

Healthy Dating Education Socialization to Adolescents at SMPN Alok, Sikka District

Sitti Anggraini ^{a,1,*}, Maria Mensiana Kerona ^{a,2}

^a Program Studi Psikologi Fakultas Ilmu-Ilmu Sosial Universitas Nusa Nipa Indonesia

¹ anggimof@gmail.com; ² ecikeron@gmail.com

* Corresponding Author

ABSTRACT

Dating behavior in today's teenagers has led to unhealthy dating behavior. Unhealthy courtship will have an impact on pregnancies outside of marriage, early marriage, school dropouts, and cause sexually transmitted diseases. The purpose of holding community service is to provide educational socialization about healthy dating behavior for adolescents at SMPN Alok Maumere. The methods or approaches used in this community service are a) Preliminary observation & interview methods, b) Coordination with the school, c) Implementation of socialization of healthy dating education for adolescents accompanied by pre tests and post tests d) Evaluation. The results showed that there was an increase in knowledge about healthy courtship in adolescents.

KEYWORDS

Healthy Dating;
Adolescents;
Socialization



This is an open-access article under the [CC-BY-SA](https://creativecommons.org/licenses/by-sa/4.0/) license

1. Introduction

Adolescence is a period of transition for a person from childhood to adulthood which is full of Paciello's dilemmas [1]. Adolescence is a time of change, these changes include physical changes, psychological changes and psychosocial changes [2]. During this period there are rapid changes both physically and psychologically including emotional improvement, sexual maturity, attraction to the opposite sex, changes in values and most adolescents who are ambivalent [3]. The association that teenagers often have during puberty they call dating [4], [5]. Dating is carrying out a relationship where two people meet and carry out various activities together so they can get to know each other [6], [7] In fact, it is not uncommon to find sights in public places, teenagers embracing each other intimately regardless of the surrounding community [8]. Not only that, dating behavior is often used as a tool to vent sexual needs on the grounds of strengthening the feeling of love between partners [9]. In addition, many teenagers express dating behavior that deviates from the norms prevailing in society, religion and law [10]. It can be seen that things that were forbidden by teenagers a few years ago, such as kissing and making out have now been justified by teenagers now [11], [12]. There are even a small number of them agree with free sex behavior [13]. Adolescent dating behavior has led to out-of-bounds behavior, where teenagers in their free time tend to engage in free sex behavior, which they should not be allowed to do at their age [14]. If courtship crosses reasonable boundaries such as kissing, necking, petting and lapses into sexual behavior / intercourse, then this is said to be unhealthy courtship or negative courtship [15].

The current condition of dating teenagers is more unhealthy [16]–[19]. The results show that 82% of adolescents have high premarital sexual behavior, the remaining 10% are in the low category and 8% are in the high category. Ananias said that the most frequent forms of sexual behavior were kissing with an average value of 30.475%, touching with an average value of 20.96%, and petting with an average value of 16.11. % and the lowest form and behavior of intercourse with an average value of 6.08. Based on gender, it was found that male adolescents experienced a higher premarital sexual behavior tendency than female adolescents [20]. Furthermore, in 2017 conducting a survey on adolescent sexual behavior in Sikka District found that adolescents aged 12-24 years were unmarried and had sexual intercourse by 35%, higher than the national percentage of 10%.

Healthy dating is done by teenagers to be able to give each other enthusiasm and motivation so that couples can benefit from healthy dating [21], [22]. A healthy relationship has the goal of being

physically, emotionally, socially and sexually healthy [23]. Dating certainly has an effect on the lives of adolescents both positively and negatively [24]–[27]. Positive courtship is healthy courtship, namely courtship that meets the criteria of "healthy", both physically, psychologically, socially, and sexually [28]–[30]. Based on the problems and data obtained about dating behavior in adolescents, researchers are interested in conducting "Healthy Dating Education Socialization in Adolescents". The purpose of this educational socialization is for teenagers to know the effects of dating behavior, both unhealthy dating behavior and healthy dating, as well as broaden their horizons so that teenagers are able to have reasonable relationships so they can avoid or minimize unhealthy dating behavior and increase healthy dating behavior.

