

The effect of local culture of naposo nauli bulung using a peer educator approach on adolescent sexual behavior

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ABSTRACT

Sexual behavior is a major problem associated with juvenile delinquency cases. Sex remains a taboo topic in the general Indonesian public, social stigma about sexuality and sex outside marriage in Indonesia causes the prevalence of premarital sex to go unreported substantially. The purpose of this study was to identify the influence of Local Culture Naposo Nauli Bulung with a peer educator approach on adolescent sexual behavior. The study was an experimental quasi with a one group pre-test post-test approach. The study was conducted in Padangsidempuan City from July to October 2023, the population in this study was all adolescents in Padangsidempuan City and the research sample was 180 respondents taken from 6 villages in 6 sub-districts of Padangsidempuan City that had active Naposo Nauli Bulung. The data analysis used is the Wilcoxon test. The results showed the influence of the peer educator method based on Naposo Nauli Bulung on improving adolescent sexual behavior with a p value of 0.000 ($p < 0.05$). The conclusion of this study is that there is an influence of peer educators based on Naposo Nauli Bulung in improving adolescent sexual behavior so that this method can be recommended as a method in improving adolescent education related to sexual behavior.

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INTRODUCTION

According to WHO, 38 million girls between the ages of 15-19 are at risk of becoming pregnant and an estimated 3 million abortions per year occur that result in maternal deaths caused by unplanned teenage pregnancies (Siregar, Pebrianthy, Sagala, Haarefa, & Isnaini, 2023), (Harahap, Nugraha, & Agustina, 2023). State of World Population (SWOP) data shows more than 60% of pregnancies are unplanned, and nearly 30% of all pregnancies are eventually aborted, 25% of all abortions performed globally are unsafe (Nyike, 2023). Globally, many current studies show that young people today are sexually active, meaning they rush into sexual intercourse. Young people who engage in early sexual encounters are more likely to experience sexual health problems such as unplanned teenage pregnancies, unsafe abortions and sexually transmitted diseases (Zein, 2019), (Yuniastuti, Miftakhuudin, Khoiron, Fahkri, & Cetak, 2021).

Adolescent sexual behavior can also increase the risk of sexually transmitted diseases such as HIV (Amal & Siregar, 2023). Risky sexual behavior can occur due to adolescent lack of knowledge about deviant behavior which will later affect their reproductive health (Uberty, 2022), (Misrina & Safira, 2020). Based on previous research conducted by researchers in Padangsidempuan City related to sexually transmitted diseases, it was found that there was a relationship between knowledge and attitudes of adolescents about HIV / AIDS with a value of $p = 0.00$ (Fitrianti, 2023). Good knowledge will encourage someone to be good too, because through knowledge, the subject will form and take an attitude that is in accordance with the knowledge he has gotten, so that adolescent sexual behavior is also inseparable from the influence of adolescent knowledge itself (Yanto, Handayani, & Putranti, 2023), (SAFITRI, 2018).

Adolescent risk behavior is also influenced by several other factors such as family, in this case as parents must be able to control and communicate with each other for effective monitoring when children enter the adolescent stage, in addition to peer family, education, knowledge, social media (Rima Wirenviona, Riris, & ST, 2020). This difficulty can also be caused by limited parental knowledge of questions about adolescent and young adult sexuality, but rather information obtained from peers and through the media is not always a good source of information for adolescents and young adults. Limitations to access sexual and reproductive health services can increase susceptibility to unwanted pregnancies (Buanasari, 2021), (Afriani, 2022).

Teens prefer peers to share information about sexual behavior. Peers are considered the most familiar with problems because they have the same phase. Teenagers are in the same circumstances and changes (Nessi Meilan, Maryannah, & Willa Follona, 2019). Peer education is needed because adolescents can achieve the desired self-identity. Peer selection becomes one of the most important things for adolescents, adolescents will behave, have a style of dress and other social behaviors in accordance with the peers they choose (Hidayati, 2016), (Khairinal, Syuhada, & Sitinjak, 2022). The taboo of sex education in certain circles in this case is adolescence, requiring Communication, Information and Education (KIE) that is correct, appropriate (Sholichah, Yuliasuti, & Happy, 2020).

