

The Effectiveness of Psychoeducational Groups with Homeroom Techniques to Improve Understanding of Premarital Sex among Students

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Received April 02, 2022;

Revised April 30, 2022;

Accepted May. 10, 2021;

Published Online 2022-05-25

Conflict of Interest Disclosures:

The authors declare that they have no significant competing financial, professional or personal interests that might have influenced the performance or presentation of the work described in this manuscript.



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Abstract: The purpose of this study was to determine the effectiveness of psychoeducational groups with homeroom techniques in increasing understanding about the dangers of premarital sex. The type of research used is experimental research with a one-group pretest-posttest design. The sample used was 7 grade XI students of SMAN 11 South Tangerang City who had a low understanding of the dangers of premarital sex. The sampling technique in this research is purposive sampling. The data collection method used is descriptive percentage analysis and Wilcoxon test. The results of this study indicate that students' understanding of the dangers of premarital sex before and after being given treatment in the form of a homeroom technique psychoeducation group increased by an average of 6.62%. The effectiveness of the psychoeducational group with the homeroom technique is marked by a change in understanding of the dangers of premarital sex. This can be seen from the comparison between the results of the pretest which are categorized as moderate to close to low and the posttest results which increase after being given treatment into the high category. Suggestions for further researchers, it is necessary to conduct similar research by studying the weaknesses in this research, or by developing this research by replacing techniques with more innovative and relevant to the conditions of the research subjects..

Keywords: psychoeducational groups, homeroom techniques, premarital sex.

How to Cite: Muslikah, Amirah Dzatul Himma. 2022. The Effectiveness of Psychoeducational Groups with Homeroom Techniques to Improve Understanding of Premarital Sex among Students. *Bisma*, 6 (1): pp. 97-102 , DOI: [10.23887/bisma.v6i1.38215](https://doi.org/10.23887/bisma.v6i1.38215)

Introduction

Teenager is one part from generation young who became attention in education (Kuthe, 2019). Because teenager have a unique transition period going to individual mature (Icenogle, 2019). According to Erikson (in Sarwono, 2013) teenagers is on stage where they attempted oppose blur identity but still trapped by the escape role they alone in the neighborhood origin. At stage youth, change occur by significant, good change by physical, psychological nor social (Gafiatulina, 2018). Including hormone sexual start functioning in adolescence, where teenager man experience dream wet and teen woman experience

menstruation (Arisani, 2022). Change hormone the could push teenager for interested approach even to do various type behavior sexual intercourse (Kaplan, Benjamin & Jack, 2010).

Behavior sex premarital no again Becomes something that is taboo among Indonesian youth, especially in some decade this, thing the based on results the 2012 BKKBN survey, where found 41.8% of adolescents 15-19 years old pregnant outside wedding. 5 years Furthermore, in 2017 the BKKBN stated that : number pregnancy among teenagers 48 out of 1000 teenagers. While in Furthermore, the survey data conducted Term Development Plan National Intermediate 2018, found that number pregnancy no wanted in West Kalimantan reached 24.9 percent. Means of 1000 births, as much as 24.9 percent of them is birth that doesn't wanted or is pregnancy outside bond wedding with range ages 15-19 years (Bakheet, 2018).

Similar data was also found by several researcher of them, namely study Darmasih (2011) in Surakarta City, some high school teenagers big once To do kiss lips as much as 10.53 percent, doing kiss 5.6 percent, do masturbation or masturbation 4.23 percent, and do connection sexual as much as 3.0 percent (Darmasih in Winarni, 2011). Similar thing found Ulfa (2018) in his research at one of the X High Schools in the District Cilacap, found that 3.3 percent of 123 students class XI already to do sexual, and from BK teacher information (guidance counseling) met by the researcher put forward that behavior the already conducted student since he was in middle school. Meanwhile, in the city of Semarang itself, based on mini- survey data, about KTD or Pregnancy Not What is wanted by PILAR PKBI Central Java in 2015, it is known of 2843 respondents Semarang City High School teenagers, almost 50 percent teenager already To do connection sex before marriage (PKBI, 2015).

Meanwhile, during the Covid-19 pandemic, district religious court data Jepara, Central Java, showing there is about 237 applications dispensation for marriage during period January-July 2020. From the numbers, as much as 52 percent is submission application dispensation for marriage because pregnant outside wedding. same thing occurred in South Tangerang City. Based on results Interview researcher with the BK teacher at SMAN 11 Tangerang Selatan City regarding sex premaritalon students, the results obtained is During period time two year last, still occur drop out case because pregnant outside wedding.

