

INCREASING ADOLESCENT KNOWLEDGE THROUGH PROVIDING EDUCATION ABOUT FREE SEX

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Abstract

Adolescence is the transition from childhood to adulthood, beginning between the ages of 8 and 14. Information from the National Population and Family Planning Agency (BKKBN) from a survey by the Indonesian Health Office in 2018 and from the results of a population survey about the number of free sex cases that continue to increase every year, also reached 5.6% of Indonesian adolescents have had premarital sex. This service activity aims to increase adolescent knowledge about free sex by using lectures, question and answer, and evaluation methods to obtain results that there is an increase in adolescent knowledge about free sex after being given counseling which can be seen from the results of the pretest and posttest so that it can be concluded that the importance of early cultivation of knowledge about free sex in adolescents is very good for supporting a healthy adolescent future. Adolescents must be reminded of moral values so that later adolescents understand free sex and understand the risks borne by doing so so that adolescents can develop without free sex.

Keywords: Free, Knowledge, Sex, Teen.

INTRODUCTION

Adolescence is a critical period in life. This is the time when people become independent individuals, form new relationships, develop social skills, and learn behaviors that will accompany them for the rest of their lives (World Health Organization, 2018)

Reproductive health is a condition of adolescents who are socially, physically, and mentally healthy related to the reproductive system, reproductive function, and reproductive role of adolescents. Adolescence is the period between children to adulthood (Miswanto, 2014). During adolescence, the physical growth and development of female and male reproductive organs begin, which is more important. It's important to protect and prepare. One of the important and important things to understand in adolescence is sexual development(Sabariah, 2017)

Adolescent knowledge about reproductive health and how to protect themselves from health risks is still very limited, and this worries us all. Their knowledge and understanding of reproductive health are still weak so adolescents are still very vulnerable and at risk of health problems. Parents are the best source of information that can influence young people's knowledge (Ernawati, 2018)

In Indonesia, there are about 4.5 percent of men aged 15 years and 0.7 percent of women aged around 19 years admit to having premarital sex. For 15- to 19-year-olds, most of their first dates are between the ages of 15 to 17. About 33.3% of young women and 34.5% of young men aged 15 to 19 started dating before the age of 15. It is feared that at this time they still lack adequate life skills, putting them at risk of engaging in unhealthy dating behaviors, including sex (Balitbangkes, 2019)

Data found by the National Commission for Child Protection (KPAI) found that 93.7% of adolescents in Indonesia had kissed, petted, and oral sex. In addition, the percentage of junior high school adolescents who are no longer virgins is 62.7%, 21.2% of vocational adolescents have had abortions, and 97% of adolescents have watched porn (Erlinda, 2014). Based on 2021 KPAI data, 10.35% of child marriages continue to occur due to various internal and external causes. According to data (United Nations Children's Fund (UNICEF), 2020), 14,000 15-year-olds were infected with HIV in 2017, and new HIV cases in the 15-19 age group increased from 2011-2015. According to a World Bank report, 47.3 percent per thousand young people give birth, and this figure is slightly higher than the world average of 44 percent (UNICEF, 2020)

During adolescence, children learn how to develop and manage their relationships, learn new skills, and navigate their way through new situations. Adolescents have the opportunity to develop their potential but still need help from parents, educators, and a supportive environment. Teach them about life as it is, through self-discovery. Teaching youth how to face challenges head-on can help them feel confident in their abilities. The involvement of parents, educators, and their environment in providing direction to adolescents will shape their mental readiness because adolescents are psychologically unstable, easily confused when experiencing difficulties, and prone to failure (Wulandari, P., Aini, D., Mariyati, M., Kustriyani, M., & Arifianto, 2021)

Based on the background above and the results of initial interviews with several teenagers who stated that they had started dating and had hugged and kissed and did not know about the dangers of free sex for adolescents, the service team was interested in conducting counseling about free sex which was useful for increasing adolescent knowledge about free sex to avoid negative things.

IMPLEMENTATION METHOD

This counseling was given to SMAK St.Familia Wae Nakeng-Lembor with around 123 participants selling. Counseling takes place in classrooms provided by the school. Health education provided is related to free sex in adolescents. The team worked closely with the school to provide this advice. The target of this socialization activity is 100 students, but in its implementation, the number of students participating is around 123 students.

The stage of this counseling activity is carried out in several stages, namely the preparation stage, the implementation of activities consisting of counseling and measuring pre and post-counseling knowledge about adolescent free sex, the monitoring and evaluation stage of activities, and the writing stage. The preparatory phase is underway which means, the team identifies problems that exist in the school and determines the counseling topics to be addressed. Then the implementation of activities that run are:

1. The required location placement begins with finding a school through a preliminary survey to understand the needs of the community in the planned area. Extension members live close to the areas they serve, so they know the situation in the Area and have a good understanding of local needs.
2. The next step is to contact your local school principal. Ask for clarification of cooperation agreements to carry out community service activities.
3. The counseling was carried out with the audience being students of SMAK St. Familia Wae Nakeng, Lembor. Before conducting a consultation, first study the material that will be delivered to participants. This activity was carried out by presentation method accompanied by projection videos, and leaflet distribution, followed by discussion and question and answer sessions.
4. The final step in this activity is evaluation. This step is carried out by taking a written test of the material that has been presented to participants. After counseling, it can be illustrated that students' knowledge about the dangers of free sex on adolescent reproductive health is increasing.

