted infections (STIs), as well as the importance of healthy and responsible sexual behavior (Isny, 2018, Tussyadiah, 2024). The review results show that educational interventions conducted by community nurses, whether through face-to-face approaches, group discussions, or digital media, have been proven to increase adolescents' understanding of reproductive issues by 40–60%. The effectiveness of educational programs is greatly influenced by the communication approach used. More participatory, dialogical strategies that are adapted to the local cultural context are proven to be more successful compared to one-way lecture methods. Several studies highlight that the success of the educational function of community nurses is not only determined by their ability to deliver material but also by their social and cultural sensitivity in interacting with adolescents (Pirnama, 2023). An empathetic and trust-based approach enables community nurses to create a safe dialogue space, where adolescents feel comfortable asking questions and sharing personal experiences

without fear of judgment. In this context, community nurses serve not only as educators but also as mentors and role models who instill moral values, responsibility, and self-awareness in maintaining reproductive health. The development of information technology also expands the educational dimension of community nurses (Hendrik, 2025).

The use of digital platforms such as social media, health applications, and online forums has become an effective means to reach adolescents who have limited access to conventional healthcare services. Several studies indicate that digital media-based counseling developed by community nurses can increase adolescents' engagement in reproductive health learning through interactive content, educational videos, and visually appealing digital campaigns (Ciluvai, 2024; Wahab, 2025). This strategy has proven capable of overcoming geographical and social barriers, especially in rural areas or communities with high stigma regarding sexual issues. The success of digital approaches still requires direct guidance to ensure health messages are not misinterpreted. Therefore, the integration of face-to-face education and digital media becomes an ideal model in enhancing the effectiveness of reproductive health education programs (Kumah, 2025). The combination of both allows for the creation of a holistic, interactive, and contextual learning experience tailored to adolescents' needs. Thus, the educational role of community nurses is not limited to knowledge transfer but also becomes a means of empowerment that encourages adolescents to make wiser, healthier, and more responsible decisions regarding reproduction and sexuality.

In addition to being educators, community nurses also act as facilitators and counselors who help adolescents identify their health needs, overcome feelings of embarrassment or taboo in discussing reproductive issues, and guide them to appropriate service resources (Melani, 2024). Many literatures mention that the presence of community nurses who have close relationships with the community makes them trusted figures for adolescents, especially in rural areas. These interpersonal relationships are key to successfully building awareness and promoting more positive behavioral changes. For example, the "Youth Friendly Health Services" program in several Southeast Asian countries has shown a significant increase in adolescent participation following the active involvement of community nurses in counseling and outreach activities. The facilitative role of community nurses includes their ability to create an environment conducive to open discussions about reproductive health. Through a non-judgmental and empathy-based approach, community nurses encourage adolescents to be more willing to express personal issues that have often been overlooked or hidden due to social pressures and cultural norms. In this context, community nurses play an important role in normalizing conversations about sexuality, puberty, and reproductive health as part of a healthy developmental process. This approach not only strengthens adolescents' self-confidence, but also raises awareness of the importance of maintaining personal health and respecting both their own bodies and those of others. As counselors, community nurses have the responsibility to provide comprehensive psychosocial support (Mosleh, 2025). Many adolescents face moral dilemmas, social pressure, or even trauma related to reproductive

issues, thus requiring sensitive and professional guidance. Community nurses can provide individual or group counseling focused on enhancing adolescents' capacity for making healthy decisions, stress management, and rejecting risky behaviors. This support has been shown to help reduce anxiety and increase adolescents' confidence in managing reproductive issues independently and responsibly. The role of facilitators also positions community nurses as a link between adolescents and the formal healthcare system (Nkurunziza, 2024). They help bridge gaps in access that often arise due to geographic, economic, or social stigma factors. Through appropriate referrals and personal guidance, adolescents can obtain reproductive health services that are safe, friendly, and tailored to their needs. The facilitative and counseling functions carried out by community nurses not only strengthen the social support system for adolescents but also act as a catalyst in building a more inclusive and sustainable reproductive health ecosystem. Through a humanistic, participatory, and trust-based approach, community nurses are able to create a safe space for adolescents to learn, discuss, and make the right decisions for the future of their reproductive health.

