



MOSI-RAJA INTEGRATION AS A COMMUNICATION MODEL ON RISKY SEXUAL BEHAVIOR ON THE EFFECTIVENESS OF COMMUNICATION BETWEEN PARENTS AND ADOLESCENTS

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Abstract, Background: The adolescent is an important stage in individual development. This relates to various challenges due to changes in both physical, psychological and social. One of the challenges for the teenagers is high curiosity in various new behaviors, both positive and negative, including risky behavior. Functional (normal) families and implementing a democratic parenting pattern are one of the efforts to prevent these challenges. The parenting pattern in its implementation requires effective communication between parents and adolescents. The integration of Mosi-Raja as a communication model about risky sexual behavior between parents and adolescents can be implemented as an effort to increase the effectiveness of communication. The study aimed to analyze the effect of Integration Mosi-Raja as a communication model about risky sexual behavior on the effectiveness of communication between parents and adolescent.

Method: The research design used a quasi-experimental method with pre-test and post-test control group design. The sample of the study was parents of junior high school students in a sample size of 21 people each group. Pretest was given to all groups, the treatment group used integrated Mosi-Raja as a communication model about risky sexual behavior while the control group was given reading material in the form of a booklet and then a post test was carried out. The instrument used is a communication effectiveness questionnaire using a Likert scale that is valid and reliable. Data analysis with unpaired t test and Mann Whitney U.

Result: The results showed $p < 0.05$ in effectiveness of communication between parents and adolescents on the post-test of treatment and control groups.

Conclusion: Integration of Mosi-Raja as a communication model about risky sexual behavior can affect the effectiveness of communication between parents and adolescents.

Keywords: Mosi-Raja, Effectiveness of communication, Parents, Adolescents, Risky Sexual Behavior.

Background

The adolescent stage is the right time to prepare the next generation of quality people. This can be realized by conditioning the youth to be able to go through this period happily, study seriously and develop their potential.[1]

The positive potential possessed by adolescents needs to be maintained because this period is one of the most important

periods in individual development. This relates to various challenges due to changes in both physical, psychological and social in adolescents. The rapid flow of information and the influence of peers becomes a test for teenagers to have high adaptability. In addition, high curiosity in various new behaviours, both positive and negative, is one of the challenges faced by teenagers.[2]

Risky sexual behaviour is one of the challenges for adolescents that must be watched out for. It is widely adopted by teenagers through unhealthy associations and undirected information.[3]

The development of the times also affects sexual behaviour in dating among teenagers. It can be seen that things that were taboo by teenagers a few years ago, such as kissing and making out, are now considered normal. In fact, there is a small percentage of them agree with free sex. This condition will encourage teenagers to have risky sexual behaviour.[4]

If a teenager hangs out with friends who engage in risky sexual behaviour, then he is eight times more likely to also engage in risky sexual behaviour, resulting in unwanted pregnancy. Access to and contact with pornographic media and media impressions both print and electronic contributed significantly to the emergence of the phenomenon of premature sexual maturity. Research shows that teenagers who are exposed to sexual exploitation in video clips, magazines, and television turn out to be the driving force for them to have free sex activities.[5]

Functional (normal) families that are able to carry out their functions are one of the efforts to prevent risky sexual behaviour in adolescents. The characteristics of a functional family are showing and loving each other, being open and honest, parents are willing to listen to their children, accept their feelings and respect their opinions, share problems or opinions among family members, are able to struggle with life problems, adapt and accommodate each other, parents protect their children. , communication between family members goes well, the family meets the psychosocial needs of children and passes on cultural values, and is able to adapt to existing changes.[6] These characteristics can be categorized as the embodiment of a family that adheres to a democratic parenting pattern.[7]

Data shows that only 49% of parents apply democratic parenting. Parenting with open communication will shape the characteristics of children to be independent and have self-control including controlling their behaviour not to do anything that violates the norm.[7] Other studies explain that openness in communication between parents and adolescents will better maintain their sexual behaviour.[8]

Adolescents with permissive and authoritarian parenting patterns are 3.2 times more likely to experience premarital pregnancy as one of the impacts of risky sexual behaviour compared to those using democratic parenting.[7] Lack of open communication between parents and adolescents on sexual issues can strengthen emergence of sexual behaviour deviations.[9]

Communication between parents and adolescents is important as the process of delivering messages or information in the form of beliefs, attitudes, values, hopes and knowledge to prevent adolescents from engaging in premarital sexual behaviour.[10] Parental guidance can provide an overview or view of the limits of good sexual behaviour or not good, so that children can understand their boundaries and make responsible decisions.[11] The results of the study explain that 56.6% of communication about reproductive health and sexuality between parents and adolescents is in the bad category.[12] One of the factors that causes this condition is the limitation of effective communication skills which can be related to several obstacles, among others, adolescents still feel they do not get sufficient knowledge about sexuality from their parents. This happens because parents lack knowledge, a culture that still considers it taboo to discuss sexuality with children openly, feels uncomfortable, and is embarrassed.[13]

The integration of Mosi-Raja as a communication model about risky sexual behaviour which is the result of a qualitative study needs to be tested in experimental research to analyze its effect on the effectiveness of communication between parents and adolescents about risky sexual behaviour.

Method

The research design used was a quasi-experimental study with a pre test and post test control group design so that the subjects were divided into two groups, namely the treatment group and the control group. The subjects in this study were parents of junior high school (SMP) adolescents in the working area of the Garuda Community Health Centre, Bandung.

