

Application of Information Services to Develop Understanding of Students' Attitudes towards Students' Free Sex Behavior at Harapan Mekar High School Medan

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ABSTRACT

The object of study in this study was to find out the application of information services in developing students' understanding of attitudes toward free sex behavior in Class X-IPA SMA Harapan Mekar Medan. This research is **qualitative research**. Data collection methods used in this study were observation, interviews and documentation. The subjects of this study were students of Class X-IPA SMA Harapan Mekar Medan. Based on the results of the information service data, it can develop an understanding of the dangers of free sex behavior in X-IPA class students, considering that at the age of their youth, students still find it difficult to control themselves. Therefore, to overcome this, special and in-depth attention is needed through information services. As a result, after the implementation of these services, students (counselee) experience positive changes as expected.

Keyword: Information Service, Understanding Free Sexual Behavior

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1. INTRODUCTION

School as a place to study that teaches various sciences to students. As stated in Law no. 20 of 2003 concerning the National Education System article 3 explains that National Education plays a role in developing capabilities and shaping dignified national behavior and civilization in order to educate the nation's life, aiming to have faith and piety to God Almighty, have noble character, be healthy, knowledgeable, capable, creative, independent and become citizens of a democratic and responsible.

The purpose of education is to contain an overview of good, noble, appropriate, true and beautiful values for life. The purpose of education has two functions, namely to provide direction to all educational activities and is something to be achieved by all educational activities. The process of achieving the goals of National Education that has been set forth in Law no. 20 of 2003, the government should make various efforts including preparing qualified teaching staff.

Successful achievement of educational goals will form youth who have good character, so that they are able to develop the human dimension (individual, social, decency, and religious dimensions) which will prevent youth from various forms of problems that are often experienced by adolescents. Lickona (2013: 4) states, "One form of problem faced by adolescents and is of concern to schools, there seems to be nothing more worrying than the problem of juvenile delinquency".

Juvenile delinquency is a social problem, ranging from dishonesty to acts of violence and self-neglect, such as brawls, bullying, drug abuse, free sex, and suicide. Lickona (2013: 17) states that among the forms of social problems faced by adolescents, free sex behavior is always an interesting discussion compared to various other forms of juvenile delinquency which are increasingly prevalent because it is considered a behavior that is very damaging to themselves and the future of adolescents.

The attitude of adolescents towards free sex behavior shows the tendency of adolescents to do or not to do free sex. Adolescent attitudes toward free sex behavior are influenced by adolescent knowledge of free sex behavior, adolescent beliefs about free sex behavior, and how the behavior that adolescents will do is related to their knowledge and beliefs about free sex behavior.

The cause of free sex behavior according to Kartono (2015: 196) is because, "disharmony in the psychological life of family life". During adolescence, the roles of parents and teachers are very influential in providing explanations about the meanings of sexuality in adolescents in accordance with the values prevailing in society. In fact, parents don't want to be open or honest with their teenagers when talking about sexuality.

Free sex behavior is interpreted as a sexual behavior carried out by men and women without official marriage ties which has a negative impact, both psychologically, socially, and academically for teenagers who do it. This free sex behavior is a real impact of the times, the flow of globalization, and the rapid advancement of technology on the lives of adolescents.

The phenomenon that is displayed by teenagers in public places, such as embracing each other intimately without caring about the surrounding community, is no longer a difficult thing to find. This can be used as an indicator of free sex behavior that occurs among adolescents. Some of the results of research and surveys conducted show that there is an escalation (increase) in changes in adolescent sexuality behavior as one of the behaviors that adolescents should avoid.

In line with the data above, based on the observations and interviews of researchers with counseling teachers at Harapan Mekar Medan High School, it shows the lack of students' understanding of the dangers of free sex, the lack of self-control of students during adolescence, information about the dangers of free sex behavior is rarely given to students and lack of attention parents on child development which causes children to often seek attention outside the home and tends to lead to free sex behavior.

