

ANALYSIS OF SEXUAL HEALTH EDUCATION ON THE PERCEPTIONS OF ADOLESCENT WOMEN ON FREE SEX

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Background : The lack of providing health education to young women about free sex affects young women's perceptions that are not good about free sex. The purpose of this study was to analyze the effect of sexual health education on adolescent girls' perceptions of free sex in Sindang Baru Village, Toili District, Banggai Regency.

Method The research design used pre-experimental research with one group pre-test-post-test design. The sample of this study was some young women aged 15-21 years in Sindang Baru Village, Toili District, Banggai Regency in August 2021 as many as 42 people. sampling method using Simple Random sampling technique. Data collection by using a questionnaire. Bivariate analysis to see the relationship between the independent variable and the dependent variable using the Wilcoxon statistical test with a significant level of $\alpha = 0.05$

Result : Based on the results of the study, it showed that of the 42 respondents, most of the respondents before being given health education had a sufficient perception of free sex, as many as 31 respondents (73.9%). and after being given health education.

Analysis: Almost all respondents have a good perception of free sex, as many as 37 respondents (88.1%). Perceptions of young women about free sex in Sindang Baru Village, Toili District, Banggai Regency.

Conclusion : The conclusion of this study is that there is an effect of sexual health education on the perception of young women about free sex in Sindang Baru Village, Toili District, Banggai Regency.

Keywords: Health Education, Adolescent Perception, Free Sex

INTRODUCTION

Adolescence is an important period in the journey of human life. Adolescence is a period of transition from childhood to adulthood. At this time there are various changes and rapid development of both physical, mental, and psychosocial. This period is a period of transition from childhood to adulthood (Kusmiran, 2016)

In adolescence, they have begun to recognize interests and approaches with the opposite sex related to maturity. Maturity of the sex organs (maturity) can have a bad effect if adolescents are not able to control their sexual stimulation, so they are tempted to have premarital sex. Generally, teenagers want to know new things so that they want to try and experiment. This behavior of wanting to try new things if driven by sexual stimulation can bring teenagers into premarital sex with all the consequences, including pregnancy of teenage girls out of wedlock, attempts at abortion, and transmission of venereal diseases, including HIV/AIDS. Marmi, 2016)

According to WHO (2012) the number of adolescents in the world currently reaches \pm 1.2 billion. The results of the study on 1038 adolescents aged 13-17 years regarding sexual relations showed that 16% of adolescents agreed with sexual relations, 43% said they did not agree with sexual relations and 41% stated that it was okay to have sexual relations (Rusdianti, 2017).

Premarital sex in adolescents aged 15-24 years continues to increase every year. According to the 2012, compared to the 2002 IDHS, there was an increase in adolescent premarital sex. The 2012 IDHS survey on Adolescent Reproductive Health was conducted on unmarried girls and boys. The result was 8.3% of boys and 1 percent of girls had premarital sex. In adolescents aged 15-19 years having premarital sex about 2.7%. From the same survey, almost 80% of respondents have held hands, 48.2% of boys and 29.4% of girls have kissed and 29.5% of boys and 6.2% of girls have stimulated each

other. Dating behavior to the point of kissing has the potential to have sexual intercourse (IDHS, 2017).

Based on a preliminary study conducted on March 8, 2021 in Sindang Baru Village, Toili District by interviewing 10 teenagers about free sex, 5 teenagers perceive that free sex is an unnatural thing because it is an act of adultery and is prohibited by religion, 2 teenagers perceive that free sex is a crime. which is reasonable because on the basis of love, 3 teenagers perceive free sex behavior due to lack of parental love and lack of good sex education.

The role of health workers is expected to be able to provide counseling / health education related to the dangers of free sex, both physical hazards, psychological behavior and efforts to overcome free sex. Health workers can use booklet media in providing information so that teenagers are more interested and easy to receive information.

Based on the description above, the researcher is interested in conducting research on the analysis of sexual health education on the perception of young women about free sex in Sindang Baru Village, Toili District, Banggai Regency.