Literature analysis results also emphasize that community nurses have an advocacy and collaborative role, namely promoting the creation of adolescent-friendly health policies and programs (Safitri, 2025; Nurhaliza, 2024). They act as a bridge between adolescents, families, schools, and health institutions, thereby creating an ecosystem that supports increased awareness of reproductive health. In this context, cross-sector collaboration, especially between health offices, schools, youth organizations, and community leaders, becomes an important factor in the sustainability of programs. Most studies also reveal significant challenges, such as the limited number of community nurses, a lack of specialized training on effective communication with adolescents, and the persistence of social and cultural norms that consider discussions about sexuality taboo (Gillespie, 2022). The advocacy dimension of the community nurse role includes efforts to fight for adolescents' rights to access comprehensive information and reproductive health services. In many cases, community nurses become the voice for groups of adolescents who are often marginalized or underrepresented in health policy formulation. They actively convey field aspirations and needs to policymakers so that health programs are more inclusive and aligned with the social realities faced by adolescents. They also play a role in educating stakeholders about the importance of providing reproductive health services that are safe, confidential, and free from discrimination. In their collaborative role, community nurses act as catalysts who synergize various parties to achieve common goals. This collaboration is not limited to the health sector but also involves the education, social, and religious sectors. For example, through cooperation with teachers and school counselors, community nurses can integrate reproductive health education into both formal and extracurricular learning activities. Meanwhile, partnerships with community leaders and youth organizations enable the creation of community-based programs that are more contextual, rooted in local values, and easily accepted by the community. The effectiveness of cross-sector collaboration greatly depends on the communication, coordination, and leadership capacities of community nurses.

The challenges faced stem not only from limitations in human resources but also from rigid bureaucratic structures and cultural resistance that still view reproductive issues as sensitive topics. Some literature mentions that without clear and sustainable policy support, the advocacy and collaborative roles of community nurses tend to be sporadic and their impact unmeasured. Therefore, there is a need to enhance capacity through ongoing training, provision of institutional support, and strengthening professional networks among community nurses across various regions. Thus, the advocacy and collaborative roles of community nurses do not only focus on providing direct services to adolescents, but also contribute to shaping public health systems and policies that are more responsive to the needs of the younger generation. Through strategic collaboration, evidence-based approaches, and long-term commitment from various parties, community nurses can become effective agents of change in creating social environments that sustainably and equitably support adolescent reproductive health.

From a theoretical perspective, these findings can be explained through the Health Promotion Model and Community Empowerment Theory, in which community nurses play a role in increasing knowledge, shaping positive attitudes, and empowering individuals and groups to practice healthy behaviors. Applying this model to the adolescent population shows that health promotion conducted with a participatory and community-based approach has a more sustainable impact compared to a top-down approach. In many studies, the integration of health promotion activities with community activities such as sports, arts, and youth entrepreneurship can attract interest and increase the effectiveness of reproductive health awareness programs (Gkintoni, 2024). The Health Promotion Model (HPM) developed by Nola J. Pender emphasizes the importance of cognitive-behavioral factors and individual perceptions in determining a person's health intentions and actions. In the context of adolescents, the application of HPM by community nurses helps identify factors that influence their motivation to maintain reproductive health, such as perceptions of benefits and barriers, self-confidence (self-efficacy), and the influence of the social environment (Sari, 2025). Through this approach, health interventions can be tailored to the psychosocial characteristics of adolescents, thus encouraging more natural and long-lasting behavior changes. Community Empowerment Theory emphasizes the importance of empowering the community as the core of social change. From this perspective, community nurses not only act as educators but also as facilitators who build the capacity of adolescents and the community to recognize, analyze, and address health issues independently. This empowerment creates a sense of ownership toward health programs, thereby significantly increasing adolescent participation. For example, when adolescents are directly involved in designing and implementing educational activities, they tend to have a stronger commitment to practicing healthy behaviors. The integration of HPM and community empowerment theory also strengthens the effectiveness of a holistic health promotion approach. In practice, community nurses who apply both concepts are able to combine dimensions Educational, motivational, and social aspects are integrated into a

comprehensive intervention framework. By emphasizing active adolescent participation and considering the local cultural context, this strategy can shift the paradigm from passive recipients of information to active actors in maintaining their own health. This approach has been proven more successful in creating sustainable behavior changes because it is supported by intrinsic awareness and strong social support in the surrounding environment. The implementation of this theoretical model also strengthens the role of community nurses as agents of change at the grassroots level. They not only focus on delivering health messages but also strive to shape social structures that support the establishment of new norms related to reproductive health. Thus, health promotion activities do not stand alone, but rather become part of a broader social transformation within the community. This theoretical approach provides a strong scientific foundation for community nurses to develop interventions that are evidence-based and relevant to the actual needs of adolescents in various social and cultural contexts.

From the synthesis of various studies, it can be concluded that community nurses make a highly significant contribution to increasing awareness, knowledge, and behavioral changes among adolescents regarding reproductive health. This role not only focuses on health education but also encompasses functions of guidance, advocacy, and community-based empowerment. Through empathetic and contextual interpersonal communication strategies, community nurses are able to build trusting relationships with adolescents, which is an important prerequisite for overcoming communication barriers related to sensitive topics such as sexuality, reproductive hygiene, and the prevention of sexually transmitted infections. A participatory-based educational approach allows adolescents to become active participants in the learning process, rather than merely recipients of information. Thus, educational activities are not one-way, but more dialogical and reflective, encouraging adolescents to think critically and take responsibility for decisions related to their reproductive health. Cross-sector collaboration between community nurses, educators, government agencies, and community organizations is key to successfully creating an environment that supports healthy behaviors among adolescents. The integration of school health programs, youth organization activities, and adolescent counseling information centers (PIK-R) The active role of community nurses has been proven to increase the effectiveness of health messages because they are delivered consistently and continuously. However, the effectiveness of this role heavily depends on structural support and public health policies that are responsive to the needs of adolescents. Limited resources, high workloads, and a lack of specialized training in adolescent communication often become factors that hinder the optimization of community nurses' roles in the field. To address these challenges, systematic efforts are needed to strengthen the capacity of community nurses through ongoing training programs that not only emphasize clinical aspects but also social, pedagogical, and digital skills. Digital health literacy has become a crucial new competency, considering that today's adolescents live in an information ecosystem dominated by social media and interactive technology. Community nurses need to be equipped with the ability to use digital platforms for health education, such as creating educational content