Starting from the data obtained, it can be seen that the attitudes of adolescents (high school students) vary towards free sex behavior and are thought to tend to have an accepting (positive) attitude towards free sex behavior. The attitude of adolescents who accept free sex behavior is thought to be influenced by parenting styles applied by parents and adolescent self-control. This is in line with Lesmana's opinion (2022) which explains that parenting style contributes greatly to the development of individual character in living their lives. This condition of student ignorance, if left unchecked for a long period of time, will lead to a very serious situation with a large opportunity for students to become free sex actors because of their ignorance of the dangers of the effects of free sex behavior. One form of attention that schools can do in responding to this condition is to maximize Guidance and Counseling services in schools, both in classical formats and in group and individual formats.

Prayitno (2014) explains that through counseling services, counseling teachers/counselors as service providers must be able to establish good relationships and cooperation with parents in order to be able to optimally achieve educational goals as a whole for adolescents/students. With guidance and counseling in schools can help teachers and students to develop knowledge about the dangers of free sex. Therefore, it is clear that the reason the researcher chose this study was to see the quality of the application of information services to develop an understanding of students' attitudes towards students' free sex behavior.

2. RESEARCH METHOD

The research design used in this research is classroom action research. This is in accordance with the definition put forward by IGAK Wardhani (2006: 1.4) which states: "Classroom action research (CAR) is action research carried out by the teacher in his own class, through self-reflection in order to solve the problem until the problem is solved, by the aim is to improve their performance as a teacher, so that student learning outcomes increase. Classroom action research is a form of reflective study by action actors, which is carried out to increase their rational stability and actions in carrying out tasks, deepen understanding of the actions they take, as well as improve the conditions in which the learning practices are carried out.

Based on the research problems that have been raised, this research uses classroom action research, which is a form of research that is reflective in nature by carrying out or improving classroom learning in a more professional manner. Action research is generally aimed at making a change in the form of increasing knowledge regarding a solution to the problems between theory and practice faced by teachers in schools. The design of the research carried out is the design described by Iskandar Agung (2012: 65) who suggests "In broad outline there are four stages to be passed in carrying out classroom action research, namely: (1) Planning, (2) Implementation, (3) Observation, (4) Reflection.

The subjects of this study were all students of Harapan Mekar Medan High School. Accessible Populations include all students of class X SMA Harapan Mekar Medan. Considerations for determining accessible populations: The reason is because class X is a period where they have started to build relationships with the opposite sex. As for the subjects of study and data sources in this study, the researchers themselves collaborated with guidance and counseling teachers, study teachers, homeroom teachers and all class X students. The data generated in this study were qualitative data expressed in the form of circumstances or characteristics. Qualitative data sources are in the form of spoken or written words that are examined and observed by the author in order to obtain the intended meaning. This is because the data

obtained is in the form of words or actions, therefore this type of research is descriptive research, namely a type of research that only describes circumstances or situations.

3. RESULTS AND DISCUSSION

Free sex behavior among adolescents can be predicted from the attitudes of adolescents towards free sex behavior. The relationship between beliefs, norms, attitudes, intentions, and behavior can be described. If adolescents have negative beliefs, they will have an attitude that refuses and if they have positive beliefs about free sex, their attitude will also accept, that is, they will agree to do free sex. Individual attitudes will affect their intention to engage in free sex behavior. In addition to beliefs about consequences and attitudes, subjective norms and normative beliefs will affect a person's intention to have free sex. This behavior will be feedback on adolescent beliefs about free sex behavior. So, by knowing the attitude of adolescents towards free sex behavior, then it can be predicted about the tendency of adolescents to behave in free sex.

According to Mrs. Fitri Marlina, S. Pd as homeroom teacher for class X-IPA on Tuesday, September 6, 2021 09.00 until finished "*Untuk pemahaman sikap siswa terhadap bahaya perilaku seks bebas ini perlu dilakukan untuk menambah pengetahuan dan wawasan siswa agar tidak terjerumus dalam perbuatan yang dapat merugikan dirinya sendiri. Apalagi pada anak SMA dan masih dalam masa remaja yang rasa ingin tahunya yang tinggi membuat siswa membutuhkan informasi seputar bahaya seks bebas ini*". "To understand students' attitudes towards the dangers of free sex behavior, this needs to be done to increase students' knowledge and insight so they don't fall into actions that can harm themselves. Especially for high school students who are still in their teens whose high curiosity makes students need information about the dangers of free sex".

