

Effectiveness of Providing Psychoeducation to Dating Adolescents from Away in Bukittinggi

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Abstract

This research examines the effectiveness of providing psychoeducation on dating behavior among overseas teenagers in Bukittinggi City. Adolescents who migrate often face unique challenges and stressors, making them vulnerable to risky dating behavior. Psychoeducation aims to equip these youth with the knowledge and skills necessary to engage in healthy and respectful romantic relationships. This research used a quasi-experimental design with a one-group pretest-posttest design to evaluate the impact of psychoeducation. A total of 40 overseas teenagers, aged 15–19, participated in this research. They receive psychoeducation sessions specifically designed to address the issues they face related to dating in a new environment. The research results showed that there was a significant increase in teenagers' understanding and skills regarding healthy relationships after attending psychoeducation sessions. These findings suggest that psychoeducational interventions can be an effective strategy for helping overseas youth develop more positive dating behavior and reduce the risk of risky behavior in their relationships. This research makes an important contribution to the fields of health education and adolescent psychology and provides a basis for the development of more effective intervention programs to support the psychosocial well-being of overseas adolescents.

Keywords: Psychoeducation; teenagers living away from home; dating

INTRODUCTION

Adolescence is a period of individual transition between childhood and adulthood. During this period, adolescents begin to recognize love and feelings, and want to explore themselves to choose a life partner (Ohee et al., 2018). The need for love and social attachment triggers dating patterns among adolescents. Adolescents are vulnerable to facing various problems in dating such as lack of parental supervision, low knowledge about healthy relationships, and the potential to engage in free sex (Santrock, 2018). This condition also applies to adolescents who migrate to other cities to study. According to Ohee et al., (2018) adolescents tend to choose to date while in school, as do students who migrate.

The dating behavior of students who live away from home can be influenced by the freedom when living away from home. The freedom in question is less direct supervision from parents, freedom in choosing friends and environments, and also freedom to have romantic relationships with the opposite sex. However, in many communities, especially in cultures where talking about sex is still taboo, teenagers often do not have access to or adequate understanding of safe sex practices. Lack of education about healthy and responsible sex can result in the risk of unwanted teenage pregnancy, the spread of sexually transmitted diseases (STDs), and other negative impacts on the health and well-being of individuals (Kirby, 2008).

Many studies have examined dating behavior among out-of-town teenagers. One of them was conducted by Ohee et al. (2018) who examined the description of sexual and dating behavior among out-of-town students in Semarang. This study used a quantitative descriptive method with 200 respondents and found that most out-of-town students (78%) had dated and 28% had had sex (Ohee et al., 2018). The researchers concluded that out-of-town teenagers are more vulnerable to engaging in sexual and dating behavior because they are free from parental supervision.

Another study was also conducted by Gunawan et al. (2019) in Malang to describe the picture of dating among migrant teenagers in dormitories using descriptive methods and 215 respondents. The results showed that 64% of migrant teenagers had dated and 29% had physical relations. The researchers concluded that migrant teenagers are more vulnerable to being involved in sexual dating because they live far from their parents without supervision (Gunawan et al., 2019). Based on data from the National Population and Family Planning Agency (BKKBN, 2023), around 60% of Indonesian teenagers aged 16-17 years have had premarital sex and have had abortions with an estimated number of cases reaching 750,000-1.5 million cases per year. The phenomenon of dating among teenagers is increasingly widespread, including among migrant teenagers. They do not receive direct supervision from their parents and their original social environment. This makes migrant teenagers vulnerable to various negative behaviors including free dating without rules. Research in West Sumatra shows that sexually active teenagers are active in Bukittinggi (21%), Payakumbuh (13%), and Padang (10.5%) (Puspitasari, Indah, Yulisetyaningrum & Rozaq, 2022). Other results show that around 25% of high school students in Bukittinggi City come from other areas, and many of them have been in romantic relationships (Saputra, 2018).

Romantic relationships or dating during adolescence can have various impacts, both positive and negative. The negative impacts faced by adolescents who date include: experiencing violence, experiencing depression or anxiety, deteriorating psychosocial development, or being involved in juvenile delinquency (G'omez-L'opez et al., 2019). Adolescents who receive guidance from their parents can gain more positive benefits from romantic relationships, namely: healthy intimacy and positive self-concept, which will then encourage good interpersonal skills (G'omez-L'opez et al., 2019; Honghao et al., 2021). On the other hand, dating without parental supervision and support can give rise to various negative risks. Adolescents are vulnerable to sporadic and unprotected physical sexual relationships which can result in pregnancy or transmission of sexually transmitted infections (Mulia & Prasetya, 2021). On the other hand, if not managed properly, dating also has the potential to cause various risks and negative impacts on adolescent development.

