

Development Of A Prevention Module For Sexual Behavior In Adolescents

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ABSTRAC. One of the factors that causes teenagers to engage in premarital sexual behavior is a lack of knowledge and understanding about reproductive health. A module is a medium that contains material which can be used as a guide for understanding and obtaining information about reproductive health. The purpose of this research is to develop a module for prevention of premarital sexual behavior among adolescents. This is a developmental research study with ADDIE model. Through this research, a valid module was successfully developed (feasibility value 85.5). It is hoped that the developed module can be used to prevent premarital sexual behavior among adolescents.

Keywords : Module, Prevention, Premarital sexual behavior, Adolescents

ABSTRAK. Salah satu faktor yang menyebabkan remaja melakukan perilaku seksual pranikah adalah kurangnya pengetahuan dan pemahaman tentang kesehatan reproduksi. Modul merupakan media yang berisi materi-materi yang dapat digunakan sebagai pedoman untuk memahami dan memperoleh informasi tentang ilmu reproduksi. Tujuan dari penelitian ini adalah untuk mengembangkan modul pencegahan perilaku seksual pranikah pada remaja. Ini adalah studi penelitian perkembangan dengan model ADDIE. Melalui penelitian ini berhasil dikembangkan modul yang valid (feasibility value 85.5). Diharapkan modul yang dikembangkan dapat digunakan untuk mencegah perilaku seksual pranikah di kalangan remaja.

Kata kunci: Modul, Pencegahan, Perilaku seksual pranikah, Remaja

INTRODUCTION

Adolescence is a stage of developmental that occurs between childhood and adulthood (Ulber Silalahi, 2010). Adolescents tend to do engage in activities they are capable of performing without careful consideration, which leads adolescence to often be characterized as a highly unstable period. During this phase, teenagers frequently experience difficulties in self control due to rapid developmental changes and their lack of emotional readiness. Adolescents lack of readiness to confront challenges and disruptions unfamiliar to earlier stages of development is largely attributed to insufficient information regarding the transitions they will encounter during adolescence, as well as the absence of clearly established life principles.

Adolescent are required to complete certain developmental tasks, and failure to accomplish any of these tasks may negatively impact the successful completion of subsequent

stage. Among the developmental tasks that adolescents are required to achieve is physical development, encompassing changes related to sexual hormones and the manifestation of secondary sexual characteristics (Sarlito W. Sarwono, 2019). The heightened focus of adolescents on their sexual lives is significantly influenced by physical changes occurring during puberty, particularly the maturation of sexual organs and hormonal shifts, resulting in the emergence of sexual impulses. The sexual drive adolescents is considerably high, even surpassing that of adults. Due to their lack of experience with sexual matter, this drive frequently results in physical and psychological tension (Desmita, 2009).

The result of research of Rahmawati Wae about factors of premarital sexual among adolescents is, the description of premarital behavior among adolescents shows that 16 people fall into the moderately high category, accounting for 47% of the total sample. Similarly 16 adolescents are classified in the high category also representing 47% of the sample. Furthermore only 2 adolescents exhibit very high levels of premarital sexual behavior and no adolescents are found in the low and very low category, (Wae, 2021).

According to data from the Indonesian Demographic and Health Survey 80% women and 84% men reported having been in a dating relationship. The 15-17 years old age group is the most common age range for starting to date for the first time, among them 45% women and 44% men admitted engaging in various activities while dating. Such as holding hand 64% women and 75% men, hugging 17% women and men 33%, kissing 30% women and 50% men, touching or being touched 5% women and 22% men. In addition, it was reported that 8% men and 2% women had engaged in sexual intercourse. Among the women and men who had sexual experience 59% women and 75% men the first encounter occurred between the ages of 15-19 years old. With the highest percentage at the 17 years old percentage 19%. Among adolescents who had engaged in sexual intercourse 12% women were reported to have unintended pregnancy and 7% men have unintended pregnancy.

Survey of RPJMN (Rencana Pembangunan Jangka Panjang Menengah nasional) there has been an increase over the past year among teenagers who have had a relationship and engaged in sexual activity from 6% to 8% at teenagers. Research of Oktianto in 2019 based on survey data RPJMN shows that 7,3% adolescents boy and 2,3% adolescent girl have been sexual intercourse. The effect of freesex of adolescent is transmission of sexually transmitted diseases for example HIV/AIDS, according WHO in 2018 it was 30% adolescent between 15-24 years old transmission of sexually transmitted diseases. Other effect of freesex was unintended pregnancy. In 2017 was 7% men and 12% women reported that have been sexual intercourse. And then based on Indeks Pembangunan Pemuda Indonesia 16,67 % adolescent have been unintended pregnancy.