Continuous delivery of information through peer education methods among adolescents as an effort to provide information on reproductive health and sexually transmitted diseases that are integral in the control and prevention of HIV/AIDS (Yati, 2024). Teenagers can develop messages or choose more creative media so that the information received can be understood by others through peer educator methods. One of the advantages of this method is the freedom of adolescents to express their opinions (Rosyadi, 2022).

Naposo Nauli Bulung which is later abbreviated as NNB is a group of people (Mudamudi) as a mixed community in which adolescents and youth between the ages of 15-25 years who are bound to regional customs that have become a tradition of customs that have been passed down for generations (Izzati, 2023), (Siombo & Wiludjeng, 2020). They are expected to be regeneration that can help strengthen community joints with the teachings of local customs, especially religious teachings in the city of Padangsidempuan. Naposo Nauli Bulung is synonymous with the world of local customs or culture, and the position of custom with religion is always juxtaposed rather than clashed making it significant and interesting to examine (Shalihin, 2014).

Education with a Peer Educator Approach to Adolescent Sexual Behavior based on Local Culture Naposo Nauli Bulung is expected to provide a more optimal and sustainable approach because Naposo Nauli Bulung highly upholds the norms of politeness so that it is very influential on character formation often meet at village events, both traditional events and social events of the Naposo Nauli Bulung so that education is delivered more often exposure to teenagers in Padangsidempuan City (Ghoffar, Arsini, & Siregar, 2018), (Sopiyana, 2022).

RESEARCH METHOD

This study used a type of quantitative research with a quasi-experimental design with a one group pretest-posttest approach. Experimental research is used by giving initial tests and final tests to one group without using a comparison group (control group).

The one group pretest-posttest approach aims to determine the symptoms or consequences arising from a particular treatment. This research was conducted in Padangsidempuan. The population in this study was all adolescents in Padangsidempuan City and the research sample was 180 respondents taken from 6 villages in 6 districts of Padangsidempuan City that were active Naposo Nauli Bulung. The intervention is carried out for 2 months.

Before the research is carried out, this proposal will be submitted for ethical testing to Indonesia's leading universities with number 074/KEPK/UNPRI/VIII/2023. Intervention 1 was carried out for 2 weeks using a peer education model by applying the local wisdom of Naposo Nauli Bulung. Choose Peer educators according to the criteria and carry out training with 3 meetings every 60 minutes. Then a measurement (pretest) was carried out on adolescent behavior regarding free sex. Furthermore, health counseling on adolescent sex was carried out by Naposo Nauli Bulung who had been selected to be an educator for 1 month. Monitoring and evaluation is carried out after the intervention by measuring adolescent behavior (posttest). Data analysis was performed using the Wilcoxon test

RESULTS AND DISCUSSIONS

Table 1. Frequency Distribution of Adolescent Sexual Behavior Before Peer Educator Method Based on Local Culture Naposo Nuli Bulung.

No.	Adolescent Sexual Behavior	F	%
1.	Less	9	5%
2.	Enough	52	28,9%
3.	Good	119	66,1%
	Total	180	100%

After the intervention, it was known that most respondents (66.1%) as many as 111 respondents had good sexual behavior and a small number of respondents had less sexual behavior as many as 18 respondents.

Table 3. Analysis of Adolescent Sexual Behavior Before and After Peer Educator Method Based on Local Culture Naposo Nauli Bulung

Adolescent sexual behavior	N	Mean	SD	ρ value
Before	180	1,82	5,93	0.000
After	180	2,61	5,83	

Based on the table, the average value of adolescent sexual behavior before the peer educator method was 1.82 and the average value of adolescent behavior after the Nauli Bulung naposo-based peer educator method was 2.61. Based on the Wilcoxon test, a value of $\rho = 0.000$ is obtained. < 0.05 which means H_0 is rejected so that there is an influence of Naposo Nauli Bulung Local Culture with a Peer Educator Approach to Adolescent Sexual Behavior.

