



## Education and Counselling for Promiscuity at SMA Negeri 1 Limboto

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### ABSTRACT

**Background:** Promiscuity in adolescents is one of the problems that can have a negative impact on students' health, social, and psychological development. Lack of knowledge about promiscuity makes adolescents more susceptible to being influenced by the environment and risky behaviors. Therefore, educational efforts are needed to increase students' understanding and awareness of the importance of healthy associations.

**Objective:** This activity aims to increase the knowledge and understanding of SMA Negeri 1 Limboto students about promiscuity, the forms of behavior included in it, the causative factors, the impact caused, and efforts to prevent it.

**Methods:** Activities are carried out through the stages of study, planning, implementation, and evaluation. The assessment method used observation of students of SMA Negeri 1 Limboto. Education is provided through health counseling using PowerPoint (PPT) media and interactive discussion methods to increase student participation in the learning process.

**Results:** The results of the activity showed that before the counseling most students had a low level of knowledge about promiscuity. After the implementation of education, there is an increase in student understanding which is shown by the ability to re-explain the meaning of promiscuity, causative factors, negative impacts, and how to avoid it. Students also show high activity during the discussion process and have a better awareness of the importance of maintaining healthy social behavior.

**Conclusion:** Education and counseling regarding promiscuity have proven to be effective in increasing the knowledge and awareness of SMA Negeri 1 Limboto students. Discussion methods supported by visual media are able to create an interactive learning process and improve student understanding. Ongoing health education activities are needed to help adolescents develop healthy, responsible behavior, and avoid the negative effects of promiscuity.

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### INTRODUCTION

The problem of promiscuity among adolescents poses a major challenge to their overall growth and well-being. The aim of this scientific research is to explain the importance of promiscuity prevention and offer practical strategies to effectively suppress this behavior. By reviewing related literature and secondary data, the study used descriptive-analytical techniques. The results of the study show that adolescent promiscuity can have negative impacts, such as the potential for teenage pregnancy, the transmission of sexually transmitted diseases, drug abuse, and the development of mental health disorders. Comprehensive and proper sex education plays an important role in preventing promiscuity. By providing adolescents with accurate information and improving decision-making skills regarding relationships, sexual activity, and contraception, effective sex education can effectively encourage healthy choices. (Sriwani Hutabarat, Sebastian Purba, Yosef A. Situmorang, & Damayanti Nababan, Trans. 2024)

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Adolescence is a period where an individual experiences a transition from one stage to the next experiencing changes in both emotions, body interests, behavior patterns, and also full of various problems (Fatu et al., 2022) individuals at this time have emotions that are still labile and have limited knowledge so that they are vulnerable to being influenced by the invitation of friends involved in this promiscuity (Lotulung et al., 2024)

Promiscuity among teenagers does not only have an impact on social aspects. But it can also interfere with the process of forming healthy character and mindset (Lotulung et al., 2024) This can have a major negative impact, both for the physical, emotional, and psychological development of adolescents themselves.

Freedom of association is one of the main challenges facing teenagers today. The changing times and technological advances have made the boundaries of social norms even more blurred. Many teens are stuck in a prolific lifestyle due to a lack of parental supervision, peer influence, and unbridled use of social media. This has an impact on declining academic achievement, even causing them to drop out of school. In conditions like this, the role of guidance and counseling teachers (BK) is urgently needed. BK teachers are expected to be able to provide individual and group counseling services, deliver material on moral values and ethics, and cooperate with parents in guiding students. With the right approach from various parties, adolescents are expected to be able to protect themselves from the bad influence of association and grow into responsible and characterful individuals.

Promiscuous sex behavior is one of the most common diseases in the world today. In this post-modernization era, promiscuity is no longer a common thing in the eyes of the public. In addition, this problem of promiscuity is often contagious due to the lack of religious education. Adolescents associate regardless of gender, and those who see them are negatively affected and affected. Therefore, it is necessary to conduct a study on the problem of promiscuity among school-age adolescents. Research methodology includes methods, methods, and approaches used to achieve research goals and objectives. The problem of promiscuity can be avoided if all parties including the government or non-governmental institutions work together to address this problem.

