

Anti-Pornography Community Program Method Based Pepermint at SMPN 3 Banjarbaru

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ABSTRACT

Pornography can cause damage to the five parts of the brain, especially in the pre frontal cortex (part of the brain right behind the forehead), while drug addiction causes damage to the three parts of the brain. Damage to parts of the brain will make academic achievement decline, unable to make plans, control the passions and emotions, make decisions, and a variety of executive roles of the brain as controlling impulses. The Ministry of Communications and Information Technology said that from the data one of child protection organization known as much as 97% of the 4,500 adolescents and secondary school ever access porn sites through Internet cafes and pornographic videos in the form of VCDs are sold freely on the market. Anti-Pornography Community Program Method Based Peer Educator, Peer Counselor and Motivational Interviewing (Pepermint) SMPN 3 Banjarbaru is a form of innovation of the methods of counseling and education related to adolescent reproductive health problems, especially by focusing on preventive interventions pornography addiction in adolescents. The program is based on student empowerment that members of the community formed. Evaluation is done by measuring students' knowledge and attitudes before and after the carried out activities. Based on analysis reveals the p-value = 0.000 ($\alpha = 0.05$). This means that there are differences in students' knowledge before and after the activity. Efforts to further development and community empowerment pepermint counselors to students to prevent and address the problems of pornography and adolescent reproductive health that occurs, monitoring and evaluation of pepermint counselor who became the first pioneers in this activity.

Keywords: Pornography, community, peer, teens

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I. INTRODUCTION

The development of technology and information currently impacting on the ease of internet access for adults to children. The positive impacts arising from the development of the internet in Indonesia is the ease of communicating and searching for information for the public, but the negative side for the individual and the group, namely loss of material, mental and even to the death. The negative side of internet usage among others are cyberbullying, cybercrime, cyberstalking, gambling, pornography, online fraud and others [1].

Pornography is one of the problems highlighted the government in Indonesia, especially the Ministry of Communications and Information Technology. Blocking or filter method, and also called on the telecommunications companies and internet service providers are obliged to block web sites that contain pornographic content. But these efforts have not overcome the problem of pornography in their entirety. The program gaps have a negative impact and will influence the attitudes and behavior of adolescents in heterosexual relationships or dating to sexual behavior, either in the form of handrails, embracing, necking to sexual intercourse [2].

Pornography can cause damage to the five parts of the brain, especially in the pre frontal cortex (part of the brain right behind the forehead), while drug addiction causes damage to the three parts of the brain. Damage to

parts of the brain will make academic achievement decline, unable to make plans, control the passions and emotions, make decisions, and a variety of executive roles of the brain as controlling the impulse-impuls [3]. The law in Indonesia (Undang-Undang Number 44 Year 2008) about pornography has long been published but factually pornographic content is still growing rapidly. Pornography is easily found in the form of drawings, sketches, illustrations, photographs, text (message), voice, sound, moving pictures, animation, cartoons, conversation, gesture pass through various media communication and the show in public place that contain sex exploitation element which break morality norm [4].

The Ministry of Communications and Information Technology said that from the data one of child protection organization known as much as 97% of the 4,500 adolescents and secondary school ever access porn sites through internet cafes and also pornographic videos in the form of VCDs are sold freely in market [5]. According to the study results in the Journal of Sexual Medicine Online, there are 3 types of pornography users, ie users with recreational purposes, compulsive users, and users who are depressed. Prevention and treatment of child pornography users should be implemented since early [4].

One of method that can be performed is using the method of pepermint, that is peer educator, peer counselors, as well as the motivational interviewing. The first method, peer educator discusses the counseling, information and education conducted by peer and to the peer, to train adolescents become adolescent health counselors and peer educators will act as an agent of change [6]. The second method, peer counselors to conduct debriefing with the participants, resulting in the expected two-way communication that respondents understand the intention of the counselor [7]. The third method, motivational interviewing push explore, and find the reason of them that they had never thought to change the behavior[8]. So this program is implemented by the election and the formation of a counselor who will focus on counseling and education of their peer. After that, the counselors will be get training and they will make a community anti-pornography which will grow up the behaviour and attitude prevent pornography and increase the knowledge of teenagers about reproduction health.

