



DEVELOPMENT OF THE PEER GROUP TRAINING METHOD WITH THE PROBLEM CARD MEDIA TO INCREASING YOUTH KNOWLEDGE AND ATTITUDE ABOUT PREMARITAL SEX IN BOGOR CITY

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Abstract

Background : Teenagers as the next generation face various problems. The most prominent problem is the problem of TRIAD KRR (Sexuality, HIV, AIDS and Drug). From 63.6 million teenagers in Indonesia, one percent of teenage girls and six percent of young men had had premarital sex. Some studies show that 20 years ago, teenagers who agreed to have premarital sex were around 1.2% - 9.6%, then 10 years later rose to above 10% and 5 years later that figure rose to 17% (BKKBN, 2010) The Planning Generation Program (GenRe) for teenagers through the Center for Youth Information and Counseling (PIK-Remaja). The lecture and brainstorming method, although able to increase knowledge, but has disadvantages, participants do not actively participate in activities, thus require other methods of innovation.

Methods : This research was conducted in two stages; the first is to determine factors related to premarital sex, carried out by using exploratory mix method design. In the second phase of research conducted training on peer groups by using media problem cards in improving knowledge and attitudes about premarital sex, using research design Quasi experimental design of one group pretest-posttest design with control. The research population was teenagers in Bogor, conducted on YZA Vocational School students as an intervention group and Pesat Vocational School as a control group. Minimum sample size was obtained for 24 samples for each group. The sampling technique was taken by cluster sampling. To find out the differences in the average knowledge and attitudes of teenagers about premarital sex before and after the intervention, a statistical analysis was performed using the Wilcoxon test. **Results** : The results showed that knowledge and attitudes increased after training, but did not significance. By using media to increase knowledge and attitudes, using the Mann Whitney test The Mann Witney test, results showed that knowledge and attitudes were significantly different between the intervention group and the control group.

Keywords: Teens, Problem Cards, Premarital Sex

Introduction

According to WHO, adolescents are residents in the age range of 10-19 years. Based on the Regulation of the Minister of Health of the Republic of Indonesia Number 25 of 2014, adolescents are residents in the age range of 10-18 years and according to the Population and Family Planning Agency, the age range of teenagers is 10-24 years old and unmarried.

The number of 10-19 age groups in Indonesia according to the 2010 Population Census, a population of 43.5 million or around 18% of the total population. In the world it is estimated that

there are 1.2 billion adolescents or 18% of the world's population¹. Youth who are the next generation in national development face various problems. The most prominent problem among teenagers is the problem surrounding TRIAD KRR (Sexuality, HIV, AIDS and drugs). Based on BKKBN data, from a number of teenagers in Indonesia which at that time reached 63.6 million people, one percent of young women and six percent of young men claimed to have had premarital sex. Some studies show that 20 years ago, adolescents who agreed to have premarital sex around 1.2% - 9.6%, then 10 years later rose

to above 10% and 5 years later that figure rose to 17%²

The problem of adolescent reproductive health occurs due to the low level of adolescent knowledge about reproductive health. The Indonesian Demographic and Health Survey (IDHS) 2007 showed that adolescent knowledge about adolescent reproductive health was relatively low, 47.9% of adolescent girls did not know when a woman had a fertile period. Knowledge of male adolescents about wet dreams is only 24.4%²

In this condition adolescents need information about reproductive health. BKKBN develops the Planning Generation Program (GenRe) for Adolescents through the Center for Youth Information and Counseling (PIK-Adolescent). PIK-Remaja is one of the containers managed by, by and for teenagers. able to provide information and counseling services about the maturation of marriage age, eight family functions, TRIAD KRR, life skills, gender and advocacy skills and IEC (BKKBN, 2006). The training method provided uses the lecture method and brainstorming, although it is able to increase knowledge, but in the training the lecture method has several drawbacks, among others, boring and participants do not actively participate in activities so that they require other methods of innovation.

