

A Formation of Peer Counsellors in an Effort to Create a Youth Information and Counselling Center at SMP Muhammadiyah Banguntapan, Bantul Yogyakarta

Ismarwati, Intan Mutiara Putri*, Menik Sri Daryanti, Luluk Khusnul Dwihestie

Faculty of Health Sciences, University of Aisyiyah Yogyakarta
*intan.mutiaraputri@unisayogya.ac.id

ABSTRACT

The partner of this community service activity is SMP Muhammadiyah Banguntapan, Bantul, Yogyakarta. Analysis of the problems faced by partners includes the unavailability of Adolescent Counseling Information Centers in the school and the lack of information on adolescent reproductive health. The purpose of this community service activity is to establish a school PIK-R (Pusat Informasi Konseling Remaja) -Youth Counseling Information Center and to provide educators and peer counselors at SMP Muhammadiyah Banguntapan. School's PIK-R as a guidance forum for teenagers to help them recognizing reproductive health early as a preventive and promotive effort so that it can prevent teenagers from falling into promiscuity. The solutions to the problems given are: 1) Establishing a School Youth Counseling Information Center; 2) Conducting training for school Youth Counseling Information Center administrators; 3) Conducting school Youth Counseling Information Center activities. The method of service was carried out through several stages, namely; The first stage was assessment; The second stage was Planning and development; The third stage was implementation, and the last stage was evaluation. The results of this activity obtained outputs 1) The establishment of a School Youth Counseling Information Center at SMP Muhammadiyah Banguntapan; 2) Availability of peer counselors; 3) One scientific article published in an accredited national journal 4) One article on online media 5) Activity video; 6) Media that obtained Intellectual Property Rights certificates and reports on community service activities. Conclusion. This community service activity went smoothly, and the planned output was achieved. This community service activity has a positive and beneficial impact for the SMP Muhammadiyah Banguntapan of Bantul Yogyakarta. Recommendations for further service activities can be done by refreshing peer counselors and collaborating with the Muhammadiyah Student Association.

Keywords: peer counselor; information center; youth counseling.

INTRODUCTION

Adolescence is a period of transition from childhood to adulthood. This period is seen in increasing physical and psychological changes (UNICEF, 2019). This rapid change makes teenagers find their identity. Therefore, the influence of an unfavorable environment can lead to deviant attitudes and behaviour in adolescents. The slow pace of prevention efforts can cause problems for adolescents such as falling into promiscuity which ends in early marriage. Meanwhile, reproductive health and nutrition problems due to the impact of the above problems can threaten the health of adolescents and affect the quality of readiness to build families and the nation's next generation. The following are some of the problems that are often encountered, including early puberty so that they are vulnerable to risky behaviour that will have an impact on early pregnancy, pregnancy outside of marriage, unwanted pregnancy, and infections of the reproductive organs. Based on the 2017 SDGs data, women in Indonesia are more likely to marry at the age of less than 18 years when compared to women in the East Asia Pacific region. Meanwhile, according to data from BAPPENAS and UNICEF in the same year, one in ten Indonesian women aged 20-24 years married under the age of 18.

According to data from the Central Statistics Agency in 2020, the number of early marriages that occurred in Indonesia in 2018 was estimated at 1,220,900. One out of nine girls in Indonesia is married, while girls aged 20-24 are married before the age of 18. The data puts Indonesia in the