Juvenile delinquency is one of the things that is often a problem in society. Juvenile delinquency is considered a form of individual failure to fulfill their duties, namely responsible development as a citizen, communicating in the social environment, and developing in the meaning of values in society. One of the juvenile delinquency that is currently rampant is promiscuity. The problem of promiscuity is a topic that is currently an issue of concern both in the community and from the mass media. Promiscuity occurs due to various factors, including cultural shifts, lack of parental attention, education, peers, social media, and low self-control. The environment around the individual also has an influence on the occurrence of promiscuous behavior. Lack of instilling positive values from the environment around the individual, the existence of conflicts in their family environment, and the influence of their social media environment. Therefore, it is important to have education about promiscuity to prosper the community in terms of knowledge and morals so that the community can make a relevant contribution through family and social structures in dealing with promiscuity. Comprehensive education—including risk recognition, how to fortify yourself, and how to seek help

It can change adolescents' perceptions and behaviors from being risky to responsible. With the increase in health literacy, adolescents are expected to be able to make the right decisions for their bodies and future.

## **ASSESSMENT AND PLANNING**

### **Assessment Level**

### **Assessment Method**

The assessment method used is the observation method, we take this method because it allows students to see firsthand the real condition of the sswa. both in terms of behavior, social interaction, and their response to the material provided. In the context of promiscuity material, observation helps to find out the extent of students' understanding, attitudes, and habits related to daily association. In addition, through observation, presenters can identify issues that are not always revealed through interviews or questionnaires, such as how to interact with peers, language use, or risky behavior tendencies. Thus, the observation method provides more objective and real data so that the material presented can be adjusted to the needs and conditions of students in the field.

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## Objectives

The target of this activity is high school 1 limboto students because they are in adolescence who are experiencing physical, emotional, and social development. At this stage, curiosity is high and peer influence is very strong, making them more susceptible to promiscuous behavior. Therefore, providing education is very important to increase knowledge, form a positive attitude, and help them make healthy and responsible decisions.

## Results of the study

After observation and provision of material about promiscuity, there was an increase in understanding among students. Students are able to explain the meaning of promiscuity well, and can mention various examples of behavior that are included in promiscuity in the daily environment. In addition, students also begin to understand the negative impacts that can be caused, both in terms of their health, social, and future. During the activity process, students were seen to be more active in paying attention to the material and some of them were able to provide responses and examples according to their understanding. This shows that students not only receive information, but also begin to understand and relate it to everyday life. In general, students already have a clearer picture of promiscuity and the importance of taking care of themselves in interacting with the environment **around**.

## Identify Key Issues

Based on the results of the study, it was found that the main problem in students is the low knowledge about promiscuity. Students have not clearly understood the meaning of promiscuity, forms of behavior **Included** in it, as well as the negative impacts that can be caused. In addition, there are still students who are not able to distinguish between healthy associations and risky associations. This shows the need to improve education so that students have a better understanding and can be wiser in getting along.

## PLANNING STAGE

### Prioritizing Issues

The planning stage is a follow-up step after the study, which aims to prepare a program plan based on the problems that have been identified. Based on the results of the study, it is known that the main problem is the low knowledge of students about promiscuity. Therefore, proper planning is needed so that educational activities can run effectively and in accordance with the needs of students. The prioritization of problems is focused on the low level of students' knowledge about promiscuity, as it has the potential to cause risky behavior if not addressed immediately. By setting this issue as a priority, it is hoped that the interventions carried out can have a significant impact on improving student understanding.

### Program Objectives

The purpose of this program is to increase students' knowledge and understanding of promiscuity, so that students are able to recognize forms of promiscuity, understand its impact, and have a wiser attitude in socializing. In addition, this program also aims to form student awareness so that they can protect themselves from negative environmental influences.

### Activity Objectives

The target of this activity is students of SMA 1 Limboto, who are in the adolescent stage and have a high level of curiosity and are vulnerable to the influence of the social environment. By making students the main target, it is hoped that the education provided can be appropriate and in accordance with their developmental needs.

### Educational Materials

The educational materials provided in this activity are arranged based on the topic of promiscuity and delivered systematically so that it is easy for students to understand. The material includes the definition of promiscuity, the forms of behavior included in promiscuity, the factors that cause promiscuity, and the negative impacts caused both in terms of health, social, and future. In addition, the material also emphasizes the importance of maintaining healthy living behavior and positive associations

in the school environment. The delivery of material is associated with students' daily lives so that it is easier to understand and apply. With this material, it is hoped that students can increase their knowledge, form a better attitude, and be able to avoid promiscuous behavior.

### Media Used

The media used in this activity is PowerPoint (PPT) as a tool to deliver material. The use of PPT aims to make it easier for students to understand the material through an attractive, structured, and easy-to-follow visual display. The method used is the discussion method. This method was chosen to encourage students' active participation in the learning process. Through discussions, students can express their opinions, ask questions, and share experiences related to daily interactions. In addition, the discussion method also helps to improve student understanding because there is a two-way interaction between the speaker and the student.