Counselors as one of the elements that contribute to the development of education student morale. Technological developments should be a medium capable of building morale of students to a better direction. Some roles do school counselors to anticipate the emergence of a moral crisis in children and adolescents is;

- 1) Increase the ability and skills to take advantage of the presence of "new media",
- 2) In cooperation with the homeroom teacher and parents to monitor the use of new media, in the form of frequency, duration and content,
- 3) Educating internet use positive,

4) Learn strategies counseling to deal with problems that arise among them, addicted to online games, pornography, bullying and hate speech [9]. The experience of teenagers in peer group really useful to achieve independent attitude and maturity interpersonal relation [10].

Application of the method of peer is expected to have a positive impact rising toward result of their learning because students feel free to express their opinions with their peer and they do not feel shy and unwilling [11]. Therefore, the task of the social development of young people in the peer group must be controlled to the optimum. The developmental task achievement optimization can be achieved by organizing various types of guidance and counseling [10]. Therefore, there should be elections counselor at the school that will serve as a good role model for behavior.

There are many community-based service agencies, but experienced a problem of human resources, financial services and even infrastructure. Impact, rampant violations of child victims in various regions point less gain komprehensif settlement services [12]. Therefore, it is necessary to have existence of program anti-pornography community can reach children and adolescents for prevention and mitigation of the impact of pornography.

II. MATERIALS AND METHODS

Anti-Pornography Community Program Method Based Peer Educator, Peer Counselor and Motivational Interviewing (Pepermint) at SMPN 3 Banjarbaru is a form of innovation of the methods of counseling and education related to adolescent reproductive health problems, especially by focusing on preventive interventions pornography addiction in adolescents. The program implemented by the election and the formation of the emphasis on community rather than a student who was elected as oriented counseling and education with peers. Students who have been selected will form a community with their peers who have been given education and counseling. Community building aims to bring mutual relationship and mutual benefit, not patronize each other.

1. Planning and Preparation

Parties involved in this program is that teachers counseling, supervisor and community service team.

2. Implementation

The method in this program is by using peer educator, peer counselor and motivational interviewing. Communities are formed is the result of the election and selection of each class by the number of women and men is five so that the chosen students totaling 10 people. Previously carried out mass education was chosen from several classes and conducted pre and post test to determine the elected counselors.

Recruitment of students were selected as the originator is done with the following requirements: completing the registration form, interested and ready to commit to run the program for 1 year ahead, active and social control of the media, and can communicate and socialize well with peers or younger. There are no specific requirements in recruitment, especially those who have committed so that activities can be carried out in a sustainable manner. Advice and recommendation of the council of teachers may be one of the consideration.

Peer counselor and peer educator is not someone who is expected to professionals in the field, but is someone who has been given the knowledge in order to provide knowledge that has been gained to their peers. Students who elect more emphasis into the community for education and counseling do is patronize banned but more to directing and collaborating with the counselee.

While the method of motivational interviewing is a counseling method that is directed in the prevention of pornography and for students who have indicated pornography. Counseling carried out with peers is not providing information or education if counselees not want. Counseling carried out with the cooperation and building a strong motivation counselee. This is done with the counselor did not tell his friends who have indicated Porn changed however from counselees own express wish to change with the counselor to build motivation from within counselee.

Overview implementation of this program outline that is held for 5 months with 2 months of the implementation of the formation of students was selected as the first originator of the program and the next 2 months that the core activities after the establishment of the community and one last month for reporting program. Once there is a student representative elected then formed a community in which students were selected to perform sharing activities, namely the implementation of the "Duling" (education and counseling), the sessions vent by a team of community service if encountered problems presented counselees beyond the limits of the ability of counselors, social media where visible progress and guide booklet given to grip the chosen students, which in turn is essentially the counselee will definitely become a member of the community.