top ten countries in the world in the category of early marriage. The Province of the Special Region of Yogyakarta (DIY) ranks fifth out of 10 provinces with the lowest incidence of early marriage (UNICEF, 2021). Based on the IDHS (2017), women aged 12-24 years who were already menstruating were 54% more open to discussing with friends about their first menstruation and 41% discussing with their mothers. Whereas in boys, almost half of the experiences of physical changes that occur during puberty (48%) discuss them with their peers (Central Bureau of Statistics, 2020). This is exacerbated by the increase in applicants for marriage dispensation during the Covid-19 pandemic in Bantul Regency as many as 125 cases and in 2020 as many as 246 cases. The government through the BKKBN has taken anticipatory steps including education and understanding of reproductive health, including maturing the age of marriage. These efforts can be taken through PIK-R activities as a place to introduce reproductive health education (DP3APP DIY, 2021). The impact of early marriage includes an increase in the Age Specific Fertility Rate (ASFR) for women aged 15-19 years, resulting in 48/1000 births in 2012, a longer fertile period which results in a high birth rate if not following the family planning program, increasing adolescent fertility rates. (TFR) and increase cervical cancer (Bantul District Office, 2017). Increased education and women's participation in Indonesia affect the increase in the age at first marriage. Age at First Marriage (UKP) is generally measured by the Singulate Mean Age at Marriage (SMAM) and the median and average age at first marriage for women aged 25-49 years (Setyonaluri and Aninditya, 2019). One of the efforts made by the BKKBN for Youth Resilience Development is to increase the knowledge, attitudes and positive behaviour of adolescents related to reproductive health and preparation for facing family life. This is carried out with a direct approach to youth and parents. One of the efforts made is the formation of Peer Educators and Peer Counsellors (peer groups) in the form of youth organizations, religious organizations, and youth communities. In addition, in the education pathway, namely schools, colleges, and Islamic boarding schools. While the approach to parents who have teenagers (parenting) is carried out through the development of the Youth Family Development Group (BKR) (BKKBN, 2019).

The most dominant factor related to the incidence of unwanted pregnancy in adolescents in the work area of Puskesmas Banguntapan Bantul Yogyakarta is the lack of knowledge about reproductive health (70%) (Ismarwati and Utami, 2017). The existence of this service activity is in line with the service that has been carried out by Ismarwati & Wahyuntari previously for adolescents in Bokoharjo Prambanan (2016) by forming youth health cadres at the Youth Posyandu. This has been proven to help reduce iron nutritional anaemia and improve reproductive health status (Wahyuntari and Ismarwati, 2020). The chairman of the DPD LPM DIY conveyed several things including ways to fortify the moral values of today's youth with the values of ancestral cultural heritage, provide education to teenagers not to rush into dating at a young age, and create positive activity programs for young people. He also advised teenagers not to be reluctant to be involved in various activities, discussions, sports activities, music, traditional games, gardening, crafts, as well as being active in youth organization activities according to their talents and interests (DP3APP DIY, 2021). The incidence of early marriage (under the age of 20 years) in Banguntapan District is quite high (21%), it is the highest when compared to other sub-districts in Bantul Regency. The results of a preliminary study at SMP Muhammadiyah Banguntapan Bantul get an illustration that the SMP is one of the charities in the education sector of the Muhammadiyah Regional Leadership Primary and Secondary Education (Dikdasmen) in Yogyakarta with an accreditation rating of A. The number of students is 346 students with details of male students 217 (62.7%) and female students 129. Some of the extra-curricular activities at SMP Muhammadiyah Banguntapan include karawitan, pencak silat, drum band, scouts, and iqro. Based on the results of interviews with counselling guidance teachers, information related to adolescent reproductive health for students is not given specifically, but is conveyed indirectly in biology subjects. There are no serious reproductive health problems among students, and the school has made efforts to fortify students by instilling religious values in their daily interactions. Unfortunately, the proliferation of information from social media and youth associations makes

teachers worry about their students so they won't be affected. The SMP Muhammadiyah Banguntapan is located in the work area of Puskesmas Banguntapan II and guidance from the Puskesmas to schools is carried out through activities such as immunization and health checks in every 6 months. Until now, there is no extension effort related to reproductive health and the Youth Information and Counselling Center (PIK-R) as well as the program from the BKKBN has not been implemented. Selection of peers is important because adolescent behaviour is often influenced by their peers so that the role of peers as counsellors is very important. Based on the study and analysis of the situation, this community service activity took the topic of Formation of Peer Counsellors in realizing PIK-R at SMP Muhammadiyah Banguntapan.

