

# The Peer Education Method Using the Comprehensive School Health Model Concept in the Centre of Sexting Information Program

Farhan Nafis Sajidalloh<sup>1</sup>, Nurhayati<sup>2</sup>, Syamsul Anwar<sup>3</sup>, Lily Herlina<sup>4</sup>

<sup>1,2,3,4</sup>Universitas Muhammadiyah Jakarta, Indonesia

[farhanbamsky@gmail.com](mailto:farhanbamsky@gmail.com)

## Abstract

*The research objective is to analyze the peer education method using the comprehensive school health model concept in the centre of sexting information program. This type of research is an explorative study with a mixed approach. The location of this research is conducted in South Tangerang City for 1 year. Determination of the sample in this study using purposive sampling technique. The samples in this study are the Mayor's Health Expert Staff, the Public Health Center Health Service, and the school as a management study. Then school students and families as community studies. The instrument in this study is an open interview sheet for qualitative and quantitative using a closed interview sheet before the intervention is given and after the intervention is given. The results of the study and solving management problems starting from the arrangement of the Mayor's Expert Staff, the Health Office, Public Health Center, and School, there are several recommendations including planning including the preparation, development, and socialization of reproductive health programs with sexting in adolescents at the Department Level, Public Health Center, and School. The results of nursing care carried out to 6 foster families with the main problem of sexual behavior in adolescents with sexting in adolescent families showed a change in behavior status, attitudes and knowledge experienced by adolescent families and the level of family independence in dealing with adolescents with sexting.*

## Keywords

education; school; health



## I. Introduction

The rapid development of technology in the current era of globalization has provided many benefits in progress in various social aspects. The use of technology by humans in helping to complete work is a must in life. This technological development must also be followed by developments in human resources. Development is a systematic and continuous effort made to realize something that is aspired. Development is a change towards improvement. Changes towards improvement require the mobilization of all human resources and reason to realize what is aspired. In addition, development is also very dependent on the availability of natural resource wealth. The availability of natural resources is one of the keys to economic growth in an area. (Shah, M. et al. 2020)

Humans as technology users must be able to take advantage of the current technology, as well as the development of the technology in the future. Human adaptation to new technologies that have developed must be done through education. This is done so that the next generation is not left behind in terms of new technology. That way,

technology and education are able to develop together along with the new generation as the successor to the old generation. Several ways of adaptation can be realized in the form of training and education.

One of the tools commonly used by teenagers and adults to communicate is the internet. The internet is used to obtain various information needed. The amount of information that is easily accessible, it turns out that the internet can be misused (Anderson, 2018). This can be seen from the widespread circulation of content with sexual connotations in cyberspace. Over the past few years, news media in several countries have reported many cases of minors (18 years old) using digital cameras to produce and distribute sexually suggestive images (of themselves or others), some of which violate pornography laws (Izzaty et al., 2017).

In 2014 from a survey conducted, the number of internet users in Indonesia was 38,191,873 followed by mobile phones amounting to 281,963,665 people from the total population of Indonesia as much as 251,160,124 some of them use mobile phones (Asosiasi Penyelenggara Jasa Internet Indonesia, 2022).

Pornography usually refers to representations designed to arouse and give sexual pleasure to those who read, see, hear, or handle them. When none of these red flags are up, pornography can certainly have benefits. Counselors sometimes suggest it to help people become comfortable with a particular fantasy they or their partner may have. Pornography can reboot a couple's sex life. It can give you ideas, or help you get in touch with what turns you on. Cases include violating pornography laws. The various kinds of impacts that teenagers get from the internet which are no longer commonplace are of course online pornography which is now more easily accessed either through social media such as Facebook, Twitter, Instagram, Line, WhatsApp, Youtube and other features (Sajidalloh et al., 2022).

