

**COUNSELING REGARDING KNOWLEDGE AND ATTITUDES ON PRE
MARRIAGE SEX TO TEENAGERS IN HIGH SCHOOLS IN THE DKI
JAKARTA REGION USING THE LEAFLET METHOD**

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Abstract

Background: the impact of premarital sex in the modern era does not only impact the individual concerned, but directly or indirectly also impacts society and the surrounding environment. The impact of premarital sex is the risk of suffering from sexually transmitted diseases, unwanted pregnancies, psychological trauma, giving birth to unhealthy babies, disgrace to the family, increasing teenagers dropping out of school and increasing maternal and infant mortality rates so that the level of public health decreases.

Objective: Carry out community service activities by carrying out activities ranging from collecting secondary data to conducting interventions and evaluating field activities.

Method: This research consists of education regarding information, knowledge and attitudes of premarital sex.

Results: After being given education to increase knowledge and attitudes regarding premarital reproductive health, the students felt satisfied and committed to preventing them from falling into promiscuous sexual behavior, because they knew the dangers and impacts that could occur from premarital sex.

Conclusion: This research include obtaining activity permits, providing education regarding Premarital Reproductive Health, providing videos related to educational materials, and providing souvenirs. Community service activities run smoothly.

Keywords: Maximum of 5 keywords separated by coma (,), sort alphabetically.

Introduction

Puberty according to Ali and Asroni (2015)¹ is a period of human development. This period is a period of change or transition from childhood to adulthood which includes biological changes, psychological changes and social changes. Asna (2014)² stated that in connection with these changes, teenagers began to feel sexual urges and showed interest in the opposite sex, as a result teenagers began to experiment with sexuality, which resulted in young marriages, unwanted pregnancies, abortions and even HIV and AIDS.

Based on data from the World Health Organization (WHO) in 2016, it shows that as many as 16 million births occurred to mothers aged 15-19 years or 11% of all births in the world, the majority (95%) of which occurred in developing countries. About 13% of the world's 15 years old teenagers have had sexual intercourse for the first time. Around 214,750 cases of abortion in 2016 in the United States occurred in teenagers between 15 – 19 years (Oda, 2017)⁴.

Meanwhile, the results of research conducted by the Indonesian Child Protection Commission (KPAI) in 2016 on 4,500 teenagers revealed that 97% of teenagers had watched or accessed pornography and 93% had kissed on the lips, 20-30% of respondents had sexual intercourse and 21% had an abortion. The results of the survey above are confirmed by the fact that dozens of junior and senior high school students in Bandung, West Java have worked as commercial sex workers as many as 5.3. Likewise, in Kuningan Regency, it was found that 25% of teenagers were having premarital sex, as a result, around 88 teenagers in Kuningan Regency were suffering from HIV/AIDS, consisting of 62 patients exposed to HIV and the remaining 26 people were declared positive for AIDS (Rhomdon, 2017)⁶. There are several reasons that encourage high school age teenagers to have premarital sex, including pressure coming from social friends, pressure from boyfriends, physical needs, curiosity and self-exploitation (Walgito, 2014)⁹.

This is in accordance with the opinion of Asna (2014)² who states that knowledge about premarital sex in teenagers can influence teenagers' attitudes towards the impact and prevention of premarital sex. Knowledge about good premarital sex can make individuals have healthy and responsible sexual attitudes and behavior, therefore

teenagers have a correct and proportional understanding of the methods that can be used to channel sexual urges in a healthy and responsible manner.

According to Rizal (2016)⁵, the impact of premarital sex in the modern era not only impacts the individual concerned, but also directly or indirectly impacts society and the surrounding environment. The impact of premarital sex is the risk of suffering from sexually transmitted diseases, unwanted pregnancies, psychological trauma, giving birth to unhealthy/unhealthy babies, disgrace to the family, increasing youth dropping out of school and increasing maternal and infant mortality rates so that the level of public health decreases.

One way to prevent this is providing correct sex education for teenagers. Yuniarti (2017)¹⁰ states that premarital sex education aims to guide and explain changes in the function of sexual organs as stages that must be passed in human life accompanied by instilling sexual values themselves so that teenagers can change their sexual behavior in a more responsible direction.

Notoatmodjo (2017)³, believes that health education is based on correct methods and the use of methods that are right on target, the material or content that needs to be communicated in health promotion will be easily accepted, digested and absorbed by the target. One method of health education that is most often carried out by teenagers at school is the leaflet method (Syafudin, 2016)⁸. According Suparman (2015)⁷, Leaflets are a form of conveying information or health messages via folded sheets. The information content can be in the form of sentences or images or a combination of both, while the weakness of the leaflet method is that incorrect design will not attract readers.

Method

Materials prepared for this research are:

- a Counseling material
- b Leaflets
- c Videos
- d Banner

Tools that have been used include:

- a. Laptop
- b. LCD

c. Speaker

How it works

Before carrying out this reasearch, there must be a preparation stage. The preparation stage begins with arranging permits for the Jakarta People's Education Foundation 1 High School in April 2023 with the aim of smooth implementation of the service. Then proceed with implementation preparations, including preparation of extension materials, consolidation of extension materials and completeness of support for extension, food and natural materials which will be carried out in May 2023.

The next stage of conducting this research is carried out at a predetermined location. This community service activity consists of:

1. Provide information related to the activities
2. Counseling session
3. Providing souvenirs and leaflets related to counseling materials
4. Providing motivation to teenagers to maintain reproductive health and

sexuality.

Results

A. Results

Counseling and education related to increasing knowledge and attitudes regarding reproductive health and sexuality have been carried out for 36 students, both male and female. Most students do not know about reproductive health and sexuality. The students there have been exposed to promiscuity, where in the last 6 months the school has handled cases of students who were caught dating excessively by kissing on the lips in the school environment, an action taken by the school by calling their parents, and given a skorsing for a week. The second case was a student who did vulgarly tiktok live. After being given education to increase knowledge and attitudes regarding premarital reproductive health, the students felt satisfied and committed to preventing them from falling into promiscuous sexual behavior, because they knew the dangers and impacts that could occur from premarital sex.

2. Discussion

In general, community service activities ran smoothly and no significant obstacles were encountered, starting from obtaining permits until the day this research was carried out. The school fully supports this research activity.

Health education with the correct methods and the use of methods that are right on target, the material or content that needs to be communicated in health promotion will be easily accepted, digested and absorbed by the target. One of the health education methods most often used by teenagers at school is the leaflet method. Leaflets are a form of conveying information or health messages via folded sheets. The information content can be in the form of sentences or images or a combination of both, while the weakness of the leaflet method is that incorrect design will not attract readers.

Increasing knowledge about premarital sex in teenagers can influence teenagers' attitudes towards the impacts and prevention of premarital sex. Knowledge about good premarital sex can make individuals have healthy and responsible sexual attitudes and behavior, therefore teenagers have a correct and proportional understanding of the methods that can be used to channel sexual urges in a healthy and responsible manner.

3. Conclusion

This research was carried out on 24 Juli 2023 at SMA Yayasan Perguruan Rakyat 1 Jakarta. Educational counseling using the video method on knowledge and attitudes about premarital sex among teenagers was attended by 36 people.

This research includes obtaining activity permits, providing education regarding Premarital Reproductive Health, providing videos related to educational materials, and providing souvenirs. This research activities run smoothly.





Gambar 1. Community Activities

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