

HUBUNGAN *SELF-AWARENESS* DENGAN KEMAMPUAN PENCEGAHAN RISIKO *CHILD GROOMING* PADA REMAJA DI SMA NEGERI 1 CIAMIS

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ABSTRAK

Child grooming merupakan kejahatan seksual digital yang berlangsung secara bertahap dan terselubung sehingga sulit dikenali, terutama oleh remaja sebagai pengguna internet paling aktif, sehingga penelitian ini bertujuan untuk mengetahui hubungan antara *self-awareness* dengan kemampuan pencegahan risiko *child grooming* pada remaja di SMA Negeri 1 Ciamis. Penelitian ini bersifat deskriptif kuantitatif dengan rancangan *korelasional* dan pendekatan *cross-sectional* terhadap 100 responden kelas X dan XI yang dipilih melalui *proportional random sampling*, dengan data dikumpulkan menggunakan kuesioner *self-awareness* dan kemampuan pencegahan risiko *child grooming* yang telah diuji validitas dan reliabilitasnya, lalu dianalisis secara univariat dan bivariat menggunakan uji Rank Spearman. Hasil menunjukkan sebagian besar responden memiliki *self-awareness* kategori sedang (87%) dan kemampuan pencegahan kategori baik (51%), dengan $p \text{ value} = 0,000$ ($p < 0,05$) yang menunjukkan hubungan signifikan dan positif antara kedua variabel, sehingga semakin tinggi *self-awareness*, maka semakin baik kemampuan pencegahan risiko *child grooming*. Penelitian ini merekomendasikan program edukasi dan promosi kesehatan jiwa untuk meningkatkan *self-awareness* remaja melalui peran sekolah, tenaga kesehatan, dan keluarga..

Kata kunci: *self-awareness*, *child grooming*, remaja

**THE RELATIONSHIP BETWEEN SELF-AWARENESS AND THE ABILITY
TO PREVENT THE RISK OF CHILD GROOMING AMONG
ADOLESCENTS AT SMA NEGERI 1 CIAMIS**

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ABSTRAK

Child grooming is a digital sexual crime that occurs gradually and covertly, making it difficult to recognize, particularly among adolescents as the most active internet users, so this study aimed to determine the relationship between self-awareness and the ability to prevent the risk of child grooming among adolescents at SMA Negeri 1 Ciamis. This study used a descriptive quantitative design with a correlational approach and cross-sectional design involving 100 grade X and XI students selected through proportional random sampling, with data collected using self-awareness and child grooming risk prevention ability questionnaires that had been tested for validity and reliability, then analyzed univariately and bivariately using the Spearman Rank correlation test. The results showed that most respondents had a moderate level of self-awareness (87%) and a good level of prevention ability (51%), with a p value = 0.000 ($p < 0.05$) and a correlation coefficient of $r_s = 0.756$ (strong category), indicating a significant and positive relationship between the two variables, meaning the higher the self-awareness, the better the ability to prevent the risk of child grooming. This study recommends educational and mental health promotion programs to increase adolescents' self-awareness through the roles of schools, health workers, and families.

Keywords: *self-awareness, child grooming, adolescents*