

Education to Improve Knowledge about Free Association in Teens at SMP Satap 4 Hanau Seruyan Central Kalimantan

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ABSTRACT

The community service program in Derangga Village, Pembuang Hulu District, Seruyan Regency, aims to improve the knowledge of adolescents of SMP Satap 4 Hanau about free association. In some cases, free association among adolescents in this village is starting to be worrying. The main factors that encourage free association are the lack of supervision from parents and the low level of education related to the negative impacts of this behavior. Through counseling on free association, adolescents are given an understanding of the anatomy and function of the reproductive organs, biological changes in adolescents, reproductive health problems in adolescents, free association, factors causing free sex and the consequences of free sex. The evaluation showed a significant increase in adolescent knowledge: before the counseling, only 30% of participants had good knowledge, while after the counseling, 78% of participants had good knowledge. This activity is expected to reduce the risk of health risks associated with free association, including transmission of sexually transmitted diseases (STDs) and unwanted pregnancies. This program needs to be continued with more detailed sessions and additional material support so that the knowledge gained is more in-depth and can be applied in everyday life.

Keywords: adolescents, free association, reproductive health

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INTRODUCTION

According to Sendari (2021), Free association is important to understand, especially for the younger generation. Free association can have a negative impact on the growth of children and adolescents. Not only for children, free association can also harm the people around them, and is often associated with juvenile delinquency. Free association behavior is often uncontrolled and can lead children to various negative things. The definition of free association is related to environmental factors. Adolescents are the next generation who will build a better nation and have forward-thinking thoughts and can benefit themselves, their families and the surrounding environment. Therefore, these adolescents must get more attention, both by themselves, their families and the surrounding environment. We often see in the mass media and we see in electronic media that there are adolescents who excel and

there are also adolescents who do things that are detrimental to themselves, their families and the surrounding environment.

Free association often includes sexual behavior that is not bound by marriage or a committed relationship. This can mean sexual intercourse without a strong emotional bond or without the use of safe contraceptive methods, which can increase the risk of unplanned pregnancy or transmission of sexually transmitted diseases. This free association can also be caused by many factors such as internal factors and environmental factors (Anwar et al, 2019). In Derangga Village, Hanau District, Seruyan Regency, although social media has become part of adolescents' lives, many of them do not get the right information about the dangers of free association, both in terms of social, health, and morals. Most adolescents in this village access social media without adequate guidance from parents or educational institutions, who often do not have sufficient access or understanding of how to manage and use social media wisely.

The lack of correct information about the impact of free association on social media worsens the situation. Many teenagers are exposed to content that shows a free lifestyle, without understanding the consequences. In some cases, free association seen on social media, such as unhealthy relationships, drinking alcohol, or irresponsible sexual behavior, is often seen as normal or even a trend among peers. Without a correct understanding of the long-term impact of such behavior, teenagers tend to get caught up in the wrong mindset and follow the negative trend. Teenagers who do not have sufficient information about the impact of free association and lack guidance from family or community are more vulnerable to engaging in risky behavior.

It is important to pay attention to the role of social media in shaping the views and behaviors of adolescents. Without adequate education on healthy and responsible use of social media, adolescents will be increasingly exposed to the negative impacts of promiscuity that can worsen their quality of life. Therefore, a more holistic approach is needed in educating and empowering adolescents about the dangers of promiscuity, both through formal education, providing parents with supplies, and forming a critical mindset towards the information they encounter on social media. By providing correct and adequate information about reproductive health, morality, and the consequences of negative behavior that can occur due to promiscuity, we can reduce the prevalence of this problem and create a more supportive environment for adolescent development.

