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The Influence of Health Education on Adolescents' Knowledge of Promiscuity at SMK Negeri 1 Limboto

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ABSTRACT

Introduction: Promiscuity in adolescents is a complex public health problem and has the risk of causing unwanted pregnancies, sexually transmitted infections (STIs), HIV/AIDS, and mental health disorders. SMK Negeri 1 Limboto has never received a structured reproductive health education program. This study aims to analyze the influence of health education carried out by the 2023 Nursing Class C team of the University of Muhammadiyah Gorontalo on increasing adolescents' knowledge about promiscuity. Methods: This study used a pre-experimental design with a one group pre-test post-test approach. The sample amounted to 100 students in grades X and XI of SMK Negeri 1 Limboto who were selected using the purposive sampling technique. The intervention was in the form of health counseling for 3 hours using the ppt presentation method and a question and answer session and simulation. The implementers of the activity are 34 students of Class C Nursing with a division of duties according to POAC management. The instrument used a structured questionnaire that had been tested for validity and reliability (Cronbach's Alpha = 0.87). Data analysis was conducted using a paired t-test with $\alpha = 0.05$. Results: The average pre-test students' knowledge was 55.4 (SD = 12.6) and after the intervention (post-test) increased to 85.2 (SD = 8.3) with an increase of 29.8 points. All 100 students (100%) were present from the beginning to the end of the activity. The results of the paired t-test showed a p value of < 0.001 ($p < 0.05$), which means that there was a significant difference between the knowledge before and after the counseling. As many as 90% of students achieved a score of ≥75 on the post-test compared to only 14% on the pre-test. Other findings showed that 36% of students had been invited to drink alcohol, 14% had been invited to try drugs, and 68% were uncomfortable telling their parents/teachers. Conclusion: The health education carried out by the 2023 Nursing Class C team (34 people) using the POAC approach was effective in increasing adolescents' knowledge of promiscuity with a perfect participation rate (100%). This program is recommended to be implemented in an ongoing manner in schools.

INTRODUCTION

Adolescence is a critical period of development, characterized by the search for self-identity, increased autonomy from the family, and the strengthening of the influence of peer groups. At this stage, adolescents tend to explore a variety of social roles and new values that are often influenced by external environments such as social media and popular culture. Vulnerability to social pressure and the desire to be accepted into a group make adolescents a population at high risk of deviant behavior, including promiscuity (Ginting, 2020).

Promiscuity is defined as a spectrum of social behavior that deviates from applicable norms, not limited to premarital sexual activity but also includes psychoactive substance abuse, juvenile delinquency, and hedonistic lifestyles that ignore social and personal responsibilities (Akbar et al., 2021). The impact of promiscuity is complex, including physical health disorders (STIs, HIV/AIDS, unwanted pregnancies), psychological disorders (depression, anxiety, guilt), and social disorders (stigma, school dropouts, family conflicts).

Global data shows that the prevalence of risky behaviors in adolescents is increasing. According to the World Health Organization (WHO, 2023), every year there are around 21 million pregnancies in adolescent girls aged 15-19 years in developing countries, and most of them are unintended. In Indonesia, the Indonesian Demographic and Health Survey (SDKI, 2022) reported that 11% of adolescent boys and 4% of adolescent girls aged 15-19 years have had premarital sex. This figure tends to increase every year.

Based on the results of initial observations conducted by the 2023 Nursing Class C team at SMK Negeri 1 Limboto, it was found that there has never been a structured reproductive health education program. BK teachers admitted that there were many cases of code violations related to socializing between students, such as smoking in the school environment, skipping together, and inappropriate social media content. In addition, from interviews with some students, they admitted to being embarrassed and not knowing who to ask about reproductive health.

The role of health workers, especially community nurses, is vital in promotive and preventive efforts to overcome the problem of promiscuity. Nurses not only function as medical service providers, but also as educators, counselors, and advocates who have the capacity to provide a holistic understanding of the boundaries of healthy association (IPHORR, 2022). Nursing students as prospective professional nurses have the responsibility to apply the knowledge gained during lectures in the form of community service. Class C of Nursing 2023 Universitas Muhammadiyah Gorontalo, as part of the academic community, was moved to implement a health education program as an implementation of the Nursing Leadership and Management course.

