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**THE APPLICATION OF PSYCHOEDUCATIONAL THERAPY TO PREVENTION
OF SEXUAL VIOLENCE IN ADOLESCENTS**

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ABSTRACT

Sexual violence against adolescents is a serious problem facing the world as well as Indonesia. Sexual violence against adolescents is all sexual activity carried out by coercion or threats by adults or their peers. As a result of this sexual violence behavior will certainly have an impact on the next life, both psychological disorders and other mental disorders, to overcome this, psychoeducational therapy must be available. The method in this community service is to apply psychoeducational therapy to adolescents. The aim is to be able to protect themselves from sexual violence and psychoeducational therapy is one form of implementation of the prevention of such violence. The result of this community service is the ability of adolescents to carry out psychoeducation therapy therapy, starting from session 1 to session 4. The recommendation from this community service is the existence of socialization and training to reduce the number of violence in adolescents

Keywords: Sexual violence, psychoeducation

INTRODUCTION

Sexual violence against adolescents is a serious problem facing the world as well as Indonesia. Sexual violence against adolescents is all sexual activity carried out under coercion or threats by adults or their peers. Huraerah (2012) concluded that sexual violence is coercion, threat or deception by someone in sexual activity. Based on the theory above, sexual violence is a form of sexual activity that is carried out by force and threatens someone. Sexual violence against adolescents has become an extraordinary case in the last three years, where there has been an increase of as much as 60%.

This sexual violence has increased from 2019 to 2021, this also coincides with the pandemic period, where teenagers do not carry out the learning process at school but at home or online. As a result of this sexual violence behavior, it will certainly have an impact on the next life, both psychological disorders and other mental disorders, to overcome this, psychoeducational therapy is needed.

Psychoeducation is an element of mental health care programs by providing information, education through therapeutic communication. The psychoeducation program is an educational and pragmatic approach (Stuart and Laraia, 2005). This psychoeducational therapy consists of 5 sessions, including session 1) Assessment of the problems experienced (adolescent experiences in dealing with prevention of sexual violence) 2) Session 2, Treatment of patients with sexual violence consisting of understanding, signs and symptoms, etiology, how to care for family members who have experiencing sexual violence. 3) Session

3, Anxiety management consisting of signs and symptoms, and how to reduce anxiety. 4) Session 4, Load Management which consists of signs of loads and how to deal with loads. 5) Session 5, Barriers and Empowerment of youth which consists of the role of family members in caring for patients and the obstacles that will be encountered.

Psychoeducation about preventing sexual violence and bullying in the education sector is a serious challenge, especially with the development of the digital world which has many impacts on the lives of young people in particular. Such as can cause depression, low self-esteem, unable to concentrate in class, decreased grades in academics, anxiety and even suicide. Puspa (2022)

RESEARCH METHODS

This community service activity was held at a vocational high school in the city of Solok. The form of this service is to describe psychoeducation to adolescents whose goal is to prevent sexual violence in adolescents. To overcome this problem, it is necessary:

- a. Plan : provide psychoeducation to adolescents
- b. Executor: community service team, Muhammadiyah University, West Sumatra, Health Faculty, Nursing Study Program
- c. Target: teenagers
- d. Time: conducted as many as 5 sessions
- e. Place: SMKN 1 Solok
- f. Activities: Providing psychoeducation to adolescents
- g. Target: increase youth knowledge on the prevention of sexual violence in adolescents

RESULTS AND DISCUSSIONS

a. Observation and Outreach

The PPM Team at Muhammadiyah University, West Sumatra, Health Faculty of Nursing Study Program. The visit was carried out as an introduction which aims to discuss the steps to be taken in implementing PPM at State Vocational High Schools 1. The PPM team meeting with the school discussed the technical implementation of PPM, and the school strongly supports the existence of this PPM which can assist schools in increasing students' knowledge in preventing sexual violence in adolescents by providing psychoeducation.

Psychoeducation about preventing sexual violence functions as a preventive action to anticipate the occurrence of sexual violence in students as well as a method for providing new knowledge that continues to develop over time (Jalal et al., 2022). activity. Active participants asked questions during the discussion session. Participants' questions included harassment behavior that is often not realized, to the signs that victims experience violence. There were also questions about the impact when someone experiences sexual harassment, how to make the victim have the courage to say and get out of sexual violence when they receive threats, and how to avoid sexual urges before marriage. After the discussion, the participants hoped that similar activities could be carried out in the future.

b. Implementation

The health promotion model for students to increase knowledge through information is commonly called psychoeducation (Wiguna et al., 2021). Providing psychoeducational therapy by the PPM team using, which is carried out by the Mental nursing team at

Muhammadiyah University of West Sumatra which will be taught directly to teenagers, this activity is carried out from July 21 to August 20, 2022. Consisting of :

- a. Assessment of each student who will be sampled. The number of samples in this study were 35 students
- b. Counseling
Counseling is given where there are 3 topics that will be given to youth, to prevent sexual violence, where the topic is:
 1. Get to know the characteristics of people who have the potential to commit sexual violence (predators)
 2. Actions of self-defense (Screaming, Ignoring advances, Saying "no", Hitting, kicking, running away) and Giving children the skills to "fend off" sexual violence
 3. The ability of children to report unpleasant behavior to adults.

c. Stress Management.

Load management

Sessions 1 to 4 of the team will describe psychoeducational therapy procedures and be implemented directly to students by the counseling teacher. This activity will take place on July 21-August 20, 2022.

The impact of sexual violence on adolescents can range from psychosocial disturbances to mental disorders. In the results of previous studies, sexual violence in adolescents can be in the form of learning disorders, sleep pattern disturbances, anxiety and depression. The implementation of this PPM begins with giving a pre-test on the prevention of sexual violence and a post-test is carried out after the session ends. So that the results are obtained where students are enthusiastic and active in carrying out this community service.

CONCLUSION

By carrying out this community service activity to prevent sexual violence in adolescents, students as psychoeducation participants can gain an understanding of the forms and how to prevent sexual violence, so that there are no more victims and incidents of sexual violence in adolescents. This is marked by active discussion and involvement of students as well as the school during the service process.

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