METHODS

1. Community service activities in the Derangga Village area, Hanau District, Seruyan Regency were carried out in February 2025 at SMP SATAP 4 Hanau. The activities carried out were Health Counseling on Reproductive Health Counseling with the Topic of Free Association for Adolescents at SMP SATAP 4 Hanau. Health counseling activities regarding Reproductive Health Problems in Adolescents were carried out through the following stages:
2. Preparation of activities includes
 - a. Survey activities for community service locations, namely in Derangga Village, Hanau District, Seruyan Regency.
 - b. Application for community service activity permits to the village head and principal of SMP SATAP 4 Derangga Village, Hanau District, Seruyan Regency.
 - c. Administration (correspondence) and preparation of tools and materials and accommodation.
 - d. Preparation for the location for counseling and health education (extension) using SMP SATAP 4 Hanau.

- 3 Health Education Activities (Counseling)
 - a. Opening and introduction to teenagers in the Derangga Village area, Hanau District, Seruyan Regency who are the target of the activity.
 - b. Distributing a Pre-Test questionnaire on "Free Association in Teenagers".
 - c. Counseling on "Free Association in Teenagers".
 - d. Distributing a Post-Test Questionnaire "Free Association in Teenagers".
 - e. Discussion/Q&A session with health counseling participants.
4. Closing
 - a. Giving souvenirs to all youth participants
 - b. Photo session with counseling participants (all youth participants who attended the activity)
 - c. Saying goodbye to all related parties and residents who were directly involved in health education activities (counseling).
 - d. Preparation of reports on community service activities.

Participants in the Health Education Activity (counseling) regarding free association in adolescents were approximately 23 adolescent participants in grades 2 and 3 which took place at SMP SATAP 4 Hanau, Derangga Village, Hanau District, Seruyan Regency.

RESULTS

The results obtained from this community service activity include:

1. Health Education (Counseling): Residents, especially teenagers, are given counselling on the importance of free association in teenagers, including an understanding of the anatomy and function of the reproductive organs, biological changes in teenagers, reproductive health problems in teenagers, free association, factors causing free sex and the consequences of free sex.
2. The teenagers who attended were very enthusiastic and active in the counseling session, showing great interest in the material provided. After the counseling, participants were given the opportunity to ask questions, including:
 - a. Teenager A: "What is meant by free association and what are its impacts on teenagers?" - Answer: Free association is social interaction that is not limited by existing norms, including sexual relations outside of marriage. The impacts can be very detrimental, such as increased risk of sexually transmitted diseases (STDs), unwanted pregnancies, and psychological problems.
 - b. Teenager B: "Why do teenagers often get caught up in free association?" - Answer: Many factors influence, such as peer pressure, lack of understanding of the risks of free association, and the influence of media that promotes a free lifestyle.
 - c. Teenager C: "How do you avoid free association that can be detrimental?" - Answer: Avoiding free association can be done by strengthening understanding of reproductive health, building healthy relationships with friends who have positive values, and always thinking twice before getting involved in situations that can be detrimental.
3. To assess the level of understanding of adolescents about the counseling material, participants were asked to fill out a questionnaire about their knowledge before and after the counseling. The results of the questionnaire showed a significant increase in their understanding of promiscuity.

A. Outcome

Before Counseling:

- ☐ 7 participants (30%) have good knowledge
- ☐ 10 participants (43%) have sufficient knowledge
- ☐ 6 participants (26%) have insufficient knowledge

After Counseling:

- ☐ 18 participants (78%) have good knowledge
- ☐ 5 participants (22%) have sufficient knowledge
- ☐ No participants have insufficient knowledge

Table. Knowledge Before Counseling

No	Knowledge	Amount	Presentation
	Good (Score 80 to 100)	7	30 %
	Fair (Score 50 to 79)	10	43 %
	Less (Value < than 50)	6	26 %
	Total	23	100 %

Table. Knowledge After Being Given Counseling

No	Knowledge	Amount	Presentation
	Good (Score 80 to 100)	18	78 %
	Enough (Score 50 to 79)	5	22 %
	Poor (Score < 50)	0	0 %
	Total	23	100 %

B. Barriers

The following are obstacles that may be encountered during a counseling program on promiscuity and some recommendations for follow-up that can help overcome these obstacles and increase the effectiveness of the program in the future:

1. Many teenagers may feel uninterested or consider the topic of free association irrelevant to their lives. This can make them less focused during counseling..
2. Teenagers are often more influenced by their peers or social environment, which can hinder their understanding of free association and the importance of maintaining healthy behavior.
3. Discussions about free association in villages are often considered taboo, especially if they involve topics such as free sex or reproductive health issues. Conservative social environments can make teenagers and parents reluctant to talk openly about this.
4. Many teenagers in villages do not receive adequate information about free association, healthy sex, and the associated risks. The sexual education provided is often not in-depth enough or not appropriate for their age.

C. Follow-up Recommendations

1. Counseling can begin with a more general and indirect discussion about free association, such as recognizing the difference between healthy and unhealthy friendships, and the importance of maintaining positive peer relationships. Topics about free sex or sexually transmitted diseases can be socialized gradually after teenagers feel comfortable with lighter material.
2. Holding activities that can actively involve teenagers, such as short dramas, group discussions, or educational games that raise the theme of free association, can be very effective. This helps teenagers understand the material in a fun and easier way

without feeling pressured.

3. As part of the follow-up program, it is important to involve parents in counseling activities, although with a more careful approach. Holding seminars or open meetings with parents about the importance of free association education and how to educate their children can be an effective first step.
4. Teenagers often relate more easily to real experiences. Inviting someone who has experienced promiscuity or even sexually transmitted diseases to talk can be more effective than just theory. This story or testimony gives them a real picture of the risks they face.
5. Use simple language and examples from everyday life that are easier for teenagers in the village to understand. For example, discussing examples of the negative effects of promiscuity on their future, such as the impact on education, dreams, or family relationships.
6. Counseling that is done only once may not be enough. Therefore, counseling needs to be done periodically to remind and re-educate teenagers about the importance of healthy behavior and the dangers of promiscuity.

DISCUSSION

Increasing Adolescent Knowledge: This community service program has succeeded in increasing adolescent understanding of promiscuity, including the definition, behaviors included in promiscuity, and the negative impacts it causes, such as the risk of sexually transmitted diseases (STDs) and pregnancy outside marriage. The questionnaire results showed a significant increase in adolescent knowledge after participating in the counseling.

Improving Adolescent Reproductive Health: After attending the counseling, participants became more aware of the risks associated with promiscuity, such as the negative effects of promiscuity, drugs, smoking, and their consequences such as sexually transmitted diseases (STDs), unwanted pregnancies, and mental disorders. This counseling also helps adolescents understand the importance of maintaining healthy relationships and reinforcing positive values in socializing.

Institutional Image Enhancement: This community service program contributes to improving the image of Universitas STRADA Indonesia, especially the Midwifery Professional Study Program, as an institution that cares about the problem of promiscuity among teenagers. This counseling provides a significant contribution in providing insight to teenagers regarding the negative impacts of promiscuity, as well as demonstrating the institution's commitment to improving the quality of life of the community through health education based on religious and moral values.

CONCLUSION

Community service activities regarding counseling on free association for teenagers carried out in Derangga Village, Hanau District, Seruyan Regency went well and received a positive response from the local community.

1. Counseling on free association covering topics such as the definition of free association, causal factors, dangers of free sex, and sexually transmitted diseases, successfully attracted the attention and increased awareness of participants. The teenagers who attended showed high enthusiasm for the material presented.
2. This activity was attended by 23 teenage participants, and they actively participated in the discussion and Q&A. Some questions asked by the participants included: • "What are the impacts of free association on the future of teenagers?" • "How to avoid free association in the surrounding environment?" • "What should be done to maintain reproductive health in

adolescence?"

3. Based on the results of the questionnaire conducted before and after the counseling, there was a significant increase in participants' understanding of promiscuity. Before the activity, only 7 teenagers (30%) had good knowledge, but after the counseling, 18 teenagers (78%) showed good understanding, indicating the success of the counseling in increasing their awareness.

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