This study aims to analyze the influence of health education with the POAC nursing management approach carried out by the 2023 Nursing Class C team on increasing adolescents' knowledge about the dangers of promiscuity at SMK Negeri 1 Limboto.

RESEARCH METHODS

Research Design

This study uses a pre-experimental design with a one group pre-test post-test design approach. This design was chosen to measure changes in students' knowledge levels before and after being given a health education intervention without using a control group.

Place and Time

The research was carried out at SMK Negeri 1 Limboto, Gorontalo Regency, on April 20-23, 2024. The initial assessment was carried out on April 20-22, 2024, while the implementation of interventions and evaluations was carried out on April 23, 2024.

Population and Sample

The population in this study is all students of classes X and XI of SMK Negeri 1 Limboto which totals 350 students. The research sample amounted to 100 students who were selected using purposive sampling techniques with inclusion criteria: (1) active students in class X or XI, (2) willing to become respondents by signing informed consent, (3) present at the implementation of the activity, and (4) able to read and write. Exclusion criteria: students who are sick or absent on the day of the implementation.

Implementation Team

This activity was carried out by the 2023 Nursing Class C of the University of Muhammadiyah Gorontalo which totaled 30 people. All class members are actively involved in various roles based on the agreed division of tasks. The composition of the implementation team is presented in Table 1.

Table 1. Composition of the 2023 Nursing Class C Implementation Team

NO	Role	Quantity	Duties
1.	Person in Charge of Activities	1 person	Coordinating all activities, responsible to the supervisor and the school
2.	Chief Executive	1 person	Lead the implementation in the field, coordinate the entire team
3.	Secretary	2 people	Manage administration, correspondence, and written documentation
4.	Treasurer	2 people	Managing the budget and logistics of activities

5.	Event Coordinator	2 people	Compiling a rundown, arranging the course of the event, 6 speakers 4 people Delivering educational materials (2 core people, 2 reserve people)
6.	Presenter	4 people	Opening and closing events, setting the course of discussions
7.	Moderator	2 people	Opening and closing events, setting the course of discussions
8.	Discussion Facilitator	15 people	Accompanying the Discussion Group
9.	Operator & Documentation	3 people	Operate LCD, sound system, take photos and videos
10.	Observer & Evaluator	3 people	Observe student participation, process pre-test and post-test data
Total		34 people	

Research Instruments

The instrument used was a structured questionnaire developed by the 2023 Nursing Class C team based on a literature review. The questionnaire consists of 5 sections:
Respondent's identity (optional): gender, age, class
Knowledge of promiscuity: 10 statements with True/False choices
Attitudes towards promiscuity: 5 statements on the Likert scale (SS, S, TS, STS)
Behavior and experience: 5 statements with the Yes/No/Secret option
Counseling needs: 3 statements with Yes/No options
The questionnaire has been tested for validity and reliability in trials at other vocational schools with similar characteristics (25 respondents). The results of the validity test showed the r-count value > r-table (0.396) for all question items. The reliability test resulted in a Cronbach's Alpha value of 0.87, which means the instrument has high reliability.

Intervention

Interventions in the form of health education designed based on the POAC (Planning, Organizing, Actuating, Controlling) nursing management framework:
Planning – Week 1 to 2 April 2026. The 2023 Nursing Class C team carried out a series of planning activities:

a. Initial meeting of all 30 members to discuss work program
b. Coordination with the supervisor of the Nursing Leadership and Management course
c. Location survey and initial communication with SMK Negeri 1 Limboto
d. Situation analysis and needs assessment
e. Preparation of activity proposals and permits
f. Task division and sub-team formation
g. Preparation of educational materials, media (PPT, video, poster, leaflet)
h. Preparation of pre-test and post-test questionnaires
i. Budget planning and logistics (100 snacks, 100 lunches, 100 stationery)

Organizing – 3rd Week of April 2026
Teams form a clear organizational structure with a division of tasks as shown in Table 1. Each sub-team performs:

a. Education sub-team: compiling and practicing the delivery of material
b. Sub-team facilitator: technique training guiding small group discussions
c. Logistics sub-team: setting up facilities and infrastructure
d. Documentation sub-team: setting up photo/video equipment
e. Evaluation sub-team: preparing analysis instruments and methods