Based on the above explanation, it can be concluded that the phenomenon of dating behavior and sexual activity of migrant teenagers in Indonesia is still a serious problem with an increasingly worrying trend. Psychoeducation is expected to help improve the understanding and maturity of migrant teenagers in managing romantic relationships. This is in line with the purpose of this study to examine the effectiveness of psychoeducation for migrant teenagers.

Literature review

Psychoeducation

Psychoeducation is initially developed as a companion intervention for severe mental disorders such as schizophrenia (Setiowati et al., 2025). However, today psychoeducation has developed its application to include the prevention of psychosocial problems in the general population, including in the context of adolescent dating behavior (Agutina et al., 2023). Based on the HIMPSI Code of Ethics (2010), psychoeducation is defined as an activity to increase understanding and skills as an effort to prevent psychological disorders at the community level. In contrast to psychoeducation for schizophrenia sufferers which is curative and focuses on symptom management, psychoeducation for dating behavior is preventive with materials including understanding consent and boundaries in relationships, recognizing signs of unhealthy relationships, and basic reproductive health literacy (Suhadianto & Ananta, 2023). The activities are carried out to increase understanding for the environment regarding the disorders experienced by individuals after undergoing psychotherapy. Psychoeducation can be in the form of training and non-training.

Teenagers Dating

Adolescence is a phase of individual development where peer relationships play a central role in the formation of identity and social interaction patterns. Peers function as social mirrors that help adolescents understand themselves through feedback and group acceptance, as well as being the foundation for the formation of romantic relationships (Santrock, 2014). This process is not only important for the formation of relationships in adolescence (Erikson, 2014). Parker et al. (2015) explain the concept of peer relationships as characterized by age homogeneity and balanced levels of cognitive development, facilitating the exchange of ideas and emotions openly. This interaction is not only limited to friendship, but also develops into romantic relationships such as dating. This peer relationship is a natural learning experience for adolescents in developing the interpersonal skills needed in more intimate relationships.

Pierre (2005) stated that peer interaction is a relationship between individuals and a small group with an average age of almost the same and have different levels of ability and have different levels of ability and have different ways to understand each other to be able to exchange opinions. Furthermore, Bukowski's research (2014) shows that quality peer relationships can provide two main benefits for adolescent psychology, namely a sense of security and emotional support. Positive peer relationships can also help adolescents develop self-confidence, emotional regulation skills and problem-solving skills that are the foundation for healthy dating. From the explanation above, it can be concluded that peer relationships are interactions between individuals who know each other where they have an average age of almost the same and have different abilities and share a sense of belonging in any situation.

METHODS

This research uses quantitative method with a quasi-experimental research design that applies a pretest-posttest one group design. The research variables in this study are: psychoeducation. In this study, the influence of the independent variable (psychoeducational intervention) on the dependent variable (Healthy Interpersonal Relationship) will be tested. Independent variables in research manipulated or applied to see its influence on migrant teenagers. Psychoeducation here includes programs or interventions designed to provide information and skills on how to manage healthy dating relationships. While the dependent variable the results of psychoeducation, for example, increased understanding, changes in attitudes, or behavior in dating relationships. The

Greatest Showman (2017) argues that "the research location is a scientific target for obtaining data with a specific purpose and use about something objective". The location and time of this research done in MAN X Bukittinggi City. This research done starting month April until May 2024.

Population is a combination of all elements in the form of events, things or people who have similar characteristics which are the focus of a researcher's attention and therefore are seen as a universe of research while the sample is a subset of the population consisting of several members of the population (Augusty, 2014). The population of this study was 87 Scout students of MAN X Bukittinggi city with 40 subjects obtained through purposive sampling techniques. Purposive sampling is the selection of sampling units randomly in the population segment that has the most information about the characteristics of interest (Guarte & Barrios, 2006). The researcher identified MAN X students as out-of-town teenagers based on interviews with BK teachers who revealed that 70% of MAN X students were out-of-town students who boarded around the school and dormitories provided by the school. The criteria for out-of-town teenagers themselves are living far from their hometown or family to pursue education.

Questionnaire is a method of data collection that is done by giving questions to respondents with a questionnaire guide. The questionnaire in this study is a questionnaire compiled by researchers using questions related to general questions about free association of teenagers who are dating. Literature study is a data collection method carried out by reading books, literature, journals, references related to this research and previous research related to the research being conducted.

