

# **PENGARUH PENYULUHAN MELALUI MEDIA VIDEO ANIMASI YOUTUBE DALAM MENINGKATKAN PENGETAHUAN REMAJA TENTANG SEKSUAL BERISIKO DI SMK MUHAMMADIYAH 2 BANTUL TAHUN 2025**

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## **INTISARI**

**Latar Belakang :** Di era globalisasi dan kemajuan teknologi informasi, remaja di Indonesia menghadapi tantangan perilaku seksual berisiko. Menurut WHO, di negara berkembang, sekitar 21 juta remaja berusia 15-19 tahun hamil setiap tahun, dengan 50% di antaranya merupakan kehamilan tidak diinginkan. Di Indonesia, terdapat 65 juta remaja berusia 10-24 tahun, dan 15-20% sudah melakukan hubungan seksual di luar nikah. Dinas Kesehatan DIY melaporkan 611 kasus kehamilan tidak direncanakan di kalangan remaja, dengan Kabupaten Bantul mencatat kasus tertinggi. Data terbaru menunjukkan 99% pernikahan anak di Bantul disebabkan oleh kehamilan tidak direncanakan. Kesenjangan antara kebutuhan pendidikan seksual dan kenyataan di lapangan mengindikasikan pentingnya penyuluhan perilaku seksual berisiko. Metode pembelajaran seperti video animasi dapat menarik perhatian remaja dan meningkatkan pemahaman mereka.

**Tujuan :** Diketuinya pengaruh penyuluhan kesehatan melalui media video animasi youtube dalam meningkatkan pengetahuan seksual berisiko pada remaja di SMK Muhammadiyah 2 Bantul.

**Metode :** Penelitian menggunakan desain *pre-eksperimental One-Group Pretest-Posttest Design*. Penelitian dilakukan di SMK Muhammadiyah 2 Bantul, Yogyakarta, pada Juni 2025. Sampel penelitian ini adalah 53 responden yang merupakan siswa siswi kelas X dan XI. Analisis data menggunakan SPSS uji Wilcoxon untuk membandingkan skor pengetahuan sebelum dan sesudah intervensi.

**Hasil :** Dari Uji Wilcoxon yang didapatkan hasil nilai  $p\text{-value} = 0,000 < 0,05$  yang berarti Ha diterima, artinya ada pengaruh peningkatan pengetahuan remaja tentang seksual berisiko di SMK Muhammadiyah 2 Bantul setelah diberi intervensi media video YouTube.

**Kesimpulan :** Penelitian ini menunjukkan bahwa penyuluhan kesehatan melalui media video animasi YouTube efektif dalam meningkatkan pengetahuan seksual berisiko pada remaja.

**Kata Kunci :** Media Video Youtube, Perilaku Seksual Berisiko, Pengetahuan

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# THE IMPACT OF COUNSELING THROUGH YOUTUBE ANIMATED VIDEO MEDIA ON IMPROVING ADOLESCENTS' KNOWLEDGE ABOUT RISKY SEXUAL BEHAVIOR IN SMK MUHAMMADIYAH 2 BANTUL IN 2025

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## ABSTRACT

**Background :** In the era of globalization and rapid advancements in information technology, adolescents in Indonesia face challenges related to risky sexual behavior. According to the WHO, approximately 21 million adolescents aged 15-19 become pregnant each year in developing countries, with 50% of these pregnancies being unintended. In Indonesia, there are 65 million adolescents aged 10-24, and 15-20% have engaged in premarital sexual relations. The Health Office of DIY reported 611 cases of unplanned pregnancies among adolescents, with Bantul District recording the highest cases. Recent data shows that 99% of child marriages in Bantul are due to unplanned pregnancies. The gap between the need for sexual education and the reality on the ground highlights the importance of counseling on risky sexual behavior. Learning methods such as animated videos can capture adolescents' attention and enhance their understanding.

**Objektif :** This study aims to determine the impact of health counseling through YouTube animated video media in improving adolescents' knowledge of risky sexual behavior at SMK Muhammadiyah 2 Bantul.

**Method :** The research employs a pre-experimental One-Group Pretest-Posttest Design. The study was conducted at SMK Muhammadiyah 2 Bantul, Yogyakarta, in June 2025. The sample consists of 53 respondents who are students in grades X and XI. Data analysis utilized SPSS Wilcoxon test to compare knowledge scores before and after the intervention.

**Result :** From the Wilcoxon test yielded a  $p$ -value of  $0.000 < 0.05$ , meaning the null hypothesis is rejected, and there is a significant increase in adolescents' knowledge about risky sexual behavior at SMK Muhammadiyah 2 Bantul following the intervention using YouTube video media.

**Conclusion :** This research demonstrates that health counseling through YouTube animated videos is effective in improving adolescents' knowledge of risky sexual behavior.

**Keywords:** YouTube Video Media, Risky Sexual Behavior, Knowledge

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