

ABSTRACT

THE INFLUENCE OF HEALTH EDUCATION ON THE LEVEL OF KNOWLEDGE REGARDING PRE MARITAL SEX BEHAVIOR OF ADOLESCENTS IN SMA N 1 SEYEGAN

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Background: Adolescence is a transformation period from childhood into adult and signed by physical, emotional, and psycological change. Adolescent's sexual development is signed by menarche on female and nocturnal ejaculation on male. Adolescents are unprepared to face their changes including escalating sex desire. This condition is worsen by easy access toward unproper information about sex. Through printed and electronic media (Sarwono, 2006). Therefore, it is necessary to give health education about pre marital sex behavior.

Objective: To find out the influence of health education on the level of knowledge regarding pre marital sex behavior of adolescents in SMA N 1 Seyegan.

Methods: The research used one group pretest-postest design. Samples were selected by proportional simple random sampling technique, which were students of the second grade of science and social class in SMA N 1 Seyegan, who met the inclusion and exclusion criteria as many as 139 adolescents. The instruments in this research were questionnaires which were made by researcher based on the theory regarding pre marital behaviour. The data were then Analyzed by using Wilcoxon Signed Rank Test.

Results: The level of knowledge regarding the pre-marital sex behavior of students SMA N 1 Seyegan before obtaining health education are as follows: good (5.8%), sufficient (61.2%), and poor (33.1%), and the level of knowledge after obtaining the health education are: good (88.5%), and sufficient (11.5%). The results of Wilcoxon Signed Rank Test is ($z=-9.787$, $P=0,000$). Based on the statistic test result there is a significant difference in the level of knowledge of adolescents regarding the pre-marital sex behaviour before and after getting health education.

Conclusions: Health education has influences on the level of knowledge regarding pre-marital sex behavior of adolescents in SMA N 1 Seyegan.

Keywords: Health education, pre-marital sex behavior, level of knowledge

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ABSTRAK

PENGARUH PENDIDIKAN KESEHATAN TERHADAP TINGKAT PENGETAHUAN TENTANG PERILAKU SEKS PRANIKAH PADA REMAJA DI SMA N 1 SEYEGAN

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Latar Belakang: Remaja merupakan masa peralihan dari anak-anak ke arah dewasa dan ditandai oleh perubahan fisik, emosi dan psikis. Perkembangan seksual remaja ditandai dengan adanya *menarche* pada wanita dan *nocturnal ejaculation* pada pria. Ketidaksiapan remaja menghadapi perubahan dalam dirinya termasuk dorongan seks mulai meningkat, keadaan tersebut diperberat dengan adanya kemudahan remaja mengakses informasi tentang seks yang salah melalui media cetak dan elektronik (Sarwono, 2006). Untuk itu diperlukan suatu tindakan pemberian pendidikan kesehatan tentang perilaku seks pranikah yang benar.

Tujuan: Untuk mengetahui pengaruh pendidikan kesehatan tentang perilaku seks pranikah terhadap tingkat pengetahuan siswa SMA N 1 Seyegan.

Metode penelitian: Penelitian ini menggunakan rancangan *one group pretest-posttest design*. Sampel diambil dengan teknik *proportionate simple random sampling* yaitu remaja kelas XI IPA dan IPS yang berada di SMA N 1 Seyegan yang memenuhi Kriteria inklusi dan eksklusi sebanyak 139 remaja. Instrumen penelitian ini menggunakan kuesioner yang dibuat sendiri oleh peneliti berdasar teori yang ada. Teknik analisa data menggunakan uji statistik *wilcoxon signed rank test*.

Hasil Penelitian: Tingkat pengetahuan tentang perilaku seks pranikah pada siswa SMA N 1 Seyegan, sebelum diberikan pendidikan kesehatan tentang perilaku seks pranikah adalah baik (5.8%), cukup (61.2%), kurang (33.1%), dan tingkat pengetahuan setelah diberikan pendidikan kesehatan tentang perilaku seks pranikah adalah baik (88.5%), cukup (11.5%). Hasil uji Wilcoxon Signed Rank Test diperoleh ($Z = -9.787$, $P = 0.000$). berarti ada perbedaan bermakna tingkat pengetahuan remaja tentang perilaku seks pranikah sebelum dan setelah diberikan pendidikan kesehatan.

Kesimpulan: pendidikan kesehatan berpengaruh terhadap tingkat pengetahuan tentang perilaku seks pranikah pada remaja.

Kata Kunci: Pendidikan Kesehatan, Perilaku Seks Pranikah, Tingkat Pengetahuan

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