

WHATSAPP GATEWAY EDUCATION ON PERCEPTION AND SELF EFFICACY AVOIDING FREE SEX IN STUDENTS

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ABSTRAK : WHATSAPP GATEWAY EDUCATION TENTANG PERSEPSI DAN EFIKASI DIRI MENGHINDARI SEKS BEBAS PADA SISWA

Latar Belakang: AIDS pada tahun 2017 terutama pada kelompok usia 20-29 tahun, yang berarti penularan HIV terjadi dalam 5-10 tahun terakhir saat remaja. Berdasarkan laporan data tahun 2019, Kota Tangerang Selatan memiliki 2.937 kasus ODHA.

Tujuan: Mengetahui pengaruh konseling WhatsApp gateway terhadap persepsi dan efikasi diri pada siswa jurusan administrasi perkantoran di SMK Sasmita Jaya 1.

Metode: Penelitian ini menggunakan studi kuantitatif yang menggunakan data primer (kuesioner) dan metode penelitian eksperimen semu. Jumlah sampel sebanyak 95 siswa di SMKN 1 Sasmita Jaya tahun 2020.

Hasil: Pada penelitian ini diperoleh hasil bahwa rerata skor pada variabel persepsi sebelum penyuluhan adalah 34,67 dan setelah penyuluhan meningkat menjadi 37,44. Hasil uji statistik diperoleh pada analisis bivariat - nilai = 0,00. Dapat disimpulkan bahwa ada perbedaan persepsi menghindari seks bebas sebelum dan sesudah konseling pada siswa di bagian administrasi perkantoran SMKN 1 Sasmita Jaya. Pada variabel efikasi diri diperoleh rerata skor sebelum konseling sebesar 49,63 dan meningkat ke 51.68. Hasil uji statistik diperoleh pada analisis bivariat -nilai = 0,00.

Kesimpulan: Terdapat perbedaan yang signifikan antara pengaruh konseling WhatsApp gateway terhadap efikasi diri menghindari seks bebas pada siswa jurusan administrasi perkantoran di SMKN 1 Sasmita Jaya.

Saran: Bagi institusi pendidikan, penelitian ini diharapkan dapat dijadikan sebagai tambahan informasi bagi mahasiswa dan dosen mengenai pendidikan, persepsi, dan efikasi diri pada masa remaja. Bagi masyarakat sebagai informasi, pengetahuan tentang pentingnya bahaya pergaulan khususnya di kalangan remaja dapat mencegah kerusakan moral dan kesehatan pada remaja.

Kata kunci: Efikasi Seks, Konseling Whatsapp Gateway, Persepsi, Seks Bebas

ABSTRACT

Background: AIDS in 2017 was mainly in the age group of 20-29 years, which means that the transmission of HIV occurred in the past 5-10 years as a teenager. Based on data reports in 2019, the city of South Tangerang has 2,937 cases of PLWHA.

Purpose: Determine the effect of WhatsApp gateway counseling on perceptions and self-efficacy in students majoring in office administration at Sasmita Jaya Vocational School 1.

Methods: The research uses a quantitative study that uses primary data (questionnaires) and quasi-experimental research methods. The number of samples was 95 students in Sasmita Jaya 1 Vocational School in 2020.

Results: In this study, the results obtained were that the mean score on the perception variable before counseling was 34.67, and after counseling, it increased to 37.44. The statistical test results were obtained in the bivariate analysis -value = 0.00. It can be concluded that there is a difference between perceptions of avoiding free sex before and after counseling for students in the office administration department of Sasmita Jaya Vocational School 1. On the self-efficacy variable, the mean score obtained before counseling was 49.63 and increased to 51.68. Statistical test results were obtained in the bivariate analysis -value = 0.00.

Conclusion: There are significant differences between the influence of WhatsApp gateway counseling on self-efficacy to avoid free sex in students majoring in office administration at Sasmita Jaya 1 Vocational School.

