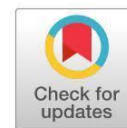


Benefits of providing videos on the resilience of adolescent girls regarding premarital sexual behavior



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ABSTRACT

The transition period in adolescents increased interest in sexuality education can lead to premarital sexual intercourse. Adolescent need education about the resilience of premarital sex through videos. This study aims to determine the benefits of providing video on the resilience of adolescent girls regarding premarital sexual behaviour. The design used pre-experiment with pretest-posttest design. Implementation in March-April 2022 in PGRI 1 Amlapura Senior High School Karangasem Regency, Bali with a total sampling technique of Social and Language Class. The samples are 45 students. The research instrument used a youth resilience questionnaire. Normality test with Shapiro Wilk obtained data is not normally distributed. Analysis used the Wilcoxon test with a significance level of p-value <0.05. The results show the mean before giving a video is 68 and after giving a video the mean is 92. The results of the Wilcoxon test showed there was a significant benefit in giving video with a p-value of 0.001 < 0.05. The comparison of pretest and posttest of adolescent resilience had 44 respondents who had positive ranks and 1 person had ties. Adolescents with low resilience tend to have low self-esteem and pose unwanted risks. Researchers suggest that respondents can apply resilience directly.

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INTRODUCTION

The teenage period results in physical and psychological changes that occur inside and outside the body, resulting in an increased interest in sexuality. Several studies have shown that dating behavior will increase the risk of premarital sexual relations because dating behavior is known to involve physical and non-physical contact with the opposite sex. (Qomariah, 2020). Based on the Karangasem Regency Child Protection Commission in 2016, looking at the age distribution, it was found that cases of Sexually Transmitted Infections (STIs) aged 15-24 years amounted to 23.4%, aged 25-34 years 18.6%, aged 35-44 years amounted to 12.7%. In high school teenagers aged 15-18 years it was 26.4% and students aged 19-24 years was 21.9% (KPA Karangasem Regency, 2016).

SMA PGRI 1 Amlapura is one of the private schools in Karangasem Regency. Efforts to increase knowledge of Reproductive Health at SMA PGRI 1 Amlapura through

KSPAN and Youth Red Cross extracurricular activities as well as extracurricular self-development facilities such as scouting, arts and sports. The shift in the meaning of dating and uncontrolled sexual stimulation in teenagers can endanger the future of teenagers. A preliminary study was conducted at SMA PGRI 1 Amlapura, data obtained before the 2018 pandemic from 115 students, there were 3 students who became pregnant out of wedlock and dropped out of school. In 2019, out of 120 students, there were 2 students who were pregnant out of wedlock and dropped out of school, while data after the 2020/2021 pandemic, out of 100 students, there were 4 students who were pregnant out of wedlock and dropped out of school. The impact of premarital sexual behavior or casual sex includes biological, social and psychological aspects.

One aspect of psychosocial development that is important for teenagers to be able to rise is the development of resilience (Ambarwati and Pihasnawati, 2017). Resilience means a person's ability to face, prevent, and even eliminate the detrimental impacts of unpleasant conditions, or change life conditions for the better (Sari, 2019). Murphey's opinion, 2013 (in Utami, 2017) states that the characteristics of humans who have good resilience are that they tend to be easygoing and easy to socialize, have good thinking skills, have the ability to solve problems well, are confident and have religiosity.

One strategy to increase adolescent resilience and reduce the incidence of premarital sex is to provide education to increase adolescent resilience regarding premarital sexual behavior. The media that is often used to provide education is video media. Video media is media that has sound elements and image elements so that conveying a message or material is more enjoyable. The advantage of video media, apart from following digital developments, is that the senses that we often use to capture material or messages are the senses of sight and hearing, while other senses have a small percentage (Budiarti, 2017). Some previous study has offered perceptions of young women's resistance to premarital sexual behavior. In her account of adolescent girls who have overcome hardship as a result of premarital sex, Jawahiri (2021) emphasizes the need of understanding. In her study of sexual resilience in adolescent females seeking abortions, Jain (2014) emphasized the importance of raising self-esteem and changing attitudes toward abstinence in order to fend off partner pressure. However, previous research has not explained the use of audio-visual media in increasing young women's premarital sexual conduct and decision-making are influenced by their level of resilience. Based on background behind on researcher interested do study the benefits of video media on resilience of young women regarding about premarital sexual behavior.