Based on the results of the researchers' observations and interviews with adolescents at Alok State Middle School, Maumere, Sikka Regency, the researchers found that much of the behavior of adolescents in dating should serve as motivation in learning and expanding association, but instead tends to be unhealthy. This can be seen from the dating style of adolescents, starting from frequent walking alone, going out in a quiet place, holding hands, hugging and even kissing. To avoid dating behavior that is deviant or unhealthy, researchers conduct socialization on healthy dating education for adolescents.

2. Method

a. The initial step taken by the servant was to conduct observations and interviews for one week with Alok State Middle School students regarding unhealthy dating behavior.

b. Coordination, made an approach to the school principal and several counseling teachers at Alok State Middle School, Uneng City Village, Sikka Regency, East Nusa Tenggara to conduct socialization on healthy dating education for adolescents in accordance with the problems found by researchers.

c. The socialization of healthy dating education for teenagers was carried out on Saturday, November 13 2021, 12.00 – 13.40 WITA, taking place at Alok State Middle School, Uneng City Village, Sikka Regency – NTT, which was attended by 24 students attending State Middle Schools Alok.

d. Before carrying out the socialization of healthy dating education for adolescents, a pretest was carried out and after the socialization of healthy dating education for adolescents, a posttest was carried out, with a total of 10 questions which were arranged based on educational material on healthy dating for adolescents.

e. Evaluation. After the socialization of healthy dating education activities for adolescents. The community service team from the Nusa Nipa University Psychology Study Program conducted an evaluation with the SMPN Alok Guidance Teacher regarding the activities that had been carried out. The activities carried out went well with satisfactory results. The Nusa Nipa University Psychology Study Program Community Service Team hopes that the information received by teenagers regarding healthy dating behavior will not only stop until today's activity ends, but it is hoped that this information can be passed on to other teenagers who did not participate in this socialization activity.

3. Results and Discussion

Education as an effort to develop oneself through the process of education or learning. Education can also be interpreted as conditions, events, incidents that provide learning attitudes and behavior of a person or group towards maturity and becoming a more mature person cognitively and mentally.



Fig. 1. Pre-test

Before carrying out the education, the service team distributed questionnaires (pre-test) to find out how much knowledge adolescents had regarding healthy dating among adolescents as shown in Figure 1. The figure shows that the pre-test was completed for 10 minutes. Then it was followed by the implementation of education by the TEAM which was carried out for 40 minutes and then continued with a discussion / question and answer for 40 minutes. Furthermore, giving conclusions at the end of the activity. The material provided includes: 1). Background problem, 2). Definition of Healthy Courtship, 3). Types of healthy and unhealthy courtship 4) factors of healthy and unhealthy courtship, 5). Impacts of unhealthy dating, 5) Solutions or efforts to prevent unhealthy dating. Then filling in the questionnaire (post test) ended this activity for 10 minutes as shown in Figure 2. The picture shows that students have finished working on the post test



Fig. 2. Post test

Unhealthy courtship behavior that starts with holding hands, hugging and starting to try kissing so that it is feared that it will lead to sexual behavior that is at a higher risk and dangerous for adolescent reproductive health, namely sexual intercourse, explained by the presenters is shown in Figure 3. Figure 3. It can be seen that students pay close attention. This behavior can lead to various problems, for example psychological problems, premarital pregnancy or what is called an unwanted pregnancy, abortion, sexually transmitted infections (STIs) and transmission of the Human Immunodeficiency Virus/Acquired Immuno Deficiency Syndrome (HIV/AIDS).

The negative impact of unhealthy dating, for example; learning achievement can decrease, social interaction decreases and so on. If the boyfriend limits socializing with others, the relationship between dating and sex becomes strong, full of problems that result in stress. Relationships with girlfriends are of course not as smooth as expected, personal freedom is reduced, practice hypocrisy, make long wishful thinking, make life extravagant, will weaken creativity and make it difficult to concentrate, because the mind is only on the boyfriend. According to Ardian, (2018) there are several negative impacts that arise from the dating style of today's children, namely having a fragile personality, reducing concentration, creating stress, reducing social interaction and being selfish.