In this case, according to the information from the homeroom teacher above, the researcher can understand that class X-IPA supports and appreciates the provision of services that discuss the dangers of free sex behavior.

There are many ways that can be done by the Counseling Teacher to overcome the problems of learning and online learning for students, one of the ways that can be done is by using information services. Information services are a type of service in guidance and counseling provided to students to equip students with knowledge and understanding of various new information that is useful for self-identification, planning and developing students' abilities so they can develop optimally. Information services are an attempt to equip students with knowledge about data and facts in the field of school education, the field of work and the field of personal-social development, so that by learning about their environment they are better able to organize and plan their own lives. Guidance programs that do not provide information-giving services will hinder students from developing further, because they need opportunities to learn data and facts that can affect their way of life. There are 10 types of services in guidance and counseling to address student problems. However, in this study implementing information services by providing understanding and appropriate efforts to reveal the problems experienced by students and will be resolved together so that students can more easily overcome the problems they face.

The following is the application of information services to improve the learning and learning process online. Based on an interview conducted with Mr. Bambang Hermanto, S. Pd on Tuesday 06 September 2022 at 10.00 until finished as a guidance and counseling teacher at Harapan Mekar Medan High School "*Menerapkan layanan informasi sering dilakukan kepada siswa, namun tema tentang bahaya perilaku seks bebas ini belum pernah dilakukan dan kemarin yang pernah dilakukan dalam layanan informasi dengan tema cara menumbuhkan semangat belajar. Dengan tujuan agar siswa dapat meningkatkan prestasinya. Dan tema dalam kegiatan ini hampir setiap tahun memang di laksanakan gunanya agar kita dapat menyaring siswa yang berperestasi*". "Implementing information services is often done for students, but the theme about the dangers of free sex behavior has never been done and yesterday what was done was in information services with the theme how to foster enthusiasm for learning. With the aim that students can improve their achievements. And the theme in this activity is carried out almost every year so that we can screen out students who are outstanding".

From the results of the researcher's interview with the Harapan Mekar Medan High School Counseling Teachers, it can be understood that at Harapan Mekar Medan High School they have never implemented information services related to the dangers of free sex behavior, only information services have been carried out on different topics. This is also in accordance with the observations made by researchers, that information services on the topic of the dangers of free sex behavior have never been carried out at the school.

From the results of interviews conducted by researchers with counseling teachers and homeroom teachers, students need information regarding the dangers of free sex. Guidance and counseling teachers and homeroom teachers also provide a list of names of students who need to be guided and to researchers for further information services. The names of these students are: RH, IYP, NN, TR, KM, JN, YR, NB, AB, RA, DR, SA, YN, LW, and ZN.

As a first step in the research, the researcher explained what is meant by information services, in this case the researcher also provided opportunities for students to express their opinions regarding the problem of free sex behavior, various opinions expressed by students, some said that it was a sin. things to avoid, starting with courtship and curiosity about sex. In this activity students want to express their opinions, but not all members also want to express their opinions, meaning that this information service can be said that students play quite an active role in the application of information services. After being given the information service, the researcher then gave an immediate assessment (LAISEG). If the results of the assessment were felt to be unsatisfactory, it was necessary to hold another meeting and then re-implement the information service with the same topic of discussion, namely the dangers of free sex behavior. In this study the researchers gave 4 information service meetings with the topic/discussion regarding the dangers of free sex to students.

The results of interviews between researchers and students conducted after information services to improve the learning and learning process through online students on Wednesday September 7 2022 at 08.30 until finished, as an immediate assessment (LAISEG) are as follows:

RH stated that free sex behavior is "*perilaku yang tidak terpuji dan dibenci oleh Allah dan mendatangkan kegurugian bagi diri sendiri*" behavior that is not commendable and hated by God and brings loss to oneself" and the way RH avoids this free sex behavior is by means "*lebih mendekati diri kepada Allah SWT dan menghindari pacaran*" closer to Allah SWT and avoid dating". The way RH chooses an action based on what you want is in a way "*memikirkan terlebih dahulu sebelum melakukan sesuatu dan lebih selektif dalam memilih teman dan pasangan*" think before doing something and be more selective in choosing friends and partners" the way RH controls itself is "*dengan cara tidak berteman dengan sembarang orang*" by not making friends with just anyone".