METHOD

This type of research is pre-experimental with one group pretest-posttest design. Adolescent resilience is measured by administering a pretest or before being given video intervention and a posttest or after being given video intervention. This research was conducted at SMA PGRI 1 Amlapura, Karangasem Regency, Bali Province in March-April 2022. The sample in this research was all female students in class XI Social Sciences and Languages, totaling 42 female students using a total sampling technique. The data used is primary data from the results of filling out valid and reliable questionnaires from the teenagers who were respondents. The video is approximately five minutes long with a frequency of viewing twice. Data analysis in this study used the Wilcoxon test. This research has been declared to have passed the ethical test conducted by the Ethics Commission Poltekkes Kemenkes Denpasar.

RESULTS

The following are the results of data processing from the questionnaire that was distributed to respondents.

Table 1. Distribution respondent based on by KSPAN extracurriculars

Distribution respondent	f	%
Social Sciences Class		
Follow	3	13
Do not follow	20	87
Total	23	100%
Language class		
Do not follow	22	100
Total	22	100

Table 1 shows that from the class of XI Social Science only 3 female students (13%) took part in KSPAN extracurriculars while 20 people (87%) did not take part in KSPAN extracurriculars. Data from class of XI Language: none (100%) participated in KSPAN extracurriculars.

Table 2. Characteristics respondent

Characteristics	f	%
Get Information Resilience		
No Once	43	96
Once	2	4
Total	45	100
Source Information		
Social Media	2	4
No Get Information	43	96
Total	45	100

Table 2 shows that many respondents have not received or heard information about resilience. It can be seen that 43 people or 96% have never heard or received information about resilience, while 2 other people or 4% have heard and received information about resilience through social media.

Table 3. Distribution of resilience of adolescent girls regarding premarital sexual behavior before and after being given the video

	Min	Max	Mean	Median	Mode	Standard Deviation
Pretest	48	83	68.49	70	66	9,529
Posttest	72	98	91.98	95	98	6,482

Table 3 shows the pretest results that the minimum score is 48, the maximum score is 83, the pretest mean is 68.49, the pretest median is 70, the pretest mode is 66 and the pretest standard deviation is 9.529. The posttest results show that there is an increase in the minimum score of 72, the maximum posttest score is 98, the posttest mean is 91.98, the posttest median is 95, the posttest mode is 98 and the posttest standard deviation is 6.482.

Table 4. Benefit of providing videos on the resilience of adolescent girl regarding premarital sexual behavior

Difference	Median	Standard Deviation	Positive Ranks	Negative Ranks	Ties	p-value
Pretest	70	9,529	44	0	1	0.001
Posttest	95	6,482				

Table 4 shows the results of comparing the pretest and posttest resilience scores of adolescent girl after being given the video. It was found that 44 respondent got a posttest score greater than the pretest (positive ranks) and only 1 respondent had the same score on the pretest and posttest (ties). The results of this study were tested using Wilcoxon statistics. The basis for decision making is if the p-value <0.05 then the hypothesis is accepted. Based on the output results in Table 4, the p-value is 0.001 (<0.05), so the hypothesis is accepted, meaning that there are benefits of providing videos on the resilience of adolescent girls regarding premarital sexual behavior.

DISCUSSION

Resilience adolescent girls before providing video about premarital sexual behaviour

This study examined adolescent resilience before and after being given a resilience video about premarital sexual behavior in adolescents girls with a total of 45 respondents. The mean score before being given the video was 68 with a median of 70 and a mode of 66. This is of course influenced by the source of information regarding resilience and reproductive health. The survey results obtained 3 respondents (13%) who took part in KSPAN extracurriculars and received education regarding adolescent reproductive health.

Most of the teenagers in class Firmansyah's opinion (2012) is that resilience ability cannot grow by itself because it requires stimulus from several extrinsic factors such as reliable information such as social media and the environment. The more information someone gets about something, the more knowledge and insight they will have (Prabandari 2018).

