

Audiovisual Media as an Effort to Increase Adolescents' Knowledge of Free Sex

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Abstract: Adolescence is a life period between childhood and adulthood, characterized by the maturity of the reproductive organs. In this period, sexual development and drive are common and reasonable. However, if they have poor control, they will follow negative behavior. In many cases, they will explore a lot of new things and most of them will engage in free sex. This study aimed to determine the effect of utilizing audiovisual media during health education on the knowledge of free sex among adolescents. This research used one group pretest-posttest design. The populations were all students of Muhammadiyah Vocational High School 1 Lamongan. The samples were 37 respondents who were obtained by simple random sampling in March 2024. In this research, health education using audiovisual media was the independent variable, while adolescents' knowledge of free sex was the dependent variable. A closed-questionnaire was employed to collect the data. The collected data were then analyzed by using the Wilcoxon-signed rank test. To conclude, audiovisual media are very beneficial in improving adolescents' knowledge of free sex, and it is suggested to use in the similar activities.

Keywords: free sex; health education; audio visual

INTRODUCTION

Adolescence is an intermediate period characterized by the maturity of the reproductive organs. Adolescence as a period between 10 and 19 years, and includes elements of biological growth and social role transition (Sawyer et al., 2018). The growth and development of adolescent quality is an important element as a benchmark and foundation of national hope, but in the health and social fields, this group is vulnerable to various problems, especially related to premarital sexual behavior (Harden, 2014). Sexual development and drive are biologically natural, but if there is poor control, it will lead to negative behavior. Many of adolescents will start dating in this period and eventually fall into free sex. Free sexual behavior among adolescents is commonly found in almost all major cities in Indonesia, regardless of ethnicity, religion, and even education level (Widman et al., 2016). In the era of globalization, most of the information is inaccurate regarding reproductive health and results in deviant and dangerous sexual behavior. Besides, the wide circulation of pornographic material has an influence on the formation of sexual behavior patterns

(Butler et al., 2018). A survey conducted by the Indonesian Child Protection Committee, revealed that 32% of adolescents in Indonesia aged 14-18 years had sex. Another survey also resulted in a surprising fact that one out of four adolescents in Indonesia had premarital sex. There is an increase in HIV and AIDS and approximately 800 thousand adolescents have abortions every year due to free sex (Hosek et al., 2017).

The initial survey conducted on students of Muhammadiyah Vocational High School 1 Lamongan through interviews found that 40% of students were aware of free sex while 60% of them were unaware. One possible way to overcome free sex in adolescents is through sexual education. Sexual education plays an important role in the preparation of young people for a safe and productive life, in which various dangers such as HIV and AIDS, sexually transmitted infections, unwanted pregnancies, gender-based violence and gender inequality still pose a serious risk to their well-being. Education should not only conduct at schools, but also at the community level, based on age, start as early as possible, and encourage informed decision-making. Information about sex education is best provided early when children begin to actively ask questions about the sex differences between themselves and others (Haberland, N., & Rogow, D, 2015).

Learning or information delivery media include visual, auditory, and kinesthetic. Information delivery media considered effective if it combines more than one media. If learning activities are only carried out verbally or one-way communication, it will not be optimal in achieving the expected understanding (Armstrong et al., 2018). Audiovisual media is a form of media that combines audio and visual. Audiovisual media can encourage and increase students' motivation. Movies and videos increase effectiveness, efficiency, increase interest, understanding in the process of delivering information, and improve learning outcomes (Breslau et al., 2017). This study aimed to determine the increase in adolescents' knowledge of free sex before and after the use of audio-visual media.

METHOD

This study used a pre-experimental design with a one group pretest-posttest design. It revealed a causal relationship involving one group of subjects. The independent variable was health education and the dependent variable was knowledge. The data were collected using a closed questionnaire which previously obtained permission from the school with a request letter from the Research and Community Service Institute of Muhammadiyah University of Lamongan.

The research was conducted at Muhammadiyah Vocational High School 1 Lamongan. The population was 80 students. A total of 37 respondents were obtained as samples through simple random sampling. This study was conducted by giving an initial questionnaire about students'

knowledge of free sex, then given an intervention in the form of free sex education through audiovisual media, and at the end a questionnaire was given as a posttest. The data were processed and analyzed using the Wilcoxon-Signed Rank Test with a significant level of 0.05.

RESULTS

From Table 1 below, it can be perceived that 19 students (53%) were male, 23 (62%) students with an average age of 16 years old, and 25 students (68%) had a boyfriend or girlfriend. A total of 30 students 82% mentioned that their father's educational background was high school, and 33 students (90%) said that their mother's educational background was high school. Regarding information about free sex, 21 students (57%) obtained information about free sex from electronic media.