### RESULTS

The results of education and counseling activities regarding promiscuity in students of SMA 1 Limboto were obtained based on the stages of activities that have been carried out, namely study, planning, implementation, and evaluation.

At the study stage, data was obtained that most students still have low knowledge related to promiscuity, both in terms of definition, form of behavior, and its impact. This can be seen from the lack of students' ability to explain the concept of promiscuity and distinguish between healthy and risky associations.

In the planning stage, activities are focused on increasing student knowledge through health education with discussion methods and PowerPoint media (PPT). The material prepared includes the definition of promiscuity, causative factors, and its negative impact.

At the implementation stage, counseling activities went well. Students are seen active in participating in activities, paying attention to the material, and participating in discussions. Some students are able to provide examples of promiscuous behavior and its impact in daily life.

At the evaluation stage, there was an increase in student understanding after being educated. This is shown by the ability of students to re-explain the material that has been delivered, as well as the increased awareness of students about the importance of maintaining behavior in society. In general, the purpose of activities to improve students' knowledge can be achieved.

### ACTIVITY DOCUMENTATION

#### Observation Documentation



#### Implementation Documentation



## DISCUSSION

### Analysis of Activity Results

The results of the activity showed an increase in students' knowledge about promiscuity after education. Before the activity, students tended to have limited understanding, but after counseling, students were able to understand the meaning, causative factors, and impact of promiscuity.

The students' activeness during the discussion process also shows that the methods used are effective in improving understanding. The interactive approach makes it easier for students to receive and process the information provided.

### Relevance to Theory

The results of the educational activities that have been carried out show that there is an increase in students' knowledge and understanding of promiscuity, and this is very much in accordance with the theory that has been explained in Chapter II. Health education is a learning process that aims to increase knowledge, shape attitudes, and direct individual behavior in a healthier direction. In this activity, students who previously had a limited understanding of promiscuity, after being given education became better able to understand the definition, causative factors, and impacts caused. This proves that the delivery of information in a structured and communicative manner can affect the level of knowledge of students.

In addition, the theory of promiscuity states that one of the main factors that affect the occurrence of this behavior is the lack of knowledge and self-control in adolescents. In the initial condition, students do not fully understand which behaviors are promiscuous and which are healthy associations. However, after being given counseling, students began to be able to distinguish between the two things and show

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a change in their way of thinking. This shows that increased knowledge can be the basis for forming better attitudes.

Counseling theory also explains that counseling activities do not only focus on delivering information, but also aim to encourage behavior change through an interactive approach. In this activity, the discussion method used proved effective because it actively involved students in the learning process. Students not only listen, but also think, ask, and give opinions, so that the understanding gained becomes more profound and easy to remember.

Thus, the results of this activity prove that the theory of health education and counseling used is appropriate and relevant. The increase in student knowledge after the activity shows that the education provided is able to achieve the expected goal, namely increasing understanding and forming a more positive attitude in dealing with daily interactions.

### **Relevance to the Role of Nurses**

In the implementation of educational and counseling activities regarding promiscuity, nurses have several important roles that are interrelated and support the success of activities. This role is not only limited to providing information, but also includes efforts to guide, motivate, and create a conducive learning environment for students.

- As educators, nurses play a role in providing clear, systematic, and easy-to-understand information for students about promiscuity. In this activity, nurses delivered material ranging from the definition, causative factors, to the negative impact of promiscuity using PPT media. The delivery of material is done in simple language to suit the level of understanding of students. In addition, nurses also provide examples that are close to students' daily lives so that the material becomes more relevant and easy to understand. This role is very important because it is the basis for improving student knowledge.
- As motivators, nurses play a role in providing encouragement to students to have awareness to protect themselves from risky behaviors. In this activity, nurses not only convey material, but also provide encouragement and reinforcement to students to be able to make good decisions in society. Nurses invite students to think about the long-term impacts of promiscuity, such as health and future disorders. With this motivation, it is hoped that students will not only understand, but also have the desire to implement healthy living behaviors.
- As facilitators, nurses help provide the means and conditions that support the learning process. In this activity, nurses use media such as PowerPoint (PPT) to facilitate the delivery of material. In addition, nurses also create an interactive discussion atmosphere so that students feel comfortable asking questions and expressing opinions. The role of this facilitator is important because it can increase students' active participation, so that the learning process becomes more effective and less boring.
- As advocates, nurses play a role in supporting and fighting for efforts to improve adolescent health, especially in the school environment. In this activity, nurses contribute to providing education that aims to prevent risky behavior in students. In addition, nurses can also work with schools to encourage sustainable health education programs. This role of the advocate is important because it focuses not only on current activities, but also on the sustainability of future health improvement efforts.

