

ABSTRAK

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PERBEDAAN *SELF EFFICACY* REMAJA DALAM PERENCANAAN KEHAMILAN MELALUI EDUKASI VIDEO DAN *LEAFLET*

xv + 87 Halaman + 7 Tabel + 2 Gambar + 18 Lampiran

Permasalahan pada kalangan siswa di SMK PGRI Magetan menunjukkan adanya perilaku remaja berisiko, seperti merokok dan berpacaran terbuka di lingkungan sekolah pada tahun 2024. Hal ini mencerminkan rendahnya *self-efficacy* dalam kontrol diri dan pengambilan keputusan, yang berpotensi meningkatkan risiko kehamilan tidak direncanakan, membuat peneliti tertarik memberikan edukasi video dan Leaflet terhadap *Self-efficacy* remaja dalam perencanaan kehamilan.

Penelitian ini menggunakan desain *quasi experimental* dengan pendekatan *pretest-posttest two group design*. Sampel penelitian berjumlah 46 responden yang dibagi menjadi kelompok video dan kelompok Leaflet. Pengambilan sampel menggunakan teknik *simple random sampling*. Instrumen penelitian menggunakan kuesioner *Self-Efficacy*. Analisis data menggunakan uji *Wilcoxon Signed Rank Test* dan *Mann-Whitney U Test*.

Hasil uji *Shapiro-Wilk* menunjukkan sebagian data tidak berdistribusi normal ($p < 0,05$), sehingga analisis dilanjutkan menggunakan uji nonparametrik. Uji *Wilcoxon Signed Rank Test* menunjukkan terdapat peningkatan *self-efficacy* yang signifikan pada kedua kelompok ($p < 0,01$). Namun, berdasarkan persentase peningkatan, kelompok video menunjukkan peningkatan yang lebih tinggi dibandingkan kelompok leaflet, yaitu sebesar 52,42% dan 24,81%. Hasil uji *Mann-Whitney* menunjukkan tidak terdapat perbedaan *self-efficacy* sebelum intervensi ($p = 0,690$), sedangkan setelah intervensi terdapat perbedaan yang signifikan antara kedua kelompok ($p < 0,01$).

Penelitian ini menunjukkan bahwa edukasi menggunakan media video dan Leaflet efektif dalam meningkatkan *Self-efficacy* remaja dalam perencanaan kehamilan, namun media video memiliki efektivitas yang lebih tinggi dibandingkan Leaflet. Sekolah dan tenaga kesehatan diharapkan dapat memanfaatkan media audiovisual sebagai sarana promosi kesehatan reproduksi remaja secara berkelanjutan.

Kata kunci: *Self-Efficacy*, Remaja, Perencanaan kehamilan, Edukasi kesehatan, Video

Daftar bacaan: 12 buku (1997 - 2023)

ABSTRACT

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Differences in Adolescent Self-Efficacy Regarding Pregnancy Planning Through Video and Leaflet Education

xv + 87 Pages + 7 Tables + 2 Picture + 18 Appendices

Issues among students at SMK PGRI Magetan in 2024 reveal risky adolescent behaviors, such as smoking and openly engaging in romantic relationships within the school environment. This reflects low self-efficacy regarding self-control and decision-making—factors that potentially increase the risk of unplanned pregnancy—prompting the researcher to provide education via videos and leaflets aimed at enhancing adolescent self-efficacy regarding pregnancy planning.

This study employed a quasi-experimental design with a pretest-posttest two-group approach. A total of 46 respondents were divided into a video group and a leaflet group. Samples were selected using simple random sampling. The research instrument was a self-efficacy questionnaire. Data were analyzed using the Wilcoxon Signed Rank Test and Mann-Whitney U Test.

The Shapiro-Wilk test results indicated that a portion of the data was not normally distributed ($p < 0.05$); therefore, the analysis proceeded using non-parametric tests. The Wilcoxon Signed-Rank Test revealed a significant increase in self-efficacy in both groups ($p < 0.01$). However, based on the percentage of improvement, the video group demonstrated a greater increase compared to the leaflet group (52, 42 % versus 24.81%). The Mann-Whitney test results showed no difference in self-efficacy prior to the intervention ($p = 0.690$), whereas a significant difference between the two groups was observed following the intervention ($p < 0.01$).

This study demonstrates that education using video and leaflet media is effective in improving adolescents' self-efficacy in pregnancy planning; however, video media shows greater effectiveness compared to leaflets. Schools and healthcare providers are encouraged to utilize audiovisual media as a sustainable approach for promoting adolescent reproductive health.

Keywords: Self-Efficacy, Adolescents, Pregnancy planning, Health education, Video

References: 12 books (1997–2023).