The sample in this study was taken by purposive random sampling. The sample size is obtained by the following formula:

$$n^1 = n^2 \left(\frac{(Z\alpha + Z\beta)S}{x^1 - x^2} \right)^2$$

Components $z\alpha = 5\%$ (1.65), $z\beta = 10\%$ (0.84), standard deviation 3.5 and the difference that is considered significant = 2, then the application into the formula is:

$$n^1 = n^2 \frac{(1.65+0.84) 3.5^2}{2} = 19$$

The number of samples required is 19 plus the anticipated drop out of 10%, so that the number of samples in each group is 21 people.

This research was carried out by taking into account the ethical aspects of research with humans as subjects and has been approved by the Research Ethics Committee of the Health Polytechnic of the Ministry of Health in Bandung with an ethical approval letter number. 37/KEPK/EC/XI/2020.

The independent variable in this study is the application of an integrated Mosi-Raja as a communication model about risky sexual behaviour and the dependent variable is the effectiveness of communication between parents and adolescents.

The data analyzed is primary data in the form of communication effectiveness scores, the data is numerical data with interval data scales.

The data collection procedure was carried out with a pre test step on the effectiveness of communication on all research subjects.

The treatment group received training on the integration of Mosi-Raja as a communication models on risky sexual behaviour which was the result of qualitative research with experts in the fields of adolescent psychology, reproductive health and communication as informants. The training contains knowledge and attitudes about risky sexual behaviour and how to communicate. The training is conducted online through G-meet. After the training, the treatment group applied the results of the training by being monitored through the WhatsApp group for one week and ended with a post test. The control group was given reading material in the form of a booklet and a post test was carried out after one week. Based on the aspect of fairness, training was provided to the control group at the end of the study. The communication effectiveness instrument has been tested for validity and reliability with the results of a validity coefficient of 0.3 and Cronbach's alpha value of 0.901, which means that the instrument is valid and reliable. Data analysis used unpaired t test and Mann Whitney U test to look for differences in the effectiveness of communication in the treatment and control groups.

Result and Discussion

An analysis of the effectiveness of communication about risky sexual behaviour was carried out to determine the differences in the effectiveness of communication in the treatment group and the control group, which is presented in table 1 below:

Table 1. Differences in Effectiveness of Communication about Risky Sexual Behaviour Before and After Treatment

Effectiveness of Communication about Risky Sexual Behaviour	Group		P
	Treatment (n=21)	Control (n=21)	
<i>Pre test</i>			
X (SD)	76,8(8,6)	69,8 (11,86)	0,035*
Median	76	71	
Range	62-95	43-97	
<i>Post test</i>			
Median	78	74	0,035**
Range	43 – 100	49 – 100	
Nilai p	0,079****	0,151****	
% Improved pre test-post test scores			
Median	3	6	0,641**
Range	-43 - 43	-36 – 118	

*Unpaired t test

**Mann Whitney U

***Paired t test

****Wilcoxon

Table 1. showed that there was a significant difference ($p < 0.05$) in the pre-test and post-test scores of communication effectiveness in the treatment group and the control group. Percent increase in the score of pre test - post test of communication effectiveness there is no difference ($p > 0.05$) between the treatment group and the control group.

Based on the results of the study, there were significant differences ($p < 0.05$) in the pre-test and post-test of the effectiveness of communication between the treatment group and the control group. This shows the effect of the integration communication model on the treatment group. The intervention carried out allowed respondents to see examples of communication with adolescents and practice communication with adolescents about risky sexual behaviour so that the results of the paired t test in the treatment group also showed significant differences after the treatment was carried out. Although the percentage increase in the effectiveness score was not significantly different, from the range data in the post-test treatment group, it was found that there was an increase in all respondents. In contrast to the results of the post test in the control group, there were still respondents whose effectiveness scores were lower than the pre-test. This shows that only reading booklet about communication model is not enough to increase all respondents' communication effectiveness scores because they need to see examples and practice effective communication with teenagers.

Communication between parents and adolescents is important as a process of delivering messages or information in the form of beliefs, attitudes, values, hopes and knowledge to prevent adolescents from engaging in premarital sexual behaviour.[10] In the This study also explained that there was an increase in respondents' attitudes towards risky sexual behaviour in adolescents. This is very necessary to support effective communication with adolescents because parents' attitudes towards adolescent sexual behaviour will affect the content and delivery of messages in communication with adolescents.[14]

The communication model emphasizes several communication principles that must be applied with teenagers including: establishing good relationships with teenagers, using love language in communication, being a good

listener, positive thinking to teenagers, respecting teenagers, being egalitarian (equal) as friends and non-judgmental. and do not directly advise and dig up a lot of information beforehand from teenagers. This communication principle encourages parents to have a lot of discussions with teenagers. In this discussion, parents need knowledge and positive attitudes about reproductive health so that they can communicate in the right way with adolescents.[15] The application of the communication principles in communication model can be an alternative solution to anticipate the occurrence of several obstacles in communication about risky sexual behaviour such as limited self-confidence. from parents about sexuality, shame to talk about sexuality, worries about giving ideas and destroying the natural condition of children and limited effective communication skills.[13]

Conclusion

The integration of Mosi-Raja as a communication model about risky sexual behaviour affects the effectiveness of communication about risky sexual behaviour between parents and adolescents.

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