IYP stated that free sex behavior is "*perbuatan dosa dan dibenci oleh Allah dan mendatangkan kegurugian bagi diri sendiri*" "sinful acts and are hated by God and bring loss to oneself" and the way IYP avoids this free sex behavior is by means "*lebih mendekati diri kepada Allah SWT dan menghindari pacaran*". The IYP way of choosing an action based on what you want is by means "*memikirkan terlebih dahulu sebelum melakukan sesuatu dan lebih selektif dalam memilih teman dan pasangan*" the way IYP self-control is "*dengan cara perbanyak mendekati diri kepada Allah, menjauhi maksiat dan bertanya pada orangtua dan guru terkait seks jika dibutuhkan*".

NN stated that free sex behavior is "*perbuatan yang sia-sia dan mendatangkan kerugian bagi diri sendiri*" and NN's way of avoiding this free sex behavior is by means "*lebih mendekati diri kepada Allah SWT dan menghindari pacaran*". The way NN chooses an action based on what you want is the way "*memikirkan terlebih dahulu sebelum melakukan sesuatu dan lebih selektif dalam memilih teman dan pasangan*" the way RH controls itself is "*dengan cara tidak berteman dengan sembarang orang*".

TR stated that free sex behavior is "*perbuatan dosa dan dibenci oleh Allah dan mendatangkan kegurugian bagi diri sendiri*" and the way TR avoids this free sex behavior is by means "*lebih mendekati diri kepada Allah SWT dan menghindari pacaran*". The way TR chooses an action based on what you want is in a way "*memikirkan terlebih dahulu sebelum melakukan sesuatu dan lebih selektif dalam memilih teman dan pasangan*" cara TR mengendalikan diri adalah "*dengan cara perbanyak mendekati diri kepada Allah, menjauhi maksiat dan bertanya pada orangtua dan guru terkait seks jika dibutuhkan*".

KM stated that free sex behavior is "*perbuatan yang sia-sisa dan mendatangkan kegurugian bagi diri sendiri*" and the way KM avoids this free sex behavior is by means "*lebih mendekati diri kepada Allah SWT dan menghindari pacaran*". The way KM chooses an action based on what you want is a way "*memikirkan terlebih dahulu sebelum melakukan sesuatu dan lebih selektif dalam memilih teman dan pasangan*" KM's way of self-control is "*dengan cara tidak berteman dengan sembarang orang*".

JN stated that free sex behavior is "*perbuatan dosa dan dibenci oleh Allah dan mendatangkan kegurugian bagi diri sendiri*" and JN's way of avoiding this free sex behavior is by means "*lebih mendekati diri kepada Allah SWT dan menghindari pacaran*". The JN way of choosing an action based on what you want is in a way "*memikirkan terlebih dahulu sebelum melakukan sesuatu dan lebih selektif dalam memilih teman dan pasangan*" cara JN self-control is "*dengan cara perbanyak mendekati diri kepada Allah, menjauhi maksiat dan bertanya pada orangtua dan guru terkait seks jika dibutuhkan*".

YR stated that free sex behavior is "*perbuatan yang sia-sisa dan mendatangkan kegurugian bagi diri sendiri*" and YR's way of avoiding this free sex behavior is by means "*lebih mendekati diri kepada Allah SWT dan menghindari pacaran*". YR's way of choosing an action based on something you want is in a

way “memikirkan terlebih dahulu sebelum melakukan sesuatu dan lebih selektif dalam memilih teman dan pasangan” YR's way of self-control is “dengan cara tidak berteman dengan sembarang orang”.

