

Legal Protection of Students' Reproductive Health Rights through Campus Health Service Governance

Tyan Ferdiana Hikmah^{1*}, Ratih Kartika Dewi², Merissa Pramudita³

^{1*-3} Program Studi Gizi, Fakultas Psikologi dan Kesehatan, Universitas Islam Negeri Walisongo Semarang, Indonesia

Corresponding Author's e-mail : tyanferdiana@walisongo.ac.id



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Abstract : Reproductive health services play an essential role in supporting students' well-being and safeguarding their reproductive health rights. As young adults, university students face various reproductive health challenges that require accessible, confidential, and non-discriminatory services. However, the governance and implementation of reproductive health services in higher education institutions remain limited due to inadequate institutional policies, restricted access, and concerns regarding confidentiality and social stigma. This study aimed to assess the governance of reproductive health services and examine the protection of students' rights in accessing reproductive health care. A sequential explanatory mixed-methods design was employed. Quantitative data were collected from 150 students selected through proportional stratified random sampling using a structured questionnaire, while qualitative data were obtained through in-depth interviews, focus group discussions, and document reviews involving students, campus health personnel, and university administrators. Quantitative data were analyzed using descriptive statistics, whereas qualitative findings were examined through thematic analysis. The findings revealed that although most students recognized the importance of reproductive health services, service utilization remained relatively low. The main barriers included limited awareness of available services, concerns about confidentiality, perceived social stigma, and the absence of comprehensive institutional policies. Existing campus health services primarily focused on general health care and had not adequately integrated reproductive health programs into routine service delivery. The qualitative findings further emphasized the need for stronger governance, clearer service protocols, and greater institutional commitment to protecting students' reproductive health rights. In conclusion, strengthening institutional policies, improving service accessibility, ensuring confidentiality, and integrating reproductive health programs into campus health governance are essential to enhance the protection of students' reproductive health rights and increase the utilization of reproductive health services in higher education institutions.

Keywords : Health Governance, Reproductive Health, Student Rights, University Health Services, Youth Health

Abstrak: Pelayanan kesehatan reproduksi merupakan komponen penting dalam mendukung kesejahteraan mahasiswa sekaligus melindungi hak-hak kesehatan reproduksi mereka. Sebagai kelompok usia dewasa muda, mahasiswa menghadapi berbagai permasalahan kesehatan reproduksi yang memerlukan layanan yang mudah diakses, menjaga kerahasiaan, dan bebas dari diskriminasi. Namun, tata kelola pelayanan kesehatan reproduksi di perguruan tinggi masih belum optimal karena keterbatasan kebijakan institusi, akses layanan yang belum memadai, serta adanya kekhawatiran terhadap kerahasiaan dan stigma sosial. Penelitian ini bertujuan untuk menganalisis tata kelola pelayanan kesehatan reproduksi serta perlindungan hak mahasiswa dalam mengakses layanan kesehatan reproduksi. Penelitian menggunakan desain *sequential explanatory mixed methods*. Data kuantitatif dikumpulkan dari 150 mahasiswa yang dipilih melalui teknik *proportional stratified random sampling* menggunakan kuesioner terstruktur. Data kualitatif diperoleh melalui wawancara mendalam, diskusi kelompok terarah, dan telaah dokumen yang melibatkan mahasiswa, tenaga kesehatan kampus, serta pengelola perguruan tinggi. Data kuantitatif dianalisis secara deskriptif, sedangkan data kualitatif dianalisis menggunakan analisis tematik. Hasil penelitian menunjukkan bahwa meskipun sebagian besar mahasiswa menyadari pentingnya pelayanan kesehatan reproduksi, tingkat pemanfaatan layanan masih rendah. Hambatan utama meliputi rendahnya pengetahuan mengenai ketersediaan layanan, kekhawatiran terhadap kerahasiaan, adanya stigma sosial, serta belum tersedianya kebijakan institusi yang komprehensif. Layanan kesehatan kampus masih berfokus pada pelayanan kesehatan umum dan belum mengintegrasikan program kesehatan reproduksi secara menyeluruh. Temuan kualitatif juga mengungkapkan perlunya penguatan tata kelola, penyusunan prosedur layanan yang lebih jelas, serta peningkatan komitmen institusi dalam melindungi hak kesehatan reproduksi mahasiswa. Dengan demikian, penguatan kebijakan institusi, peningkatan aksesibilitas layanan, jaminan kerahasiaan, serta integrasi program kesehatan reproduksi ke dalam tata kelola layanan kesehatan kampus menjadi langkah penting untuk meningkatkan perlindungan hak kesehatan reproduksi dan pemanfaatan layanan oleh mahasiswa.

