

THE EFFECT OF CHATTING AND SMART GAMES HEALTH EDUCATION PACKAGES TOWARD HEALTHY DATING KNOWLEDGE IN ADOLESCENT DURING COVID 19 PANDEMIC

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Abstract

The Covid-19 pandemic is a global disaster that has an impact on every aspect of life as well as in adolescent. In adolescence is also starting to know dating. Healthy dating is very important especially during pandemic. The aim of this study was to identify chatting and smart games health education packages toward healthy dating knowledge in adolescent during covid19 pandemic. This study used a quasi-experimental research design with one group pre-test and post-test design. 60 samples were chosen by simple random sampling. The results show that there the application of this package can increase of adolescent knowledge of healthy dating ($p= 0,001$). Chatting and Smart Games Health Education Packages is recommended to be used in Adolescent during pandemic.

Keyword: Chatting; Games; Healthy Dating; Knowledge

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1. Introduction

Coronavirus disease 2019 (Covid-19) is a disease of the human respiratory organ that has become a world pandemic (Wulandari *et al.*, 2020). Since the emergence of Covid19, the public has been advised to limit physical activity and travel, so some activities must be done from home. The activities of work from home and study from home have become a trend and solution to prevent the spread of the virus. The activities of children and adolescents in their daily online learning sometimes tend to make them uncomfortable and boring (Halidi & Fikri, 2020). This condition is a new problem among adolescents that we must care in addition to other problems such as narcotics, HIV/AIDS, and free sex.

In the adolescent phase, boys and girls usually start to be attracted and falling in love to each other (Sarwono, 2011). At this stage, adolescent tend to start dating. A good healthy relationship should be a distraction while also enhancing the mood for adolescent academic activities, including reducing boredom during school from home. The basic needs of love and affection in adolescence should take place in a healthy manner. However, if it cannot be fulfilled in a balanced way, the quality of life in adolescents can also be reduced. Adolescents who

are not given education about healthy dating and its effects tend to fall into negative sexual behavior. The survey states that many teenagers have excessive dating behavior (BKKBN, 2012). An easy access to internet also affects the behavior of adolescents. We have to be smart in using the internet as a tool to educate teenagers and keep teenagers with good morals.

Bali is a tourism area that has also been affected by the pandemic. The digital transformation era is very helpful in all aspects of activities during the Covid19 pandemic which are carried out with online activities. Dissemination of information through technology is very possible at this time because technology and the internet have become friends of society, especially teenagers. This is evidenced by the results of a survey conducted by the Indonesian Internet Service Providers Association (APJII) for the 2019 second quarter of 2020 which stated that there was an increase of 25.5 million new internet users, bringing the total number of users to 196.7 million (AIPJJI, 2020). This study aims to take advantage of opportunities for online adolescent activities and combined with games performed through their smartphones to help increase understanding of healthy dating during the pandemic in adolescents in the Kuta Utara area.

2. Method

This study is a quasi-experimental research with one group pre-test and post-test designs. It was carried out at SMA N 1 Kuta Utara in March-October 2021. The sample in this study was in class X of students at SMA N 1 Kuta Utara. The sampling technique used in this study was simple random sampling on 60 samples. The data was taken with a healthy dating knowledge instrument during a pandemic with a reliability value of 0.769 (Indiyani, 2014). Data were analyzed by univariate test for the distribution of characteristics and bivariate analysis was carried out by Wilcoxon non-parametric test. This research has passed the ethical commission test from Sanglah Hospital Denpasar.

3. Results and Discussion

The results in this study are described in the following table

Table 1. Distribution of research respondents characteristics (n=60)

Variable	Frequency	Percentage (%)
Age		
15 Years	12 Peoples	20%
16 Years	48 Peoples	80%
Gender		
Man	19 Peoples	31,7%
Woman	41 Peoples	68,3 %
TOTAL	60 Peoples	100 %

Table 2. Table of Bivariate Analysis of Healthy Dating Knowledge Variables during the Covid 19 Pandemic (n=60)

Variable	Frequency	Percentage (%)	Mean	P
Healthy Dating Knowledge during the pandemic before intervention			Enough	0,001
Good	7	11,7%		
Enough	51	85%		
Less	2	3,3%		
Healthy Dating knowledge during the pandemic after intervention			Good	
Good	34	56,7%		
Enough	26	43,3%		
Less	0	0		
Total	60	100%		

It is known that the majority respondents are in 16 years old and most of them are female (68.3%). In this study, it can be seen that the respondents in the research as a whole are still in the age range of 15 years to 16 years, which means that all respondents are true in the adolescent age range (BKKBN, 2012). At this time, adolescent also begin to recognize dating. Dating among adolescent is not prohibited, but we must make sure they understands about healthy dating. Healthy dating is a process of building a relationship with each other being open, honest, accepting each other's reality, and accepting the partner for who they are based on feelings of affection. At this time, it is important to inculcate the correct ethical principles of dating so as not to cause adolescent to fall into relationships and have a bad impact due to unhealthy dating. The participation of parents, teachers, community and health workers is very important to make adolescent able to have a healthy relationship. Such qualitative research states that parents strongly agree in providing sexual and reproductive health education to adolescents and

say that they also need help from health workers (Sanjiwani & Pramitaresthi, 2021).