Based on the phenomenon and data above, which are partly the result of premarital sexual behavior among adolescent, preventive efforts are necessary to prevent further increase. One of these efforts is the development of prevention module for premarital sexual behavior, which can later be used as a medium to provide information related to sex education

LITERATURE REVIEW

Adolescent is defined as the period of development between childhood and adulthood, encompassing psychological, cognitive and socio-emotional changes. These changes range from development of sexual function, abstract thinking processes to independence. (Santrock, 2014). Defined of adolescent such as conceptual (Sarlito W. Sarwono, 2019). In these defined there are 3 categories like as psychology, biology and socio-economic, completely the defined are; 1) An individual undergoes development from the moment they first show signs of secondary sexual characteristics until they reach sexual maturity, 2) An individual undergoes development in

identity patterns from childhood to adulthood as well as psychological, 3) There is a shift from full socio-economic dependence to relatively more independent state.

Elizabeth B. Hurlock (2011) the characteristics of adolescence which is a period of transition, an important stage, a problematic age, a period of change, a time for searching for identity, an unrealistic phase, an age that brings fear and a threshold to adulthood. The development and factors of sexual behavior changed is about function of sexual hormone (progesterone and testosterone) (Wellina Sebayang, 2018). This effect of hormone of sexual behavior. Social behavior are different with sexual behavior. Sexual behavior is usually negative, in fact sexual behavior is very general. It aims to attract the opposite sex for example by starting to dress up, flirt, tease, whistle and so on (Desta Ayu Cahya Rosida, 2019).

Alfiyah et al., (2018) premarital sexual behavior is sexual intercourse carried out by adolescent before marriage, which can result in the loss of virginity, unwanted pregnancies, contracting and transmitting sexually transmitted infections, abortion, or being forced into marriage. Risk of premarital sexual behavior can be caused by the lack of knowledge among adolescent regarding the risks and consequences of such deviant behavior. This lack of knowledge can be due to insufficient understanding of the actions they are taking.

METHODOLOGY

This research used *research & development* model ADDIE (*analysis, design, development, implementation, evaluation*). (Sugiyono, 2009). Development research is a research method used to produce a specific product and test the effectiveness of the product. The subjects in this study are three experts in guidance and counseling. The research is then analyzed using descriptive statistical test.

RESULT AND DISCUSSION

This research produced a product in the form of a module for preventing premarital sexual behavior among adolescents. This module is intended for counselor and adolescents to help prevent premarital sexual behavior.

This research product was developed using ADDIE model (analyze, design, development). The feasibility level of the development of the adolescent premarital sexual behavior prevention module was determined through validation test conducted by expert. The experts were asked to provide feedback and suggestions to improve the developed research product. Based on the content, language and design validation, the experts assessed that the developed product falls into the feasible category. This means that in terms of content, language and design, the research product is suitable for use by counselor and adolescent in preventing premarital sexual behavior. The product only requires minor revisions to make it easier to understand and apply by guidance counselor as a guide in delivering materials related to the prevention of sexual behavior.

Table 1. validation of content, language and design module

NO	Category	Score			Σ Score	Σ ideal score	%	Category
		A	B	C				
1	Design	7	2	2	101	120	84.1	L
2	Language	8	8	6	82	90	91.1	SL
3	Content	7	4	4	175	210	83.1	L
Jumlah		22	14	22	358	420	85.5	L

One of the factors that leads adolescent to engage in premarital sexual behavior is a lack of knowledge and understanding about reproductive health. This is consistent with research finfing of Sri Lilestina Nasution (2012) about “influence knowledge reproductive health to sexual behavior in Indonesia” which show that reproductive health knowledge is a significant variable affecting adolescent premarital sexual behavior. In line with this research Rina Andriani, Suhrawadi and Hapisah (2022) about “the relationship between adolescent premarital sexual behavior level of knowledge and attitudes with the premarital sexual behavior also supports these

The module materila developed aims to provide guidance for school counselor in delivering information related to adolescent reproductive health, which covers topics sch as adolescent development, adolescent sexuality, pregnancy, HIV/AIDS, drugs and pornography all of which are consequences of premarital sexual behavior.

CONCLUSION

The prevemtiom pf premarital sexual behavior among adolescents is a crucial effort in supporting their healthy physical, mental, and social development. By providing accurate information on reproductive helath, moral values, the risks of premarital sexual behavior, and decision making skills, adolescent are expented to understand the consequences of their action and choose responsible behavior. Throught the active role of school counselors, parents, and the surrounding environment, adolescent can build self awareness, strengthen self control and avoid risky behaviors for a better futurer

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