Based on the above problems, it is necessary to have an ongoing study to find a training model using media problem cards in adolescent peer groups, in the prevention of premarital sexual behavior in adolescents. Where the first stage will be exploratory research to get determinant factors from premarital sexual behavior in adolescents in the city of Bogor. The second stage developed a form of training for peer groups in the PIK-Adolescent forum, using media problem cards to reveal examples of facts on the risk factors for premarital sexual behavior in adolescents in Bogor City.

Methods :

The research use Mixed Method design, Conducting quasi-experimental research with a non-standardized pretest-posttest control group design, which provides a form of intervention, namely training on adolescent peer groups. The population in this study were all teenagers in the city of Bogor. The sample size was 30 adolescents at YZA Bogor City. The sampling technique was done by Systematic Random Sampling. Data collection using a list of questionnaires and data collection procedures. Besides that, in-depth interviews were also conducted with 5 YZA Vocational adolescents. The indepth interview results data were analyzed qualitatively with the content analysis approach, so that the factors causing the occurrence of

premarital sex were found in adolescents. The findings from the exploration results will be used as material content on the problem card that will be used in the second stage of the research phase.

Next is the development of training on peer groups by using media problem cards in improving knowledge and attitudes about premarital sex. The training was attended by 24 students for 3 meetings beginning with the pre test and ending with the post test. The training uses modules that refer to the module from the Ministry of Health program. Modules are packaged into a student handbook that is tailored to the character of students who are still teenagers. The problem card is based on the true story of other teenagers whose data is obtained from social media. Problem cards are designed according to pre-marital sex case groups in adolescents that are doing with boyfriends, doing with adults, doing on request.

To analyze the relationship of knowledge, attitudes, understanding of religion, the role of the family, sources of information about premarital sex and premarital sex were tested by chi square. To analyze the difference in average teenage knowledge and attitude about premarital sex between the intervention and control group with t-Independent test, because the data were normal.

Results And Discussion

Adolescent behavior about premarital sex in research, the extent to which the association is carried out begins with friendship questions, dating and having sex. The results showed 56.7% of adolescents had premarital sexual behavior less well. From the results of interviews that have been conducted related to premarital sex behavior among adolescents, disclosed: Negative attitude, I do with my girlfriend at least once a week, located at the main boarding house when the boarding house is quiet and is done at night.

As a safety measure, I use birth control pills, condoms. Positive attitude, In my opinion, premarital sex is one thing that must be avoided. This is because there are many negative risks associated with these behaviors, such as being pregnant for the woman's side or contracting a sexual illness. As a religious person, in my opinion premarital sex is something that is forbidden to do, especially when it comes to adultery. It is a great sin that is not forgiven by Allah SWT. Eastern customs, a girl's virginity is the main thing, which can only be left to my husband later. So I have to try to maintain my virginity, by not doing premarital sex. "

Overview of Factors Causing Pre-Marital Sex, The results showed that 50% of adolescents had knowledge of premarital sex was low, 46.7% of adolescents had a low understanding of religion,

33.3% of adolescents lacked a family role in adolescents, 63.3% of high teens accessed information about premarital sex. Sex outside of marriage shows no sense of responsibility and raises a series of new problems that cause physical and psychosocial disorders of humans. The danger of abortion, the spread of sexually transmitted diseases, damage to the institution of marriage, and lineage obscurity. Family life that is not harmonious, lack of religious education in the family, and individual attitudes of each family often lead to deviant attitudes and behavior, especially premarital sexual behavior that is prevalent among adolescents.

It shows that out of 15 teenagers who have low knowledge, there are 8 teenagers who have premarital sexual behavior less well, even though the statistical test results are not meaningful. Curiosity about sexual problems in adolescents is very important in forming new relationships that are more mature with the opposite sex. Providing information on sexual problems is important especially considering that adolescents are in active sexual potential, because they are related to hormone-influenced sexual urges and insufficient information about their own sexual activities. Of course this will be very dangerous for the development of adolescent souls if it is not supported by the right knowledge and information (Glevinno, 2008).

Teenagers' knowledge about sex is still lacking. This factor is coupled with erroneous information obtained from wrong sources, such as myths about sex, pornographic VCDs, pornographic features on the internet, and others will make children's understanding and perception of sex wrong. Sex education actually means sexuality education which is a sexual education in a broad sense that covers various aspects related to sex, including biological aspects, orientation, sociocultural values and morals and behavior.

