

# **“AKU SAHABATMU” A SHORT FILM-BASED ADOLESCENT REPRODUCTIVE HEALTH APPROACH TO INCREASING KNOWLEDGE AND ADOLESCENT ATTITUDE TO THE DANGERS OF FREE SEX**

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## **ABSTRACT**

*The Demographic Bonus is a phenomenon in which the population structure is very beneficial from a development standpoint because the productive age population is enormous, while the proportion of young people is getting smaller and the proportion of older people is not yet extensive. The Demographic Bonus must be used for Indonesia as a momentum for the nation's awakening and youth is an investment in the future as the next generation who are productive and very valuable for the continuity of Indonesia's development in the future, with the high rate of development of science and technology in this period bringing impact on adolescents, especially their reproductive health status and quality of life in the future. The impact of premarital sex is indeed a serious problem; the physical impact experienced is a high risk of cervical cancer, the risk of contracting venereal diseases, HIV/AIDS, which can cause infertility and even death, unwanted pregnancies, abortions that cause fertility problems, uterine cancer, permanent disability, and even death. Conveying an understanding of the dangers of free sex in adolescents requires media that is effective and easily accessible to modern society. Teenagers in this era are susceptible to content on social media such as Instagram and Youtube; they like to follow current popular trends. Teenagers in the digital era prefer to see something that moves, like on television, YouTube, or Instagram, rather than having to read articles. Therefore, audio-visual media is suitable for conveying messages through short film audio-visual media. This study aims to find out the differences in knowledge and attitudes of adolescents not having free sex before and after being given education based on Short Films (Short Education Movie). The research design used is Quasi Experiment. The population in this study were all class X students, totaling 124 students. Results: This study found that students' knowledge and attitudes increased after being given intervention with the media film "Aku Sahabatmu," with a significance value of <0.05. Discussion: The media film "Aku Sahabatmu" is a media for health education that can increase the knowledge and attitudes of adolescents about free sex and provide appropriate information through health education.*

*Keywords: adolescents; free sex; planning adolescents*

## **INTRODUCTION**

The United Nations (UN) 2015, in The 2015 Revision of World Population Prospect, reported that the World Population is expected to reach 8.5 billion in 2030, will then increase to 9.7 billion in 2050, and exceed 11 billion in 2100. India is expected to overtake China as the most populous country some seven years from

now, and Nigeria will overtake the United States to become the third largest country in the world 35 years from now. China and India remain the world's two most populous countries, with over 1 billion people representing 19 and 18% of the World Population, respectively. Among the ten countries with the highest fertility in the world today, one of them is in Africa (Nigeria), five countries are in Asia (Bangladesh, China, India, Indonesia, and Pakistan), two countries are in Latin America (Brazil and Mexico), one in North America (USA) and one in Europe (Russian Federation). Indonesia's entry into the category of countries with the highest population growth rate in the world is closely related to the term demographic bonus, whose peak is expected from 2020 to 2030 (Umar, 2018).

Demographic experts predict that from 2020 to 2030, Indonesia will be awarded a Demographic Bonus. The Demographic Bonus in question is when Indonesia has an abundant young/productive age population, which is around 2/3 of the total population. The demographic bonus can be seen from the Dependency Ratio parameter, which is relatively low, reaching 44. This means that every 100 productive age residents (15-64 years) only bear around 44 non-productive residents. Data from Indonesia's Central Statistics Agency (BPS) for 2010 shows Indonesia's Dependency Ratio of 50.5, while in 2015, the dependency ratio had a more petite figure of 48.6. This Dependency ratio figure will be even more petite from 2020 to 2030, creating a demographic bonus for Indonesia (Kadifar, 2018).

The Demographic Bonus is a phenomenon in which the population structure is very beneficial from a development standpoint because the productive age population is enormous, while the proportion of young people is getting smaller and the proportion of older people is not yet extensive. The situation when the dependency ratio decreases to below 50% is called "The Window of Opportunity," which only occurs once in the entire life journey of the population (Remi, 2018).

A country should carry out the development of its young generation as future assets. This development can be in the form of developing a youth movement, not only at the national level but also at the international level. For Indonesia itself, this movement has implications for the increasingly important position of youth in the context of demographic bonuses as intellectual capital for a great nation. The

Demographic Bonus will be a great opportunity if the availability of Jobs balances the productive age population (Mukri, 2018). The Demographic Bonus must be used for Indonesia as a momentum for the nation's awakening, learning from Japan in 1950, having experienced a demographic bonus even though they had suffered defeat in the second world war in 1945. Korea, in 1950, they were called the poorest country in Asia. However, finally, Korea rose after poverty by taking advantage of the demographic bonus that can give birth to big ideas from small groups. Likewise, the Indonesian people must prepare to face the demographic bonus so that the productive age bonus is well-spent. However, the benefits can be felt for the progress of the nation (Susmiarsih, Marsiati & Endrini, 2019).