Overall, the four roles of nurses have been well carried out in this activity. This can be seen from the increase in students' understanding and their activeness during the counseling process. Thus, the role of nurses is very influential in the success of health education activities in adolescents.

### **Links to Nursing Management (POAC)**

The implementation of education and counseling activities for students of SMA 1 Limboto has been carried out with reference to the concept of nursing management, namely POAC (Planning, Organizing, Actuating, Controlling). Each stage has an important role in ensuring that activities run systematically and achieve the expected goals.

- Planning is the initial stage that greatly determines the success of the activity. At this stage, the main problem was identified, namely the low knowledge of students about promiscuity. After that, the purpose of the activity, goals, materials, and media to be used are determined. The planning carried out is quite good because it is prepared based on the results of the assessment
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so that it is in accordance with the needs of students. In addition, careful planning also helps to minimize obstacles during the implementation of activities.

- Organizing is carried out by dividing tasks among group members and coordinating with the school. Each member has their own role in the implementation of activities, so that the process runs more directed and effectively. In addition to this stage, good teamwork is also an important factor in the smooth running of activities, because without clear coordination, the implementation of education can be less than optimal.
- Actuating (Implementation) is the implementation stage of the plan that has been prepared. At this stage, educational and counseling activities are carried out directly to students using discussion methods and PPT media. The implementation went well because the students looked active and enthusiastic in participating in the activities. In addition, the use of interactive methods makes it easier for students to understand the material presented, so that educational goals can be achieved more effectively.
- Controlling (Evaluation) is carried out to assess the success of the activities that have been carried out. The evaluation is carried out by looking at the extent of students' understanding after being educated. The results showed an increase in student knowledge, which means that the activities went according to the objectives. In addition, this evaluation is also important to find out the shortcomings during the activity, so that it can be used as material for improvement for the implementation of the next activity to be more optimal.

So overall, the application of the POAC concept in this activity has gone well and helps to ensure that each stage is carried out in a structured manner. This has a positive impact on the success of educational activities in increasing students' knowledge about promiscuity.

## CONCLUSION

Based on the results of educational and counseling activities regarding promiscuity among students of SMA Negeri 1 Limboto, it can be concluded that the level of students' knowledge about promiscuity is still relatively low at first, both in terms of understanding the definition, form of behavior, causative factors, and the impact caused. This condition shows that students still need proper education to be able to understand and distinguish between healthy and risky associations.

The implementation of health education activities carried out through the discussion method with the help of PowerPoint media (PPT) has proven to be effective in improving student understanding. This can be seen from the increase in students' ability to explain the material that has been given and their activeness in following the learning process. In addition, this counseling activity is also able to provide positive changes to student awareness in maintaining daily social behavior.

The role of nurses in this activity is very important, especially as educators, motivators, facilitators, and advocates. Nurses not only convey information, but are also able to guide and encourage students to have a wiser attitude in dealing with environmental influences. On the other hand, the implementation of nursing management through the POAC (Planning, Organizing, Actuating, Controlling) approach has gone well and helps to ensure that the entire series of activities are carried out systematically and in accordance with the goals that have been set.

Overall, these educational and counseling activities have succeeded in increasing students' knowledge and awareness about the dangers of promiscuity. With this increased understanding, it is hoped that students will be able to make more appropriate decisions and implement healthy and responsible living behaviors in their daily lives.

## ADVICE

Based on the results of the activities that have been carried out, there are several suggestions that can be considered for consideration in the future. Students are expected to be able to apply the knowledge that has been gained in daily life, as well as be more selective in choosing the social environment to avoid risky behavior. In addition, it is important for students to continuously increase their self-awareness in maintaining physical, mental, and social health.

The school is expected to make health education activities a sustainable program, as well as increase the role of teachers, especially guidance and counseling teachers, in providing guidance related to healthy associations. With the support from the school, it is hoped that a healthy and positive learning environment can continue to be maintained.

For health workers, especially nurses, it is hoped that they can continue to play an active role in providing education to adolescents by using more innovative and interesting methods so that the messages conveyed can be received more effectively. In addition, parental involvement is also very necessary in providing supervision and building good communication with children, so that it can help form positive character and behavior.

For researchers or implementers of the next activity, it is hoped that they can develop similar activities with more varied methods and wider scope, so that the results obtained can provide more optimal benefits for the community.

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