

# Pengaruh Intervensi Protect Me terhadap Pengetahuan, Self efficacy tentang Kekerasan Perempuan, dan Help Seeking Behaviour pada Remaja Hamil = The effect of Protect Me Intervention on Knowledge, Self efficacy about Violence Against Women, and Help Seeking Behaviour in Pregnant Adolescent

Eny Dewi Pamungkas, author

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## Abstrak

Pregnant adolescent often get violent cases that have a negative impact on them and their babies. Considering the importance of this problem, it is necessary to make a health promotion intervention as an effort to prevent and control violence against pregnant adolescents. The purpose of this study is to identify the influence of Protect Me interventions on knowledge, self-efficacy about violence against women and help seeking behavior in pregnant adolescents. Research with a pre experimental design: one group pretest posttest using a total sampling of 30 pregnant adolescents who experienced violence. The results showed that 100% of pregnant adolescents experienced psychological violence, 6.7% experienced physical and economic violence, and 13.3% experienced sexual violence and there were significant increase on the level of knowledge and help seeking behavior of pregnant adolescents after being given the Protect Me intervention ( $p = 0,000$  and  $p = 0.002$ ). Based on the results of the study, it can be concluded that efforts to prevent and handle violence can be carried out through the Protect Me intervention, which is an education-based intervention to increase knowledge and help seeking behavior of pregnant adolescents.

.....Remaja hamil sering mendapatkan kasus kekerasan yang memberikan dampak negatif bagi remaja dan bayinya. Mengingat pentingnya permasalahan ini perlu dibuat suatu intervensi promosi kesehatan sebagai upaya pencegahan dan pengendalian kekerasan terhadap remaja hamil. Penelitian ini bertujuan untuk mengidentifikasi adanya pengaruh intervensi Protect Me terhadap pengetahuan, self-efficacy tentang kekerasan perempuan dan help seeking behaviour pada remaja hamil. Penelitian dengan desain pra eksperimen: one grup pretest posttest yang menggunakan total sampling sebanyak 30 remaja hamil yang mengalami kekerasan. Hasil penelitian menunjukkan bahwa sebanyak 100% remaja hamil mengalami kekerasan psikologi, kekerasan fisik dan ekonomi sebanyak 6,7%, dan kekerasan seksual sebanyak 13,3% dan terdapat perbedaan yang signifikan antara tingkat pengetahuan dan help seeking behaviour remaja hamil setelah diberi intervensi Protect Me ( $p= 0.000$  dan  $p= 0.002$ ). Hasil penelitian dapat disimpulkan bahwa upaya pencegahan dan penanganan kekerasan dapat dilakukan melalui intervensi Protect Me, yaitu intervensi berbasis edukasi untuk meningkatkan pengetahuan dan help seeking behaviour remaja hamil