RESULTS AND DISCUSSION

This counseling was held in the hall of SMAK St.Familia Wae Nakeng-Lbor with participants selling around 123 participants starting at 10.00 WITA until 12.00 WITA. The first step taken in this study was to explore students' knowledge about free sex through a pretest using 10 written questions. The pretest was carried out for approximately 10 minutes then continued with the presentation of material about free sex for approximately 30 minutes. The purpose of providing material about free sex is so that adolescents can know about the dangers of free sex and the right time to have sexual relations with the opposite sex so that it does not have a bad influence on their lives, families, and society.



Figure 1. Perception of Free Sex



Figure 1. Material Submission

At the end of the activity, the service team opened a question and answer session to increase students' knowledge and clarify material that was not understood so that students could clearly understand the material that had been explained. At the end of the session, a post-test was conducted to measure students' understanding of the material that had been delivered.



Figure 3. Discussion and Q&A Session

Table 1. Student Knowledge Level before and after counseling

No	Question	Pretest		Posttest	
		True (%)	Wrong (%)	True (%)	Wrong (%)
1.	Understanding Free Sex	85,6	14,4	100	0
2.	Factors Affecting the Incidence of Free Sex	28,2	71,8	85,5	14,5
3.	Ways to prevent free sex	58,7	41,3	100	0
4.	What dangers are caused by free sex	11,1	88,9	89,8	10
5.	Diseases or health problems that occur due to casual sex	9,6	90,4	89,3	10,7
6.	Good Marriageable Age for Teenagers	2	98	99,5	0,5
7.	Reasons for casual sex	21	79	98,2	1,8

From Table 1 . Above we can see that from the 7 questions given on *Pretest* most questions cannot be answered by counseling participants, namely Factors that affect the incidence of free sex, Dangers of Free Sex, diseases or problems that occur due to free sex, good marriage age for adolescents and reasons for having free sex. On questions asked after counseling or on *post-test*, It was found that almost all the questions given were answered correctly. This can be interpreted that the level of understanding of students becomes good when counseling has been given so that the provision of health information will be useful for increasing student knowledge.

This corresponds to the theory that knowledge is the result of knowledge and that it occurs after people perceive a particular object. Perception occurs through the five human senses, namely sight, hearing, smell, taste, and touch. Most of the information comes through people's eyes and ears. Knowledge and cognition are very important domains in shaping one's actions (overt behavior)(Notoatmodjo, 2017)

Increased knowledge does not have to be acquired through formal education, but can be acquired through informal education. This health counseling activity is one way, in addition to formal education, to increase the knowledge of the younger generation about reproductive health, especially related to accessible free sex behavior, and then can change the behavior of the younger generation to pay more attention to free sex behavior. Knowledge of reproductive health behavior, especially free sex, is very important to influence sexual behavior in adolescents because if the knowledge that adolescents have is low about free sex, it can trigger high curiosity in adolescents to try for themselves things that harm their future (Egy Pratama, Sri Hayati, 2014)

Education is a person's effort to build his personality on the values of society and culture. Education refers to the guidance or help given intentionally by adults to grow. Education is also defined as the effort of a person or group of others to mature or achieve a higher standard of living or livelihood in a spiritual sense (Dasopang, 2020)

In the material delivery session, it can be seen that there are still many students who feel embarrassed to discuss free sex because they feel this is a taboo thing to talk about so the speaker provokes more students to express opinions or questions from students related to free sex. From the results obtained, some students said that they knew more information about free sex from internet media that could be accessed easily through mobile phones.

Sexual behavior is any behavior that is driven by sexual desire, whether with the opposite

sex or the same sex. This form of behavior can vary from feelings of attraction to dating, dating, and sexual behavior. Sexual objects are biased in the form of other people, imaginary people, or yourself (Sarwono, 2012)

Reproductive health education is important because technological developments are easily accessible to adolescents, so adolescents, especially adolescent girls, can easily accept information retrieval. The impact of misuse due to lack of reproductive health information is early marriage or young marriage. Therefore, it is also necessary to educate the younger generation about early marriage or young marriage.

CONCLUSION

Adolescents are an age that is vulnerable to unwanted pregnancy because at this time adolescents have a high curiosity about sex life. Teenagers who are already familiar with dating often take excessive actions on the grounds of improving the quality of their relationship in the form of hugging and kissing which triggers further relationships to occur. In the initial interviews of the service team with several teenagers, it was found that most of the teenagers had started dating and had hugged and kissed, but fortunately, the teenagers had not done anything further because they were afraid of their parents.

At the beginning of the activity, the service team conducted a pre-test that aimed to determine the level of knowledge of adolescents about free sex and obtained the results of most adolescents did not know about free sex so the research team provided broader material about free sex so that at the post-test level The knowledge of adolescents became good and the teenagers were very enthusiastic about the discussion at the end of the session because they had a lot to know. This proves the importance of conveying information about free sex for teenagers so that they can guard themselves against negative things that can damage their future.

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