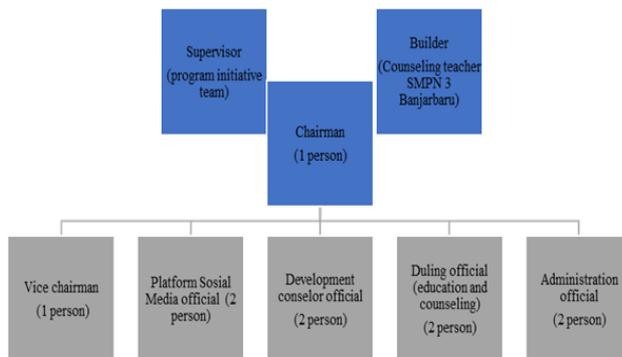


Figure 1. Organizational Structure Program

An overview of the duties and functions of the organizational structure of the above program is as follows: Supervisor (Tim initiator of the program). The initiator of the program is students as implementing community service programs and oversee the sustainability of the program. Trustees served as an escort and monitor and evaluate the activities that took place. Chairman (SMPN 3 Banjarbaru). Duty to lead, direct, coordinate and monitor the activities. Vice Chairman (SMPN 3 Banjarbaru). Duty to assist the chairman in conducting. Social media platforms coming from SMPN 3 Banjarbaru. Served as the person in charge of publications and documentation activities. Section counselor development comes from SMPN 3 Banjarbaru. His job is in the open recruitment of peppermint and community members pengkonselorisasian counselors, because the program will continue from year to year. Section Duling (education and counseling) comes from SMPN 3 Banjarbaru. Acting as a facilitator in Duling activities, namely to coordinate if there are barriers and obstacles that occur. Administration section comes from SMPN 3 Banjarbaru. Having archiving tasks in a responsible administration and related activities pocket book.



Figure 2. Logo Program Activity

Logo of program activities above has its own meaning. Mint leaves as a replacement point of the letter "i" means that the mint has many benefits such as the counselee to be formed later and represents the representation of names of activities, namely peppermint. While the picture in the top left corner illustrates the core activities, namely peer counselor and peer educator role as counselee will mutually cooperate with one another.

Before the establishment of the student chosen from the program, the students who are selected will be given training on the dangers and consequences of pornography, pornography addiction prevention and learning interview or counseling to change behavior by extracting information peers. Here is the activity carried out until the formation of the community:

A. Education with interactive dialogue

Training and educational materials provided are:

- 1) Material related to adolescent reproductive health and problems occurred
- 2) Material Pornography: danger, the impact and prevention of addiction.
- 3) Material Method of motivational interviewing, peer educator, peer counselor in health education

Evaluation efforts undertaken to assess the success of the activities carried out pre-test and post-test to determine the level of understanding of the target at the beginning of the intervention. The learning is done by lecture talk, videos, games and question answer.

B. Simulations

Prospective counselors are given examples of cases that occurred and led the implementation of appropriate education and counseling methods. Simulations were carried out directed by the supervisor to ensure the implementation carried out by a team of community service.

C. Creativity Class

This strategy is to empower counselors through the skill they had. The prospective counselors serving health promotion that matches the theme of creativity possessed pornography.

D. Election

Election of counselors to form this community views of seriousness and activity of students in the learning process, both in the provision of material and process simulation. Selection also be seen from the progress of post-test values. Counselors who meet further criteria were interviewed and asked questions. Ten people were elected counselors will sign a Statement of Willingness to Cooperate and letter of consent from parents to support these activities. Counselors will provide education and counseling with their peers both within the school and their home environment. And finally, those who have received counseling and educating members of the community with the counselor.

Here is the activities carried out after the formation of the community:

- a) Implementation of the "Duling" (education and counseling)

Students who elect to implement education and counseling program that has been taught and provided with a pocket book. Duling implemented according to each gender. Duling in a classroom environment can be implemented when the subjects of Guidance and Counseling. Follow-up activities can be carried out after the Duling Counseling subjects ended and can cooperate with PMR extracurricular activities (Red Cross Youth). Teachers of counselor played a major role in the overall supervision of the program.

- b) Pocket book

Given pocket book containing the range of material that has been submitted and the list of students or peers who have been given education and counseling. Pocket book is must be taken and stored for the students selected.

