

"Gebah Sepah" (Assertive Training) Program to Improve Anti-Marital Sex Assertiveness

(Judul Artikel, antara 8-12 Kata, memberi gambaran penelitian yang telah dilakukan, Times New Roman, 14, bold, spasi 1, center)

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ABSTRACT

Premarital sexual behavior is currently an issue for Indonesian teenagers because teenagers are now easy to follow romantic invitations from the opposite sex, premarital sex on the grounds that they already like each other and are mutually beneficial and love each other. Teenagers do not know that premarital sex is behavior that is bad for themselves. The cause of premarital sexual behavior in adolescents is because they do not have a positive assessment of themselves and others and lack the confidence to express their thoughts effectively. Following up on this, the researchers conducted the GEBAS SEPAH program because it can improve the assertiveness behavior of anti-marital sex teenagers through Assertive training. "GEBAS SEPAH" is an acronym for "Generation Free of Premarital Sex". The method of implementing this activity is preparation and selection of participants, debriefing, and implementation of activities. This program uses assertive training through the lecture method to educate adolescents to be able to express themselves. This program aims to train adolescents to be able to express themselves as they are without feeling afraid and pressured by others, and to be able to reject everything that is considered not in accordance with themselves. Based on the service that has been carried out by researchers, there is a significant increase in assertive behavior in students of class XI Language SMAN 3 Bukittinggi. This shows that assertive training given to students to prevent premarital sexual behavior is effective in increasing assertive behavior.

Keywords: Assertive Training; Premarital Sex; Teens

INTRODUCTION

Adolescence is a development in humans that has three aspects, namely biological, psychological, and socio-economic. Adolescence is a period of transition from childhood to adulthood (Sarwono, 2020), . The period of adolescent life is a period that determines how their future life will be. Today, changes in realism and social behavior among women have begun to emerge as a result of changes in the way women view the opposite sex. These changes are accompanied by feelings of tension, closeness, and aim to achieve physical intimacy (Monks, 1999). Hurlock (1999) states that only a small percentage of children receive information about sexuality from adults; as a result, young people seek information wherever they can, such as in class, in conversations with teachers, or by reading books about sex, masturbation, and sex. A lifelong interest in sex creates unbridled sexual desire in young people. This condition causes



adolescents to engage in behaviors such as premarital sex and cohabitation (Dariyo, 2004).

Premarital sexual behavior is currently an issue for Indonesian teenagers because teenagers are now easy to follow romantic invitations from the opposite sex, premarital sex on the grounds that they already like each other and are mutually beneficial and love each other. Teenagers do not know that premarital sex is behavior that is bad for themselves. Most teenagers now who are in a relationship (dating) behave very boldly, such as holding hands, kissing cheeks, hugging, kissing lips, holding breasts, etc. (Putri & Sutijono, 2013). According to BKKBN data in 2017, 3.2 million adolescents between the ages of 15 and 19 had unsafe abortions. According to the Indonesian Child Protection Commission, the number of child abortion victims is 54 cases (KPAI, 2016). In Indonesia, about 4.5 percent of male adolescents and 0.7% of female adolescents aged 15 to 19 years admitted to having had premarital sex. As reported by Kompas.com, the pregnancy rate even rose to 17.5% in 2020, according to BKKBN.

The results of Purnama's research (2020) state that there are several factors why teenagers have premarital sex, first from internal factors of mutual liking, proof of love, and curiosity and curiosity. This feeling makes it difficult for adolescents to reject invitations firmly. With assertive behavior, adolescents can understand which behavior is right and which behavior is wrong, so that adolescents can make decisions to act appropriately and firmly. The results of this study indicate that how important assertive behavior is in preventing premarital sexual behavior.

Assertiveness is the ability to feel confident in oneself and say "no" in response to unwanted requests. In addition, assertiveness is also defined as interpersonal skills for handling conflict and interpersonal skills for building relationships can be combined with self-acceptance. The philosophy of assertiveness is based on the opinion that every individual has the same basic rights as a person and as part of a social group (Becker, 2008). According to Burley Allen, 1983; Rathus & Nevid. 2010; Townend, 2007, this behavior does not arise on its own, but develops over a lifetime through long learning. Confident behavior can lead to high self-esteem and satisfying relationships (Agbakuru & Stella, 2012). Burley-Allen, 1983; Vatankhah, Daryabari, Ghadami, & Naderifar, 2013 also said that confident people are able to express their feelings honestly, defend their rights, and are more socially adaptable. Therefore, anyone can develop self-confidence through regular practice.

The thing that causes premarital sex in adolescents is that teenagers do not have a positive assessment of themselves and others and there is a lack of trust to express their thoughts openly. This positive attitude encourages honesty and respect for the rights of self and others (Townend, 1991). Because adolescents do not have good assertiveness skills, it will be difficult to express politely and appropriately about something they like but also firmly say "no" when other people's requests are unreasonable. Teenagers who do not have good assertiveness are unable to judge right and wrong, good and bad behavior, and adolescents cannot understand which behavior is right and which behavior is wrong, so adolescents have premarital sex without thinking about the consequences that will be responsible.