MATERIAL AND METHOD

The research design used was a pre-experimental research design. This study uses a one group pretest and posttest design, where this research is carried out by giving a pretest (initial observation) before being given an intervention. After being given the intervention, a posttest (final observation) was carried out. This research was conducted in Sindang Baru Village, Toili District, Banggai Regency with a population of teenagers aged 15-21 years with a population of 47 respondents. Then using simple random sampling, a sample of 42 respondents was obtained.

To analyze the effect of sexual health education on young women's perceptions of free sex in Sindang Baru Village, Toili

District, Banggai Regency using the Wilcoxon sign rank test statistic with a 95% confidence degree ($= 0.05$).

RESULT

Table 1 Perceptions of adolescent women about free sex before being given health education

No	Adolescent perceptions	Frequency	Presentation (%)
1	Good	5	11,9
2	Enough	31	73,9
3	Not Enough	6	41,2
	Total	42	100

The results showed that most of the respondents before being given health education had a enough or sufficient perception of free sex, as many as 31 respondents (73.9%).

Table 2 Perception of adolescent girls about free sex after being given health education

No	Adolescent perceptions	Frequency	Presentation (%)
1	Good	37	88,1
2	Enough	5	11,9
3	Not Enough	0	0
	Total	42	100

The results showed that almost all respondents after being given health education had a good perception of free sex, as many as 37 respondents (88.1%).

Table 3 The influence of sexual health education on adolescent girls' perceptions of free sex in Sindang Baru Village, Toili District, Banggai Regency

No.	Persepsi Remaja Putri	Adolescent women perception			
		Before		After	
		n	%	n	%
1.	Good	5	11,9	37	88,1
2.	Enough	31	73,9	5	11,9
3.	Not enough	6	41,2	0	0
	Jumlah	42	100	42	100

The results showed that before health education had enough or sufficient free sex perception, as many as 31 respondents

(73.9%), while before health education had a good free sex perception as many as 37 respondents (88.1%).

Table 4 Statistical Test Results The effect of sexual health education on adolescent girls' perceptions of free sex

Test Statistics^b

Before Health Education – After health education

Z	-5.648 ^a
Asymp. Sig. (2-tailed)	.000

a. Based on negative ranks.

b. Wilcoxon Signed Ranks Test

Based on the Wilcoxon signed rank test statistic using SPSS, it was found that the p value was smaller than 0.05 ($0.000 < 0.05$). So H_0 is rejected and H_1 is accepted, meaning that there is an influence of sexual health education on young women's perceptions of free sex in Sindang Baru Village, Toili District, Banggai Regency.

DISCUSSION

Based on the Wilcoxon signed rank test statistic using SPSS, it was found that the p value was smaller than 0.05 ($0.000 < 0.05$). So H_0 is rejected and H_1 is accepted, meaning that there is an influence of sexual health education on the perception of young women about free sex in Sindang Baru Village, Toili District, Banggai Regency. Health education in the sense of education in general is all planned efforts to influence other people, whether individuals, groups, or communities, so that they do what is expected by the perpetrators of education or health promotion. And this limitation implies the elements of input (goals and educators of education), process (planned effort to influence others) and output (doing what is expected). The expected result of a health promotion or education is behavior to maintain and improve health that is conducive to the goals of health promotion (Notoatmodjo, 2016).

The results of the study found that adolescents after being given health education had an increased perception quality than before being given health education about free sex, so they could avoid the risks or impacts of free sex, especially among adolescents, this is in line with Taufik (2016) Teenagers who perceive having premarital sex, due to lack of love from parents, lack of faith not remembering the creator of Allah SWT, excessive curiosity and promiscuity.

Researchers argue that health education has a very important role in changing adolescent perceptions. Changes that occur due to increased knowledge and absorption of good information on health education that has

been given. The more knowledge and experience teenagers have and it is supported by counseling about health, especially about free sex which directly by health workers allows respondents to be able to understand free sex well.

CONCLUSION

Based on a preliminary study conducted on March 8, 2021 in Sindang Baru Village, Toili District by interviewing 10 teenagers about free sex, 5 teenagers perceive that free sex is an unnatural thing because it is an act of adultery and is prohibited by religion, 2 teenagers perceive that free sex is a crime. which is reasonable because on the basis of love, 3 teenagers perceive free sex behavior due to lack of parental love and lack of good sex education.

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