PROBLEMS, TARGETS AND OUTCOMES

Based on the results of discussions with teachers at SMP Muhammadiyah Banguntapan, two problems were found: (1) the unavailability of PIK-R in schools, and (2) the lack of information sources for youth related to reproductive health. The solutions offered are related to the two partner problems, namely by forming peer counsellor to realize PIK-R in schools and training these peer counsellors to be able to become drivers of reproductive health in the environment, especially among peers.

The purpose of this activity is to provide PIK-R in schools as a medium for adolescents to obtain reproductive health information and to train peer counsellors at SMP Muhammadiyah Banguntapan. Establishing youth PIK-R with details of the organizational structure and selecting peer educators or counsellor from students of SMP Muhammadiyah Banguntapan. The training materials cover the concept of PIK-R, reproductive health, TRIAD KRR and KIE counselling.

The solution to the second problem is the existence of PIK-R Activities in Schools. This activity aims to increase adolescent knowledge related to reproductive health. Educators or Counsellors also provide Educational Information Communication (IEC) media about reproductive health and peers. The targets and outputs are the implementation of school PIK-R activities, the availability of IEC poster media, and the availability of reproductive health information by peer counsellors.

IMPLEMENTATION METHOD

This community service method is broadly in the form of training activities consisting of counseling activities, counseling demonstrations, and the formation of PIK-R and peer counselors. The implementation method is taken from previous service activities, including increasing knowledge of maturation of youth marriage age, which is considered effective with the problems encountered by current partners (Putri and Rosida, 2019). The community service method consists of 4 stages, they are: Assessment, Planning and Development, Implementation, and Evaluation.

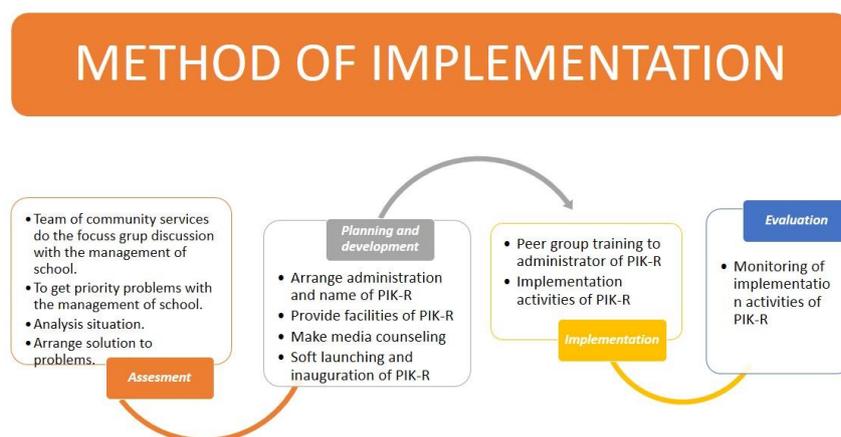


Figure 1. Community Service Method

RESULT OF THE DISCUSSION

1. Assessment

This service activity begins with an initial assessment which will be held on Friday 6 August 2021 online. The assessment is carried out using the focus group discussion method which is attended by the service team and partners. The aim is to analyze the situation related to the problems that exist at SMP Muhammadiyah Banguntapan, the process of determining partner problems and solutions, and representatives from partners, namely Counselling Guidance Teachers, Principals, and Deputy Principals. On this occasion, The Headmaster of SMP Muhammadiyah Banguntapan said that the school environment currently does not have a place to deal with adolescent problems and the lack of information sources for adolescents related to reproductive health. So far, the students have been doing counselling to the counselling guidance teacher regarding the problem. However, this is not optimal, because they feel reluctant to raise issues about reproductive health. The students feel more comfortable when telling stories with their peers.

The results of this activity obtained a solution to the problem, namely forming peer counsellors to realize PIK-R in schools. In addition, peer counsellors training is needed to be able to become a driver of reproductive health in the environment, especially among their peers.



Figure 2. Assessment with the partners

After mutually agreeing on the problems and their solutions, a follow-up plan is made. The partner's role in this case is to convey a plan for the activity targets, namely 15 students in class VII and VIII and make a structure for the PIK-R management. The service team together with partners agreed that the next activity would be carried out offline while still following health protocols when limited face-to-face meetings were carried out. In addition, partners said that the PIK-R room would be prepared which was located close to the UKS.