It shows that out of 14 teenagers who have a low religious understanding there are 8 teenagers who have premarital sexual behavior less well, even though the statistical test results are not meaningful. People must have a principle, in our religion it is not permissible. Because people who have good religious education will certainly remain in their founding and will not be affected by premarital sexual behavior which actually deviates from the rules of religion. From this opinion shows that religious education possessed by a person is also very influential on premarital sexual behavior among adolescents in Surakarta City. Because people who have high religious education, at least he knows the limits of behavior, and also he will not be easily carried away by the trend of fashion that has a negative impact on him.

Table 1 Differences in Adolescent Knowledge and Attitude About Pre-Marriage Sex Intervention and Control Groups.

Knowledge premarital sexual	n	Mean \pm SD	<i>p</i>
Interven	24	26,7 \pm 1,84	0,00*
Control	24	14,8 \pm 2,23	
Attitude pemarital sexual			
Interve	24	48,3 \pm 8,17	0,00*
Control	24	34,5 \pm 10,52	

* Significant ($p < 0,05$)

The results of the independent t-test also indicate meaningfulness. Sex outside of marriage shows no sense of responsibility and raises a series of new problems that cause physical and psychosocial disorders of humans. The danger of abortion, the spread of sexually transmitted diseases, damage to the institution of marriage, and lineage obscurity. Family life colored by secularistic values and freedom will only damage the family order and give birth to the generation farthest from the joints of religion.

From the results of interviewing the author with the informants relating to the attitudes of adolescents to premarital sexual behavior above, there are two developing attitudes, namely positive and negative attitudes. The romanticism of courtship that is dominantly felt by those who fall in love is not infrequently developed and drives toward sexual behavior. If the couple in courtship both have a drive toward sexual behavior, then the possibility of having sex before .nikah will easily occur.

Discussion

Factors related to Pre-Marital Sex Behavior *a. Family Role*

Failure of family function in playing its role as a place of early adolescence is a factor in the prevalence of premarital sexual behavior among adolescents. Based on the research data, it shows that respondents (who engage in premarital sexual behavior) receive less attention from their parents' behaviors related to premarital sexual behavior, whether appropriate or not, even not caring if their children have premarital sexual behavior which actually deviates. from Islamic law.

Parents have failed in instilling religious education in their children. In this day and age many parents prioritize pursuing general science or material things compared to religion.

Based on observations, it has been shown that parents pay less attention to the behavior of their children, so that their children are free and as if there are no rules about how they should behave. This shows that parents lack discipline in applying religious knowledge. Families, especially parents, should be the controller, the steps of their children, through deep religious education and applying it in daily life. But if the function is not carried out properly, as a child who feels less attention in his own family, then that can lead to various irregularities.

b. Pre Marriage Sex Knowledge

Sexuality education plays an important role in an effort to prevent the rise of premarital sexual behavior. In sexuality education, not only learn aspects of sexuality from the biological side but also concerns psychological, cultural, moral, ethical and legal issues. Bruess & Greenberg (1994: 20) cites Haffner's opinion on sexuality education, which is a long life process which includes the delivery of information and the formation of attitudes, beliefs, and values about identity, relationship, and intimate relationships.

Sexuality education focuses on the development of sexuality, reproductive health, intimate relationships, body image, and gender roles. Sexuality education covers aspects of biology, socio-culture, psychology, and spirituality from the side

cognitive aspects, attitude aspects, behavioral aspects which include the ability to communicate and make decisions.

Environmental influences play a small role in changing or occurring a behavior pattern. In an environment there is a social action which is a process where actors are involved in making subjective decisions about the means and ways to achieve certain goals that have been chosen and all of which are limited by the possibilities of the cultural system in the form of norms, ideas, personality and social norms.

