

**PENGARUH PROMOSI KESEHATAN DENGAN MEDIA
VIDEO TERHADAP PENINGKATAN PENGETAHUAN
HEALTHY RELATIONSHIP SISWA-SISWI
SMA “A” JAKARTA SELATAN
TAHUN 2023**

Aliya Kinanti Prasetya

Abstrak

Permasalahan kesehatan reproduksi di kalangan remaja, terutama fenomena perilaku *relationship* berisiko, menjadi sumber kekhawatiran serius saat ini karena cenderung mengarah pada perilaku seksual pranikah dan *toxic relationship*. Penelitian ini bertujuan menganalisis perbedaan tingkat pengetahuan dan sikap sebelum dan sesudah promosi kesehatan dengan media video mengenai *healthy relationship* pada Siswa-Siswi Kelas XI SMA “A” Jakarta Selatan 2023. Desain penelitian yang digunakan adalah kuantitatif *Quasi-experimental (the two group pretest-posttest design)*. Populasi penelitian mencakup seluruh Siswa-Siswi Kelas XI SMA “A” Jakarta Selatan, dengan sampel sebanyak 252 responden yang dipilih melalui metode *simple random sampling*. Siswa-siswi kelas XI SMA “A” Jakarta Selatan menjadi responden penelitian jika bersedia dan hadir, sedangkan yang tidak hadir saat penelitian dilakukan dikecualikan. Metode pengumpulan data dengan kuesioner *pretest post-test (Google Form)* dan dianalisis dengan uji *Wilcoxon*. Hasil penelitian menunjukkan bahwa adanya peningkatan pengetahuan dan sikap siswa-siswi SMA “A” Jakarta Selatan mengenai *healthy relationship*. Sehingga, terdapat perbedaan tingkat pengetahuan dan sikap signifikan mengenai *healthy relationship* sebelum dan sesudah diberikan pemaparan video *healthy relationship* (*p-value* $0,000 < 0,05$). Dengan hasil ini, disarankan agar responden menyebarkan media video edukasi ini, sementara SMA “A” dapat melanjutkan edukasi berkelanjutan menggunakan media video atau sumber terpercaya lain untuk angkatan selanjutnya.

Kata Kunci : Promosi Kesehatan, Media Video, *Healthy Relationship*

THE EFFECT OF HEALTH PROMOTION THROUGH VIDEO MEDIA ON INCREASING KNOWLEDGE AND ATTITUDES TOWARD HEALTHY RELATIONSHIPS AMONG STUDENTS OF SMA “A” SOUTH JAKARTA IN 2023

Aliya Kinanti Prasetya

Abstract

Reproductive health issues among adolescents, specifically concerning risky relationship behavior, are a pressing contemporary concern. This behavior often encourages premarital sexual activities and toxic relationships. To address this, a research study was conducted in 2023 focusing on Class XI students of SMA "A" South Jakarta. The study utilized a quantitative quasi-experimental design, employing a two-group pretest-posttest approach. The sample comprised 252 respondents selected through simple random sampling from all Class XI students of SMA "A" South Jakarta. The research aimed to assess knowledge and attitudes before and after health promotion through video media on healthy relationships. The research included students who were present and willing, and excluded those who were absent during the study. Data collected with pretest-posttest questionnaire (Google Form) and analyzed with Wilcoxon. The results demonstrated a significant enhancement in both knowledge and attitudes among SMA "A" South Jakarta students regarding healthy relationships. The disparity in levels of understanding and attitudes before and after exposure to the educational video material was notable, with a p-value of 0.000 ($p < 0.05$). The findings suggest that sharing this educational video media is beneficial, and SMA "A" should consider continuing education through video media or other reliable sources for future generations.

Keyword : Health Promotion, Video Media, Healthy Relationship