Table 1. Respondents Demographic Data

Characteristic	Category	Frequency	Percentage
Gender	Female	18	48
	Male	19	53
Age	15	8	22
	16	23	62
	17	6	17
Relationship status	Had boyfriend/girlfriend	25	68
	No boyfriend/girlfriend	12	32
Father's Education	Junior High School	2	4
	Senior High School	30	82
	Bachelor/Diploma	5	14
Mother's Education	Junior High School	2	5
	Senior High School	33	90
	Bachelor/Diploma	2	5
Sources of information about free sex	Health workers	2	6
	Printed media	10	25
	Electronic media	21	57
	None	4	12

Tabel 2. Statistical Test Results

Knowledge	Pretest		Posttest	
Good	3	8,1	17	45,9
Fair	16	43,2	18	48,6
Poor	18	48,6	2	5,4
<i>p-Value</i>			0,000	
<i>Z</i>			-4,667	

Based on Table 2, it can be concluded that before audiovisual media were given, 18 students (48.6%) had poor knowledge level about free sex, while after audiovisual media were given, 18 students (48.6%) had fair knowledge of free sex. To analyze the effect of audiovisual media students' knowledge of free sex, the Wilcoxon-Signed Rank Test was conducted. The results with $p = 0.000$ indicated a significant value ($Z = -4.667$), where $p < 0.05$, and thus H_0 was rejected. This means that audiovisual media had a positive effect on adolescents' knowledge of free sex.

DISCUSSION

Knowledge is a crucial domain in shaping a person's actions. Factors related to a person's level of knowledge include education, age, occupation, experience, culture, economy and information (Embleton et al., 2017). The level of knowledge of students about free sex is still low. Most students are still 16 years old, so many of them do not have sufficient knowledge in free sex education. This means that if a person's age increases the level of thinking and working ability is getting better (Lee et al., 2019). This is in accordance with research which states that there is a relationship between the age of pregnant women and knowledge about danger signs in pregnancy in the Batang Pane Health Center Working Area (Batubara et al., 2023).

Another factor affecting students' lack of knowledge about sex education is the basic education they get from their families. In the data obtained, the average education of students' parents is high school. According to the 2003 National Education System Law, high school formal education is included in the secondary education level while college education is only considered higher education. Therefore, they have less information and the information conveyed to children is also limited. In family life, those with higher education will have more knowledge than those with lower education (Sanchez et al., 2014).

After being given free sex education through audiovisual media, it was found that there was an increase in student knowledge to be sufficient, meaning that the provision of audiovisual media affected the level of student knowledge of free sex. Based on the data, it was found that

there were more male adolescents (19) compared to 18 female adolescents. Male adolescents tend to be more curious about new things which encourage them to access information to get an answer, while female adolescents are more embarrassed to discuss things that are considered taboo and prefer to remain silent. This can affect the level of knowledge in male and female adolescents. This statement is in line with the theory which states that female and male adolescents are different in addressing the issue of free sex. Men usually feel more curious about information about free sex, while women are more afraid and embarrassed to discuss the issue. This can affect knowledge in male and female adolescents (Srijaiwong et al., 2017).

The consideration of audiovisual media in providing health education is very appropriate because students are more likely to understand and accept the material provided. The use of audiovisual media is one of the superior teaching techniques in terms of targets and student conditions. Middle-level students still do not understand information well because of their immature mindset, so teaching with audiovisual media can help students understand the material provided (Susanto, 2021). The ease of receiving information can facilitate the increase in students' knowledge of reproductive health. One of the factors that influence knowledge is information. Information in this case is health education which can affect a person's knowledge. Eldredge et al., (2016). One of the objectives of health education is to provide health information to increase knowledge about health in order to facilitate healthy living behavior and self-control (Cecchet, S. J., & Thoburn, J., 2014). This is in accordance with research which explains that there is a relationship between self-control and free sex behavior of adolescents (Lee et al., 2016).

Low self-control will make adolescents unable to regulate and direct their behavior so that uncontrolled actions arise such as free sex (Li, J. B., & Vazsonyi, A. T., 2021). Adolescents who are able to control themselves are able to organize themselves in a positive direction, and those who are unable to control themselves will find it difficult to adjust to the environment so that they tend to behave negatively. Media is a tool used to support the process of delivering material so that it is more easily understood by students. The use of media in delivering material also needs to be considered to make it easier for students to receive the material presented. Audiovisual media describes a precise process that can be watched repeatedly. Besides encouraging and increasing motivation, audiovisuals instill attitudes and other affective aspects. In addition, the use of audiovisual media that contains positive values can invite student thoughts and discussions, causing increased knowledge (Shoemaker, 2014).

Another study found that students' knowledge before health education with audiovisual media got a good category of 34.4%, while after health education almost all respondents were in the good category of 65.6%. Thus it was concluded that there was an effect of reproductive health counseling through audiovisual with the results of knowledge (Katharina, T., & Yuliana, Y, 2018). A person's level of knowledge will affect behavior change in a person (Kanchanapibul et al., 2014). With the existence of health education for students, it is hoped that it will provide knowledge so that they will not make mistakes and fall into the wrong things that will have a negative impact on their future progress.

CONCLUSION

In conclusion, the study found that there is an effect of audiovisual media health education on knowledge of free sex among students at Muhammadiyah Vocational High School 1 Lamongan. The selection of this audiovisual method is indeed very appropriate because the combination of two media, between video and audio, involves many senses which are used to listen to the material presented. Thus, the more senses used, the easier it will be for students to receive the materials.

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