

EFFECTIVE USE OF MEDIA ABOUT SEX EDUCATION ON ADOLESCENT ATTITUDES IN PREVENTING UNWANTED PREGNANCY

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ABSTRACT

Sexual behavior begins to function during the reproductive period starting in early adolescents aged 12-15 years. If sexual behavior is not addressed immediately, the increase in unwanted pregnancies among young adolescents will be a cause for concern and information on sex education should be provided both at home and at school. The research analyzed the effective use of media about sex education on adolescent attitudes in preventing unwanted pregnancy in Balikpapan. The research method was survey and cross sectional with 181 samples of early adolescents aged 12-15 years, the sampling technique used Random sampling. Univariate analysis was carried out by descriptive analysis to see the characteristics of each variable studied, bivariate analysis was performed using the Chi Square test (χ^2), (p value < 0.25). The results of the research on adolescent attitudes before the intervention of 181 respondents, 89 respondents (49.2%) were good, as many as 83 respondents (45.9%) were moderate and 9 respondents (5.0%) were not good. Adolescent attitudes after intervention from 181 respondents, 95 respondents (52.5%) were good, as many as 86 respondents (47.5%) were moderate. After conducting the marginal homogeneity test, it shows a p value of 0.002 which means > 0.05 , there is a relationship between the provision of sex education using media to changes in teenagers attitudes.

INTRODUCTION

1/3 of 75 million adolescents have experienced unwanted pregnancies from 200 million pregnancies every year worldwide (Faghihzadeh et al., 2003). In addition, according to WHO, per 2019, approximately 21 million adolescents aged 15-19 in developing countries are pregnant and 50% of the pregnancy are unintentional (WHO, 2022).

The results of research by the Kusuma Bangsa Foundation in 2012, showed that 10.3% and 3,594 adolescents in 12 major cities of Indonesia had had free sex, and 62.7% of junior high school adolescents were not virgins and 21.2% of adolescents claimed to have had abortions. possible because of the lax parental control on them (Felix, 2021).

Unhealthy sexual behavior among adolescents, especially unmarried adolescents, is concerning lately. The results of a survey conducted by the Indonesian Child Protection Committee (KPAI) in 2010, as many as 32% of adolescents aged 14-18 years in major cities in Indonesia have had sexual intercourse (Alhamda & Sriani, 2015).

Determinants of adolescent development is influenced from family, school, and neighbors which are aspects that are directly affects the lives of teenagers (Viner et al., 2012). Meanwhile the social structure, economics, politics, and environmental culture are aspects that have an indirect effect on life teenagers (Bandura, 2006; Liu & Ngai, 2019; Wang & Fowler, 2019). Broadly

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speaking, there are two main pressures related to adolescent life, namely internal and external pressures (Nováková & Vávrová, 2015). Internal pressure includes psychological and emotional pressures (Jabbar, 2020). Meanwhile, peers, parents, teachers, and society is an outside source (Notoatmodjo, 2011).

The city of Balikpapan consists of 6 sub-districts with a population of 713,000 people and the category of adolescents aged 15-19 years for men is 25,865, and women 24,700. A case study, which was conducted on June 8, 2017, to 10 students from one of the Balikpapan Vocational Schools, 6 students live in a boarding house and 4 others live at home with their parents. Most of the students backgrounds are in the age range (15-19 years), live in boarding houses, and usually the nature of adolescents at that age is wanting to try, being easily influenced by others with lure, easy access to information in the media, and family problems. At that age, the risk of premarital sexual deviance is greater, so prevention efforts need to be given (Hazanah et al., 2019).

The reason the researchers took respondents from Balikpapan Junior High School was due to the increase in cases that occurred in the research area, the role of educators who still followed the existing regulations, some students were early adolescents (12-15 years) during puberty and the origin of the students was 40% from the area 60% of the City. Therefore, researchers here are interested in conducting research related to the effectiveness of the use of media about sex education on adolescent attitudes in preventing unwanted pregnancy.

METHOD

The research was conducted in Balikpapan Junior High School, with the reason that premarital sex cases were found to have a risk of pregnancy among adolescents. Balikpapan City consists of several sub-districts, namely Central, South, West, East, and North Balikpapan with a total of 83 junior high schools in Balikpapan City with the background of students from elementary schools and the same. The study population was all students aged 12-15 years who were still active in schools at Balikpapan Junior High School, according to data sources from the Ministry of Education and Culture, (2019), SMP Balikpapan Tengah 2 SMP, the number of students is 140 people, North Balikpapan 3 SMP the number of students 210 students and SMP Balikpapan City 2 SMP with 140 students.