RESULTS AND DISCUSSION

Table 1. Frequency distribution by gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Woman	25	62.5	62.5	62.5
	Man	15	37.5	37.5	100.0
	Total	40	100.0	100.0	

Overall, there were 40 subjects who participated in this study from beginning to end. Based on the distribution of demographic data in this study, 25 subjects (62.5%) were female and 15 subjects (37.5%) were male. The higher proportion of female subjects involved in this study may reflect greater participation of female adolescents in studies related to interpersonal relationships and mental health. Previous studies have shown that women tend to be more open to psychoeducational interventions and are more often involved in research related to relationships and mental health (Olson & Crosnoe, 2017). Then based on the frequency distribution of subjects by age, they are in the age range of 16 to 18 years. These data show that the age of these teenage adolescents who are dating is a group that is still in the development phase, both emotionally and socially (Santrock, 2006). Then based on the questionnaire data related to the duration of the dating relationship that has been experienced by the subject, it ranges from 1 month to 12 months at the longest.

Table 2. Descriptive Statistics of Pretest Scores

	N	Maximum	Minimum	Mean	SD
Pretest Score Valid N (listwise)	40	15	4	10.5	258.199

	N	Maximum	Minimum	Mean	SD
Posttest Score Valid N (listwise)	40	20	7	16.1	331.121

Based on the descriptive statistics table of the pretest score, it can be seen that the minimum score obtained by the research subjects was 4 and the maximum score obtained was 15. Then the average pretest score for the overall research subjects was 10.5. The use of pre-test and post-test functions as a tool to measure changes in knowledge, attitudes, and practical skills through structured activities. Then after psychoeducational intervention was carried out on the subjects, there was a significant change in these values. The minimum score obtained on the posttest was 7 and the maximum score was 20 with an average overall subject score of 16.1. This significant change reflects the effectiveness of psychoeducational interventions in providing the knowledge and skills needed for adolescents living away from home to engage in healthy and respectful romantic relationships. Psychoeducation as a form of educational intervention aims to improve understanding and adaptive behavior in individuals through the provision of relevant and practical information.

According to research conducted by Wulandari and Setiawan (2020), psychoeducational interventions have been shown to be effective in changing adolescent behavior in various contexts, including risky behavior in romantic relationships. In addition, this increase in posttest scores is consistent with existing findings in the psychology literature showing that education and knowledge-based interventions can significantly influence behavioral change in individuals (Santrock, 2018). In other words, providing accurate information and practical skills through psychoeducation can help adolescents living away from home develop healthier strategies in dealing with the dynamics of their romantic relationships.

Table 3. Paired Sample t-test Statistics

	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2- tailed)
				Lower	Upper			
Pretest score- Posttest score	-5.600000	4.606573	.7283 63	-7.07325	-4.12675	-7,688	39	.000

Based on the results of statistical analysis of hypothesis testing using Paired Sample t-test, the results of the average difference between the pretest and posttest scores in this study were obtained. Based on the results of this test, the sig. (2-tailed) value was obtained at $0.000 < 0.05$. So it can be concluded that there is a difference in the average subject knowledge score for the pretest and posttest. The results of the study showed that there was a significant increase in adolescents' understanding and skills regarding healthy relationships after attending

psychoeducation sessions. These findings suggest that psychoeducational interventions can be an effective strategy in helping adolescents living away from home develop more positive dating behaviors and reduce the risk of risky behavior in their relationships.

Research conducted by Qomariyah & Zen (2023) showed that psychoeducation given to adolescents in Pangklungan Wonosalam Village, Jombang, East Java succeeded in increasing the commitment of participants in preventing promiscuity. This commitment is demonstrated through ideas expressed in creative presentations and reflections conveyed in group discussions. Based on research by Yuliana Susanti (2022) entitled "Psychoeducation as a prevention of premarital sexual behavior in male adolescents living in orphanages", the results of this study indicate that psychoeducation is effective in reducing premarital sexual behavior in adolescents.

CONCLUSION

This study examines the effectiveness of psychoeducation on dating behavior in migrant adolescents in Bukittinggi City. Migrant adolescents often face unique challenges and stress, making them vulnerable to risky dating behavior. Psychoeducation aims to provide the knowledge and skills necessary for adolescents to engage in healthy and respectful romantic relationships. Using a one-group pretest-posttest quasi-experimental design, the study involved 40 out-of-town adolescents aged 15-19 years who received specially designed psychoeducational sessions. The results showed a significant increase in adolescents' understanding and skills regarding healthy relationships after participating in the psychoeducational sessions. These findings suggest that psychoeducational interventions are effective in helping out-of-town adolescents develop more positive dating behaviors and reduce the risk of promiscuity in their relationships. This study makes important contributions to the field of adolescent health education and psychology, and provides a basis for developing more effective intervention programs to support the psychosocial well-being of out-of-town adolescents.

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