Kata Kunci : Tata Kelola Kesehatan, Kesehatan Reproduksi, Hak Mahasiswa, Layanan Kesehatan Universitas, Kesehatan Remaja

INTRODUCTION

Reproductive health is a fundamental component of individual well-being and constitutes an integral part of the right to health as recognized in international human rights frameworks. The right to attain the highest possible standard of health encompasses access to comprehensive reproductive health information, education, and services without discrimination. University students represent a population with unique reproductive health needs because they are undergoing significant biological, psychological, and social transitions that may increase their vulnerability to reproductive health problems. During this period, access to accurate information and quality reproductive health services is essential for promoting healthy behaviors, preventing sexually transmitted infections and unintended pregnancies, supporting mental well-being, and enabling informed decision-making regarding reproductive health (Aprina et al., 2025; World Health Organization, 2025).

Despite the increasing recognition of reproductive health as a public health priority, many higher education institutions continue to face challenges in providing comprehensive and student-friendly reproductive health services. Previous studies have shown that university students frequently encounter barriers when accessing reproductive health care, including limited knowledge of available services, concerns regarding confidentiality, fear of social stigma, cultural sensitivity, and inadequate institutional support. Consequently, many students prefer obtaining reproductive health information from peers or social media rather than qualified health professionals, increasing the likelihood of misinformation and inappropriate health-related decisions (Kurniawati et al., 2023). Such conditions indicate that improving reproductive health outcomes requires not only adequate health facilities but also governance systems capable of ensuring equitable, confidential, and rights-based service delivery.

From the perspective of health governance, effective campus health services require clear institutional policies, transparent administrative procedures, accountability mechanisms, and protection of users' rights. Governance is recognized as one of the key determinants of health system performance because it influences service accessibility, quality, equity, and responsiveness to users' needs. In the context of reproductive health, governance extends beyond clinical service provision to include policy formulation, institutional commitment, stakeholder participation, confidentiality protection, and mechanisms for safeguarding students against discrimination. The World Health Organization emphasizes that governance is essential for achieving universal access to sexual and reproductive health services and for ensuring that health systems operate according to principles of equity, accountability, participation, and human rights (World Health Organization, 2025).

Legal protection constitutes another essential dimension of reproductive health governance. International human rights instruments, including the Universal Declaration of Human Rights, the International Covenant on Economic, Social and Cultural Rights, and the Convention on the Elimination of All Forms of Discrimination against Women, recognize access to health services as a fundamental human right. In Indonesia, this protection is reinforced through (Undang-Undang (UU) Nomor 17 Tahun 2023 Tentang Kesehatan, 2023), which emphasizes the state's responsibility to ensure equitable and non-discriminatory health services, including reproductive health services. Higher education institutions therefore have both ethical and legal obligations to establish health service systems that protect students' privacy, confidentiality, informed consent, and equal access to reproductive health care. Effective legal protection requires governance structures that translate these legal principles into institutional policies and operational practices.

Although numerous studies have examined reproductive health knowledge, sexual behavior, and health promotion among university students, relatively few have investigated reproductive health from the perspective of governance and legal protection within higher education institutions. This research gap is particularly evident in Islamic universities, where reproductive health services often operate within unique sociocultural and religious contexts that may influence policy implementation, service accessibility, and students' willingness to seek care. Existing studies have predominantly focused on individual behavioral factors rather than institutional governance mechanisms that determine how reproductive health rights are protected and implemented in practice (Kurniawati *et al.*, 2023; Tanyag, 2024).