Resilience adolescent girls after providing video about premarital sexual behaviour

The average value of respondents after being given a resilience video regarding premarital sexual behavior increased to 92 with a median of 95 and a mode of 98. Based on this average value, researchers assume that there are still respondents who do not have a good level of resilience, one of which is a lack of self-esteem and trust. self. Supported by research by Deswanda (2019), teenagers with high self-esteem have a high level of self-confidence so that teenagers have a positive outlook, are confident and see difficult situations as the light side. The opinion of Aunillah and Adiyanti (2015) states that low self-esteem is caused by a negative view of oneself, feeling useless, unloved, and allowing feelings of weakness to dominate. Self-esteem is not something that is inherited, but can be obtained from the human learning process through the experiences they experience.

Efforts that can be made to increase adolescent resilience regarding premarital sex are by providing resilience education about premarital sex. In this research, the form of information delivery used was providing education about tough attitudes regarding premarital sexual behavior using video media. Video is a type of electronic media. As non-print teaching materials, videos can add a new dimension to learning, students not only see images from printed teaching materials and sound from audio programs, but in videos students can get both moving images and accompanying sound, in addition to images and sound, students can see and also feel the expressions expressed in the video (Ranni, 2020).

Benefit of providing videos on the resilience of adolescent girl regarding premarital sexual behaviour

The desire to have sex increases dramatically during adolescence, peaking between the ages of 14 and 17 (middle adolescence). It stimulates young people to undertake sexual activity, which tends to involve more vigorous physical contact and occasionally even sexual intercourse. The majority of them have a mindset that prevents them from engaging in responsible sexual behavior, which they did. The likelihood of having sex before marriage rises with increased adolescent sexual behavior. Adolescence is a time when several sexual behaviors are prevalent, including masturbation, oral sex, anal sex, oral arousal, and heterosexual relationships.(Setiadi, 2018) Understanding information about sexual education and reproductive health has an impact on sexual behavior. Because it has little immediate impact on sexual behavior, adolescents' sexual education knowledge plays a relatively limited influence in sexual behavior. This is due to the fact that adolescents who have started to mature sexually may struggle to manage the arousal that causes them to engage in sexual behavior carelessly and without understanding the consequences and hazards involved. (Sejati, 2021) Sexual education is therefore necessary to stop sexual conduct before marriage. It has been demonstrated that sex education is essential to helping young people form safe relationships and make a smooth transition to adulthood.(Horanieh, 2021)

The media will be used to the fullest extent to provide sexual education. Certainly, the media employed adapts to the child's development. Video media is a good option for teenagers who have a propensity to become obsessed with their technology. In the present period, the media has a significant impact on how sex education is delivered to children and teenagers. In order to better understand a lesson, video media can present audio and visual content that incorporates learning messages in the form of rules, guidelines, and concepts. Students' learning boredom, which often exclusively uses lecture or PowerPoint methods, can be alleviated by using multimedia supplied with music, narration, graphics, and animation. The effectiveness of video media over pamphlet media in raising adolescent awareness. (Adyani, 2022) The Wilcoxon statistical test showed that the majority of respondents obtained posttest scores greater than the pretest (positive ranks), so there were benefits from providing videos on the resilience of adolescent girls regarding premarital sexual behavior. Video is a medium that has elements of sound and images. This type of media has better expertise, because it includes both types of auditive (hearing) and visual (seeing) media. The use of media in health education provides several benefits, such as stimulating the target's interest, overcoming limitations of space, time, language and sensory abilities in the process of receiving education, overcoming the passive attitude of the target, providing stimulation, experience and creating the same perception. This encourages the target's desire to know more, deepen and understand it, which ultimately provides a positive understanding of the health message in question. Next, the target will forward the message to other people so that more targets are obtained (Putri, 2019).

Prabandari's opinion (2018) explains that this is because the new stimulus provided, namely health education using video media, received good attention from respondents so that it influenced respondents' knowledge (Prabandari, 2018). Research conducted by Budiarti (2017) shows that knowledge and Motivation can be influenced by providing video media because videos can reflect more effective absorption of information using the senses of sight and hearing and can increase knowledge compared to just using the sense of sight (Budiarti, 2017). This is due to a learning process by the respondent and occurs due to an increase in the subject's sensitivity or readiness for the test given to the respondent.

CONCLUSION

There are benefits of providing videos on the resilience of young women regarding premarital sexual behavior. There was an increase in adolescent resilience regarding premarital sexual behavior before and after being given health education through videos about adolescent resilience regarding premarital sexual behavior. It is hoped that future

research can develop research on adolescent resilience regarding premarital sexual behavior, not just limited to education, so that respondents can apply it directly in their daily lives.

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