2. Planning and development

The service team prepares for the formation of PIK-R in schools and prepares materials to be delivered during peer counselor training. The training activity plan will be carried out in stages from the delivery of material and practice of providing counseling. In addition, educational media was prepared by the service team in the form of a counseling step poster with "SATU TUJU" which was proposed as an intellectual property right.

Meanwhile, the partners prepare the target for peer counselor training participants, prepare the room, and other needs. This activity was fully supported by the student service team from the Midwifery Study Program, Undergraduate Program at the University of Aisyiyah Yogyakarta. The output of this activity is the formation of a PIK-R management organization consisting of Supervisors, Chairpersons, secretaries, health working groups, peer counselors, and PIK-R

Names. The name of PIK-R agreed with partners is "PIK-R MATAHARI", the availability of PIK-R room and its supporting facilities in the form of a register book for administrative purposes.



Figure 3. Organizational Structure of PIK-R

3. Implementation

Peer counselor training is carried out offline in a classroom provided by partners. At this stage, the training is divided into two times. The first one was held on Thursday, November 11, 2021 at SMP Muhammadiyah Banguntapan. The speakers in this activity are Dr. Ismarwati, S.KM., S.ST., MPH as the leader of the service team and a member of Menik Sri Daryanti, S.ST., M.Kes.

The training activity was opened by the Deputy Principal, Mrs. Dwi Nur Amanati, S.Pd and attended by homeroom teachers and Counseling Guidance Teachers, Mr. Nur Aji Priambodo. In her speech, Mrs. Dwi Nur Amanati, S.Pd welcomed this training activity and hoped that later PIK-R could be realized so that it could become a means of communication, discussion related to adolescent problems, especially adolescent reproductive health. Participants in this activity amounted to 20 people consisting of Deputy Principals, Counseling Guidance Teachers, homeroom teachers and prospective students for PIK-R management. The activity was carried out in the classroom after the Face-to-Face Learning (PTM) activity was carried out.

The first material in the theme of PIK-R Concept was delivered by Dr. Ismarwati, S.KM., S.ST., MPH as Deputy Dean I of the Faculty of Health Sciences, University of 'Aisyiyah Yogyakarta, she said that the Youth Information and Counseling Center (PIK-R) is one of the programs of the BKKBN targeting teenagers. The selection of peers as counselors is important because adolescent behavior is often influenced by their peers so that the role of peers as counselors is crucial (BKKBN, 2020). Youth PIK is one of the forums developed in the GenRe program, which is managed from, by and for Youth/Students in order to provide information and counseling services on maturation of the age of marriage, 8 family functions, TRIAD KRR (sexuality, HIV and AIDS and drugs), life skills, gender and advocacy skills, and IEC (BKKBN, 2012).

The second material that talked about Reproductive Health was delivered by Menik Sri Daryanti, S.ST., M.Kes as a Lecturer of the Midwifery Study Program for the Undergraduate Program and Professional Education of Midwives. Knowledge about reproductive health is needed by adolescents. Correct information and knowledge can prevent adolescents from various health problems. Teenagers can make decisions whether they really want it or not with a healthy mind, because teenagers already know the positive and negative impacts. At the end of the delivery of the material the students were given the opportunity to discuss with each other. The students seemed enthusiastic about the material presented.

The second training activity was resumed on Thursday, November 18, 2021. The third and final material presented was about Maturation after marriage. TRIAD KRR was delivered by Luluk Khusnul Dwihestie, S.ST., M.Kes and KIE and counseling was delivered by Intan Mutiara Putri, S.ST., M.Keb. The Adolescent Reproductive Health TRIAD (TRIAD KRR), including sexuality, HIV/AIDS, and drugs, is a youth problem that is currently happening (BKKBN, 2020). Peer