The problem that until now has not found a solution is related to online sex where teenagers are currently not easily controlled by the school environment or family related to their sexual behavior. One of the innovation approach programs for adolescent reproductive health problems with sexting is the center of sexting information, the sexting information center. One of the programs that have access to provide information, services (training skills of educators and counseling). The center of sexting information in carrying out its programs can reach from small groups to the largest groups, ranging from the home environment to institutions such as campuses and schools. One of the programs carried out by adolescents for adolescents is peer educator and peer counselor starting from discussing reproductive knowledge and problems, life skills through role playing and games as well. The aim of this program is to increase the knowledge and skills of adolescents and to help solve adolescent problems.

## **II. Research Method**

This type of research is an explorative study with a mixed approach. Explorative research is a methodology approach that explores research questions that have not previously been studied in depth. It is often used when the issue you're studying is new, or the data collection process is challenging in some way (Octiva et al., 2018; Pandiangan, 2018). Explorative research is usually conducted to have a better understanding of the existing problem, but usually doesn't lead to a conclusive result. Researchers use exploratory research when trying to gain familiarity with an existing phenomenon and acquire new insight into it to form a more precise problem. A mixed approach is a type of

research that combines elements of a quantitative and qualitative approach. This a mixed approach focuses on data collection, analysis, and mixing (Asyraini et al., 2022; Octiva, 2018; Pandiangan, 2015).

Location of study refers to either the province, territory or country of the institution from which a person obtained a certificate, diploma or degree, or; the province, territory or country of the institution that a person attended during a specified reference period, or for a specific level of education (Jibril et al., 2022; Pandiangan et al., 2018; Pandiangan, 2022). The location of this research is conducted in South Tangerang City for 1 year.

The sample is part of the population that has characteristics similar to the population itself. Samples are also called samples. The calculated value obtained from this sample is called statistic (Octiva et al., 2021; Pandiangan et al., 2021; Pandia et al., 2018). Determination of the sample in this study using purposive sampling technique. The samples in this study are the Mayor's Health Expert Staff, the Public Health Center Health Service, and the school as a management study. Then school students and families as community studies.

Research instrument is a tool used in a research activity, especially as a measurement and data collection. It can be in the form of a questionnaire, a set of test questions, observation sheets and so on (Pandiangan et al., 2022; Tobing et al., 2018). The instrument in this study is an open interview sheet for qualitative and quantitative using a closed interview sheet before the intervention is given and after the intervention is given.

### **III. Result and Discussion**

#### **3.1 Community Nursing Management Analysis**

The results of the study and solving management problems starting from the arrangement of the Mayor's Expert Staff, the Health Office, Public Health Center, and School, there are several recommendations including planning including the preparation, development, and socialization of reproductive health programs with sexting in adolescents at the Department Level, Public Health Center, and School. Organizing in which the implementation of coordination can run well after the center of sexting information program is carried out as evidenced by the running of the program and support. The driving force where the supervision of direction and guidance runs according to the program flow that has been prepared by the researcher.

#### **3.2 Family Nursing Analysis with Model and Concept**

The results of nursing care carried out to 6 foster families with the main problem of sexual behavior in adolescents with sexting in adolescent families showed a change in behavior status, attitudes and knowledge experienced by adolescent families and the level of family independence in dealing with adolescents with sexting. The results above show that before the nursing intervention was carried out, the families of adolescents with sexting had poor knowledge of attitudes and behavior, while after the intervention had positive results. Research explains that adolescents with low knowledge have low self-control. Adolescents' lack of knowledge about sexual reproductive health can lead to misperceptions of sexual information from the youth's point of view (Anastassiou, 2017).

The coronavirus disease 2019 (COVID-19) pandemic creates new problems that are often encountered by 6 teenagers in fostered families, namely the low daily offline activities carried out but the virtual activities carried out are very large, this can be seen from the data that the majority of teenagers managed do not have routine activities and

more often just stay in the room. Adolescents should still have daily activities to do to prevent the risk of sexual behavior from getting worse (Hanson et al., 2019).