Fig. 3. Healthy Dating Education for Adolescents

The results of the calculation when viewed from the pre-test and post-test values, namely the pre-test value obtained an average mean of 6.2857, while for the post-test value an average value of 8.8571 is shown in Figure 4. The figure shows that the number of respondents used as the research sample was 21 students who filled out the pre-test and post-test. Because the average value of the test results at the pre-test is 6.2857 < post-test 8.8571, it means that descriptively there is a difference in the average test results between the pre-test and post-test, which means that there is an increase in adolescent knowledge after being given socialization of healthy dating education in adolescents at Alok State Middle School, Uneng City, Sikka Regency, East Nusa Tenggara. This can be explained that teenagers at SMPN Alok know clearly about unhealthy dating behaviors and the impact of unhealthy dating behaviors, namely reducing concentration, causing pregnancy out of wedlock, early marriage, dropping out of school, causing venereal diseases and so on. Meanwhile, healthy courtship behavior has a positive impact such as increasing learning motivation, expanding association and so on. Besides that, it also has a positive impact on adolescents such as physically healthy, psychologically healthy, emotionally healthy, socially healthy.

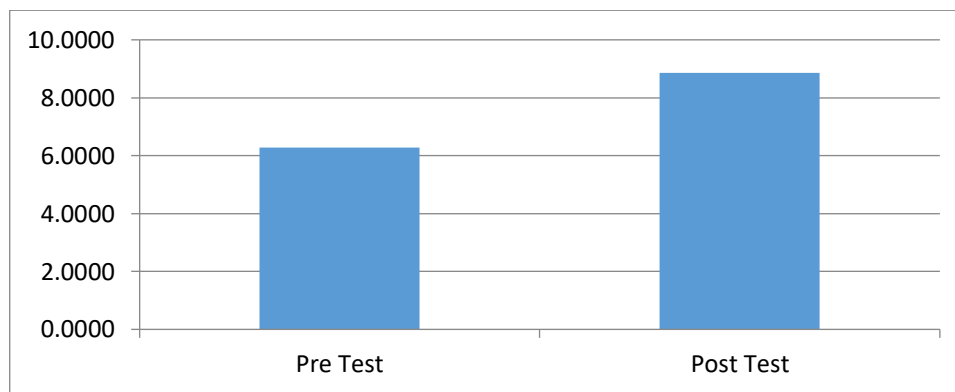


Fig. 4. Mean Value of Pre Test and Post Test

Based on the pre-test and post-test graphs above, it can be said that community service activities at SMPN Alok Maumere which were carried out by a team from the Psychology Study Program, Faculty of Social Sciences, Nusa Nipa University were said to be successful.

4. Conclusion

Today's teenage courtship styles lead to unhealthy courtship behaviors such as kissing, necking, petting, and falling into sexual behavior or intercourse. So it is necessary to socialize healthy dating education for young people and it is hoped that teenagers can have healthy dating behaviors to avoid risks such as getting pregnant out of wedlock, early marriage, dropping out of school, the emergence of sexually transmitted diseases and so on. The results of community service research at SMPN Alok show an average pre-test result of 6.2857 < post-test 8.8571, meaning that descriptively there is a difference in the average test results between the pre-test and post-test. The results of the study explain that there is an increase in adolescent knowledge about healthy dating such as physically healthy, psychologically healthy, emotionally healthy, socially healthy and minimizing unhealthy dating behavior which can lead to pregnancy out of wedlock, early marriage, dropping out of school and causing venereal disease. after being given socialization on healthy dating education to teenagers at Alok State Middle School, East Nusa Tenggara Sikka Regency..

Acknowledgment

Special thanks to the internal funder for community service from the Universitas Nusa Nipa Indonesia.

Author Contribution

The methods or approaches used in this community service are a) Preliminary observation & interview methods, b) Coordination with the school, c) Implementation of socialization of healthy dating education for adolescents accompanied by pre tests and post tests d) Evaluation.

Funding

Special thanks to the internal funder for community service from the Universitas Nusa Nipa Indonesia.