Addressing this gap is important because effective governance has the potential to strengthen institutional accountability, improve service quality, enhance students' trust in campus health services, and ensure the fulfillment of reproductive health rights. Evidence regarding governance practices can assist university leaders and policymakers in developing more comprehensive reproductive health policies that integrate legal protection, confidentiality, accessibility, and student participation into campus health systems. Such evidence is particularly relevant for Islamic higher education institutions that seek to provide health services consistent with both public health principles and institutional values.

Therefore, this study aims to analyze the governance of reproductive health services and examine the legal protection of students' reproductive health rights in accessing campus health services at Walisongo State Islamic University. The findings are expected to contribute to the development of evidence-based institutional policies, strengthen campus health governance, and provide recommendations for improving the protection of students' reproductive health rights within higher education institutions.

METHODOLOGY

This study employed a sequential explanatory mixed-methods design, in which quantitative data collection and analysis were followed by qualitative inquiry to provide a deeper understanding and explanation of the quantitative findings. This approach was selected because it enables the integration of numerical evidence regarding students' utilization of reproductive health services with qualitative insights into the governance of campus health services and the implementation of students' reproductive health rights (Creswell & Creswell, 2017).

The research was conducted at Walisongo State Islamic University, Indonesia, in 2026. The quantitative phase involved 150 active undergraduate students selected from the university population using proportional stratified random sampling. Stratification was based on faculty and academic level to ensure representative participation across different academic units. This sampling technique was chosen to minimize sampling bias and provide proportional representation of the student population (Kurniawati *et al.*, 2023).

Quantitative data were collected using a structured self-administered questionnaire developed from previous studies on reproductive health services in higher education. The questionnaire measured five main dimensions: (1) accessibility of reproductive health services, (2) availability of reproductive health information, (3) confidentiality and privacy protection, (4) perceived quality of campus health services, and (5) protection of students' reproductive health rights. Responses were measured using a five-point Likert scale ranging from strongly disagree to strongly agree. Prior to data collection, the instrument underwent content validation by experts in public health and health law, followed by a pilot test to ensure clarity and reliability (Adhikari *et al.*, 2023).

The qualitative phase adopted a juridical-sociological approach to examine how legal norms and institutional policies governing reproductive health services are implemented within the university setting. Data were obtained through in-depth interviews, Focus Group Discussions (FGDs), and document analysis of university regulations, standard operating procedures, and policies related to student health services. Participants were selected using purposive sampling and consisted of students, campus health personnel, health service administrators, and university policymakers who were directly involved in planning, implementing, or supervising campus health services. This approach enabled the exploration of institutional practices, governance mechanisms, and legal protection of students' reproductive health rights from multiple stakeholder perspectives (Hastuti & Ruwayda, 2024).

Quantitative data were analyzed using descriptive statistical techniques, including frequencies, percentages, means, and standard deviations, to describe patterns of reproductive health service utilization and students' perceptions of service governance. Qualitative data were analyzed using thematic analysis through systematic stages of data familiarization, coding, category development, theme identification, interpretation, and conclusion drawing. To enhance the credibility of qualitative findings, triangulation was conducted across interviews, FGDs, and institutional documents. Finally, quantitative and qualitative findings were integrated during the interpretation stage to provide a comprehensive understanding of reproductive health service governance and the legal protection of students' reproductive health rights within the university context (Linassari *et al.*, 2025).

The study adhered to fundamental research ethics principles, including voluntary participation, informed consent, confidentiality, anonymity, and the protection of participants' privacy. All respondents were informed of the study objectives before data collection commenced, and participation was entirely voluntary.

RESULTS AND DISCUSSION

Respondent Characteristics

A total of 150 undergraduate students from various faculties at Walisongo State Islamic University participated in this study. The demographic characteristics of the respondents were analyzed based on age and gender to provide an overview of the study participants.

Table 1. Characteristics of Respondents (n = 150)

Characteristics	n	%
Age (years)		
18–20	67	44.7
21–23	71	47.3
>23	12	8.0
Gender		
Male	58	38.7
Female	92	61.3
Total	150	100.0

Table 1 presents the demographic characteristics of the respondents. Based on age, the largest proportion of respondents was in the 21–23 years age group (47.3%), followed by the 18–20 years age group (44.7%). Respondents aged more than 23 years accounted for 8.0% of the total sample. In terms of gender, 92 respondents (61.3%) were female, while 58 respondents (38.7%) were male. Overall, the study sample consisted predominantly of female students and students aged between 21 and 23 years.

