

ABSTRACT

Background: Reproductive health problems such as unwanted pregnancy in Indonesia are high. East Java Health Office records many cases of unwanted pregnancies among teenagers. In addition to unwanted pregnancies, reproductive health problems in adolescents such as physiological discharge complaints is one of the signs of ovulation. This research aims to identify the influence of lectures and practices of reproductive health with the knowledge and practice of adolescents regarding the identification of the ovulation period. **Methods:** Methods in this research using quasi experimental method with two classes of eleven classes of beauty majors. Each group consists of two classes. The first group was given lecture and demonstration treatment as well as the second group as the control group. Fifty-five respondents for each group were drawn using the total sample technique. Treatment groups were given lectures and practices using leaflets. The dependent variable for this research was knowledge and practice of ovulation period identification. Data collected was analyzed using univariate analysis and bivariate analysis (Wilcoxon Signed Rank Test, McNemar, Mann-Whitney Test and Chi-Square). **Results :** The results showed a significant increase in knowledge (90.9%) after treatment, while the control group did not increase. Different practices were also found in the post-test treatment group of 94.5% while in the post-test control 1.8%. After Mann-Whitney test, influence of treatment in knowledge was obtained at $p = 0.000$ ($p < 0.001$). While after Chi Square test, influence of intervention on practice was obtained with $p = 0.000$ ($p < 0.05$). **Conclusion:** counseling with lectures and practices can improve youth knowledge and practice regarding ovulation identification. This method is very effective in improving knowledge and practice of ovulation identification by medical personnel, especially health officer from Adi Husada Surabaya.

Keywords: *identification of ovulation period, knowledge of ovulation identification, identification practice of ovulation period, lecture, demonstration.*