The sampling technique is probability sampling, where each element in the population has an equal chance of being selected into the sample and the sample is selected according to the inclusion criteria, namely: grade I students aged 12-15 years. Sampling was done by means of multistage random sampling with the following steps:

- 1) The first stage, determining the location of 6 sub-districts in Balikpapan is taken as much as 50% from 83 SMP to 42 SMP, to 21 SMP, to 11 SMP, to 6 SMP and in 3 sub-districts, each district, namely: Balikpapan City 2 SMP, Tengah 2 SMP and Utara 3 SMP.
- 2) The second stage, draws the number of students selected as a sample - each SMP / class 35 people, the total number in 3 sub-districts is: 490 respondents.

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- 3) The third stage, sampling with a random sampling technique, namely choosing by providing an equal opportunity to be selected for each individual or unit in the entire population, using the following formula (Notoatmodjo, 2011):

$$n = \frac{N}{1 + N(d^2)}$$

Information :

N : Population

n : Sample

d² : Error rate (5%) = 0,0025

The calculations are as follows :

$$n = \frac{N}{1 + N(d^2)}$$

$$n = 490/1+400 (0,0025)$$

$$n = 220$$

Furthermore, the number of samples for each SMP taken 2 classes in 3 Balikpapan sub-districts is simplified as follows :

- BPP A (3 SMP/Junior High School) 4 classes = 220/14 = 16 x 3 x 2 = 96 people
- BPP B (2 SMP/Junior High School) 4 classes = 220/14 = 16 x 2 x 2 = 64 people
- BPP C (2 SMP/Junior High School) 4 classes = 220/14 = 16 x 2 x 2 = 64 people

The research instrument used was a questionnaire in the form of a Google questionnaire form that was given on line.

Identification of Research Variables

- 1) The independent variables are mass media (cellphone and leaflet).
- 2) The dependent variable is the attitude of adolescents in efforts to prevent KTD

Operational Definition of Research

Table 1. Operational Definition of Research

Variable Type	Description
Characteristics Students age	The number of years of student life, calculated from the date of birth until the time the study was conducted. Students in the sample are 12-15 years old.
Independent Variable Mass media	Tool or message conveyed. The tools were electronic media, mobile phones, and printed media (Leaflet). The measuring scale used is nominal: effective or ineffective.
Dependent Variable Attitude of teenagers	Statement or evaluation of an object to efforts to prevent KTD. The measuring instrument used is a questionnaire with good, medium and bad scale criteria. The measurement scale is ordinal.

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Data Analysis

- 1) Univariate analysis, namely: analysis to see the frequency distribution and each of the dependent and independent variables;
- 2) Bivariate analysis, is: analysis to see the effect of each independent variable on the dependent variable using the Chi Square test; and
- 3) Multivariate analysis, is: analysis to see which variables contribute the most or strengthen the independent and dependent variables.

RESULT AND DISCUSSION

Analysis of Research Results

This study used 220 respondents of junior high school students in Balikpapan aged 12-14 years, 220 respondents in total by means of random samples for 20 days. Respondents were given an explanation before filling out the questionnaire provided by the researcher, students were at home because the teaching and learning process was carried out online to coincide with the COVID-19 period.

Univariate Analysis

The results of the overall univariate analysis aim to describe the frequency distribution of the characteristics of research respondents consisting of age, gender and the independent variable is the media of sex education, the dependent variable is adolescent attitudes.

Table 2. Frequency Distribution of Respondent Characteristics and the Dependent Variable (Attitude) in Balikpapan Adolescent in 2020

Age	Frequency (N=181)	Percentage (%)
12	27	14,9
13	35	19,3
14	108	59,7
15	9	5
17	1	0,6
18	1	0,6
Gender		
Male	50	27,6
Female	131	72,4

Source: Research Result, 2020

Based on the table above, it can be seen that the age of the majority is at the age of 14 years 108 respondents (59.7%), age at least 17-18 years 1 respondent (0.6%). The most gender was female, 131 respondents (72.4%) and the least male was 50 respondents (27.6%).

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Table 3. Frequency Distribution of the Independent Variable (Media) and the Dependent Variable (Attitude) of Balikpapan Adolescent in 2020

Media Type	Frequency	Percentage (%)
Print	8	4,4
Electronic	173	95,6
Total	181	100

Source: Research Result, 2020

Based on the table above, it can be seen that the most risk of mass media is electronic, 173 respondents (95.6%) and the least printed media is 8 respondents (4.4%).