NB stated that free sex behavior is “perbuatan dosa dan dibenci oleh Allah dan mendatangkan kegurugian bagi diri sendiri” and NB's way of avoiding this free sex behavior is by means “lebih mendekati diri kepada Allah SWT dan menghindari pacaran”. NB's way of choosing an action based on something you want is in a way “memikirkan terlebih dahulu sebelum melakukan sesuatu dan lebih selektif dalam memilih teman dan pasangan” NB's way of self-control is “dengan cara perbanyak mendekati diri kepada Allah, menjauhi maksiat dan bertanya pada orangtua dan guru terkait seks jika dibutuhkan”.

AB stated that free sex behavior is “perbuatan dosa dan dibenci oleh Allah dan mendatangkan kegurugian bagi diri sendiri” and AB's way of avoiding this free sex behavior is by means “lebih mendekati diri kepada Allah SWT dan menghindari pacaran”. AB's way of choosing an action based on something you want is in a way “memikirkan terlebih dahulu sebelum melakukan sesuatu dan lebih selektif dalam memilih teman dan pasangan” AB's way of self-control is “dengan cara perbanyak mendekati diri kepada Allah, menjauhi maksiat dan bertanya pada orangtua dan guru terkait seks jika dibutuhkan”.

RA stated that free sex behavior is “perbuatan yang sia-sisa dan mendatangkan kegurugian bagi diri sendiri” and RA's way of avoiding this free sex behavior is by means “lebih mendekati diri kepada Allah SWT dan menghindari pacaran”. RA's way of choosing an action based on something you want is in a way “memikirkan terlebih dahulu sebelum melakukan sesuatu dan lebih selektif dalam memilih teman dan pasangan” RA's way of self-control is “dengan cara tidak berteman dengan sembarang orang”.

DR stated that free sex behavior is “perbuatan dosa dan dibenci oleh Allah dan mendatangkan kegurugian bagi diri sendiri” and DR's way of avoiding this free sex behavior is by means “lebih mendekati diri kepada Allah SWT dan menghindari pacaran”. DR's way of choosing an action based on something you want is in a way “memikirkan terlebih dahulu sebelum melakukan sesuatu dan lebih selektif dalam memilih teman dan pasangan” DR's way of self-control is “dengan cara perbanyak mendekati diri kepada Allah, menjauhi maksiat dan bertanya pada orangtua dan guru terkait seks jika dibutuhkan”.

SA stated that free sex behavior is “perbuatan yang sia-sisa dan mendatangkan kegurugian bagi diri sendiri” and SA's way of avoiding this free sex behavior is by means “lebih mendekati diri kepada Allah SWT dan menghindari pacaran”. SA's way of choosing an action based on something you want is in a way “memikirkan terlebih dahulu sebelum melakukan sesuatu dan lebih selektif dalam memilih teman dan pasangan” SA's way of self-control is “dengan cara tidak berteman dengan sembarang orang”.

YN stated that free sex behavior is “perbuatan dosa dan dibenci oleh Allah dan mendatangkan kegurugian bagi diri sendiri” and YN's way of avoiding this free sex behavior is by means “lebih mendekati diri kepada Allah SWT dan menghindari pacaran”. YN's way of choosing an action based on something you want is in a way “memikirkan terlebih dahulu sebelum melakukan sesuatu dan lebih selektif dalam memilih teman dan pasangan” YN's way of self-control is “dengan cara perbanyak mendekati diri kepada Allah, menjauhi maksiat dan bertanya pada orangtua dan guru terkait seks jika dibutuhkan”.

LW stated that free sex behavior is “perbuatan yang sia-sisa dan mendatangkan kegurugian bagi diri sendiri” and LW's way of avoiding this free sex behavior is by means “lebih mendekati diri kepada Allah SWT dan menghindari pacaran”. LW's way of choosing an action based on something you want is in a way “memikirkan terlebih dahulu sebelum melakukan sesuatu dan lebih selektif dalam memilih teman dan pasangan” LW's way of self-control is “dengan cara tidak berteman dengan sembarang orang”.