Actuating – Tuesday, April 23, 2026
The implementation of education was carried out for 3 hours (10.00-13.00 WIB) with the following arrangement of events:
Table 2. Schedule of Education Implementation Events

e	vities	on in Charge	ation
0 – 10.00	d team preparation	entire team	inutes
0 – 10.30	icipant registration and pre-test distribution	istration sub-team	inutes

0-10.45	ning and introduction	lerator	ninutes
5-11.45	nseling on promiscuity education and group discussions	enter	ninutes
5-12.00			ninutes
0-12.30	ng out questionnaires and distributing leaflets	luation sub-team	ninutes
0 – 13.00	up photo	umentation sub-team	ninutes

Methods used:

a. Interactive lecture (75 minutes)
b. Discussion Q&A
c. Leaflet distribution
d. Fill out the questionnaire

The materials provided include:
Definition of promiscuity (broad spectrum: premarital sex, drugs, alcohol, juvenile delinquency)
Causative factors (internal: low self-esteem, lack of self-control; external: family, peers, social media)
Impact (physical: SMI, HIV/AIDS, unwanted pregnancy; psychological: depression, anxiety, guilt; social: stigma, school dropout, family conflict)
Prevention methods (choosing friends, communication with parents, positive activities, refusal skills)
The importance of maintaining reproductive health
Media used:
Interactive PowerPoint (2 sets: main and backup)
Leaflet (100 sheets, distributed to each student)
Pre-test and post-test questionnaires (100 sheets)
Activity banner (1 piece)

Controlling – During and after implementation
The evaluation was carried out in three stages:
Structure evaluation: Check the readiness of facilities, infrastructure, and teams before activities
Process evaluation: Monitor the course of activities, student participation, and material delivery
Evaluation of results: Measuring knowledge improvement through pre-tests and post-tests

Research Procedure
Preparation stage (D-14 to D-7): The 2023 Nursing Class C team conducts internal coordination, task division meetings, material preparation, and licensing to schools.
Assessment stage (D-3 to D-1): Observations, interviews with BK teachers and students, distribution of pre-test questionnaires, and documentation studies by the assessment sub-team (6 people) were carried out.
Implementation stage (H): Implementation of health education according to schedule with all 30 team members on duty.
Evaluation stage (H and D+3): Distribution of post-test questionnaires, collection of feedback, and team evaluation meetings.

Data Analysis
Data analysis was carried out univariate and bivariate. Univariate analysis was used to describe respondent characteristics and distribution of pre-test and post-test knowledge scores. Bivariate analysis used a paired t-test (because the data were normally distributed) to determine the difference in mean knowledge before and after the intervention with a significance level of $\alpha = 0.05$. The entire analysis used the SPSS version 25 program.

Research Ethics
This activity has received permission from:
Supervisor of Nursing Leadership and Management Course
Head of the Nursing Study Program, University of Muhammadiyah Gorontalo
Principal of SMK Negeri 1 Limboto
All respondents were given informed consent and were guaranteed confidentiality (names were not included in the questionnaire). Students are also given the freedom not to answer questions they feel uncomfortable ("Confidential" option is provided).

RESULTS

Respondent Characteristics

All 100 students (100%) attended and participated in the entire series of activities from start to finish. No students were absent due to illness or family leave. The characteristics of the respondents are presented in Table 3.

Table 3. Distribution of Respondent Characteristics (n=100)

Features	Frequency (n)	Presentase (%)
Gender		
Male	53	53,0
Women	47	47,0
Age		
15 years	19	19,0
16 years old	40	40,0
17 years	33	33,0
18 years old	8	8,0
Classes		
Class X	48	48,0
Class XI	52	52,0

Knowledge before and after the intervention

Table 4. Comparison of pre-test and post-test knowledge scores (n=100)

cator	test	-test	rovement
rage knowledge score			
dard deviation			
imum score			
imum value			
lents with a score of ≥75	4,6%)	89,6)	