According to Yunalia & Etika (2019), assertive training is a technique that can be implemented in small groups and this training can be given to adolescents / students so that they can express or express their wishes appropriately. The purpose of this assertive training technique is to train individuals to overcome inability and learn how to express their feelings and thoughts more openly, with the belief that they deserve an

open response. An assertive person is one who understands themselves well enough to be able to make life choices, desires and goals without the influence of others. Personality aspects are closely related to assertiveness because they play an important role in the development of adolescent sexuality (Hasbahuddin, 2019).

The "GEBAS SEPAH" program is designed to improve assertiveness behavior against premarital sex. "GEBAS SEPAH" is an acronym for "Generation Free of Premarital Sex". This program uses assertive training through lecture method to educate teenagers to be able to express themselves. This refers to Bandura's social cognitive theory, that although human behavior is seen as a product of their environment, humans can actually determine their attitudes and actively determine their motivation, behavior, and self-development (Bandura La, 1977). This program aims to train adolescents to be able to express themselves as they are without feeling afraid and pressured by others, and to be able to reject things that are considered incompatible with themselves.

METHOD

This study uses interview and observation methods, and uses assertive behavior measurements made by researchers by utilizing aspects of Palmer and Froehner's (2002) assertive behavior. Then after that, the researcher conducted socialization through lecture method. The subjects of this study were 13 students of class XI Language of SMAN 3 Bukittinggi in May 2023. This research was conducted for three days by providing education about the "GEBAS SEPAH" program through assertive training to improve assertiveness behavior against premarital sex.

On the first day the researcher conducted a pretest to find out how the level of assertiveness of adolescents by filling out a questionnaire distributed by the researcher. On the second day the researchers conducted counseling using the lecture method regarding assertive training to increase anti-premarital sex assertiveness in adolescents with a period of 60 minutes and conducted role play in groups so that adolescents or students were able to express and express their desires, feelings and thoughts more openly with the belief that they had the right to show these open reactions. After the researchers conducted assertiveness training, on the third day the researchers conducted a posttest. Posttest testing is carried out by giving the same measuring instrument to subjects who have done the pretest. This test is conducted to see whether assertiveness training is effective for increasing assertive behavior.

RESULT AND DISCUSSION

The results of research conducted by researchers from 13 subjects who did the pretest and posttest there was a significant increase in assertive behavior in students of class XI Language SMAN 3 Bukittinggi. This shows that assertive training given to students to prevent premarital sexual behavior is effective in increasing assertive behavior. In addition to providing education through the lecture method, the implementation of role play also supports the success of this program. By providing education through lectures, adolescents become aware of how to express themselves and avoid premarital sexual behavior. After being given education, the implementation of role play makes adolescents understand how to express themselves. These results are in accordance with previous research conducted by Ekawati (2008) which states that assertiveness training is effective in increasing assertive behavior in adolescent girls towards premarital sex.

The research conducted by researchers did not have a control group, but this

study tested the effect of assertiveness training on assertive behavior in class XI students at SMAN 3 Bukittinggi. This test was conducted using SPSS statistics version 22.

Hypothesis testing in this study used paired sample t test. This test is used to determine the difference in assertive behavior between pretest and posttest in students after assertiveness training. The significance of the paired sample t test is ,000 so that it can be concluded that there is a significant difference in assertiveness behavior before and after being given assertiveness training in class XI students of SMAN 03 Bukittinggi.

The results that researchers get after conducting a series of these programs are that this program can have a positive impact on the participants and also the researchers themselves. With this program, it can provide a new understanding for participants about the importance of assertiveness in everyday life, especially in dealing with relationships that tend to go in an unfavorable direction, especially with the opposite sex. Based on the results of interviews with several participants, it is known that they feel this program can foster and improve assertive traits for participants who were previously less assertive and less good at expressing themselves. The participants admitted that this program introduced them to the fact that assertiveness is very important and influential in all aspects of life, including in relationships.

CONCLUSION

The "GEBAS SEPAH" (Assertive Training) Program to Increase Anti-Premarital Sex Assertiveness is a program designed to increase the assertiveness of adolescents to avoid premarital sex. It is important for adolescents or students to be able to express or express their desires, feelings and thoughts more openly with the belief that they have the right to show these open reactions. Through Assertive Training conducted by researchers with pretest and counseling with lecture methods on adolescents can increase understanding and assertive attitudes so that they are able to express and express what they feel firmly in order to avoid premarital sex. This happens because with education about the dangers of premarital sex and the importance of assertiveness to prevent this behavior, they realize how a person's assertiveness can make him avoid commendable behavior such as premarital sex which has many impacts on life. Researchers realize that there are many shortcomings in this study, therefore researchers expect constructive criticism and suggestions from readers. This research has time limitations because the time available is very short, namely with 3 days of implementation. It is recommended that future researchers can extend the research time so that the research results are more relevant.

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