ZN stated that free sex behavior is “perbuatan dosa dan dibenci oleh Allah dan mendatangkan kegurugian bagi diri sendiri” and ZN's way of avoiding this free sex behavior is by means “lebih mendekati diri kepada Allah SWT dan menghindari pacaran”. ZN's way of choosing an action based on something you want is in a way “memikirkan terlebih dahulu sebelum melakukan sesuatu dan lebih selektif dalam memilih teman dan pasangan” ZN's way of self-control is “dengan cara perbanyak mendekati diri kepada Allah, menjauhi maksiat dan bertanya pada orangtua dan guru terkait seks jika dibutuhkan”.

After the researcher carried out information services to students who had problems with self-control, the researcher made observations again to students who had been given information services to see how effective the information services had been given to students to develop an understanding of students' attitudes towards free sex behavior.

From several observations on the application of the first information service in cycle I, there were still many students who did not understand and were sensitive and responsive in the application of information services to develop an understanding of students' attitudes towards free sex behavior. So the researchers re-implemented information service activities for the second time and are still in cycle I to develop an understanding of students' attitudes towards free sex behavior.

At the second meeting of cycle I, the researchers watched and listened to the opinions they issued about students' understanding of students' free sex behavior. At the third meeting of cycle II, researchers

returned to implementing information services. According to the results of the understanding tests that have been carried out, it is known that the lack of ability of students to alleviate to develop an understanding of students' attitudes towards students' free sex behavior needs to be done so that students avoid things that are not desirable. After that directing their behavior and in this meeting the researcher emphasized more on how to control behavior and control and direct students in unwanted circumstances.

The results of observations made by researchers after the holding of information services to improve the learning process and online learning of students are quite satisfying, but the commitment that students have built in information services is still easily shaken in the sense that students are still hesitant in carrying out the commitments they have built. So the researcher returned to carrying out information services for the last time so that students really believed in the commitments they had made to carry out in their daily lives..

At the fourth meeting of cycle II, the researcher again carried out information services and this time focused on how to build a good commitment so that students really understand how to develop an understanding of students' attitudes towards free sex behavior. And the results of the observations that the researchers made after holding the fourth meeting of the information service, the researchers were very satisfied with the sensitivity and understanding of students to develop an understanding of students' attitudes towards students' free sex behavior, because basically students really carry out how to behave and how cognitive, how to make decisions and good emotional control, and students are also able to apply the commitments they have made during the information service process.

Thus, it can be understood that students have been able to develop an understanding of students' attitudes towards students' free sex behavior well. So that it can be said that students are able to control themselves from free sex behavior.

4. CONCLUSION

Goleman (2013) says that family life is the first school to based on an analysis of the results of this study, the conclusions of this study can be found, namely as follows: Information services lead to how to change irrational thoughts into rational thoughts carried out by guidance and counseling teachers to students . Through information services, guidance and counseling teachers can be more focused on exploring students' understanding of the dangers of free sex behavior.

Implementation of information services carried out by students at Harapan Mekar Medan High School, namely 15 students who were equipped with an understanding related to information on the dangers of free sex behavior. The impact of the lack of understanding of students' attitudes towards the dangers of free sex is that students will fall into immorality and have an impact on the psychology and future of students. The application of information services to increase students' understanding of attitudes towards free sex behavior in class X-IPA at Harapan Mekar Medan High School has been successful in helping students to obtain information about the dangers of free sex behavior.

From the research results that have been obtained, the researchers provide suggestions to school principals to further improve guidance and counseling services, especially to provide more specific time in improving guidance and counseling services. Another suggestion is given to guidance and counseling teachers who have been very effective in guidance and counseling services. It is suggested that they continue to improve guidance and counseling services, especially in using existing approach techniques in guidance and counseling, where the guidance and counseling approach can further improve quality in disclosing various kinds of problems that occur in students and help students solve their problems. Then further suggestions are given to teachers and homeroom teachers so they can participate more in the implementation of guidance and counseling, especially in providing relevant data. For suggestions to students as research subjects it is hoped that they will be more sensitive to the stages of development that are being carried out now so as not to experience stress, as well as increase self-motivation in participating in guidance and counseling services in schools which are then able to anticipate the bad influences that come in life.

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