Conflict of Interest

The authors declare no conflict of interest.

References

- [1] H. H. Kettrey and A. M. Callahan, "Can Attitudes Serve as Proxies for Behavioral Outcomes of Dating Violence Prevention Programs? Broader Lessons From a Pilot Evaluation of the Relationship Education Project," *Violence Vict.*, vol. 38, no. 2, pp. 289–304, Apr. 2023.
- [2] P. Brar, M. Shramko, S. Taylor, and M. Eisenberg, "The Moderating Influence of School Adult Connectedness on Adolescent Dating Violence and Mental Health," *J. Sch. Health*, vol. 93, no. 4, pp. 297–304, Apr. 2023.
- [3] N. S. Perry, C. Huntington, and G. K. Rhoades, "Differences by sexual orientation in romantic relationship attitudes and skills among adolescents," *J. Marriage Fam.*, vol. 85, no. 2, pp. 616–630, Apr. 2023.
- [4] R. W. S. Coulter and R. E. Gartner, "LGBTQ+ Youth-Generated Intervention Concepts for Reducing Teen Dating Violence Inequities," *Health Promot. Pract.*, vol. 24, no. 2, pp. 252–257, Mar. 2023.
- [5] C. M. Spencer, M. Rivas-Koehl, S. Astle, M. L. Toews, K. M. Anders, and P. McAllister, "Risk Markers for Male Perpetration of Sexual Assault on College Campuses: A Meta-Analysis," *Trauma, Violence, Abus.*, p. 152483802210974, May 2022.
- [6] E. A. Mumford, W. Liu, J. E. Copp, B. G. Taylor, K. MacLean, and P. C. Giordano, "Relationship Dynamics and Abusive Interactions in a National Sample of Youth and Young Adults," *J. Interpers. Violence*, vol. 38, no. 3–4, pp. 3139–3164, Feb. 2023.
- [7] D. Rodriguez, H. A. Rueda, S. Hoffman, and B. Gutierrez, "Mexican Middle Schoolers' Questions on Sexuality and Dating Relationships: A Descriptive Qualitative Analysis," *Child Adolesc. Soc. Work J.*, Jan. 2022.
- [8] G. Brodeur, M. Fernet, and M. Hébert, "Training needs in dating violence prevention among school staff in Québec, Canada," *Front. Educ.*, vol. 8, Apr. 2023.
- [9] N. Karunaratne, "The influence of family and culture on South Asian student dating violence survivors' college experiences," *J. Am. Coll. Heal.*, pp. 1–9, Apr. 2023.
- [10] S. G. E. Kedzior et al., "Like fumbling around in the dark': Young people's perceptions and realities of healthy relationships," *Cult. Health Sex.*, pp. 1–15, Apr. 2023.
- [11] M. M. Palmer and J. S. Hirsch, "Putting the 'Comprehensive' in Comprehensive Sexuality Education: a Review Exploring Young Adult Literature as a School-based Intervention," *Sex. Res. Soc. Policy*, vol. 19, no. 4, pp. 1867–1878, Dec. 2022.
- [12] E. F. Rothman and L. Graham Holmes, "Using formative research to develop HEARTS: A curriculum-based healthy relationships promoting intervention for individuals on the autism spectrum," *Autism*, vol. 26, no. 1, pp. 160–168, Jan. 2022.
- [13] B. Goesling and J. Alamillo, "The impacts of a high school healthy marriage and relationship education program," *Fam. Relat.*, Jan. 2023.
- [14] B. Whitfield, "Primary Contraceptive Method use and Sexually Transmitted Infections in a Nationally Representative Sample of Young Women," *J. Pediatr. Adolesc. Gynecol.*, vol. 35, no. 5, pp. 585–592, Oct. 2022.
- [15] A. Adhia, J. P. Schleimer, and J. Mazza, "Trends in Secondary School Practices Related to Violence Prevention, 2012-2018," *J. Sch. Health*, vol. 92, no. 9, pp. 882–887, Sep. 2022.
- [16] M. L. Kan et al., "A Field Test of Opportunities for Teen Dating Violence Disclosure in School-Based Relationship Education Programs," *J. Interpers. Violence*, vol. 37, no. 15–16, pp. NP13268–NP13290, Aug. 2022.
- [17] Z. Ren, Y. Zhou, and Y. Liu, "Factors associated with unsafe sexual behavior among sexually active Chinese University students, Hebei Province, 2019," *BMC Public Health*, vol. 21, no. 1, p. 1904, Dec. 2021.