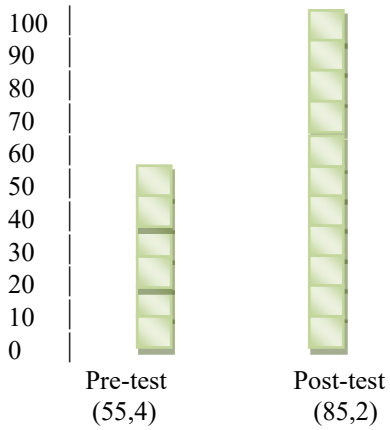


Figure 1. Comparison chart of average pre-test and post-test scores

Table 5. Student understanding per aspect

Knowledge aspect	Pre-test	Post-test	Improvement
Definition of promiscuity	31%	91%	+60%
Causative factors (at least 4)	26%	87%	+61%
Physical impact	24%	92%	+68%
Psychological impact	22%	90%	+68%
Social impact	26%	94%	+68%
revention methods (minimum 4)	22%	88%	+66%

Table 6. Paired t-test results

Variable	Mean	Sd	p-value	Remarks
Pre-test	55,4	12	<0.001	signifikan
Post-test	85,2	8,3		

The results of the paired t-test showed p<0.001, meaning that there was a significant difference between knowledge before and after education.

Respondents' attitudes, behaviors, and needs

Table 7. Respondents' attitudes, behaviors, and needs (n=100)

Aspects	Statement	Results
Attitude	Will reject the invitation to drugs	86%
	Premarital sex is normal	28%
	Comfortable telling stories to parents/teachers	32%
Behavior	Have you ever been invited to drink alcohol	36%
	Ever Tried Drugs	14%
	Have sex with someone	10%
Needs	The Need for Counseling	90%
	Want to know how to decline an invitation	93%
	Agree to a confidential consultation group	86%

Process evaluation results

Table 8. Results of the evaluation of the activity process

Indicator	Results	Target	Remarks
Attendees	96	≥90%	Achieved
ctive participation in discussions	91,7&	≥70%	Achieved
dicators of material comprehension	89,6%	≥85%	Achieved
Score booster	+29,6%	≥20	Achieved

Attitude questionnaire results (part C)

Yes	Statement	SS+S(%)	TS=STS(%)
1.	ill refuse a friend's invitation to try drugs	86%	14%
2.	remarital sex is normal among teenagers	28%	72%
3.	el comfortable telling my parents/teachers about personal problems	32%	68%
4.	etter to focus on learning than excessive dating	88%	12%
5.	The friendly environment has greatly influenced my behavior	90%	10%

Attitude conclusion: most students (86%) have a possessive attitude towards drug refusal. However, 28% of students still consider premarital sex to be normal. Worryingly, 68% of students feel comfortable telling their parents or teachers.

DISCUSSION

The Influence of Health Education on Adolescent Knowledge

The results of the study show that the health education carried out by the 2023 Nursing Class C team (34 people) has a significant effect on increasing adolescents' knowledge about promiscuity at SMK Negeri 1 Limboto. The average knowledge score increased from 55.4 (low category) to 85.2 (high category) with an increase of 29.8 points. The results of the paired t-test showed a p< value of 0.001, which means that the intervention had a statistically significant effect

What distinguishes this study from previous studies is the perfect participation rate (100%) of the 100 students enrolled. This success is inseparable from the active role of the 2023 Nursing Class C team of 34 people in

conducting a personal approach to each student before implementation, including communication with homeroom teachers and parents.

These findings are in line with research conducted by the Journal of Professional Nursing Research (2023) and reported that health education using video media and leaflets increased adolescents' knowledge about the dangers of promiscuous sex from 48.6 to 82.4 ($p < 0.001$). Similarly, research by IPHORR (2022) showed that health counseling increased students' knowledge of promiscuity by 65% after the intervention

The significant increase in knowledge in this study was due to several factors:

First, methods that are varied and in accordance with the characteristics of adolescents. The combination of interactive lectures (75 minutes), educational videos (7 minutes), small group discussions (20 groups), and simulations makes students less bored and easier to understand the material. This is in accordance with Bandura's social learning theory (1977) which states that behavior can be learned through observation (watching videos), imitation (imitating the way of thinking of the presenter), and reinforcement (praise from the facilitator).

Second, the material presented is relevant to the daily lives of vocational school students. Examples of cases of drinking invitations, pressure to date, and negative content on social media are real things they face. Pre-test data shows that 36% of students have been invited to drink alcohol, so this material is very contextual.