Concern for premarital sexual behavior among adolescents is clearly illustrated in 2017 Indonesian Demographic and Health Survey (IDHS), which shows that 80% of female adolescents and 84% of male adolescents have dated and generally start dating at the age of 15-17 years, 98% of adolescents think that virginity needs to be maintained, but in reality, 8% of adolescents have sexual intercourse, 49% of them use condoms, while unwanted pregnancies occur as much as 12%, the experience of abortion among friends is obtained 23% of adolescents know a friend they know has an abortion and 1% of them accompany/influence a friend/someone to abort their womb. The exposure to information obtained from the youth surveyed was 88% active internet users (BKKBN, 2019).

The impact of premarital sex is indeed a serious problem; the physical impact experienced is a high risk of getting cervical cancer, the risk of contracting venereal diseases, HIV/AIDS, which can cause infertility and even death, unwanted pregnancies, abortions that cause fertility problems, uterine cancer, permanent disability, and even death. While the psychological impact of premarital sex is the emergence of feelings of guilt, sadness, anger, regret, shame, loneliness, not having help, confusion, stress, self-loathing, hatred of the people involved, fear of not being clear, insomnia (difficulty sleeping), loss of self-confidence, eating disorders, loss of concentration, depression, grieving, unable to forgive oneself, fear of God's punishment, nightmares, feeling empty, hallucinations, difficulty maintaining

relationships, and these all of the course reduce the quality of life of a teenager (UNESCO, 2019).

Dissemination of information about the dangers of free sex behavior for adolescent reproductive health is still very much needed. Many factors influence premarital sexual behavior, including the relationship between parents and adolescents, association with peers, religion, and exposure to pornographic media, as well as the values and norms prevailing in society. A crucial factor that influences premarital sexual behavior in adolescents is the level of knowledge. There is a significant relationship between the level of knowledge and premarital sexual behavior; adolescents who have good knowledge can also understand sexual behavior well, while adolescents who have a poor level of knowledge also have a terrible understanding of sexual behavior (UNESCO, 2023).

Conveying an understanding of the dangers of free sex in adolescents requires media that is effective and easily accessible to modern society. Teenagers in this era are susceptible to content on social media such as Instagram and Youtube; they like to follow current popular trends. Teenagers in the digital era prefer to see something that moves, like on television, YouTube, or Instagram, rather than having to read articles. Therefore, audio-visual media is suitable for conveying messages through short film audio-visual media (Ardianti, 2020).

As a form of mass media, film is essential in the sociocultural, artistic, political, and scientific world. The use of film in community learning is primarily based on the consideration that film can attract people's attention and partly on the reason that film can convey messages uniquely. The development of film will have a significant impact on social change in society. These changes are caused by the increasingly varied process of conveying messages about objective reality and the existing representations of that reality symbolically, as well as a different conditions. As a type of mass media, the film becomes a channel for various ideas, ideas, and concepts. It can bring out a plurality of effects from its broadcast, ultimately leading to societal changes. The effect of the message generated in the film in the packaging of symbolic reality that is directly felt by the audience can be a change in emotion.

However, there is also a long-term impact, such as a change in lifestyle, idealism, or even ideology (Miyarso, 2011).

Based on the above, the researcher is interested in researching the effectiveness of "Aku Sahabatmu" as a Short Film-Based Adolescent Reproductive Health Approach in Increasing Adolescents' Knowledge and Attitudes toward Free Sex.

## **METHOD**

In this study, the research design used was Quasi Experiment. This type of research uncovers a causal relationship involving a control group and an experimental/intervention group. Where one group intervened according to the desired method, the other group did as usual. However, the selection of these two groups was not randomized (Nursalam, 2016). The experimental group would be given treatment using the Short Film (Short Education Movie) method, while the control group would only be given lectures. In these two groups, it was started by giving a pre-test, and after giving the treatment, the two groups were again given a post-test.