Student Access to Reproductive Health Services

Students' perceptions of reproductive health services were assessed using five indicators: service accessibility, information availability, confidentiality assurance, service quality, and protection of reproductive health rights. The results are presented in Table 2.

Table 2. Students' Perceptions of Reproductive Health Services (n = 150)

Indicator	Agree (%)
Service accessibility	72.0
Information availability	58.7
Confidentiality assurance	54.0
Service quality	76.7
Rights protection	61.3

Table 2 shows that service quality received the highest level of agreement, with 76.7% of respondents reporting positive perceptions. This was followed by service accessibility (72.0%), indicating that most students considered reproductive health services relatively accessible. Meanwhile, protection of reproductive health rights was agreed upon by 61.3% of respondents.

Lower levels of agreement were observed for information availability (58.7%) and confidentiality assurance (54.0%). These findings indicate that although students generally perceived the quality and accessibility of reproductive health services positively, fewer respondents reported adequate access to information about available services or confidence in the confidentiality of those services. Among the five indicators assessed, confidentiality assurance recorded the lowest percentage of agreement.

Discussion

The findings demonstrate that students generally perceived reproductive health services provided by the university positively, particularly regarding service quality (76.7%) and accessibility (72.0%). These results indicate that students who utilized campus health services were generally satisfied with the services they received. Good service quality is an essential component of health service governance because it contributes to users' trust, satisfaction, and willingness to utilize health services. According to the (World Health Organization, 2024) quality healthcare should be accessible, safe, effective, people-centered, timely, equitable, and integrated. The relatively high perception of service quality in this study suggests that the existing campus health services have met several fundamental aspects of quality healthcare, although important improvements remain necessary.

Despite these positive perceptions, the study identified two critical weaknesses: limited availability of reproductive health information (58.7%) and low confidence in confidentiality protection (54.0%). These findings indicate that the existence of health services alone does not guarantee effective utilization when students are insufficiently informed about available services or remain uncertain about the privacy of personal health information. Andersen's Health Service Utilization Model explains that health service utilization is strongly influenced by enabling factors, including access to information and organizational support, which determine whether individuals are able and willing to seek healthcare services (Andersen et al., 2011). Therefore, improving communication strategies and increasing students' awareness of reproductive health services are essential components of effective campus health governance.

Confidentiality emerged as one of the most important concerns identified in this study. Nearly half of the respondents expressed uncertainty regarding the confidentiality of reproductive health services, suggesting that privacy protection remains a significant barrier to healthcare utilization. Similar findings have been reported by (Kurniawati et al., 2023) who found that concerns about confidentiality and social stigma frequently discourage university students from seeking reproductive health care. Because reproductive health issues often involve highly sensitive personal information, inadequate confidentiality mechanisms may reduce students' trust in healthcare providers and delay or prevent them from accessing necessary services. The (World Health Organization, 2024) also recognizes confidentiality as a fundamental principle of quality and rights-based healthcare that promotes trust between patients and healthcare providers.

The qualitative findings further revealed that reproductive health has not yet become an integral component of campus health governance. Existing health services primarily focus on general medical care, while reproductive health programs are implemented only through occasional educational activities rather than systematic institutional programs. This finding reflects a governance gap between students' reproductive health needs and institutional service provision. According to Health Service Governance Theory, effective governance requires accountability, responsiveness, transparency, participation, effectiveness, and equity in health service delivery (World Health Organization, 2024). The limited institutional attention devoted to reproductive health indicates that governance structures have not fully responded to students' evolving health needs.