Table 4. Frequency Distribution of the Dependent Variable (Attitudes of Adolescent) Before the Intervention in Balikpapan in 2020

Attitude	Frequency	Percentage (%)
Not Good	9	5
Moderate	83	45,9
Good	89	49,2
Total	181	100

Source: Research Result, 2020

Based on the table above, it is known that the good attitude of adolescents before the intervention was 89 respondents (49.2%), while 83 respondents (45.9%) and 9 respondents (5.0%) were not good.

Table 5. Frequency Distribution of the Dependent Variable (Attitudes of Adolescents) After the Intervention in Balikpapan in 2020

Attitude	Frequency	Percentage (%)
Not Good	-	-
Moderate	86	47,5
Good	95	52,5
Total	181	100

Source: Research Result, 2020

Based on the table above, it is known that the attitudes of adolescents after the intervention were good as many as 95 respondents (52.5%), while 86 respondents (47.5%), and not good (zero).

Bivariate Analysis

Research bivariate analysis was to see the relationship between the independent variable (mass media) and the dependent variable (adolescent attitudes). Statistical test using chi square test and p value with significance level if p value <0.05. The odds ratio (OR) and (95%) confidence

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interval (CI) were used to determine the relationship between exposure and risk of occurrence. The p value aims to see statistical significance, if the p value <0.05 then the relationship is significant and if on the other hand, the p value > 0.05 is said to be insignificant.

Table 6. Frequency Distribution of the Relationship Between the Independent Variables (Mass Media) and the Dependent Variable (Adolescent Attitudes) Before and After the Intervention in Balikpapan in 2020

Variables	Good	Moderate	Not Good	Total	P Value
Attitude Before Intervention	89	83	9	181	
Attitude After Intervention	95	86	0	181	0,002
Total	184	169	9	362	

Source: Research Result, 2020

Based on the table above, the attitude of adolescents before the intervention of 181 respondents, 89 respondents (.49.2%) were good, as many as 83 respondents (45.9%) were moderate and 9 respondents (5.0%) were not good. Adolescent attitudes after intervention from 181 respondents, 95 respondents (52.5%) were good, as many as 86 respondents (47.5%) were moderate. After conducting the marginal homogeneity test in the table above, it shows a p value of 0.002 which means > 0.05, there is a relationship between the provision of sex education using the media to changes in teenager attitudes.

Discussion

The results of this study indicate that the provision of sex education using cellphone media to change attitudes of adolescents in an effort to prevent unwanted pregnancy is effective. It can be seen from the results of the attitude analysis before and after the intervention that there is an increase and statistically there is a relationship.

The results of this study are in line with the research of Susanti et al. (2017) that adolescents who were given video media had a better level of knowledge and attitudes than adolescents who were given the lecture method (p <0.05). The use of video media provides an opportunity to increase knowledge by 1.52 times and an opportunity to increase attitudes by 1.57 times compared to using the lecture method. The conclusion in this study is that the use of video media has a better effect in increasing the knowledge and attitudes of adolescents compared to using the lecture method.

Another research that supports Winarti and Adriani (2020) states that there is a relationship between exposure to social media (Instagram) and premarital sex behavior (p 0.027). It is concluded that there is a significant relationship between social media exposure (Instagram) and free sex behavior among adolescents at SMA Negeri 5 Samarinda.

Other supporting research related to the media used in this study by Aziz and Nurainiah (2018) states that cellphones can affect the social interactions of adolescents in Dayah Meunara

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Village, both positive and negative. Among the positive effects is the ease in communicating even at a distance.

Researchers assume that the provision of video using cellphone media towards changes in adolescent attitudes in an effort to prevent unwanted pregnancy is effective because the media used is video media that can be accessed by teenagers through their smartphones.

The use of smartphones is appropriate because currently teenagers are active users of smartphones. Teens interact with their friends using cellphones more than meeting them in person. Even during the COVID-19 pandemic, currently the use of smartphones among adolescents is increasing. The video media used makes teenagers maximize all five senses to get information. Video media contains teenagers being able to see, hear and internalize the information they get.

CONCLUSION

Based on the results of the study, it can be concluded that the most respondents are 14 years old, female gender, media that are widely seen as electronic and adolescent attitudes before the intervention and after the intervention both with bivariate results, there is a relationship between mass media and adolescent attitudes where ($p = \text{value } 0.002$) on the attitude of adolescents in efforts to prevent unwanted pregnancies.

It is necessary to carry out further research in the nature of interventions on sex education in efforts to prevent pregnancy in adolescents in different places and with wider coverage areas so that adolescent reproductive problems can be monitored as closely as possible.

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