

TESIS

**BIMBINGAN KELOMPOK *CLIENT CENTERED* TENTANG
PENDIDIKAN SEKS ISLAMI DALAM MENCEGAH PERILAKU
MENYIMPANG SEKSUAL PADA REMAJA AWAL PEREMPUAN
(Studi di SDIT Permata Kota Mojokerto)**



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**UNIVERSITAS AIRLANGGA
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PROGRAM MAGISTER
PROGRAM STUDI ILMU KESEHATAN MASYARAKAT
SURABAYA
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**Untuk memperoleh gelar Magister Kesehatan
Minat Studi Promosi Kesehatan dan Ilmu Perilaku
Program Studi Ilmu Kesehatan Masyarakat
Fakultas Kesehatan Masyarakat
Universitas Airlangga**

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SURABAYA
2015**

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PENGESAHAN

**Dipertahankan di depan Tim Penguji Tesis
Minat Studi Promosi Kesehatan dan Ilmu Perilaku
Program Studi Ilmu Kesehatan Masyarakat
Fakultas Kesehatan Masyarakat Universitas Airlangga
dan diterima untuk memenuhi persyaratan guna memperoleh gelar
Magister Kesehatan (M.Kes.)
pada tanggal, 11 Agustus 2015**



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2. Ira Nurmala, S.KM., M.PH., Ph.D.
3. Dr. Arief Wibowo, dr., M.S.
4. Vitri Dewi, drg., M.Si.

PERSETUJUAN

TESIS

**Diajukan sebagai salah satu syarat untuk memperoleh gelar
Magister Kesehatan (M.Kes.)
Minat Studi Promosi Kesehatan dan Ilmu Perilaku
Program Studi Ilmu Kesehatan Masyarakat
Fakultas Kesehatan Masyarakat
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PERNYATAAN TENTANG ORISINALITAS

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Angkatan : Tahun 2013
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Bimbingan Kelompok *Client Centered* tentang Pendidikan Seks Islami dalam Mencegah Perilaku Menyimpang Seksual pada Remaja Awal Perempuan (Studi di SDIT Permata Kota Mojokerto)

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Demikian surat pernyataan ini saya buat dengan sebenar-benarnya.

Surabaya, 11 Agustus 2015



Anin Wijayanti

KATA PENGANTAR

Puji syukur kehadirat Allah SWT. Atas Karunia dan Hidayah-Nya penyusunan tesis dengan judul **“Bimbingan Kelompok *Client Centered* tentang Pendidikan Seks Islami dalam Mencegah Perilaku Menyimpang Seksual pada Remaja Awal Perempuan (Studi di SDIT Permata Kota Mojokerto)”** ini dapat terselesaikan.

Tesis ini berisikan mengenai pengaruh bimbingan kelompok tehnik *client centered* tentang pendidikan seks islami terhadap perilaku (meliputi pengetahuan, sikap dan tindakan) remaja awal perempuan dalam mencegah perilaku menyimpang seksual yang semakin banyak terjadi di kalangan remaja, dan hasil temuan dapat membantu para peneliti meningkatkan kualitas analisis data yang sebelumnya banyak terjadi kesalahan dalam proses pengolahan data.

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Demikian, semoga tesis ini bisa memberi manfaat bagi diri kami sendiri dan pihak lain yang menggunakan.

Surabaya, 11 Agustus 2015

Penulis



SUMMARY

Client Centered Group Coaching Regarding Islamic Sex Education in Preventing Deviant Sexual Behavior on Female Teenagers

A Study at SDIT Permata Kota Mojokerto

Mojokerto city government is attempting to cope with the problem of society's demoralization by issuing the vision of good health and good morality, declaring City Programs with Educational Vision (PBKP), and disseminating Law no. 4 year 2008 regarding pornography. As described by Children and Women Protection Department (PPA) of Mojokerto City Police, the records of children's deviant sexual behaviors are increasing in the past three years. They were conducted by teenagers against children, or even amongst children. Some of which are sodomy and sadism, and other forms of sexual violence or harrasment. While a non-governmental organization (LSM), Gubug Sebaya, through one of its volunteer, told the researcher that there are more than 300 teenagers aged from 14 years old who have become part of LGBT in Jombang and Mojokerto.

Factors influencing the occuring of teenagers' deviant sexual behaviors are: traumatic experience, religious understanding level, self confidence level, biological, knowledge and sexual orientation, free sex hebavior, parental divorce, family communication, following the trend, interaction with those having deviant sexual behaviors, sex education and the exposure of pornographic media.

Besides, based on initial study by randomly interviewing 7 of 5-grade students in an Islamic elementary school in Kota Mojokerto, it suggests that 3 students (43%) have ever gone to toilet or changed clothes together with their female counterpart, known that homosexual is a sexual deviation, and felt more comfortable when venting with their friends. On the other side, 6 students (86%) have deliberately or not been exposed to pornographic shows and had no idea on how to prevent sexual behavior. There was also 1 student (14%) saying that she searched for information about sex from the Internet and kept high curiosity about sex without telling anyone (kept being silence).

According to the data, it is urgent to understand teenagers' sexual growth and development to know their preparadness in getting education. During preadolescence (10-12 years old), hormones trigger changes taking place not only physically (growth), but also psychologically, socially, regarding thoughts and sexual (development), and includes the exposure of the feeling of falling in love. As far as this is concerned, female teenagers are faster in terms of sexual growth and development than those of their male counterparts. Their reproductive organs also need more complex caring.

Therefore, sexual behavior education to preadolescence with religious approach has been a proper choice amongst children with lacking of understanding about interaction and sex. It is also due to their parenting pattern which have not been able to facilitate the need of children's sexual education, that they can prevent deviant sexual behaviors within the coming phases of growth and development. Conceptually, there must be a theory underlying the changes of

teenagers behaviors as a means of prevention of deviant sexual behaviors i.e. based on behavioral theory with regard to individual behavior changes. One of the theories regarding changes on individual behavior is *The Precaution Adoption Process Model* (PAPM). Behaviors are constituted of three domains, which is in terms of health education, indicated with knowledge, attitude, and action.

The research aimed to analyze the influence of *client centered* group coaching approach regarding islamic sex education toward the preventing behaviors of deviant sexual of preadolescence. The type of the research is *quasi-experimental design*, by using *non randomized pre test-post test control-group design*. The research took place at SDIT Permata Kota Mojokerto from February to June 2015, with a population of 97 teenagers of preadolescence phase and a sample of 30 taken with *stratified random sampling*.

Prior to the usage, questionnaires' validity were tested with *pearson product moment*, and the result suggests that they are all valid and reliable. After getting ethical approval from the educational institution and a clearance to gather data from the research site, group coaching was conducted in 8 weeks. The data was then processed, from *editing to data entry*, and then arranged based on the objectives of the research. In order to analyze the behaviors of case group and control group before and after group coaching, the test was conducted by using Independent Samples test which was initiated with data homogeneity test i.e. Levene's Test. On top of that, to know the influence of group coaching againts behavioral change, researcher used Paired Samples Correlations test.

The result suggests that teenagers' behaviors, before and after group coaching with *client centered* approached can be categorized as positive. This was affected by their good cognitive skills as shown in their academic reports. The teenagers' average score increased after group coaching, it means there were effects of group coaching regarding the change of female teenagers' behaviors at SDIT Permata Mojokerto in preventing sexual deviation. It is suggested that the school keeps conducting weekly coaching group with the most effective methods to satisfy the needs of teenagers and prioritizes the use of Islamic contents materials (religious approach).