Suggestions: For educational institutions, this research is expected to be used as additional information for students and lecturers regarding education, perception, and self-efficacy in adolescence. For the community as information, knowledge about the importance of the dangers of association, especially among adolescents, can prevent moral and health damage in adolescents.

Keywords: Whatsapp Gateway Counseling, Perception, Free Sex, Sex Efficacy

INTRODUCTION

Adolescents are individuals in the age range of 10 to 19 years (WHO). Regulation of the Minister of Health of the Republic of Indonesia, number 25 of 2014, states that adolescents are individuals aged 10-18 years. Meanwhile, according to the National Population and Family Planning Agency (BKKBN), adolescents are 10-24 years old and unmarried (Demography Institute, 2017). Free sex behaviour that occurs in adolescents can cause severe health problems. Data can show that adolescents are very vulnerable to contracting infectious diseases such as Sexually Transmitted Diseases (STDs) and HIV/AIDS. Data from the Ministry of Health of the Republic of Indonesia (Kemenkes RI) shows that AIDS occurs mainly in the age group of 20-29 years, which means that the transmission of HIV occurred 5-10 years ago while still a teenager (Mufli, 2010).

HIV/AIDS is the most common secondary immune deficiency disease in the world and has become a severe global epidemic problem (Ignatavicius & Workman, 2010). According to UNAIDS WHO (2009), the total number of people living with HIV globally is 33.4 million. Until December 2010, the number of new AIDS cases in Indonesia was 1,405 (Kambu et al., 2016). According to the latest data from the World Health Organization (WHO) and the United Nations International Children's Emergency Fund (UNICEF) in 2013, the Southeast Asian region had 940,000 people with Human Immuno Deficiency Virus & Acquired Immune Deficiency Syndrome (HIV and AIDS). The Asian region Southeast Asia is ranked second in the case of HIV and AIDS in the world after Africa, with 7,580 people living with HIV and AIDS (PLWHA).

The situation of the spread of HIV/AIDS cases in Indonesia, as reported by the Directorate General of P2P, Ministry of Health RI, on August 27 2019, shows the cumulative number of cases occurring in HIV/AIDS is approaching half a million or 500,000, namely 466,859 consisting of 349,882 HIV and 116,977 AIDS. While the estimated cases of

HIV/AIDS in Indonesia in 2016 were 640,443. Thus, 60.70% has been detected. That means 290,561 individuals have HIV/AIDS but have not been detected. From the epidemiological aspect of HIV/AIDS, they are the link in the chain of the spread of HIV/AIDS in the community through unprotected sex inside and outside of marriage (Harahap, 2019).

RESEARCH METHODS

The type of research used is analytic with a cross-sectional approach. This research was conducted at SMK Sasmita Jaya 1. The time of the study was in April - June 2020. The population in this study were students majoring in Office Administration at SMK Sasmita Jaya 1, totalling 191 students with a sample of 95 respondents. The collection of samples using non-probability sampling with purposive sampling technique. Collecting data in this study using a questionnaire (questionnaire). The data analysis used was univariate and bivariate analysis using the Wilcoxon Signed Rank Test with a significance level of 95% ($\alpha < 0.05$).

RESEARCH RESULTS

Univariate analysis

Table 1
Frequency Distribution of Respondent Age
Students Department of Office Administration
SMK Sasmita Jaya 1

Age (Years)	Frequency	Percentage (%)
16	79	79
17	1	1
18	12	12
19	5	5

The distribution frequency of respondents' characteristics can be seen in table 2. Based on age, it is seen that more than half of the respondents are 17 years old (65%).

Table 2
Frequency Distribution of Student Perceptions, Department of Office Administration at
SMK Sasmita Jaya 1

Variable	Mean	Minimum	Maximum
Pre Perception	34.67	26	43
Post Perception	37.44	29	46

The distribution frequency of respondents' perceptions can be seen in table 2. It is known that there was an increase in the perception score, where before giving the Whatsapp Gateway education, the

average value was found to be 34.67. In contrast, after the Whatsapp Gateway education, the average value increased to 37.44.