Adolescence is also a period filled with exploration and high curiosity. This exploration is greatly assisted by media such as the internet. Previous research found that of all current internet users, 15-19 years old are the most internet users with 64% (Virdhani, 2011). The Internet has had a great influence on the development of communication, socialization, information and learning for adolescents.

The results showed that the majority of knowledge about healthy dating before the intervention was at a sufficient level (85%), but after being given the intervention the level of understanding of the respondents increased to be good with a higher proportion than the previous 11.7% to 56.7%. Based on the results of the bivariate analysis on the two variables before and after being given the intervention of a health education package through smart chat and smart games, $p = 0.001$ means that there is an effect of the intervention on the level of knowledge of healthy dating during the pandemic. The level of

individual knowledge can be obtained through sharing methods and media such as one's own experience, the experience of others, the environment, education, and mass media (Kholid, 2012). In this study, the level of knowledge about healthy dating during the pandemic in respondents increased after being given an intervention. The intervention in the form of an educational package applied in this study can have an effect, one of which is also caused by the media used. The role of educational media selected for the category of respondents in adolescent phase is one of the important things in this pandemic and digital era. This is based on the concept of the theory that education is bound to adapt to the development of science and technology and adolescent lifestyles so as to make the absorption of material better and more interesting. Other research states that adolescents with a good level of knowledge about reproductive health have an attitude of supporting healthy dating (Karlina, 2015).

An increase in knowledge can occur due to the information transformation process of respondents in this study (Notoatmojo, 2010). Information sent via mobile phones with the whatsapp group application and the use of the educandy smart game application can cause a transformation process so as to improve the knowledge of the respondents of this study. In addition, respondents' knowledge was also assisted through educational games with smart topics (beautiful dating without risk) during the pandemic. The results of this study are also in line with research conducted by Herlina (2013), which is about the use of SMS as a medium for health education for pregnant women. Another study on adolescents and reproductive health stated that as many as 63% of adolescents had an interest in using telephone consultation methods for reproductive health problems (Garrett et al, 2011). This is also based on the fact that most teenagers are shy about discussing reproductive issues. Apart from teenagers, parents also find it difficult to explain sex and consider talking about sex as a taboo subject (Sanjiwani & Pramitaresthi, 2021). Research that applies the snake and ladder game was carried out and effectively changed knowledge and attitudes about sexuality (Edi & Taufik, 2019).

The utilization of m-Health which is one aspect of Electronic Health (eHealth), can expand the limits of obtaining, storing, processing and securing data. So that individuals in remote areas can also participate in the treatment process and improve health status. Education and awareness of using the benefits of mHealth are mostly mass information dissemination from informants to recipients such as patients or the public via short

message services. Short messages are sent directly through the user's mobile phone to offer sharing of health information such as treatment methods, availability of health services, and disease care management (Coppock, 2015). The current use of m-health is very important not only because of distance constraints but also because of the pandemic situation that causes everyone to be forced to be able to move through online media and electronic use.

The use of this electronic communication method is carried out as an effort to increase the distribution and provision of knowledge between health care workers and improve patient health (Coppock, 2015). In previous studies, it was also known that the use of stunting smart chat media can increase the knowledge and attitudes of mothers of children under five (Waisnawa, Damayanti, Sanjiwani, 2021). Qualitative research also states that the use of social media is very helpful in providing sexual education to adolescents (Sanjiwani & Pramitaresthi, 2021). Social media is also a medium that is spread electronically. Therefore, it is important for health workers to continue to innovate in providing health education to targets in community by looking at the opportunities and possible actions that can be taken and modified. So that, the implementation of education can take place following changes in people's lifestyles and information reception is expected optimally. In addition, health workers can reach wider targets in utilizing technology in the digital era and industrial revolution 5.0 in every prevention effort to improve health status and public understanding regarding health understanding and behavior.

4. Conclusions and suggestions

The conclusion of this study is that there is an effect of providing intervention on knowledge about healthy courtship. Suggestions for adolescents and health workers are to be able to better utilize technology in various educational activities or health consultations related to reproductive problems. For further research, it can be studied further the things that hinder it can be done by utilizing technology to support health.

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