- c) Curhat

The students were selected who had provide education and counseling, consultations like sharing to your own friends outside of school hours with the provision that if the case were deemed sufficient to meet heavy and cumbersome shall report to the initiator of the program. This activity can be carried out through social media such as line, whatsapp, twitter and instagram or face to face.

- d) Community social media platforms

This social media platform aims to mengekiskan programs already running. The program is always updated its development and favor the testimony of activities. Given the current juvenile can not be separated from social media, then it will attract the counselee. The counselee has got education and join the community can use the anti-pornography movement is by using the hashtag #NoPornografi #MudaBerkreasi.

III. STATISTICAL ANALYSIS AND GRAPHICAL PRESENTATION

The analysis used to determine the average difference before and after intervention is performed by Paired t test (Dependent T-Test) if the normal distribution and Wilcoxon test if it does not meet for the paired t test. Variable knowledge before and after the intervention is not normal because of significant $(0.000) < 0.05$. The results of the analysis using the Wilcoxon test with the hypothesis:

H0: $d = 0$ (no difference in knowledge of the student before and after the event).

H1: $d \neq 0$ (there is a difference of student knowledge before and after the event).

IV. RESULTS

Activities at SMPN 3 Banjarbaru executed in 5 classes with two different times. This activity consists of two materials, namely on adolescent reproductive health and pornography. The number of participants who follow these events amounted to 123 people who come from class VII-A, VII-B, VII-C, VII-E dan VII-F representative. Pre-post test performed in order to measure changes in knowledge, done before the election activities counselor begins, with the division of two different materials, namely on adolescent reproductive health and pornography.

The results of the observation level of knowledge before and after implementation of the activities previously indicated any change there are 57 people (46.34%) who have a good knowledge, after participating in the activities has increased to 88 (71.54%) who have a good level of knowledge. Results of follow-up observations to evaluate the knowledge of participants found that an increase in knowledge of 41 (33.34%) who have a good knowledge to

114 people (92.68%) who have a good level of knowledge. The results of the statistical analysis found that p -value = 0.000 which is less than $\alpha = 0.05$. It shows that we conclude H_0 is rejected, which means that there is a difference in students' knowledge before and after participating in activities concerning adolescent reproductive health and pornography.

V. DISCUSSION

Pornography can cause damage to the five parts of the brain, especially in the pre frontal cortex (part of the brain right behind the forehead). This resulted in decreased academic performance, people can not make plans, control the passions and emotions and make decisions. Pornography is one of the problems highlighted the government, especially the Ministry of Communications and Information in Indonesia. Blocking or filter method, and also called on the telecommunications companies and Internet service providers are obliged to block web sites containing pornographic content have been carried out. But these efforts have not overcome the problem of pornography in their entirety.

To address these problems need to be alternatives to the prevention and control through the method performed in community anti-pornography program is the method of peppermint. First, peer educators (peer educators) is a process of communication, information, education and communication (IEC) conducted by and for the peer. Secondly, the delivery of education by peer counselor to the youth with the lecture method is a way of delivering a message that is most common to share knowledge and health facts. This method will be effective when coupled with a question and answer session with the participants, resulting in a two-way communication. The third method, which is Motivational Interviewing (MI) is one of the counseling technique is intended to encourage individuals to explore, and find the reason of her that she had never thought to change its behavior. MI method is suitable to apply to the teenagers who indicated addicted to pornography. With the implementation of this program will form the community that will receive education and training provision of the personal skills of the counselor peppermint order to avoid the behavior of juvenile pornography and increase understanding about the true intent or knowledge of sexual and reproductive health of adolescents and to prevent sexually deviant behavior.

VI. CONCLUSION

The result of this activity indicates that there is an increased knowledge of students before and after the activity. Based on the analysis results obtained p -value = 0.000 which is less than $\alpha = 0.05$. It shows that we conclude H_0 is rejected, which means that there is a difference in students' knowledge before and after participating in activities concerning adolescent reproductive health and pornography. Therefore, it takes more effort to develop community empowerment peppermint counselors and

students to prevent and address the problems of pornography and adolescent reproductive health that occurs, monitoring and evaluation of peppermint counselor who became the first pioneers in this activity.

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