If phenomenon behavior sex premaritalin teens specifically student medium no quick handled will result in increased case STD transmission or disease infectious sexual such as HIV and AIDS, pregnancy no wanted even abortion (Rahyani in Rahmawati & Devi, 2016). Data from BKKBN in 2010, in Indonesia itself happened 2.3 million case abortions per year, of which 30 percent of them done by teenagers. Connection sex outside marriage also has risk caught disease where risk that increase four up to five times if done by teenagers. In the period June year 2018, total cumulative HIV infection as many as 301,959 people (47 percent from the estimated number of people living with HIV and AIDS in 2018 was 640,443 people) and the most found in group age 25-49 years and 20-24 years (Ministry of Health, 2018).

Basically, guidance and counseling teacher have more roles big for resolve problem sex pre - wedding among teenager, thing this supported by the opinion of Santrock (2012) that during adolescence, individuals more many use up time in the neighborhood school than at home, so influence school will more big its effect on adolescents and with the same means teenagers are also more many use up time together group friends at school. According to (Muslikah, Suwarjo & Wijayanti, 2013) teenagers in general even more many by Specific discuss and find out about sexuality from friend same age, though what was discussed not yet of course right.

Based on problems and needs student, then type selected service is group psychoeducation. According to Henderson & Thompson (in Mulawarman., et al., 2021) Group psychoeducation is service group in guidance and counseling that concentrates on prevention problem originating from deficiency students. Group psychoeducation by simple could interpreted as intervention that carried out in groups with focus on educating individual by group about challenge significant in live, help member group for develop sources support and support social in face challenge that, as well as develop Skills member group in Thing coping for face challenge (Griffith in Walsh, 2010). Group psychoeducation is also more emphasizing on the process of learning and education than self-awareness and self-understanding where component cognitive have more proportion big than component affective however no means psychoeducation group no attach importance to self-awareness and self-understanding equally once (Brown, 2011).

From various technique, homeroom selected researcher for help student related problem lack of understanding about danger sex premarital based on results study Hidayat, Zamroni & Sucipto (2018) that service guidance group with technique homeroom gives influence to enhancement anti sex attitude free on

students. Election homeroom techniques are also based on teenagers who are still need figure capable protector invited dialogue and share feelings about anxiety them (Thaib, 2015). This is also supported by Santrock (2012) which states that at the stage development, adolescence occupy Step progressive, where at that time, teenagers start think critical and abstract. Use homeroom technique that is full of family feeling in activity group psychoeducation will help minimize tension so that student no feel afraid or disinclined in channel aspirations and analysis critical (Smith, 2020).

Destination study this that is for knowing level understanding danger sex premarital, understanding danger sex premarital alone means student could translate that phenomenon behaviors sexual before wedding as something activities that can cause impact negative for continuity life future students, on students class XI SMAN 11 South Tangerang City, in enhancement understanding danger sex premarital use service group psychoeducation provided with homeroom techniques, and knowing effectiveness group psychoeducation group with homeroom technique for increase understanding danger sex premarital student class XI SMAN 11 South Tangerang City.

Method

Research Design

Type research used is study experiment with one-group pretest-posttest design. Population study this is student class XI SMAN 11 South Tangerang City totaled 234. The sample technique used namely purposive sampling with sample 12 students in accordance criteria inclusions that have been set. Method data collection used that is interview and scale psychological understanding danger sex premarital for test validity instrument research, researcher use validity construct with product moment formula and for test level reliability use alpha formula. Data analysis techniques used is analysis descriptive percentage and wilcoxon test.

Results and Discussion

Based on destination study that is for knowing level understanding student about danger sex premarital SMAN 11 South Tangerang City and find out effectiveness group psychoeducation with homeroom technique for increase understanding danger sex premarital student class XI SMAN 11 South Tangerang City. So displayed results research that has been done in table 1.

Table 1. Improvement Understanding will Danger Sex premarital Students Pre-test and Post- test

No	R	Hasil <i>Pre-test</i>			Hasil <i>Post-test</i>		
		Skor	%	Kriteria	Skor	%	Kriteria
1	R1	213	60.86	Sedang	233	66.57	Sedang
2	R2	239	68.29	Tinggi	278	79.43	Tinggi
3	R3	209	59.71	Sedang	232	66.29	Sedang
4	R4	246	70.29	Tinggi	263	75.14	Tinggi
5	R5	238	68	Tinggi	269	76.86	Tinggi
6	R6	231	66	Sedang	249	71.14	Sedang
7	R7	251	71.71	Tinggi	265	75.71	Tinggi
Rata-rata		232.4	66.40	Sedang	255.6	73.02	Tinggi

Based on table 1 can is known that pre-test results of ninth member group have the average value is 232.4 with percentage 66.40% including category medium. Meanwhile, the results of the post-test understanding danger sex premarital student experience enhancement Becomes category tall with an

average of 255.6 the percentage of 73.02%. Difference percentage before and after given service group psychoeducation with experience homeroom techniques increase. Could concluded that the 7 students who became subject member group experience enhancement understanding danger sex premarital. Enhancement scores each individual different one with the others. However by whole member group experience enough improvement good.

