

PENGARUH PENDIDIKAN KESEHATAN MEDIA AUDIO VISUAL TERHADAP PENINGKATAN PENGETAHUAN REMAJA MENGENAI PENYAKIT MENULAR SEKSUAL DI SMA NEGERI 1 BAREGBEG

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ABSTRAK

Latar Belakang: Penyakit Menular Seksual (PMS) masih menjadi masalah kesehatan masyarakat yang tinggi, termasuk pada remaja. Pendidikan kesehatan media audio visual diduga berpengaruh terhadap peningkatan pengetahuan remaja mengenai PMS di SMA Negeri 1 Baregbeg. **Tujuan:** Mengetahui pengaruh pendidikan kesehatan media audio visual terhadap peningkatan pengetahuan remaja mengenai PMS di SMA Negeri 1 Baregbeg. **Metode:** Penelitian kuantitatif dengan desain Quasi Experimental Design menggunakan rancangan Pretest-Posttest Control Group Design. Teknik sampling stratified random sampling dengan 76 responden (38 intervensi, 38 kontrol). Pengumpulan data menggunakan kuesioner Google Form berisi 15 pertanyaan. Analisis menggunakan uji Wilcoxon Signed Rank Test dan Mann-Whitney. **Hasil:** Kelompok intervensi (38 orang) mengalami peningkatan pengetahuan dengan Mean Rank 19,50 dan Sum of Ranks 741,00. Kelompok kontrol mengalami peningkatan dengan Mean Rank 10,50 dan Sum of Ranks 168,00. Sebanyak 5 orang (Negative Ranks) mengalami penurunan pengetahuan dengan Mean Rank 12,60 dan Sum of Ranks 63,00. Sisanya 17 orang (Ties) tidak menunjukkan perubahan. Hasil uji Mann-Whitney kelompok intervensi memperoleh nilai $p = 0,000$ ($p < 0,05$), yang berarti terdapat pengaruh signifikan. Hasil uji Mann-Whitney kelompok kontrol memperoleh nilai $p = 0,561$ ($p > 0,05$), yang berarti tidak terdapat perbedaan signifikan antara pre-test dan post-test. **Kesimpulan:** Pendidikan audio visual berpengaruh signifikan terhadap peningkatan pengetahuan remaja mengenai PMS di SMA Negeri 1 Baregbeg. **Saran:** Siswa diharapkan memanfaatkan peningkatan pengetahuan untuk memahami bahaya, penularan, gejala, dan cara pencegahan PMS, menerapkan perilaku hidup sehat, menghindari perilaku seksual berisiko, serta menjadi agen perubahan bagi teman sebaya.

Kata kunci: Pendidikan Kesehatan, Media Audio Visual, Penyakit Menular Seksual.

THE EFFECT OF AUDIO VISUAL MEDIA HEALTH EDUCATION ON INCREASING ADOLESCENTS KNOWLEDGE ABOUT SEXUALLY TRANSMITTED DISEASES AT STATE SENIOR HIGH SCHOOL 1 BAREGBEG IN 2026

ABSTRACT

Background: Sexually Transmitted Diseases (STDs) remain a major public health problem worldwide, including among adolescents. Health education using audiovisual media is presumed to have an effect on improving adolescent knowledge about STDs at SMA Negeri 1 Baregbeg.

Objective: To determine the effect of health education using audiovisual media on improving adolescent knowledge about STDs at SMA Negeri 1 Baregbeg. **Method:** This was a quantitative study with a quasi-experimental design using a pretest-posttest control group design. The sampling technique employed was stratified random sampling, involving 76 respondents (38 in the intervention group and 38 in the control group). Data were collected using a Google Form questionnaire consisting of 15 questions. Data analysis was performed using the Wilcoxon Signed Rank Test and the Mann Whitney test. **Results:** The intervention group (38 participants) showed an increase in knowledge with a Mean Rank of 19.50 and a Sum of Ranks of 741.00. The control group also showed an improvement with a Mean Rank of 10.50 and a Sum of Ranks of 168.00. Five participants (Negative Ranks) experienced a decline in knowledge, with a Mean Rank of 12.60 and a Sum of Ranks of 63.00, while the remaining 17 participants (Ties) showed no change. The Mann-Whitney test for the intervention group yielded a p-value of 0.000 ($p < 0.05$), indicating a significant effect. The Mann-Whitney test for the control group yielded a p-value of 0.561 ($p > 0.05$), indicating no significant difference between pretest and posttest scores.

Conclusion: Audiovisual health education has a significant effect on improving adolescent knowledge about STDs at SMA Negeri 1 Baregbeg. **Suggestion:** Students are expected to utilize the improved knowledge to better understand the dangers, transmission, symptoms, and prevention of STDs, enabling them to adopt healthy behaviors, avoid risky sexual practices, and serve as agents of change among their peers by disseminating accurate health information.

Keywords: Health Education, Audiovisual Media, Sexually Transmitted Diseases.