Humans basically cannot live alone because in essence humans have the instinct to live together (in groups). In groups that individuals have interests that are certainly different from individuals with each other. In order to maintain the interests among them, regulations, norms, values, ethics are formed which are expected to be able to maintain a balance in living together (community). And when interactions and all community activities take place, a social construction of reality emerges.

Social reality as a process through which actions and interactions human creates a continuous reality that is shared. Knowledge of various objective factors in the world of reality is conditioned or colored by the social environment in which knowledge.

c. Information / Media

With the development of various media, both electronic and printed, people spread any culture that sometimes reflects values that are different from the users. For example, the idea of sexual freedom is displayed explicitly and is very clear without any adequate censorship for children. Most teens say they need advice on sex and reproductive health. But most teenagers actually cannot access the right sources of information. If they find it difficult to obtain information through formal channels, especially from the school environment and health workers, then the emerging trend is trial and error itself looking for informal sources.

The rise of negative information by teenagers is filled with ways of discussing with friends, books about sex, or experimenting with masturbation, making out or having sex. Mostly there are still assumptions, sexuality and reproductive health are considered still taboo for teenagers to talk about. Because there is a lot of sexuality information that is incorrect and not in accordance with religious values for children and adolescents, it is necessary to formulate their sexuality education so that they can clearly distinguish between sexuality education that includes religious values with secular sexuality education or those who do not based on religious values.

d. Understanding of Religion

Otherwise, there will be a possibility that the generations will get the negative effects of non-religious and unhealthy sexuality information in the form of being exposed to or contracting sexual diseases and also possibly losing Islamic values in their behavior and behavior related to sexuality. There are several results of research that state that formal sexuality education can change behavior, either delaying or reducing early sexual behavior for students. People who do not agree with sex outside of marriage (adultery) will have a strong protection against contracting sexual illness and HIV and will avoid unwanted pregnancy.

In order to fulfill the information needs that are correct, healthy, and lawful about sexuality, it requires a different approach to the secular education approach, so that it can accommodate curiosity and also the desire triggered by sexual information absorbed by children and adolescents. One approach that can be used is to use progressive text interpretations, interpretations that combine religious and general knowledge such as humanities, natural sciences, and social sciences. Thus it is expected to produce a sexuality education curriculum based on Islamic values. In this study using the term sexuality education rather than sek education

because the scope of sexuality is broader not only talking about sex in terms of sex and other sexual behavior but also discussing other aspects of sexuality such as adolescent sexual growth and development, sexual emotion management, decision making skills and so on.

From the results of the study with respondents, the media strongly influenced the behavior of students, the respondents acknowledged that it was quite influential. This can be interpreted that the media freely broadcasts programs and shows that are oriented towards premarital sex. In the past few years, the proliferation of private TV stations competing with each other as if to open the freedom of the press which shamelessly broadcasts programs oriented to western culture, which resulted in imitation of the younger generation. In adolescents, they always want to look fashionable, attractive and keep up with the times, so they ignore the norms that apply in society. The many deviations against Islamic law which are unfortunately carried out by Muslims themselves, are quite alarming, and we as Muslims certainly do not want the young people who are the next generation to fall prey to negative actions that only harm themselves, the environment, even progress our nation.

Therefore, how to prevent premarital sexual behavior and deviations from Islamic law, there are several ways / efforts that we can do as conclusions from the results of observations, and interviews with female students and also academic figures, among others:

To make a change of course there must be a heart intention and a firm belief when it will change behavior, must be from personal awareness, not because of environmental influences or even because of coercion. In addition to the intention of the heart, must deepen the knowledge of religion by increasing reading religious books, often attending recitations and religious seminars, gathering / making friends with the right people for example with friends who are knowledge / knowledge.

Conclusions

Causes of premarital sexual behavior in adolescents is a factor in understanding religion, family attention and knowledge of premarital sex. The level of knowledge and attitudes about premarital sex in adolescents is low in knowledge. Attitudes about premarital sex in the intervention group were higher than the control group

There is an influence of training methods with media problem cards on increasing adolescent knowledge about premarital sex. There is an influence of training methods with media problem cards on increasing adolescent attitudes about premarital sex.

Competing Interest

The authors of this paper have no competing interest to report.

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