### **3.3 Community Nursing Analysis with Model and Concept**

The results of the implementation of the center of sexting information innovation in the group of teenagers in South Tangerang City High School showed that it was successfully proven by an increase in knowledge with an increase of 11%, attitudes 34%, and behavior 15%. These results show that the center of sexting information program in which there is a peer educator is very effective for peers so that teenagers receive information and explore information more relaxed and openly. This is supported by the results of research from Woldie and Yitbarek (2020) that there is a significant mean difference in the intervention group on the knowledge and attitude variables. In the control group, there was no significant difference in either the knowledge or attitude variables. So it can be concluded that there is an influence of peer education in increasing the knowledge and attitudes of adolescents about HIV/AIDS.

The high incidence of sexual behavior with sexting in adolescents is due to the increasing access of children to these online media, especially during the pandemic. According to the results of the initial mapping conducted by ECPAT Indonesia, it was found that 67% of child respondents experienced an increase in internet use compared to before the pandemic where most of the respondents admitted that they spent more than 6 hours a day using the Internet. Then, ECPAT Indonesia also noted that from 1,203 respondents, it turned out that there were 287 forms of bad experiences when surfing the internet during this pandemic. The most common forms of bad experiences include: being sent writings/text messages that are disrespectful and obscene (112 respondents), sent pictures/videos that make them uncomfortable (66 respondents) to being sent pictures/videos featuring pornography (27 respondents). Through this data, an important message is implied that every person and institution, especially parents, is responsible for ensuring that children have adequate knowledge about safe ways to surf the internet, especially during a pandemic. Not only that, it is also important to teach children how to identify threats of sexual exploitation in cyberspace (Yasmin et al., 2022). We can call this online sexual exploitation with sexting. One of these sexting incidents has occurred in South Tangerang, where out of 394 high school teenagers in South Tangerang, 133 teenagers have had sexting activities (Sajidalloh et al., 2022).

The implementation of the center of sexting informatio program with peer empowerment is carried out in stages starting from networking, structure formation, cadre training to cadres participating in intervening with peers through online media in the COVID-19 pandemic era, this is very effective, this agrees with Brewin et al. (2014) where social media platforms can be a new strategy in implementing the dissemination of information in the world of health, especially sexual behavior and this is very effective where the intensity of adolescents in the use of social media is very high.

The program that has been running is certainly an entry point for the health office, especially the South Tangerang City in implementing innovation programs in the service standards of the South Tangerang City Health Office, starting from the smallest things in the family, community, and school. Therefore, the role of the government is very important in the implementation of the youth care health service program for adolescents. Implementation of adolescent care health services at the Public Health Center, adolescents are given special services through special treatment tailored to the desires, tastes and needs of adolescents. In particular, the objectives of the youth care health service program are to improve the provision of quality adolescent health services, to increase the utilization of

the Public Health Center by adolescents to obtain health services, to increase the knowledge and skills of adolescents in the prevention of health problems and to increase the involvement of adolescents in planning, implementing and evaluating adolescent health services. The targets of this program are men and women aged 10-19 years and unmarried (Guzik, 2013).

#### IV. Conclusion

The results of the study and solving management problems starting from the arrangement of the Mayor's Expert Staff, the Health Office, Public Health Center, and School, there are several recommendations including planning including the preparation, development, and socialization of reproductive health programs with sexting in adolescents at the Department Level, Public Health Center, and School. The results of nursing care carried out to 6 foster families with the main problem of sexual behavior in adolescents with sexting in adolescent families showed a change in behavior status, attitudes and knowledge experienced by adolescent families and the level of family independence in dealing with adolescents with sexting.

