

## Abstrak

**Latar belakang:** Kasus seks pranikah dikalangan remaja meningkat tiap tahun. Pemerintah telah mencanangkan program pendidikan seks pada remaja melalui Pusat Informasi Konseling Remaja (PIK-R). Namun praktik di lapangan masih ditemui banyak masalah sehingga pendidikan kesehatan kepada remaja terhambat. Salah satu masalahnya adalah media persuasi yang digunakan saat pembelajaran. Dalam kegiatan PIK-R diperlukan media yang mampu menarik minat guna meningkatkan pengetahuan dan sikap remaja tentang perilaku seks pranikah.

**Tujuan:** Penelitian ini bertujuan mengetahui pengaruh media film dua garis biru terhadap pengetahuan dan sikap remaja terkait seks pranikah

**Metode:** Desain penelitian adalah *quasi experiment with pretest-posttest control group* dengan jumlah sampel 60 siswa. Sampel dipilih dengan teknik *purposive sampling* sesuai kriteria inklusi. Sampel terbagi menjadi kelompok eksperimen dan kelompok kontrol. Instrumen pengambilan data berupa kuesioner. Data dianalisis dengan uji *Wilcoxon Signed Rank* dan uji *Mann Whitney*.

**Hasil:** Peningkatan pengetahuan sebelum dan sesudah diberi intervensi pada kelompok eksperimen tidak bermakna ( $p=0,614$ ), sedangkan pada kelompok kontrol terdapat peningkatan pengetahuan bermakna ( $p=0,037$ ). Terdapat penurunan sikap secara bermakna sebelum dan sesudah diberi intervensi pada kelompok eksperimen ( $p=0,005$ ), sedangkan pada kelompok kontrol tidak terdapat perubahan sikap secara bermakna ( $p=0,655$ ). Hasil uji *Mann Whitney* menunjukkan tidak ada perbedaan signifikan antara pengetahuan kelompok eksperimen dan kelompok kontrol ( $p=0,208$ ). Namun, terdapat perbedaan sikap secara signifikan antara kelompok eksperimen dan kelompok kontrol ( $p=0,036$ ).

**Kesimpulan:** Film Dua Garis Biru tidak berpengaruh secara signifikan pada peningkatan pengetahuan remaja tapi berpengaruh signifikan terhadap penurunan sikap remaja terkait seks pranikah.

**Kata kunci:** Dua Garis Biru, film, pengetahuan, sikap, seks pranikah, remaja

### ***Abstract***

**Background:** Premarital sex cases among adolescents are increasing every year. The government has launched a sex education program for teenagers through the Pusat Informasi Konseling Remaja (PIK-R). However, there are still many problems in the field so that health education to adolescents is hampered. One problem is the persuasion media used when learning. In the PIK-R activities, it is needed media that is able to attract interest in order to increase the knowledge and attitudes of adolescents about premarital sexual behavior.

**Purpose:** This study aims to determine the effect of Dua Garis Biru movie on adolescent knowledge and attitudes related to premarital sex.

**Method:** The study design was a quasi-experimental with pretest-posttest control group with a sample of 60 students. Samples were selected by purposive sampling technique according to inclusion criteria. Samples were divided into experimental and control groups. Data collection instruments in the form of a questionnaire. Data were analyzed with the Wilcoxon Signed Rank test and the Mann Whitney test.

**Results:** Increased knowledge before and after being given intervention in the experimental group was not significant ( $p = 0.614$ ), whereas in the control group there was a significant increase in knowledge ( $p = 0.037$ ). There was a significant decrease in attitude before and after the intervention in the experimental group ( $p = 0.005$ ), whereas in the control group there was no significant difference in attitude ( $p = 0.655$ ). Mann Whitney test results showed no significant difference between the knowledge of the experimental group and the control group ( $p = 0.208$ ). However, there were significant differences in attitude between the experimental group and the control group ( $p = 0.036$ ).

**Conclusion:** Dua Garis Biru movie does not significantly influence adolescent knowledge but had a significant effect on decreasing adolescent attitudes regarding premarital sex.

**Keywords:** Dua Garis Biru, movie, knowledge, attitude, premarital sex, adolescents