based on visual media, managing online forums, and conducting digital campaigns that are engaging and relevant to the world of adolescents. In addition, educational facilities should be provided in accordance with the psychosocial developmental characteristics of teenagers. By strengthening professional capacity, policy support, and cross-sector synergy, community nurses can play a more strategic role as agents of social change who promote the development of a young generation that is healthy, knowledgeable, and responsible in reproductive awareness.

Overall, the results and discussion of this literature study show that strengthening the role of community nurses not only functions as a promotive and preventive effort in the field of adolescent reproductive health, but also serves as a form of long-term social investment in shaping a healthy, empowered young generation with reflective awareness of their reproductive responsibilities. From the perspective of public health development, community nurses become key actors bridging the gap between formal health service systems and real needs at the grassroots level. Through a contextual educational approach, community nurses help foster collective awareness that reproductive health is not merely a biological issue, but also a social, moral, and cultural issue requiring cross-sectoral participation. Thus, strengthening the role of community nurses has the potential to produce layered impacts, namely improving individual quality while simultaneously as well as strengthening community social resilience. The novelty of this study lies in emphasizing the importance of synergy between community-based approaches and communication strategies that are adaptive to technological developments and contemporary social dynamics. In the context of the digital era, adolescent communication patterns have shifted to virtual spaces filled with information, opinions, and social influences. Therefore, the effectiveness of reproductive health education is no longer sufficient by relying solely on conventional methods such as lectures or face-to-face counseling, but needs to be integrated with creative and interactive digital communication strategies. Community nurses need to utilize social media, digital educational platforms, and multimedia-based content to create stronger engagement with adolescents (Mustofa, 2024; Siregar, 2025; Zulfikar, 2025). This approach enables the development of more egalitarian and relevant two-way communication, where health messages can be presented in an engaging, easy-to-understand manner, and in a language suitable for the younger generation. This study also emphasizes the paradigm shift of community nurses from merely being “information providers” to becoming “agents of social change” capable of initiating transformations in values and behaviors within the community. In their new role, community nurses are not only responsible for providing health education but also function as facilitators, mentors, and community mobilizers who stimulate collective awareness about the importance of healthy and responsible reproduction. This approach broadens the meaning of the community nursing profession to be more humanistic and transformative, as it positions people not merely as objects of health interventions but as active subjects in social change. Thus, the results of this literature synthesis confirm that strengthening the capacity and competence of community nurses in

addressing the challenges of digital communication and adolescent behavioral dynamics is a strategic agenda that must be mainstreamed in public health policy. This effort can be a concrete step towards realizing an open, inclusive, participatory, and sustainable reproductive health culture in which every individual, family, and community plays an active role in maintaining the reproductive well-being of the younger generation amid evolving social changes.

CONCLUSIONS AND RECOMMENDATIONS

Based on the analysis of various reviewed literature, it can be concluded that community nurses play a very strategic and multifunctional role in efforts to increase reproductive health awareness among adolescents. They not only act as healthcare providers delivering basic services but also as educators, facilitators, counselors, advocates, and agents of social change within the community. Through an educational and participatory approach, community nurses have been proven capable of enhancing knowledge, shaping positive attitudes, and encouraging healthy and responsible behaviors among adolescents. The educational role of community nurses is evident through activities such as outreach, group discussions, personal counseling, and the use of digital media as an innovative health promotion tool. This approach has proven effective in reaching adolescents from various socio-cultural backgrounds, especially in areas where reproductive issues are still considered taboo. In addition, the facilitation and counseling functions carried out by community nurses play an important role in building trusting relationships and creating a safe environment for adolescents to openly discuss reproductive issues.

The advocacy role of community nurses also contributes to strengthening adolescent-friendly health systems through cross-sector collaboration between the government, schools, families, and community organizations. Active involvement of nurses in advocating for adolescent health policies has been shown to enhance the sustainability of health promotion programs and expand access to quality reproductive health services. However, several challenges remain, including limited human resources, lack of specialized training in adolescent communication, and strong socio-cultural barriers in the community. This study emphasizes that empowering community nurses is a key element in sustainable reproductive health promotion strategies.

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