

Pengaruh Edukasi menggunakan Video Animasi dan *Role play* terhadap Sikap Pencegahan Kekerasan Seksual pada Remaja Disabilitas Intelektual

INTISARI

Latar Belakang: Sikap remaja disabilitas intelektual dalam mencegah kekerasan seksual dibutuhkan tidak hanya pengetahuan, karena mereka harus bisa menangani situasi yang mengancam, seperti bersikap meminta tolong, lari dan melaporkan kejadian tersebut. Remaja yang memiliki sikap negatif tentang pencegahan kekerasan seksual sebesar 53,1% dan dari 114 remaja didapatkan sikap negatif sebanyak 27,3%. Sikap pada remaja disabilitas intelektual dalam mencegah adanya kekerasan seksual masih rendah sehingga mereka cenderung lebih banyak mengalami kekerasan seksual dan kehamilan yang tidak diinginkan. Edukasi kesehatan seksual menggunakan video animasi dan *role play* diperlukan untuk meningkatkan sikap remaja disabilitas intelektual dalam mencegah kekerasan seksual.

Tujuan: Menganalisis pengaruh edukasi dengan metode video animasi dan *role play* terhadap sikap remaja disabilitas intelektual dalam pencegahan kekerasan seksual.

Metode: Penelitian merupakan *quasi-experiment* dengan rancangan *pretestposttest with control group*. Sampel penelitian adalah remaja disabilitas intelektual usia kronologis 12-19 tahun, terdiri dari 31 remaja disabilitas intelektual SLB Tunas Bhakti sebagai kelompok kontrol dan 35 remaja disabilitas intelektual SLB N 1 Bantul, teknik pengambilan sampel menggunakan *consecutive sampling*. Penelitian dilakukan bulan April-Mei 2024. Pengumpulan data dilakukan menggunakan kuesioner sikap pencegahan kekerasan seksual terdiri dari 22 item ($r_{hitung} > 0,2404$ dan *Cronbach's Alpha* = 0,798). Analisa data menggunakan *Paired T-test*, *Mann-Whitney*, *Spearman*, dan Regresi Linear.

Hasil: Terdapat perbedaan signifikan antara skor *pretest-posttest* sikap pencegahan kekerasan seksual pada kelompok intervensi ($p=0,000$). Terdapat perbedaan selisih skor *pretest-posttest* sikap pencegahan kekerasan seksual antara kelompok kontrol dengan kelompok intervensi ($p=0,000$). Tidak terdapat hubungan yang signifikan antara usia ($p=0,882$), jenis kelamin ($p=0,526$), paparan informasi sebelumnya ($p=0,165$), dan pola asuh orang tua ($p=0,367$) dengan sikap pencegahan kekerasan seksual remaja disabilitas intelektual sedangkan klasifikasi disabilitas ($p=0,032$) memiliki hubungan dengan sikap pencegahan kekerasan seksual. Edukasi pencegahan kekerasan seksual menggunakan *role play* dan video animasi merupakan faktor yang paling dominan memengaruhi perubahan sikap pencegahan kekerasan seksual remaja disabilitas intelektual ($p=0,000$).

Kesimpulan: Edukasi pencegahan kekerasan seksual menggunakan video animasi dan *role play* terbukti efektif dalam meningkatkan sikap pencegahan kekerasan seksual pada remaja disabilitas intelektual usia 12-19 tahun.

Kata Kunci: Edukasi pencegahan kekerasan seksual, sikap, remaja disabilitas intelektual.

The Influence of Education using Animation Videos and Role Play and on Attitudes to Prevent Sexual Violence among Adolescents with Intellectual Disabilities

ABSTRACT

Background: The attitude of adolescents with intellectual disabilities in preventing sexual violence requires more than just knowledge, because they must be able to handle threatening situations, such as asking for help, running away and reporting the incident. Adolescents who had negative attitudes about preventing sexual violence were 53.1% and 27.3% of 114 adolescents had negative attitudes. The attitude of adolescents with intellectual disabilities in preventing sexual violence is still low, so they tend to experience more sexual violence and unwanted pregnancies. Sexual health education using animated videos and role plays is needed to improve the attitudes of adolescents with intellectual disabilities in preventing sexual violence.

Objective: To determine the effect of education using the role play method and animated videos on the attitudes of adolescents with intellectual disabilities in preventing sexual violence.

Method: This research is a quasi-experiment with a pretest-posttest with control group design. The research sample was teenagers with intellectual disabilities aged 12-19 years, consisting of 31 teenagers with intellectual disabilities at SLB Tunas Bhakti as a control group and 35 teenagers with intellectual disabilities at SLB N 1 Bantul, the sampling technique used consecutive sampling. The research was conducted in April-May 2024. Data was collected using a sexual violence prevention attitudes questionnaire consisting of 22 items ($r > 0.2404$ and Cronbach's Alpha=0.798). Data analysis used Paired T-test, Mann-Whitney, Spearman, and Linear Regression.

Results: There was a significant difference between the pretest-posttest scores for attitudes towards preventing sexual violence in the intervention group ($p=0.000$). There was a difference in pretest-posttest scores on attitudes towards preventing sexual violence between the control group and the intervention group ($p=0.000$). There is no significant relationship between age ($p=0.882$), gender ($p=0.526$), exposure to previous information ($p=0.165$), and parenting style ($p=0.367$) on attitudes toward preventing sexual violence among adolescents with intellectual disabilities while classification disability ($p=0.032$) has an relationship on attitudes towards preventing sexual violence. Education on preventing sexual violence using role play and animated videos is the most dominant factor influencing changes in attitudes towards preventing sexual violence among adolescents with intellectual disabilities ($p=0.000$).

Conclusion: Sexual violence prevention education using role play and animated videos has proven to be effective in increasing attitudes towards preventing sexual violence in adolescents with intellectual disabilities aged 12-19 years.

Keywords: Education to prevent sexual violence, attitudes, adolescents with intellectual disabilities.