- [18] C. Vives-Cases et al., "Dating violence and associated factors among male and female adolescents in Spain," *PLoS One*, vol. 16, no. 11, p. e0258994, Nov. 2021.
- [19] H. A. Rueda, M. Yndo, L. R. Williams, and R. C. Shorey, "Does Gottman's Marital Communication Conceptualization Inform Teen Dating Violence? Communication Skill Deficits Analyzed Across Three Samples of Diverse Adolescents," *J. Interpers. Violence*, vol. 36, no. 11–12, pp. NP6411–NP6440, Jun. 2021.
- [20] A. E. Olmsted et al., "Feasibility and Acceptability of Technology-supported Sexual Health Education Among Adolescents Receiving Inpatient Psychiatric Care," *J. Child Fam. Stud.*, vol. 31, no. 7, pp. 2050–2064, Jul. 2022.
- [21] N. P. Johnson, M. A. Sundaram, J. Alder, E. Miller, and M. I. Ragavan, "The Lasting Influence of a Peer-led Adolescent Relationship Abuse Prevention Program on Former Peer Leaders' Relationships, Identities, and Trajectories in Emerging Adulthood," *J. Interpers. Violence*, vol. 37, no. 9–10, pp. NP7580–NP7604, May 2022.
- [22] E. F. Rothman, M. Bair-Merritt, and S. Broder-Fingert, "A Feasibility Test of an Online Class to Prevent Dating Violence for Autistic Youth: a Brief Report," *J. Fam. Violence*, vol. 36, no. 4, pp. 503–509, May 2021.
- [23] S. Taylor and Y. Xia, "Dating Violence Among Rural Adolescents: Perpetration and Victimization by Gender," *J. Interpers. Violence*, vol. 37, no. 9–10, pp. NP7729–NP7750, May 2022.
- [24] J. M. Fitzpatrick, "Perceived Parental Support in Teen Dating Violence," *Soc. Work*, vol. 67, no. 2, pp. 165–174, Mar. 2022.
- [25] D. N. Powell, G. Freedman, K. Jensen, and V. Preston, "'Talking' as a Romantic Interaction: Is There Consensus?," *J. Couple Relatsh. Ther.*, vol. 20, no. 4, pp. 384–404, Oct. 2021.
- [26] S. Taylor, Y. Xia, and P. Brar, "Parental Awareness of Rural Adolescents' Dating Behaviors: Implications for Parent Education," *J. Ext.*, vol. 59, no. Summer 2021, Sep. 2021.
- [27] E. S. Goldfarb and L. D. Lieberman, "Three Decades of Research: The Case for Comprehensive Sex Education," *J. Adolesc. Heal.*, vol. 68, no. 1, pp. 13–27, Jan. 2021.
- [28] A. Goldstein and S. Flicker, "'It's been a good time to reflect on...who isn't worth keeping around': COVID-19, adolescent relationship maintenance and implications for health education," *Health Educ.*, vol. 122, no. 1, pp. 62–72, Mar. 2022.
- [29] L. Velasco, H. Thomas-Currás, Y. Pastor-Ruiz, and A. Arcos-Rodríguez, "PRO-Mueve Relaciones Sanas – A Gender-Based Violence Prevention Program for Adolescents: Assessment of Its Efficacy in the First Year of Intervention," *Front. Psychol.*, vol. 12, Jan. 2022.
- [30] B. H. Kohn, P. Vidal, R. Chiao, D. W. Pantalone, and S. Faja, "Sexual Knowledge, Experiences, and Pragmatic Language in Adults With and Without Autism: Implications for Sex Education," *J. Autism Dev. Disord.*, Aug. 2022.