counselors as managers of Youth Information and Counseling Centers play an important role in increasing adolescent knowledge about TRIAD KRR (DP3KB BREBES REGENCY, 2018). Based on the results of the study, the role of a good peer counselor will increase knowledge about TRIAD KRR 2.74 times greater than the role of a poor peer counselor in PIK-R (Utami, 2017). Peer relationships have a strong role in the lives of adolescents, this creates a relationship of mutual trust between each other. This relationship can lead to a behavior in which adolescents trust their peers more than their parents. So that the formation and training of peer counselors can be the right choice in an effort to fortify children or adolescents from negative environmental influences (Sarmin, 2017). Communication is a way of conveying thoughts and language through language, listening, gestures and expressing feelings. Good and effective communication between parents will lead teenagers to the gates of their lives well (Bina Nusantara, 2018). Along with inculcating religious values, teenagers must also be warned about the dangers of adultery or sexual relations outside of marriage. This is in accordance with the verse of the Qur'an Surah Al-Isra: 32 which means "And do not approach adultery; verily, adultery is an abominable act and a bad way."

On this occasion the participants were guided by midwifery students to do a counseling roleplay with the "SATU TUJU" step. The counseling steps SATU TUJU are **S**Alam (Greeting), **T**anyakan (Ask), **U**ngkapkan (Express), **ba**nTU (Help), **J**elaskan (Explain) and **U**ndang (Invite) (Ministry of Health RI, 2010). Participants were divided into four small groups and each group was given a case example to discuss. Students accompany the discussion process, in each group consisting of peer counselors, clients and observers. The output of this activity is news on the implementation of activities on online news, namely in Suara Muhammadiyah. With the formation of PIK-R, it is hoped that it can be used as a means of communication and counseling related to adolescent reproductive health problems by students in the Muhammadiyah Banguntapan Junior High School, Bantul Yogyakarta.

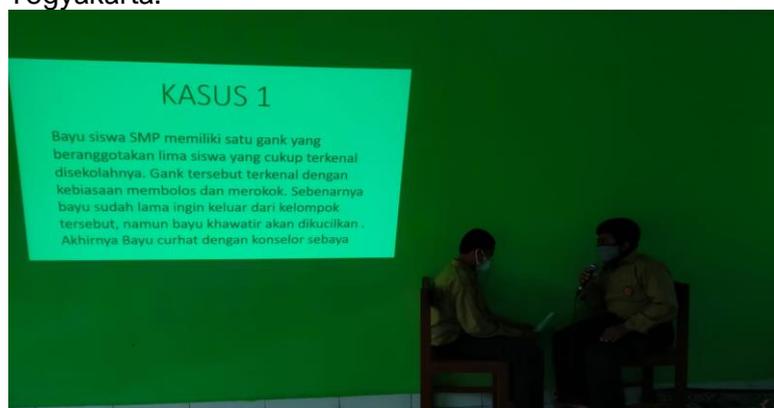


Figure 4. Counselling Role-play

The outputs of this activity are (1) the agreement on the opening day of the PIK-R service on Saturday at 09.00-10.00 WIB, (2) the implementation of the PIK-R activity service in the form of providing nutrition and reproductive health information to peers so that every teenager is able to empower himself so that grow into a person who is able to compete, (3) there is an important contribution in peer counseling to be developed. Unfortunately, only a small percentage of students are willing to consult a counselor. Whereas peers allow to help solve the problems of other students, and can strengthen students in dealing with psychological conditions. Students need to have the competence to understand each other and take responsibility for the role of peer counselors for others. The results of the study show that peers can increase student achievement and self-confidence, peers as a place to share and have the same attention in solving problems (Febrianti and Mulawarman, 2019).



Figure 5 and 6 . Inauguration of the board with the DIY GenRe Ambassador

The follow-up plan is the formation of a WhatsApp group consisting of PIK-R administrators and a service team. IEC media is in the form of a counseling step poster with "ONE TUJU" which has obtained an HKI certificate with No: 000309531. The last series of activities was the inauguration of the PIK-R management symbolically by installing a pin. Students who become PIK-R administrators have an obligation to provide PIK-R services.