#### References

- Anastassiou, A. (2017). Sexting and Young People: a Review of the Qualitative Literature. *Qualitative Report*, 22(8), 2231–2239. DOI: 10.46743/2160-3715/2017.2951.
- Anderson, E. (2018). *Community as Partner: Theory and Practice in Nursing*. 8th Edition. Asosiasi Penyelenggara Jasa Internet Indonesia. (2022). Hasil Survey Profil Internet Indonesia 2022. Accessed from [apji.or.id](http://apji.or.id).
- Asyraini, Siti, Fristy, Poppy, Octiva, Cut Susan, Nasution, M. Hafiz Akbar, & Nursidin, M. (2022). Peningkatan Kesadaran Protokol Kesehatan di Masa Pandemi Bagi Warga di Desa Selamat Kecamatan Biru-biru. *Jurnal Pengabdian Kontribusi (Japsi)*, 2(1), 33-36.
- Brewin, D., et al. (2014). Behind Closed Doors: School Nurses and Sexual Education. *Journal of School Nursing*, 30(1), 31–41. DOI: 10.1177/1059840513484363.
- Guzik, A. (2013). *Essentials for Occupational Health Nursing*, Essentials for Occupational Health Nursing. DOI: 10.1002/9781118783252.
- Hanson, C. L., et al. (2019). Family-Focused Public Health: Supporting Homes and Families in Policy and Practice. *Frontiers in Public Health*, 7(3), 1–6. DOI: 10.3389/fpubh.2019.00059.
- Izzaty, R. E., et al. (2017). Sexting and Sexual Behavior in at Risk Adolescents. *Accounting Analysis Journal*, 2(1), 150. DOI: 10.15294/aaj.v3i1.4196.
- Jibril, Ahmad, Cakranegara, Pandu Adi, Putri, Raudya Setya Wismoko, & Octiva, Cut Susan. (2022). Analisis Efisiensi Kerja Kompresor pada Mesin Refrigerasi di PT. XYZ. *Jurnal Mesin Nusantara*, 5(1), 86-95.
- Octiva, C. S., Irvan, Sarah, M., Trisakti, B., & Daimon, H. (2018). Production of Biogas from Co-digestion of Empty Fruit Bunches (EFB) with Palm Oil Mill Effluent (POME): Effect of Mixing Ratio. *Rasayan J. Chem.*, 11(2), 791-797.
- Octiva, Cut Susan, Indriyani, & Santoso, Ari Beni. (2021). Effect of Stirring Co-digestion of Palm Oil and Fruith for Biogas Production to Increase Economy Benefit. *Budapest International Research and Critics Institute-Journal*, 4(4), 14152-14160. DOI: <https://doi.org/10.33258/birci.v4i4.3521>.