Another important finding concerns the absence of dedicated standard operating procedures (SOPs) for reproductive health services. Standardized procedures are fundamental governance instruments because they establish service standards, clarify professional responsibilities, ensure consistency of care, and strengthen institutional accountability. (Peraturan Pemerintah (PP) Nomor 28 Tahun 2024 Tentang Peraturan Pelaksanaan Undang-Undang Nomor

17 Tahun 2023 Tentang Kesehatan, 2023) concerning the Implementation of the Health Law emphasizes the importance of standardized health service management to ensure quality, patient safety, and accountability. Without clear operational guidelines, healthcare providers may adopt inconsistent approaches to counseling, confidentiality, referral systems, and documentation, thereby reducing service quality and institutional credibility.

The study also found limited student participation in planning and evaluating reproductive health services. Students reported relatively few opportunities to provide feedback or contribute to the development of reproductive health programs. Participatory governance has become an important principle of modern health administration because service users possess valuable knowledge regarding their own needs and service expectations. (Undang-Undang (UU) Nomor 12 Tahun 2012 Tentang Pendidikan Tinggi, 2012) encourages universities to develop participatory governance systems that involve academic communities in institutional decision-making. Greater student participation may therefore improve the relevance, responsiveness, and sustainability of reproductive health programs.

From a legal perspective, the findings indicate that protection of students' reproductive health rights has not yet been fully institutionalized within university governance. Although Indonesia has established comprehensive legal frameworks protecting the right to health through (Undang-Undang (UU) Nomor 17 Tahun 2023 Tentang Kesehatan, 2023) and (Undang-Undang (UU) Nomor 39 Tahun 1999 Tentang Hak Asasi Manusia, 1999), the implementation of these legal principles at the institutional level remains limited. Many respondents demonstrated inadequate awareness of their reproductive health rights, while institutional policies specifically addressing reproductive health services were largely absent. Rights-based health services require not only legal recognition but also effective institutional mechanisms that ensure equal access, confidentiality, informed consent, non-discrimination, and accessible complaint procedures (Fajarningtiyas, 2022).

The findings also highlight the need to strengthen legal and administrative safeguards for confidentiality. Students consistently expressed concerns regarding privacy protection when accessing reproductive health services. This finding supports previous research indicating that confidentiality is one of the primary determinants of reproductive health service utilization among young adults (Kurniawati *et al.*, 2023). Practical measures such as confidential consultation rooms, secure electronic medical record systems, staff training on privacy protection, and transparent complaint mechanisms should therefore become integral components of campus health governance. Such measures are consistent with (Undang-Undang (UU) Nomor 17 Tahun 2023 Tentang Kesehatan, 2023), which guarantees every individual's right to receive safe, quality, and confidential healthcare services.

Overall, the present study demonstrates that improving reproductive health services requires a comprehensive governance approach rather than isolated service improvements. Effective campus health governance should integrate institutional policies, standard operating procedures, health promotion, confidentiality protection, stakeholder participation, monitoring systems, and legal safeguards into a unified governance framework. Such an integrated approach is consistent with the University Health Promotion model promoted by the World Health Organization, which emphasizes that universities should create supportive environments that enhance students' physical, mental, and social well-being through coordinated institutional policies and comprehensive health services (World Health Organization, 2024). Strengthening governance in these areas is expected to improve students' trust, increase service utilization, and ensure the effective protection of reproductive health rights within higher education institutions.

CONCLUSION

This study concludes that although university students recognize the importance of reproductive health services, the governance of these services has not yet fully supported the protection of students' reproductive health rights. While students generally reported positive perceptions regarding service quality and accessibility, important challenges remain, particularly in the availability of reproductive health information, assurance of confidentiality, and the absence of institutional policies and standardized operational procedures governing reproductive health services. These limitations reduce students' confidence in utilizing campus health services and indicate that national legal provisions concerning the right to health have not been comprehensively translated into institutional governance at the university level.

The findings underscore the need to strengthen campus health service governance through the development of comprehensive reproductive health policies, the establishment of clear standard operating procedures, improved confidentiality and data protection mechanisms, and the integration of reproductive health programs into university health services. Strengthening health promotion activities and ensuring meaningful student participation in service planning and evaluation are also essential to improving service responsiveness and utilization. Future research should involve multiple higher education institutions and larger study populations to provide broader evidence for developing effective governance models and legal frameworks that enhance the protection of students' reproductive health rights in higher education.

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