

PENGARUH PENDIDIKAN KESEHATAN DENGAN MEDIA *BOOKLET* “SEX EDUCATION” TERHADAP PENGETAHUAN DAN SIKAP REMAJA DALAM PERILAKU SEKS PRANIKAH DI SMK X

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ABSTRAK

Latar Belakang : Perilaku seks pranikah pada remaja memiliki dampak negatif seperti dampak psikologis, fisiologis, sosial dan fisik. Fenomena ini semakin meningkat tiap tahunnya. Salah satu pencegahan perilaku seks pranikah pada remaja melalui pemberian edukasi, khususnya *booklet*. Penelitian ini bertujuan untuk mengetahui pengaruh pendidikan kesehatan dengan media *booklet* “sex education” terhadap pengetahuan dan sikap remaja dalam perilaku seks pranikah di SMK Dewantara Sumbang.

Metode Penelitian : Penelitian ini menggunakan jenis penelitian *quasi experiment* dengan *one group only with pretest and posttest design*. Teknik *sampling* menggunakan *quota sampling*, yakni sebanyak 36 siswa SMK. Data dikumpulkan dengan menggunakan kuesioner tentang pengetahuan dan sikap. Analisis data menggunakan uji *Wilcoxon*.

Hasil : Hasil penelitian menunjukkan bahwa terdapat perbedaan pengetahuan sebelum dan sesudah diberikan pendidikan kesehatan yang signifikan dengan nilai $p=0,000$ ($p<0,05$). Tidak terdapat perbedaan sikap terhadap perilaku seks pranikah sebelum dan sesudah dilakukan pendidikan kesehatan dengan nilai $p=0,347$ ($p>0,05$).

Kesimpulan : *Booklet* efektif untuk meningkatkan pengetahuan perilaku seks pranikah pada remaja.

Kata kunci: *Booklet*, perilaku seks pranikah, siswa.

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THE EFFECT OF HEALTH EDUCATION WITH THE "SEX EDUCATION" BOOKLET TO THE KNOWLEDGE AND ATTITUDE OF ADOLESCENTS IN PREMARITAL SEX BEHAVIOR SMK X

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ABSTRACT

Background: Premarital sex behavior in adolescents has several negative impacts such as psychological, physiological, social and physical impact. This phenomenon increasing every year. One of premarital sex behavior prevention in adolescents is through giving education, especially with booklets. This study aimed to determine the effect of health education with the "sex education" booklet to the adolescents knowledge and attitude in premarital sex.

Research Method: This research used quasi experiment with one group only with pretest and posttest design. Sampling technique used quota sampling, which involved 36 students. Data were collected using a questionnaire of knowledge and attitude. Data were analysed using Wilcoxon test.

Results: The study results showed that there was a significant difference of knowledge between before and after given health education with p value = 0,000 ($p < 0,05$). There was no difference of attitude to premarital sex between before and after health education with p value = 0,347 ($p > 0,05$).

Conclusion: Booklet 'sex education' was effective to improve knowledge of premarital sex behavior in adolescents.

Keywords: Booklet, Premarital sex behavior, students.

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