

Efektivitas Program Psikoedukasi “A-B-Se” (Ayo Bicara Seks) untuk Meningkatkan Pengetahuan Ibu Mengenai Edukasi Seks pada Anak Prasekolah = The Effectiveness of A-B-Se (Lets Talk about Sex) Psychoeducation Program to Improve Mothers Knowledge about Sex Education for Preschool Children

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Abstrak

Banyak ibu yang sudah merasa bahwa edukasi seks penting untuk diberikan sejak dini, namun ibu belum memiliki pengetahuan yang baik mengenai edukasi seks bagi anak. Penelitian ini bertujuan untuk menguji efektivitas program Psikoedukasi “A-B-Se” (Ayo Bicara Seks!) dalam meningkatkan pengetahuan ibu mengenai edukasi seks bagi anak prasekolah. Program ini terdiri dari 2 sesi dengan durasi 90 menit pada setiap sesi. Desain penelitian ini adalah one group pre-test post-test design. Partisipan penelitian adalah 13 ibu yang memiliki anak berusia 3-5 tahun. Materi psikoedukasi diadaptasi dari tema pengetahuan ibu mengenai edukasi seks oleh Martin et al. (2018). Alat ukur yang digunakan dikembangkan oleh peneliti berdasarkan studi literatur serta melewati uji validitas dan reliabilitas. Hasil olah data pre-test dan post-test 1 dengan metode Wilcoxon signed-rank test menunjukkan signifikansi nilai p sebesar 0,012 ($p < 0,05$). Berdasarkan hasil tersebut, psikoedukasi “A-B-Se” efektif untuk meningkatkan pengetahuan ibu mengenai edukasi seks bagi anak prasekolah secara signifikan. Setelah jeda 20 hari, hasil post-test 2 menunjukkan sedikit penurunan rata-rata skor partisipan namun hasil uji signifikansi tidak menunjukkan hasil yang signifikan. Berdasarkan hasil tersebut, pengetahuan ibu dapat ditingkatkan dengan mengikuti program ini, namun perlu dilakukan tindakan lebih lanjut agar pengetahuan ibu dapat bertahan setelah program selesai

.....Many mother knew that children need sex education from an early age, but do not have adequate knowledge about this matter yet. This study aims to test the effectiveness of the “A-B-Se” Psychoeducation Program (Let’s Talk about Sex) in increasing mother’s knowledge about sex education for preschool children. This program has 2 sessions with 90 minutes duration in each session. The research design is a one group pre-test post-test design. The participants of this study were 13 mothers who have children aged 3-5 years. The materials for this psychoeducation were adapted from the theme of mother’s knowledge about sex education by Martin and colleagues (2018). The data was collected using a measuring tool for mother’s knowledge about sex education for preschool children which was developed by researcher based on literature studies and has passed validity and reliability tests. The result of pre-test and post-test 1 data analyzed using the Wilcoxon signed-rank test method showed a significant p value of 0.012 ($p < 0.05$). Based on the result, the psychoeducation program "A-B-Se" is effective in increasing mother’s knowledge about sex education for preschool children significantly. After 20 days of interlude, the mean score of post-test 2 showed slight decrease, but the result of significance test did not show significant change in mother’s knowledge. Based on there results, mother’s knowledge about sex education for preschool children can be increased by participating in this program, but further measures need to be taken with the aim that mother’s knowledge can sustain even after the program has finished