In addition, there is a testimony from the finalist of the GenRe DIY Ambassador, Nurul Widyastuti, a student of the Midwifery Study Program, Unisa Yogyakarta Medical School. The GenRe program is a program that oversees the existence of PIK-M and PIK-R. Submission of the nameplate and management structure of PIK-R Matahari from the leader of the service team to the school or partner. It is hoped that the administrators can provide motivations, the material that has been obtained will not only increase knowledge but also provide benefits for their peers.



Figure 7 and 8 . Submission of PIK-R nameplate

4. Evaluation

The next plan is monitoring through a WhatsApp group consisting of PIK-R administrators and the service team. If during the opening day of the PIK-R service there are problems that cannot be resolved by the peer counselor, a referral will be made to the counseling guidance teacher and PIK-R coach. The next hope is that PIK-R activities can run with programs that support adolescent reproductive health at SMP Muhammadiyah Banguntapan. As for the level of knowledge of participants, which was measured through pretest and posttest during the training, it was found that there was an increase in participants' knowledge about the PIK-R program, reproductive health, TRIAD KRR and counseling.

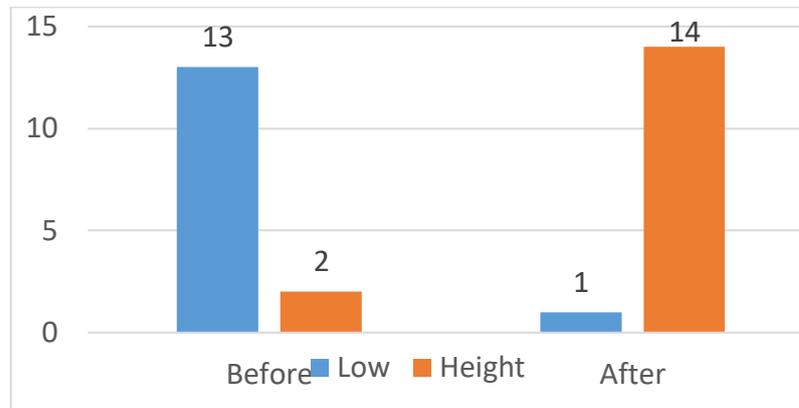


Figure. 9 Knowledge before and after training

CONCLUSION AND SUGGESTION

This service activity went smoothly with several output plans achieved, including the formation of PIK-R Matahari and the presence of peer counselors. In addition, there are two publications on online media and poster media that have received IPR certificates, as well as scientific journals. Service activities also have a positive and beneficial impact on the Muhammadiyah SMP Negeri Banguntapan Bantul Yogyakarta. Recommendations for the next service activity are refreshing peer counselors and collaboration with the Muhammadiyah Student Association.

FUNDING

This service activity was funded by the Research Grant program Batch V of the PP Muhammadiyah Diklitbang Council and support from LPPM Aisyiyah University Yogyakarta

REFERENCES

- Badan Pusat Statistik (2020) Pencegahan Perkawinan Anak (Percepatan Yang Tidak Bisa Ditunda). Available at: <https://www.bps.go.id/statictable/2020/10/21/2111/laporan-survei-demografi-dan-kesehatan-indonesia.html> (Accessed: 30 July 2021).
- BAPPENAS and UNICEF (2017) SDG Baseline Report on Children in Indonesia. Available at: <https://www.unicef.org/indonesia/media/3131/file/SDG-Baseline-Report-2017.pdf>.
- Bina Nusantara (2018) Komunikasi Efektif Orang Tua dan Anak, Binus Higher Education. Available at: <https://parent.binus.ac.id/2018/06/komunikasi-efektif-orang-tua-dan-anak/> (Accessed: 30 July 2021).
- BKKBN (2012) Pedoman Pengelolaan Pusat Informasi dan Konseling Remaja/Mahasiswa. Available at: <https://kesra.jatengprov.go.id/file%20pdf/pikrm.pdf>.
- BKKBN (2019) Pembinaan Ketahanan Remaja Menjadi Solusi Dalam Mengatasi Permasalahan Remaja Pada Revolusi Industri 4.0, Siaran Pers No. RILIS/23/B4/BKKBN/III/2019. Available at: <https://www.bkkbn.go.id/detailpost/pembinaan-ketahanan-remaja-menjadi-solusi-dalam-mengatasi-permasalahan-remaja-pada-revolusi-industri-4-0> (Accessed: 30 July 2021).
- BKKBN (2020) Modul Tentang Kita_BERANI : Modul Perencanaan Masa Depan dan Kesehatan Reproduksi Untuk Pendidik Sebaya Usia Remaja 10-14 tahun. Pertama. Available at: https://cis.bkkbn.go.id/kspk/?wpdmpo=modul-tentang-kita_berani (Accessed: 10 January 2022).
- Dinas Kab Bantul (2017) Pendidikan Kesehatan Reproduksi Sangat Mendesak Dilakukan , Untuk Menekan Perkawinan Dini - Website Pemerintah Kabupaten Bantul. Available at: <https://bantulkab.go.id/berita/detail/2879.html> (Accessed: 30 July 2021).
- DP3APP DIY (2021) Pendewasaan Usia Perkawinan / Pencegahan Perkawinan Anak melalui Peraturan Desa. Available at: <https://dp3ap2.jogjaprov.go.id/berita/detail/579->