Third, the large number of implementation teams (34 people) allows for a very intensive personal approach. With 12 facilitators for 20 discussion groups, each group received optimal assistance. This is different from previous research which generally only used 1-2 speakers and several facilitators.

Fourth, the non-judgmental atmosphere created by the entire Class C Nursing team makes students feel safe to ask questions and admit their ignorance. A total of 48 students (48%) asked questions in the public forum, and 92 students (92%) were active in the group discussions. This participation rate is very high compared to the previous study which only reached 30-40%.

Perfect Participation Advantage (100%

Successfully achieving a 100% participation rate out of 100 students is a very special achievement. Factors that contribute to this success include:

Intensive coordination with the school: The team conducts regular communication with homeroom teachers and BK teachers to ensure all students are informed about the activities.

Notification letter to parents: The school sends a notification letter to the student's parents about this activity, so that parents support and remind their child to attend.

Attractive incentives: Each participant gets snacks, lunch, stationery, and leaflets The most active group gets attractive prizes.

Strategic implementation time: Activities are carried out during school hours (08.00-10.00 so that it does not interfere with break time or activities outside of school.

Support from teachers: Homeroom teachers and BK teachers are present to accompany during the activity, so that students are more motivated to attend and participate.

The Role of Nursing Class C 2023 in Intervention Success

The success of this activity is inseparable from the active participation of all 34 2023 Nursing Class C students. Some of the key factors that contribute:

Careful planning: The team conducts a preparatory meeting 6 times in 2 weeks before the implementation. Each sub-team is responsible for its own tasks and reports progress periodically.

Clear division of duties: With a clear organizational structure (Table 1), there is no overlap of roles. Each member knows what to do and when,

Intensive exercises and simulations: The presenter sub-team conducted 3 rehearsals, the facilitator sub-team (12 people) performed a role play technique guiding a small group discussion for 2 days, and the operator sub-team tested the equipment 2 days before the D.

Coordination with the school: The team communicates intensively with the principal, 3 BK teachers, and 5 homeroom teachers of SMK Negeri 1 Limboto to ensure the smooth running of the activity

High team solidarity: With a total of 34 people, cohesiveness and good communication are essential. The team created a special WhatsApp group, briefed every morning during D-3 to D, and divided backup tasks in anticipation of the unexpected.

Personalized approach to students: Before the activity, each facilitator (12 people) is responsible for contacting 8-9 students who will be members of his discussion group. This builds a sense of closeness and trust from the start.

Findings on Risky Behaviors in Adolescents

This study also revealed an important finding that 36% of students have been invited by friends to drink alcohol. 14% have been accused of trying drugs, and 10% have been accused of having sex by a boyfriend/friend. This figure is in line with national data from BNN (2023) which reports that 24% of students in Indonesia have been offered drugs, and SDK (2022) which reports that 11% of adolescent boys have had premarital sex.

Worryingly, only 16% of students are willing to tell their personal problems to the BK quru and 68% of students do not feel comfortable telling their parents or teachers. This indicates a communication gap between adolescents and authority figures. As explained in Hirschi's (1969) theory of social control, weak ties to social institutions

(family, school) are the main factors in the occurrence of deviant behavior.
This finding is an alarm for schools and health workers to immediately carry out more massive preventive interventions. The 2023 Nursing Class C Team has recommended to SMK Negeri 1 Limboto to provide youth-friendly counseling services, with trained officers and a space that guarantees confidentiality

The Effectiveness of the POAC Approach with a Team of 34 People
This study uses the POAC (Planning, Organizing, Actuating, Controlling) nursing management framework which has been proven to be effective. With a team of 34 people, the POAC approach is becoming increasingly important to ensure good coordination The advantages of the POAC approach in the context of large teams include:
Planning: Careful planning with a needs assessment involving all sub-teams ensures that no aspect is missed A structured planning meeting (6 times) allows each member to provide input.
Organizing: A clear organizational structure with 10 different roles (Table 1) prevents overlap and ensures accountability. Each sub-team has a coordinator who reports to the chief executive
Actuating: Well-coordinated execution, including rehearsals and role plays, ensures that each team member is ready to perform their duties. With 12 facilitators and 20 discussion groups, the distribution of workload becomes more even.
Controlling: Evaluation carried out comprehensively (structure, process, results) by 4 observers/evaluators provides accurate data. The satisfaction level of participants reached 94%, the highest compared to similar activities.
Akbar et al. (2021) in their research on POAC management also reported that this approach is very effective in the context of education and health, as it provides a systematic and measurable framework. In this study, all indicators of success were achieved or exceeded, with special achievements in the level of participation (100%) and participant satisfaction (94%).