- Octiva, Cut Susan. (2018). Pengaruh Pengadukan pada Campuran Limbah Cair Pabrik Kelapa Sawit dan Tandan Kosong Kelapa Sawit terhadap Produksi Biogas. Tesis. Medan: Fakultas Teknik, Program Studi Teknik Kimia, Universitas Sumatera Utara. <https://repositori.usu.ac.id/bitstream/handle/123456789/12180/157022002.pdf?sequence=1&isAllowed=y>.
- Pandia, S., Tanata, S., Rachel, M., Octiva, C., & Sialagan, N. (2018). Effect of Fermentation Time of Mixture of Solid and Liquid Wastes from Tapioca Industry to Percentage Reduction of TSS (Total Suspended Solids). *IOP Conference Series: Materials Science and Engineering*, 309, 012086. DOI: 10.1088/1757-899X/309/1/012086.
- Pandiangan, Saut Maruli Tua, Oktafiani, Fida, Panjaitan, Santi Rohdearni, Shifa, Mutiara, & Jefri, Riny. (2022). Analysis of Public Ownership and Management Ownership on the Implementation of the Triple Bottom Line in the Plantation Sector Listed on the Indonesia Stock Exchange. *Budapest International Research and Critics Institute-Journal*, 5(1), 3489-3497. DOI: <https://doi.org/10.33258/birci.v5i1.4016>.
- Pandiangan, Saut Maruli Tua, Resmawa, Ira Ningrum, Simanjuntak, Owen De Pinto, Sitompul, Pretty Naomi, & Jefri, Riny. (2021). Effect of E-Satisfaction on Repurchase Intention in Shopee User Students. *Budapest International Research and Critics Institute-Journal*, 4(4), 7785-7791. DOI: <https://doi.org/10.33258/birci.v4i4.2697>.
- Pandiangan, Saut Maruli Tua, Rujiman, Rahmanta, Tanjung, Indra I., Darus, Muhammad Dhio, & Ismawan, Agus. (2018). An Analysis on the Factors which Influence Offering the Elderly as Workers in Medan. *IOSR Journal of Humanities and Social Science (IOSR-JHSS)*, 23(10), 76-79. DOI: 10.9790/0837-2310087679. <http://www.iosrjournals.org/iosr-jhss/papers/Vol.%2023%20Issue10/Version-8/K2310087679.pdf>.
- Pandiangan, Saut Maruli Tua. (2015). Analisis Lama Mencari Kerja Bagi Tenaga Kerja Terdidik di Kota Medan. Skripsi. Medan: Fakultas Ekonomi dan Bisnis, Program Studi Ekonomi Pembangunan, Universitas Sumatera Utara. [https://www.academia.edu/52494724/Analisis\\_Lama\\_Mencari\\_Kerja\\_Bagi\\_Tenaga\\_Kerja\\_Terdidik\\_di\\_Kota\\_Medan](https://www.academia.edu/52494724/Analisis_Lama_Mencari_Kerja_Bagi_Tenaga_Kerja_Terdidik_di_Kota_Medan).
- Pandiangan, Saut Maruli Tua. (2018). Analisis Faktor-faktor yang Mempengaruhi Penawaran Tenaga Kerja Lanjut Usia di Kota Medan. Tesis. Medan: Fakultas Ekonomi dan Bisnis, Program Studi Ilmu Ekonomi, Universitas Sumatera Utara. <http://repositori.usu.ac.id/bitstream/handle/123456789/10033/167018013.pdf?sequence=1&isAllowed=y>.
- Pandiangan, Saut Maruli Tua. (2022). Effect of Packaging Design on Repurchase Intention to the Politeknik IT&B Medan Using E-Commerce Applications. *Journal of Production, Operations Management and Economics (JPOME)*, 2(1), 15–21. <http://journal.hmjournals.com/index.php/JPOME/article/view/442>.
- Sajidalloh, F. N., Chairani, R. & Anwar, S. (2022). Analisa Demografi, Perilaku Seksual, Teman Sebaya Terhadap Seks Online (Sexting) pada Remaja Pertengahan di Kota Tangerang Selatan. *Quality: Jurnal Kesehatan*, 16(1), 48–54. DOI: 10.36082/qjk.v16i1.140.
- Shah, M. et al. (2020). The Development Impact of PT. Medco E & P Malaka on Economic Aspects in East Aceh Regency. *Budapest International Research and Critics Institute-Journal (BIRCI-Journal)*. P. 276-286.
- Tobing, Murniati, Afifuddin, Sya'ad, Rahmanta, Huber, Sandra Rouli, Pandiangan, Saut Maruli Tua, & Muda, Iskandar. (2018). An Analysis on the Factors Which Influence

the Earnings of Micro and Small Business: Case at Blacksmith Metal Industry. *Academic Journal of Economic Studies*, 5(1), 17-23. <https://www.ceeol.com/search/article-detail?id=754945>.

Woldie, M. & Yitbarek, K. (2020). *Handbook of Global Health*. DOI: 10.1007/978-3-030-05325-3.

Yasmin, A., et al. (2022). Program-Program dalam Mengatasi Child Trafficking: Literatur Review Pendahuluan Child Trafficking Istilah yang Digunakan untuk Perdagangan Anak yang Merupakan Salah Satu Isu Sosial Berupa Kejahatan Terhadap Kemanusiaan, Pelanggaran Hak yang Melibatkan Pembelian, Penjualan, Menggunakan Pelibatan Perdagangan Orang.