- pendewasaan-usia-perkawinan-pencegahan-perkawinan-anak-melalui-peraturan-desa (Accessed: 30 July 2021).
- DP3KB KABUPATEN BREBES (2018) 'Materi TRIAD KRR'. Available at: dp3kb.brebeskab.go.id/wp-content/uploads/2018/04/Materi-TRIAD-KRR.pdf.
- Febrianti, T. and Mulawarman, M. (2019) 'Peningkatan Perilaku Prososial Siswa melalui Konseling Teman Sebaya Berbasis Kecakapan Hidup', *Indonesian Journal of Educational Counseling*, 3(3), pp. 293–300. doi:10.30653/001.201933.113.
- Ismarwati, I. and Utami, I. (2017) 'Faktor Faktor Yang Mempengaruhi Kejadian Kehamilan Tidak Diinginkan Pada Remaja', *JHeS (Journal of Health Studies)*, 1(2), pp. 168–174. doi:10.31101/jhes.336.
- Kementerian Kesehatan RI (2010) *Tehnik Konseling Kesehatan Remaja Bagi Konselor Sebaya*.
- Putri, I.M. and Rosida, L. (2019) 'Peningkatan Pengetahuan Program Pendewasaan Usia Perkawinan di Karang Taruna Angkatan Muda Salakan Bantul Yogyakarta', *Jurnal Pengabdian Masyarakat Kebidanan*, 1(1), pp. 5–11. doi:<https://doi.org/10.26714/jpmk.v1i1.4475>.
- Sarmin, S. (2017) 'Konselor Sebaya: Pemberdayaan Teman Sebaya dalam Sekolah Guna Menanggulangi Pengaruh Negatif Lingkungan', *Briliant: Jurnal Riset dan Konseptual*, 2(1), pp. 102–112. doi:10.28926/briliant.v2i1.30.
- Setyonaluri, D. and Aninditya, F. (eds) (2019) *Kajian sektor kesehatan: Transisi Demografi dan Epidemiologi Permintaan Pelayanan Kesehatan di Indonesia*. Cetakan pertama. Jakarta: Kementerian PPN/Bappenas.
- UNICEF (2019) *The State of the World's Children 2011*. Available at: <https://www.unicef.org/reports/state-worlds-children-2011> (Accessed: 30 July 2021).
- UNICEF (2021) *Responding to COVID-19 UNICEF Annual Report 2020*. (1). Available at: <https://www.unicef.org/reports/unicef-annual-report-2020> (Accessed: 30 July 2021).
- Utami, W. (2017) 'Peran Konselor Sebaya Sebagai Upaya Meningkatkan Pengetahuan Remaja Tentang Triad Kesehatan Reproduksi Remaja', 12, p. 8.
- Wahyuntari, E. and Ismarwati, I. (2020) 'Pembentukan kader kesehatan posyandu remaja Bokoharjo Prambanan', *Jurnal Inovasi Abdimas Kebidanan*, 1, pp. 14–18. doi:10.32536/jpma.v1i1.65.