

## Hubungan pengendalian diri dan intensitas menonton sinetron di televisi terhadap risiko perilaku seksual remaja SMP X Jakarta = Self control and soap opera's watching intensity on television with adolescent s risk sexual behaviour

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### Abstrak

Sinetron menjadi program televisi yang diminati remaja. Namun, tayangan sinetron kurang memperhatikan moral dan norma misalnya adegan bernesraan dengan lawan jenis. Faktor personal yang dapat membentengi diri dari pengaruh eksternal yaitu pengendalian diri. Penelitian bertujuan untuk mengetahui hubungan pengendalian diri dan intensitas menonton sinetron di televisi dengan risiko perilaku seksual remaja SMP X Jakarta. Penelitian menggunakan desain cross sectional pada 104 siswa SMP X Jakarta berusia 11- 17 tahun yang dipilih dengan teknik proportional stratified random sampling. Hasil uji analisis Chi square menyatakan tidak ada hubungan antara pengendalian diri dengan risiko perilaku seksual remaja SMP X Jakarta ( $p= 0,559; = 0,1$ ). Sedangkan, intensitas menonton sinetron di televisi dengan risiko perilaku seksual remaja SMP X Jakarta terdapat hubungan yang bermakna ( $p= 0,011; = 0,1$ ). Strategi pendidikan kesehatan untuk mengurangi perilaku seksual harus disesuaikan dengan karakteristik remaja agar memperoleh hasil yang efektif.

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Soap opera was a kind of television program which was interested by adolescent. But, it had less attention to moral and norms value such as sex scene. Individual factor that could resist themselves from external influences was self control. The aim of the study was to determine the correlation between self control and intensity of watching soap opera on television with adolescent's risk sexual behavior in Junior High School X Jakarta. Cross sectional was conducted among 104 students of Junior High School X Jakarta aged 11- 17 years whom selected by proportional stratified random sampling technique. Self control had no significantly associated with adolescent's risk sexual behavior in Junior High School X Jakarta ( $p= 0,559; = 0,1$ ). Meanwhile, the intensity of watching soap opera on television with adolescent's risk sexual behavior in Junior High School X Jakarta had significant correlation ( $p= 0,011; = 0,1$ ). Health education strategies to decrease risk sexual behaviour must be adjusted to adolescent's characteristics in order to obtain effective results