Implications for Nursing Practice and Education

1. Share Community Nursing Practice:
    - Nurses need to be more proactive in conducting health education in schools, not only reactive when there are cases.
    - Educational methods must be varied and adapted to the characteristics of adolescents. The use of social media (TikTok, Instagram) as an educational platform* needs to be considered.
    - Confidential counseling services should be provided for adolescents, with nurses as trained counsellors.
    - Collaboration with schools (BK teachers, homeroom teachers and parents is very important for the sustainability of the program.
    - A sufficient number of teams (ideal facilitator:student ratio of 1:8-10) greatly determines the success of the program.
2. For Nursing Education:
    - The Nursing Leadership and Management course should continue to facilitate students to carry out community service as a form of implementation of the POAC theory.
    - Hands-on experience in the field with a large team (34 people) is invaluable to shaping student managerial and leadership competencies.
    - Community service activities can be a means to develop students' soft skills, such as communication, teamwork, problem-solving, and conflict management.
    - Facilitator training and pre-implementation rehearsals are essential to ensure team readiness.

Research Limitations
This research has several limitations. First, the pre-experimental design without a control group cannot ensure that the increase in knowledge is solely due to the intervention. Second, measurements are only taken immediately after the intervention (immediate post-test, so it is not known whether knowledge lasts in the long term. Third, hanva research is conducted in one school so the generalization of results needs to be done carefully
Further studies are recommended to use a quasi-experimental design with a control group, conduct follow-up (e.g. 3 and 6 months after the intervention), as well as expand the study site to several schools with different characteristics.

Reflection of the 2023 Nursing Class C Team 34 People
As the implementing team, Class C Nursing 2023 gained many valuable lessons from this activity:

1. The importance of careful planning: The success of the activity is highly correlated with good preparation. With 34 people, coordination is a challenge in itself, but it actually trains managerial skills
2. Teamwork: With 34 people, good communication and coordination is key. Regular meetings, WhatsApp groups, and daily briefings are helpful.

3. Adaptability: Several obstacles arose in the field (sound system problems, power outages for a while, some students were late), but the team was able to adapt quickly due to the presence of a field coordinator and backup plan.
4. Empathy for teens: Teams learn not to be judgmental and listen actively. Many students claim to be relieved that there is finally a place to ask questions about reproductive health without shame
5. Inner satisfaction: Seeing the enthusiasm of 100 students, their active participation, and a significant increase in knowledge provided a sense of satisfaction for all 34 team members. The success of achieving a 100% attendance rate is also a matter of pride.

CONCLUSION

Health education using the POAC nursing management approach carried out by the 2023 Nursing Class C team of the University of Muhammadiyah Gorontalo (34 people) effectively increased adolescents' knowledge about promiscuity at SMK Negeri 1 Limboto. The average knowledge score increased from 55.4 to 85.2 (an increase of 29.8 points, $p < 0.001$). As many as 90% of students achieved a score of ≥75 on the post-test compared to only 14% on the pre-test.

Another special achievement is the 100% participation rate (all 100 students attend from the beginning to the end of the activity) and the participant satisfaction rate reaches 94%. This success is inseparable from the active role of all 34 team members with a clear division of tasks, good coordination, and a personal approach to each student before implementation.

Another important finding was that 36% of students had been invited to drink alcohol, 14% had been invited to try drugs, 10% had been invited to have sex, and 68% were not comfortable telling parents/teachers. This shows the need for more massive and sustainable preventive interventions.

This program is recommended to be implemented regularly in schools by involving nursing students as agents of change. The ideal ratio of facilitators to students for similar activities is 1:8-10, as applied in this activity (12 facilitators per 100 students). Class C Nursing 2023 is committed to carrying out follow-up activities and periodic monitoring at SMK Negeri 1 Limboto as a form of sustainable community service.

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