Discussion

The results showed that there was an influence of Naposo Nauli Bulung Local Culture with a Peer Educator Approach to Adolescent Sexual Behavior with a p value of 0.000. Based on the results of the analysis, it is known that the average sexual behavior of adolescents before peer education intervention was 1.82, while the sexual behavior score after being given the intervention was 2.61. Based on the results above, adolescent sexual behavior before peer education and after intervention there was a significant difference. led to an increase in adolescent behavior after the intervention.

Research conducted by Marlita (2017) also showed similar things where the intervention group experienced a significant increase in adolescent sexual behavior changes after being given an intervention with a p value of <0.05 . Peers are very influential on adolescent sexual behavior problems, because peers can be a source of protection that can minimize the number of sexual behavior problems in adolescents. The influence of peer education on adolescent knowledge and attitudes towards sexuality.

The same research was also conducted by Kusumastuti (2010) which stated that there is an influence of reproductive health peer education on adolescent knowledge and attitudes in preventing pregnancy. In line with research conducted by Sriasih, (2013) which states that there is an influence of peer education on adolescent knowledge and attitudes about the dangers of free sex.

Unhealthy adolescent sexual behavior can occur along with the primary and secondary growth of adolescents towards complete maturity. Sexual behavior is also influenced by various factors namely knowledge, attitudes and actions. Knowledge of sexual behavior is important for adolescents to be able to adapt to changes in themselves. The amount of adolescent curiosity about things related to sexuality causes adolescents to always try to find out more information about sexuality. The modernization factor has changed the lifestyle of today's teenagers. As a result, adolescents tend to be unprotected by family systems and positive cultural values, so they are more tolerant of premarital sexual lifestyles, changes in sexual orientation and number of partners. The social impact of sexual behavior is to trigger incidents of sexual harassment and violence, decreased academic achievement and school dropouts. schooling, social isolation, neglect of babies born ((Muflih, 2017)

Sexual behavior in dating is defined as the legitimacy of a relationship between two people whose purpose is to find someone special for friendship or share certain experiences or other purposes. Adolescent activities when dating include knowing, dating, stating, and further can be in the form of making out and touching, kissing, petting, and having sexual intercourse. copulation (sexual intercourse).) (Imron, 2012).

The level of sexual behavior is based on the risk of health problems such as HIV infection, sexually transmitted diseases (STDs), unwanted pregnancies, as well as the incidence of abortion and other health problems. Social impact is also a consideration in determining the level of adolescent sexual behavior. The level of sexual behavior when viewed from Benjamin Bloom's behavioral theory tends to be in the realm of action. Other domains are less visible, whereas the concept is that a person's actions are influenced by his state of knowledge and attitude (CDC, 2013; Muflih, 2017).

In this study, the Peer Educators formed were taken from the Naposo Nauli Bulung group, which is a youth group as a mixed community consisting of adolescents and young people aged between 15-25 years who are bound by existing regional customs. became a traditional tradition passed down from generation to generation. Naposo Nauli Bulung often holds meetings in their respective villages or regions to carry out village activities, both traditional activities and regular meeting activities that discuss youth problems in their areas.

The Naposo Nauli Bulung group has a leadership structure consisting of a chairman, secretary and treasurer as well as other membership divisions, so in my opinion as a researcher, Naposo Nauli Bulung (NNB) is the right educator in promoting more positive adolescent behavior change. . The effectiveness of peer education as a form of prevention and intervention programs, especially against adolescent sexual behavior problems.

The success of delivering information through peer education in this study was able to change adolescent behavior regarding sexual behavior because peer educators provided good information and were able to master the material when providing health education to their friends. In addition, the atmosphere and conditions are comfortable. Peer educators in this study can be a solution.

CONCLUSION

The conclusion of this study is that there is an influence of Naposo Nauli Bulung-based peer teachers in improving adolescent sexual behavior so that this method can be recommended as a method to improve adolescent education about sexual behavior.

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