Table 3
Self-Efficacy Frequency Distribution Students of the Department of Office Administration at SMK Sasmita Jaya 1

Variable	Mean	Minimum	Maximum
Pre Self Efficacy	49.63	20	58
Post Self Efficacy	51.68	20	60

The distribution frequency of respondents' self-efficacy can be seen in table 3. It is known that there is an increase in perception scores. Before the provision of Whatsapp Gateway education, the average value was found to be 49.63, while after the provision of Whatsapp Gateway education, the average value increased to 51.68.

Bivariate Analysis

Education was provided through the Whatsapp Gateway to 95 respondents. *Willcoxon test* This was done because the data were not normally distributed, the pretest of the perception variable obtained a significance value of 0.002, and the pretest of the self-efficacy variable obtained a significance value of 0.000. While the posttest results of the perception variable obtained a significance value of 0.000 and the posttest self-efficacy variable obtained a significance value of 0.000. These results show that the normality test results between the pretest and posttest of the two variables <0.05 Analysis. The results of the different tests based on the results of the pretest and posttest using the Willcoxon test are presented in the following table:

Table 4
Differences in WhatsApp Gateway Education on the Perception of Avoiding Student-Free Sex Department of Office Administration at SMK Sasmita Jaya 1

Education Whatsapp Gateway Perception	Mean	p-value
Pretest	34.67	0.000
Posttest	37.44	

Based on table 4, the pretest and posttest results were conducted to determine the perception of avoiding free sex in students. The results showed that there had been an increase in students' abilities after Whatsapp Gateway education. The average value of students' knowledge increased from 34.67 when the pretest was carried out to 37.44 at the posttest with a p-value of 0.000 (<0.05) which means

that there is a difference in understanding between the pretest and posttest. There has been an increase in the average value of respondents' perceptions about avoiding sex through Whatsapp Gateway education.

Table 5
Differences in WhatsApp Gateway Education on Self-Efficacy Avoiding Student-Free Sex Department of Office Administration at SMK Sasmita Jaya 1

Whatsapp Gateway Self-Efficacy Education	Mean	p-value
Pretest	49.63	0.008
Posttest	51.68	

Table 5 shows the pretest and posttest results to determine the self-efficacy of avoiding free sex in students. The results show that there has been an increase in students' abilities after Whatsapp Gateway education. The average value of students' knowledge increased from 49.63 when the pretest was carried out to 51.68 at the posttest with a p-value of 0.008 (<0.05) which means that there is a difference in understanding between the pretest and posttest. There has been an increase in the average value of respondents' self-efficacy regarding avoiding sex through Whatsapp Gateway education.

DISCUSSION

Characteristics of Respondents

The distribution frequency of respondents' characteristics can be seen in table 1, based on age. The results showed that the age of those who did Whatsapp Gateway Counseling at SMK Sasmita Jaya 1 was more than half of the respondents, namely 17 years old (65%), and almost no respondents, 19 years (1%).

Differences in Whatsapp Gateway Education on Perceptions of Avoiding Free Sex in Students of the Office Administration Department at SMK Sasmita Jaya 1

Based on table 4, it can be seen that the results of the study using *the Wilcoxon test* obtained a p-value of 0.000 (<0.05), which means that there is a difference in understanding between the pretest and post-test, there has been an increase in the average score regarding the perception of avoiding casual sex. Based on the pretest and posttest results, the data obtained before giving Whatsapp Gateway education was 34.67, while after giving Whatsapp Gateway education, it was 37.44. There is a difference in the perception variable before and after the provision of Whatsapp gateway education to students majoring in office administration at SMK Sasmita Jaya 1.

This is in line with research conducted by Fauziah in 2019 entitled "The Relationship of Knowledge and Perceptions About Sexuality in Adolescents with Sexual Behavior in Class XI Students of the Accounting Department at SMK Sasmita Jaya 1 Pamulang". The research was conducted on 86 respondents at SMK Sasmita Jaya 1. The results showed that the perception of students about sexuality obtained has a good perception there are 34 respondents (39.5%) and a lousy perception there are 52 respondents (60.5%). Furthermore, it was found that there were 50 respondents (58.1%) with good sexual behaviour, 36 respondents (41.9%). The results of statistical tests obtained p value = 0.010 < α = 0.05 so that p-value < α value, with OR = 3.792 (95% CI 1.45 - 9.92), it can be concluded that the results of this study have a significant relationship between perceptions of sexuality with sexual behaviour. This research is also in line with research that says that information communication and education I am proud of I know (KIE ABAT) is effective in increasing perceptions and behaviours to prevent HIV transmission, as well as reducing stigma against PLWHA (Hamdi et al., 2016).

Based on the results of the research as well as existing theories, the researcher can conclude that perception can affect the individual's character in understanding something. The acquisition of knowledge will grow one's awareness of the importance of behaving with the knowledge obtained.

Differences in Whatsapp Gateway Education on Self-Efficacy Avoiding Free Sex For Students of the Office Administration Department at SMK Sasmita Jaya 1

Based on table 4, it can be seen that the results of the study using *the Wilcoxon test* obtained a p-value of 0.008 (<0.05) which means that there is a difference in understanding between the pretest and post-test, there has been an increase in the

average value of self-efficacy to avoid free sex. Based on the results of the pretest and posttest, the results of the data before giving the WhatsApp Gateway education were 49.63; after the WhatsApp Gateway education was given, it was 51.63. So there are differences in the self-efficacy variables before and after giving WhatsApp gateway education to students majoring in office administration at SMK Sasmita Jaya 1.

This research is in line with that conducted by Muflih in 2017, entitled "The Effect of Short Message Service (SMS) Gateway Education on Self-Efficacy Avoiding Free Sex and HIV / AIDS Adolescents". random at SMK Negeri 1 Depok Sleman Yogyakarta. The results showed that the average value of self-efficacy before education was 90.7 ± 6.25 , and after education was 97.7 ± 2.63 with a p-value of 0.000. The mean value (\pm SD) of each sub variable is the magnitude before 27.70 ± 3.47 and after 30.99 ± 1.44 with a p-value of 0.000, generalizability before 28.60 ± 2.49 and after 31.28 ± 1.24 with a p-value of 0.000, and the strength of belief before 30.85 ± 1.85 and after 31.55 ± 1.26 with a p-value of 0.000.

Based on the results of existing research or theories, researchers can conclude that self-efficacy can affect the belief in individuals that they can take care of themselves. Individuals with high self-efficacy can take the necessary actions to achieve a result.

CONCLUSION

Based on the study's results, the age distribution of students majoring in office administration at SMK Sasmita Jaya 1 showed that more than half of them were 17 years old (65%), and almost none of the respondents were 19 years old (1%). In this study, the results showed that there were differences in understanding between the pretest and posttest, there has been an increased average value of respondents' perceptions of free sex after Whatsapp Gateway education was carried out. The average value of perception has increased from 34.67 seconds *pretest* conducted to 37.44 during the posttest. The difference is also obtained understanding difference between pretest and posttest. There has been an increase average value of respondents' self-efficacy regarding free sex after Whatsapp Gateway education was carried out. The average value of self-efficacy has increased from 49.63 seconds *pretest* conducted to 51.68 at the posttest

SUGGESTION

For educational institutions, this research is expected to be used as additional information for students and lecturers regarding education,

perception and self-efficacy in adolescence. For the community as information, knowledge of the importance of the dangers of association, especially among adolescents, can prevent moral and health damage in adolescents.

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