

ABSTRAK

PENGARUH METODE EDUKASI KESEHATAN MENGGUNAKAN MEDIA CETAK *BOOKLET* TERHADAP TINGKAT PENGETAHUAN REMAJA TENTANG PENYAKIT MENULAR SEKSUAL (PMS) PADA SISWA KELAS XI SMAN 3 SURABAYA

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Pendahuluan: Permasalahan Penyakit Menular Seksual (PMS) masih menjadi isu penting dalam kesehatan reproduksi remaja. Keterbatasan pengetahuan serta stigma dan anggapan tabu terkait topik kesehatan reproduksi berkontribusi terhadap tingginya risiko remaja mengalami PMS. Strategi yang dapat dilaksanakan untuk menambah pemahaman remaja melalui edukasi kesehatan dengan memanfaatkan media cetak *booklet* yang informatif, menarik, dan mudah dipahami.

Metode: Penelitian ini menggunakan desain pre-eksperimental, di mana satu kelompok responden diukur tingkatnya sebelum dan setelah diberikan intervensi melalui pendekatan *one group pretest-posttest design*. Sampel yang digunakan sebanyak 70 siswa kelas XI SMAN 3 Surabaya. Instrumen yang digunakan dalam penelitian ini ialah kuesioner pengetahuan PMS yang valid dan reliabel, dengan intervensi edukasi kesehatan melalui media cetak *booklet* serta analisis data menggunakan Wilcoxon Sign Rank Test pada $\alpha = 0,05$.

Hasil: Sebelum dilakukan intervensi edukasi kesehatan menggunakan media *booklet*, sebagian besar siswa kelas XI SMAN 3 Surabaya tergolong memiliki tingkat pengetahuan yang sedang, sedangkan hanya sebagian kecil yang menunjukkan pengetahuan pada kategori tinggi. Setelah intervensi, hampir seluruh siswa berpengetahuan baik dan tidak satupun siswa berpengetahuan kurang tentang PMS. Hasil uji statistik menunjukkan nilai $p < 0,05$, yang menunjukkan adanya pengaruh signifikan antara edukasi kesehatan menggunakan media *booklet* terhadap tingkat pengetahuan siswa tentang PMS.

Kesimpulan: Media cetak *booklet* terbukti efektif dalam meningkatkan pengetahuan remaja tentang penyakit menular seksual (PMS). Media *booklet* mampu memaparkan informasi yang lebih menarik, mudah dipahami, dan dapat dibaca berulang kali sesuai kebutuhan. *Booklet* dapat menjadi alternatif media edukatif dalam kegiatan penyuluhan kesehatan di sekolah untuk meningkatkan kesadaran serta pencegahan PMS di kalangan remaja.

Kata Kunci: Penyakit Menular Seksual, Edukasi Kesehatan, Media Cetak, *Booklet*, Pengetahuan Remaja

ABSTRACT

THE EFFECT OF HEALTH EDUCATION METHOD USING PRINTED BOOKLET MEDIA ON ADOLESCENTS' KNOWLEDGE LEVEL ABOUT SEXUALLY TRANSMITTED INFECTIONS (STIS) AMONG GRADE XI STUDENTS OF SMAN 3 SURABAYA

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Introduction: *The issue of Sexually Transmitted Diseases (STDs) remains an important concern in adolescent reproductive health. Limited knowledge, along with stigma and the perception that reproductive health topics are taboo, contributes to the high risk of adolescents experiencing STDs. One strategy that can be implemented to improve adolescents' understanding is through health education using informative, attractive, and easy-to-understand printed booklet media.*

Methods: *This study employed a pre-experimental design, in which a single group of respondents was measured before and after receiving the intervention using a one-group pretest–posttest design. The study involved a sample of 70 eleventh-grade students at SMAN 3 Surabaya. Data were collected using a valid and reliable STD knowledge questionnaire. The intervention consisted of health education delivered through printed booklet media, and data analysis was conducted using the Wilcoxon Signed Rank Test at a significance level of $\alpha = 0.05$.*

Results: *Before the health education intervention using booklet media, most students had a moderate level of knowledge, and only a small proportion were classified as having good knowledge. After the intervention, almost all students demonstrated good knowledge, and none were categorized as having poor knowledge regarding STDs. The statistical test results showed a p -value < 0.05 , indicating a significant effect of health education using booklet media on students' level of knowledge about STDs.*

Conclusion: *Printed booklet media has been proven to be effective in improving adolescents' knowledge of sexually transmitted diseases (STDs). This medium is able to deliver information in an engaging, easy-to-understand manner and can be read repeatedly as needed. Booklets can serve as an alternative educational medium in school-based health promotion activities to enhance awareness and preventive behaviors related to STDs among adolescents.*

Keywords: *Sexually Transmitted Infections, Health Education, Printed Media, Booklet, Adolescent Knowledge*