Tested hypothesis in study this is group psychoeducation with effective homeroom techniques for increase understanding danger sex premarital students of SMAN 11 South Tangerang City. Wilcoxon test analysis results could seen in table 2.

Table 2. Wilcoxon, Test Results

N	T1	T2	M	Z
7	232.4	255.6	244	-3,662

Based on table 2 can seen that score results count ($Z= 3.662, p < 0.05$) more small from values in the table ($Z=6, p<0.05$). This thing show that hypothesis alternative accepted and hypothesized zero rejected, in other words can concluded that service group psychoeducation with effective homeroom technique ($Z=3.662, p<0.05$) for increase understanding danger sex premarital student class XI SMA Negeri 11 Tangerang Selatan City, p this could seen from existence improvements that make the difference in the mean value of understanding danger sex premarital from results pre-test and results post-test.

Calculation result descriptive in table 1, it is known that before given service group psychoeducation with understanding homeroom technique danger sex premarital from seven student show average score in category medium. After being given service group psychoeducation with technique understanding homeroom danger sex premarital student from seven students show average score in category high. Based on pre-test results, known that before given service group psychoeducation with homeroom technique, understanding danger sex premarital from seven student show average score in category medium. These thing show part big students not yet have adequate understanding about behavior sex before wedding could endanger himself. in line with pretest results, the data obtained from Guidance Teacher Counseling at school say that lack of understanding student about danger sex premarital could seen from behavior or activity student while in the environment school that hasn't fully understand limitation association or socialize with opponent type, not yet wise in healthy internet access where is the teacher still many find students at school access pornography even save and mutual share content pornography. Understanding about that activity sex premarital is something harmful behavior himself in the future.

Research results this support study Hidayat, Zamroni & Sucipto (2018) that use homeroom technique on service group give influence to enhancement anti sex attitude free on students. Difference with study this is type service guidance and counseling used, research Hidayat, Zamroni & Sucipto (2018) uses service guidance group, while study this use service one Types of group therapy, namely: group psychoeducation. Service group psychoeducation with homeroom technique in research this is effort direct student for understand, appreciate and interpret behaviors sexual like kissing, holding hands, hug nor relate sex with opponent type is harmful behaviors self future students so that student could take choice or more steps wise when faced with opportunity To do behaviors sex before wedding.

Conclusion

Understanding The dangers of premarital sex in class XI students of SMA Negeri 11 Tangerang Selatan City before receiving psychoeducational group services with homeroom techniques were in the moderate category. Then after getting the psychoeducational group service with the homeroom technique, it increased to a high category. Students who have a moderate understanding of behavior show positive tendencies in premarital sex behaviors such as holding hands and being alone in school, routine read semi - pornographic stories good in form comic as well as novels. Group psychoeducation with effective homeroom techniques for increase understanding danger sex premarital on students class XI SMAN 11 South Tangerang City. Effectiveness group psychoeducation with homeroom technique, marked with

existence change understanding will danger sex premarital. This thing could seen from comparison Among pretest results which include category currently approach low and yield increased posttest after given treatment Becomes category high. Suggestions for researcher next, need conducted study similar with learn weaknesses in study this, or with develop study this with replace technique with more innovative and relevant with condition subject study so that occur more changes significant before and after service.

Acknowledgment

Thanks to Allah almighty Who enabled me to research on such a critical issue of these days. I revere the patronage and moral support extended with love, by my parents whose financial support and passionate encouragement made it possible for me to complete this project.

I submit my heartiest gratitude to my thesis adviser/supervisor; Mrs. Muslikah for her comments, suggestions, fruitful discussions as well as her support and encouragement. I humbly extend my thanks to all concerned persons who co-operated with me in this regard.

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Article Information (Supplementary)

Conflict of Interest Disclosures:

The authors declare that they have no significant competing financial, professional or personal interests that might have influenced the performance or presentation of the work described in this manuscript.

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First Publication Right: BISMA The Journal of Counseling

<http://dx.doi.org/10.23887/bisma.v6i1.38215>

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Word Count:

