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## **Counseling interventions for the prevention of pre-married sexual behaviors among adolescents**

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**Abstract**---Premarital sexual behavior by adolescents is a bad practice because it has consequences for adolescent health. One of the efforts aimed at preventing premarital sexual behavior in adolescents is to provide intervention through counseling. This study aims to analyze counseling interventions for the prevention of premarital sexual

behavior in adolescents. The study used a literature review approach and was based on a guideline review assessment instrument. Search data through electronic database searches from articles published in Science Direct, Google Scholar, Pubmed, and Garuda. The search results obtained 9,053 articles, which were then selected using the Guideline review instrument so that 10 articles were obtained that matched the inclusion criteria. Based on the review and analysis process of the article, the counseling intervention methods that have been carried out for the prevention of premarital sexual behavior in adolescents are through peer counseling, Islamic counseling, direct counseling, counseling using SMS, counseling with computer media, and cyber counseling through electronic media. This shows that counseling intervention is effective in preventing premarital sexual behavior in adolescents

**Keywords**---counseling intervention, premarital sexual behavior, adolescents.

## **Introduction**

Adolescents are a population that has a very important role in the development of an area, but on the other hand, adolescents can also contribute to a problem, one of which is health problems (Apsari & Purnamasari, 2017). Health problems that occur in adolescence take various forms, even problems that arise can be obtained from the impact of deviant behavior. The world health survey reported that there were 68.9% with risky behaviors including smoking, alcohol, brawls, motor accidents, and risky sexual behavior (Kipping, et al., 2018). According to the 2017 Indonesian Demographic and Health Survey (SDKI), premarital sexual behavior by adolescents increased from 2012 to 2017. In 2017, the IDHS showed that as many as 14.6% of adolescents had sexual relations outside of marriage. This was also revealed by the research of Ungsianik & Yuliati (2017) which found that there were as many as 47% of adolescents masturbating. The results of the survey also found data on the reasons why teenagers had sex before marriage, including 57.5% of boys feeling curious or curious, 38% of girls just happening and 12.6% of girls because they were forced by their partners. Therefore, it can be assumed that today's adolescents are vulnerable to changes in health status due to the impact of risky sexual behavior. The impact of risky sexual behavior is closely related to Sexually Transmitted Infections (STIs). According to Kasim (2018) sexual behavior also brings psychological, social, physical and economic consequences. In anticipating problems that occur in adolescents, health, the government has issued program policies related to adolescent health such as the Youth Care Health Service Program (PKPR) through peers, peer counselors to peer educators in health promotion efforts in adolescents. In addition, there are also other programs through the Information and Counseling Center for Adolescent Reproductive Health (PIK-KRR) conducted by the BKKBN in addressing adolescent reproductive health. The implementation of the two programs above is carried out through youth empowerment, namely peer counseling (Adyani, Winarsih & Fitriyani, 2019). Other efforts aimed at preventing risky sexual behavior include social campaigns in the media, providing counseling facilities, to the

establishment of a pornography law. These various efforts have not yielded results, if it is seen that there is still an increase in the incidence of sexual behavior among adolescents. Therefore, other alternative efforts are needed that focus on the main factors causing the emergence of sexual behavior among adolescents (Muflih & Setiawan, 2017). Ayuningtyas research (2016) states that the efforts made in tackling juvenile delinquency can be grouped into preventive, curative, corrective and preventive measures. These efforts can be carried out by means of business in the family environment, business in the school environment. Counseling intervention is very important in preventing risky sex in adolescents as an intervention in improving health status and preventing disease, protection, and health promotion. The purpose of this study is to identify and analyze counseling interventions in the prevention of premarital sex in adolescents.

## **Method**

This study uses a literature review approach and is based on the guideline review assessment instrument from the Joanna Briggs Institute. Literature search with databases on Google Scholar, Science Direct PubMed and Garuda Portal. The research questions were structured using the PICO strategy method (Population, Intervention, Comparison and Outcome) with keywords adjusted to Medical Subject Heading (MeSH). In selecting the articles to be analyzed using inclusion criteria, namely articles published in the period 2015-2021, full text that is appropriate to the research topic, reputable Indonesian and international journals, using human subjects, articles using Randomized Controlled Trials (RCT), cross-sectional analysis, sectional studies, cohorts. All data and information were selected and assessed for feasibility of the study using the Guideline review from the Joanna Briggs Institute in accordance with the theme of the problem being studied. The method for assessing the quality of articles is by screening each research article that falls within the inclusion criteria, after that it is adjusted by answering questions on the critical assessment instrument in accordance with the research design and then given a checklist in the "yes" or "no" or "yes" column, unclear" or "not applicable". Then the score is calculated for each question, then the total score for each article is added up. The articles to be reviewed must meet the criteria whose values are 100% -80% (good quality) and 79%-50% (enough quality). while articles whose value is below 50% cannot be used because they do not meet the criteria (Adref, et al., 2019). Each "yes" criterion will be given one point while the other criteria are given zero, each study score is then added up, a critical appraisal to assess the studies that meet the requirements is carried out by the researcher. If the assessment score is 50% meeting the critical appraisal with the cut off point value agreed upon by the researcher, the study is included in the inclusion criteria. Researchers excluded studies of low quality, namely those that scored below 50% of the JBI critical appraisal instrument to avoid bias in the validity of results and review recommendations (Harizal, Neherta & Yeni, 2021).

A total of 9,053 articles that match the keywords. Then they are screened according to the inclusion and exclusion criteria, namely articles with a limitation of the last 6 years, namely the 2015-2021 period. Some articles were excluded because they were not research articles or clinical trials and were not full text,

there were articles excluded because they were double published, not in accordance with the research topic, and the participants were not teenagers and finally the remaining 25 articles were suitable. And finally, the remaining articles were included according to the study categories of Randomized Controlled Trials (RCT), cohorts, cross-sectional studies, qualitative research, quasi experimental studies and systematic reviews. The results obtained as many as 10 articles that match and meet the inclusion and exclusion criteria.

## **Result and Discussion**

Based on the results of the analysis carried out, 10 article identified using intervention by providing counseling for the prevention of sexual behavior in adolescents. Some of the counseling interventions referred to are as follows.

### **Peer Counseling**

Based on the results of the analysis, 2 article identified using behavioral interventions through peer counseling or peer counselors. Research conducted by Adyani, Winarsih & Fitriyani (2019) shows that there is a relationship between the use of counseling methods and risky sexual behavior. It is evident that adolescents who do not use peer counseling have 3,648 times the possibility of risky sexual behavior compared to adolescents who use peer counseling well. In the implementation of peer counseling, peer counselors provide information about health and help their peers to recognize the problem, so that their friends can make the right decisions. Peer counselors are peer educators who have been given additional training in interpersonal relationships and counseling. So peer counselors also conduct health education to their peers so that they can increase adolescent knowledge about sexual behavior. The results of this study are also in line with research conducted by Dewi & Taufik (2017) which showed there was a significant difference between adolescent sexual behavior before and after giving a keris-net-based peer counselor for 3 months. The implementation of peer counseling is carried out by peer counselors who are able to provide information about health, help peers to recognize the problem, so that they are able to make the right decisions. Because if the person who provides the information is a more mature person, it will be able to create gaps in the use of terms, speech styles, thus hampering the meaning of the message conveyed. This peer counseling intervention can be used as a form of intervention to prevent premarital sexual behavior in adolescents. This also shows the need for social support in the form of positive peer influence in carrying out healthy behavior.

### **Islamic Counseling**

Based on the results of the analysis, there is one the article that identified using an intervention by providing Islamic counseling, namely tazkiyatun nafs based on REBT. This tazkiyatun nafs counseling program is a soul purification program that is used to help strengthen the potential that exists in individuals and revive faith and piety so that they return to function and develop as they should. Research conducted by Hartati, Latipah & Maba (2018), shows that REBT-based tazkiyatun nafs can be used to reduce adolescent premarital sexual behavior intentions. REBT-based Tazkiytun nafs is considered appropriate to be used to

minimize premarital sexual behavior tendencies. Whether or not a person's open attitude towards premarital sexual behavior can be seen from how the teenager maintains and maintains himself from immoral tendencies (Effendi, 2019). At this level, adolescents can create new ideas and then can implement them. In addition to this, at this level adolescents are already focusing on verbal statements and evaluating the validity of their logic, without making real-world clues. Adolescents at this level can think like adults and are able to think about their future in making decisions.

### **Direct counseling**

Based on the results of the analysis, there were 4 articles identified using direct counseling interventions. Research conducted by Henderson, et al. (2020) show that counseling interventions are directly related to a reduction in the incidence of sexually transmitted infections. This is in line with research conducted by O'Connor, et al. (2018) which explains that counseling interventions with high intensity meetings about reducing sexual risk can reduce the incidence of sexually transmitted infections in primary care, especially in sexually active adolescents and adults with an increased risk of sexually transmitted infections. Another study that shows the benefits of counseling directly is the research conducted by Brookmeyer, et al. (2018), counseling that is carried out is directly beneficial for sexually transmitted disease clinic patients. However, different research results were presented by Sari, Zulkifli & Suriah (2021), which showed that counseling had an effect on knowledge but had no effect on late adolescent behavior.

### **School-Based Counseling with the SMS Gateway method**

Based on the results of the analysis, an article was identified that used counseling interventions using the SMS Gateway. One of the factors that cause premarital sexual behavior in adolescents is the ability of adolescent self-efficacy in avoiding premarital sexual behavior which is getting lower. Self efficacy plays a role of 86% of the part of the self system that influences health promotion behavior. One of the studies that utilizes electronic media is the research conducted by Muflih & Setiawan (2017). The method used in encouraging the skills to prevent premarital sex and HIV & AIDS is through the SMS Gateway. This method is used in providing health counseling which is part of health services in schools. The counseling mechanism with the SMS Gateway is carried out by sending messages containing knowledge of reproductive health accompanied by an offer of questions for respondents who still do not understand the contents of the SMS. School health service counseling using the SMS Gateway method that has been done is able to increase self-efficacy and sub-variables of magnitude, generalizability, and strength of belief as an effort to prevent premarital sexual behavior and HIV&AIDS.

### **Counseling Using Computer Media**

Based on the results of the analysis, there is one article identified using a counseling intervention using computer media, namely the CAMI innovative intervention. Prevention of premarital sexual behavior can be done with CAMI

intervention. Research conducted by Bell, et al. (2018), showed that an innovative intervention used to reduce the number of adolescents who are at risk of becoming parents of unwanted teenage pregnancies is CAMI. In administering this intervention CAMI participants will receive four 30-45 minute MI training sessions over the phone (at enrollment or within the first week of enrollment, at week 2-4, week 8, and at week 12). This training session aims to increase condom use, support female partners in the use of contraception, and obtaining reproductive health services and testing for sexually transmitted infections. The CAMI intervention was carried out with the help of a computer using a mobile application. This application will provide specific feedback to each participant who is given an intervention and is adjusted to the behavioral data he/she enters for periodic check-ins and assessments. CAMI will provide each participant with feedback on the risks involved in having an unintended pregnancy and contracting a sexually transmitted infection. The advantages of the research conducted by Bell et al. (2018) is guaranteed to be accurate because the sample used is large and a follow-up phase is carried out in evaluating the effectiveness of the CAMI intervention. This application will provide specific feedback to each participant who is given an intervention and is adjusted to the behavioral data he/she enters for periodic check-ins and assessments. CAMI will provide each participant with feedback on the risks involved in having an unintended pregnancy and contracting a sexually transmitted infection. The advantages of the research conducted by Bell, et al. (2018) is guaranteed to be accurate because the sample used is large and a follow-up phase is carried out in evaluating the effectiveness of the CAMI intervention. This application will provide specific feedback to each participant who is given an intervention and is adjusted to the behavioral data he/she enters for periodic check-ins and assessments. CAMI will provide each participant with feedback on the risks involved in having an unintended pregnancy and contracting a sexually transmitted infection. The advantages of the research conducted by Bell, et al. (2018) is guaranteed to be accurate because the sample used is large and a follow-up phase is carried out in evaluating the effectiveness of the CAMI intervention. CAMI will provide each participant with feedback on the risks involved in having an unintended pregnancy and contracting a sexually transmitted infection.

### **Cyber counseling through what's up Media**

Based on the results of the analysis, there is one article identified using the intervention of counseling through what's up media. Besides the CAMI intervention, another intervention that utilizes electronic media is cyber counseling with the what's up application. Unlike the CAMI intervention that uses computers, this intervention uses social media, namely through what's up. In Cyber counseling Chat-Asynchronous communication such as text chat, people do not have to sit in front of a computer that is connected to the network (online). In addition, cyberspace creates a flexible temporary space, interactive time with the counselee can be done briefly and as needed. The cyber counseling method through what's up is proven to be effective in increasing attitudes for HIV/AIDS prevention. This method is used to facilitate the process of providing responsive services for individuals who are in very far away places, especially individual counseling, so the solution offered is the use of cyber-based internet media. Counseling with the cyber counseling method through what's up can be done

anytime and anywhere, so that teenagers can ask questions without any barriers of distance and time. The results of this research conducted by Sari (2019) indicate that there is an influence between attitudes in preventing premarital sexual behavior before and after the intervention using the cyber counseling method through what's up. The advantage of this intervention is that counseling does not have to be done face-to-face so that adolescents do not need to feel afraid or embarrassed to tell their problems. especially individual counseling, the solution offered is the use of cyber-based internet media. Counseling with the cyber counseling method through what's up can be done anytime and anywhere, so that teenagers can ask questions without any barriers of distance and time.

## Conclusion

Based on the literature review, it was concluded that the intervention using counseling proved to be influential and effective in preventing premarital sexual behavior in adolescents, so that these forms of counseling interventions can be used and applied in preventing sexual risk behavior in adolescents.

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