

# Model Peer Education dalam Intensi Penyiapan Kehidupan Berkeluarga Santri Putri di Pondok Pesantren = Peer Education Model in Intention of Preparing Family Life for Female Santri in Islamic Boarding Schools

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## Abstrak

Tingginya angka pernikahan dini di Indonesia linier dengan banyaknya pernikahan dini yang terjadi di kalangan santri putri di Pondok Pesantren. Beberapa riset menunjukkan bahwa santri putri belum memiliki rencana kehidupan keluarga yang baik (belum tahu usia aman menikah, berencana memiliki anak lebih dari dua, belum mengetahui jarak kehamilan yang aman dan tidak berencana menggunakan alat kontrasepsi). Tujuan penelitian ini adalah mengembangkan model peer education dalam intensi penyiapan kehidupan berkeluarga santri putri di pondok pesantren (usia pertama menikah, jumlah anak, jarak kehamilan dan keluarga berencana). Penelitian dilakukan menggunakan mixed method study dengan jenis exploratory sequential design. Tahap pertama penelitian dilakukan studi kualitatif untuk menyusun modul dan buku sebagai pengembangan model pada segi content. Tahap kedua dilakukan studi kuantitatif dengan desain quasi experiment with pre-post test control group design untuk menguji efek model peer education menggunakan modul yang telah disusun dalam penelitian tahap pertama sebagai pengembangan model pada segi delivery. Penelitian dilakukan di tiga jenis pondok pesantren di Jawa Timur yaitu pondok pesantren salafiah (Pondok Pesantren Lirboyo Kediri), pondok pesantren modern (Pondok Pesantren Al-Amien Sumenep Madura), dan pondok pesantren bentuk lainnya (Pondok Pesantren Salafiyah Syafi'iyah Situbondo). Waktu penelitian Desember 2022 sampai Oktober 2023. Sampel penelitian adalah santri putri berusia 15-24 tahun, telah mondok lebih dari satu tahun, dalam keadaan sehat dan selama di pesantren belum pernah mengikuti program edukasi kesehatan reproduksi dan penyiapan kehidupan berkeluarga. Besar sampel sebanyak 612 responden, dengan 204 responden di setiap jenis pesantren. Pada masing-masing jenis pesantren terdapat tiga kelompok intervensi (konvensional, peer education ustadzah muda, peer education rekan seasrama) dan satu kelompok kontrol sehingga pada setiap kelompok terdapat 153 responden. Analisis data dilakukan menggunakan uji statistik Generalized Linier Model Repeated Measure. Hasil penelitian menunjukkan peer education memiliki efek dalam meningkatkan intensi penyiapan kehidupan berkeluarga santri putri di pondok pesantren. Peer education rekan seasrama dan peer education ustadzah muda memiliki efek setara dalam meningkatkan intensi penyiapan kehidupan berkeluarga di pondok pesantren salafiah dan modern. Sedangkan peer education rekan seasrama lebih memiliki efek dalam meningkatkan intensi penyiapan kehidupan berkeluarga santri putri di pondok pesantren bentuk lain.

.....The high number of early marriages in Indonesia is related to the large number of early marriages that occur among female santri at Islamic boarding schools. Several studies show that female santri do not have a good family life plan (don't know the safe age for marriage, plan to have more than two children, don't know the safe space between pregnancies and don't plan to use contraception). The aim of this research was to develop a peer education model in the preparation of female santri' family life intentions in Islamic boarding schools (age at first marriage, number of children, pregnancy spacing and family planning). The research was conducted using a mixed method study with an exploratory sequential design. The first stage of the research was a qualitative study to develop modules and books as a model development in terms of content.

In the second stage, a quantitative study was carried out with a quasi experimental design with pre-post test control group design to test the effect of peer education model using the modules that had been prepared in the first stage of research as model development in terms of delivery. The research was conducted in three types of Islamic boarding schools in East Java, namely Salafiah Islamic boarding schools (Pondok Pesantren Lirboyo Kediri), modern Islamic boarding schools (Pondok Pesantren Al-Amien Sumenep Madura), and other forms of Islamic boarding schools (Pondok Pesantren Salafiyah Syafi'iyah Situbondo). The research period was December 2022 to October 2023. The research sample was female santri aged 15-24 years, have been boarding for more than one year, in good health and while at the Islamic boarding school have never participated in reproductive health education programs and preparation for family life. The sample size was 612 respondents, with 204 respondents in each type of Islamic boarding school. In each type of Islamic boarding school there were three intervention groups (conventional, young ustadzah peer education, dorm mates peer education) and one control group so that in each group there are 153 respondents. Data analysis was carried out using the Generalized Linear Model Repeated Measure statistical test. The results of the research show that peer education has an effect in increasing the intention to prepare female santri for family life in Islamic boarding schools. Peer education from dorm mates and peer education from young ustadzahs have the same effect in increasing intentions to prepare for family life in salafiah and modern Islamic boarding schools. Meanwhile, peer education from dorm mates has more of an effect in increasing the intention to prepare female santri for family life in other forms of Islamic boarding schools.