## **RESULTS AND DISCUSSION**

### **1. Educational Film "Aku Sahabatmu" as an Adolescent Reproductive Health Approach to the Dangers of Free Sex**

The short film "Aku Sahabatmu" is a film made by telling the life of today's youth who are in a situation of the COVID-19 pandemic and online learning; the ins and outs of online learning and teenage romance depicted in the film make teenagers face choices for themselves, the good and bad events of this choice are described in a dream that makes teenagers aware of the importance of planning a good life so they do not fall into free sex which will only make regret not only for themselves, their future but also their families. Teenagers become aware of the importance of choosing associations, making decisions for the future, and planning everything before it is too late. This film also illustrates that the role of

family and warmth in the family is needed to support a better future for adolescents so they do not fall into the wrong company.

The high access of adolescents to social media is depicted in this film; adolescents have an excellent choice to access adolescent reproductive health educational content such as " Aku Sahabatmu" where this platform places adolescents as friends who can tell stories and ask questions at any time so that adolescents can be open to problems that arise. Experienced, this impacts how adolescents make the right decisions for themselves. The existence of the reproductive health education platform "Aku Sahabatmu" as an educational medium is a strategic step to support the implementation of the Generation Planning program that the BKKBN has launched. Article 48 of Law No. 52 of 2009 concerning population and family development states that fostering youth resilience is carried out by providing access to information, education, counseling, and services regarding family life (Rahmawati dkk, 2018). There are at least two indicators of the success of this effort which are also indicators of the Sustainable Development Goals (SDGs), namely "adolescent girls who are pregnant" and "child marriage"; the 3rd goal is about a healthy and prosperous life, and the 5th is about gender equality and women's empowerment. Both indicators of the Youth Development Index are domain D2 on health and welfare and domain 5 on Gender and Discrimination (BKKBN, 2019).

This educational film, "Aku Sahabatmu," also conveys the message that Indonesia urgently needs robust youth to continue Indonesia's journey to be even better by treating themselves and paying attention to reproductive health to make adolescents a planned generation who can be independent and resilient, so that in the future the lives of adolescents will no longer be a burden for anyone because the character and quality of adolescents have been formed early, adolescents also become selective in choosing their association so that they can have a better impact on themselves and their future. The script is made to describe a situation that is significantly related to the lives of teenagers; the selection of film actors, locations, wardrobes, and lighting is made as natural as possible so that the mood in the film is appropriately created, which is also

supported by the film's background music. Film making is done professionally using a camera and film resolution for viewing on a wide screen. This film is played by Poltekkes Kemenkes Jakarta III students and other supporting actors to create a student experience in producing a work of health education in a different form.

## 2. Characteristics of Respondents

The sample used in this study was 124 students. Explanation of the characteristics of adolescent respondents include gender, age, parents' education (father and mother), and sources of information about sexuality. It can be seen that the control and intervention groups who were male were 31 respondents (50%), and those who were female were 31 respondents (50%). In contrast, the age of the respondents in the control group was mainly 16 years old, namely, 36 respondents (58.1%), while in the intervention group, most of the respondents were 16 years old, namely 40 respondents (64.5%), the distribution of respondents based on the education level of the respondents' fathers was found in the control group and the intervention group, most of the parents (fathers) of respondents, 36 respondents with high school education (58.1%), while the education level of mothers in the control group was half with high school education as many as 31 respondents (50%), in the intervention group also with high school education there were 34 respondents (54.8%). In the distribution of respondents in obtaining sources of information about sexuality in the control group, almost half obtained information about sexuality from the internet, namely as many as 33 respondents (41.8%), while in the intervention group, almost half obtained sources of information about sexuality from friends as many as 33 respondents (46.5 %).

## 3. Adolescent Knowledge about Free Sex

Table 1. Frequency Distribution of Respondents Based on Adolescent Knowledge about Sex

Knowledge	Control Group		Intervention Group	
	<i>Pre-test</i>	<i>Post-test</i>	<i>Pre-test</i>	<i>Post-test</i>

	n	%	n	%	n	%	n	%
Good	20	32,26	16	25,81	16	25,81	44	70,97
Enough	25	40,32	28	45,16	39	62,90	18	29,03
Less	17	27,42	18	29,03	7	11,29	0	0
Total	62	100	62	100	62	100	62	100
Mean	66.45		65.81		68.87		82.77	
Std. Deviasi	16.36		13.19		13.98		7.95	
<i>Wilcoxon Sign Rank Test</i>				<i>Wilcoxon Sign Rank Test</i>				
p = 0,195				p = 0,000				
<i>Mann Whitney U Test</i> p = 0,000								

Table 1 shows that most of the pre-test control group had sufficient knowledge, namely 25 respondents (40.32%). In contrast, in the pre-test intervention group, most had sufficient knowledge of 39 respondents (62.90%). In the control group, after the post-test, there was an average knowledge of 28 respondents (45.16%), and in the intervention group, after receiving the intervention in the form of watching the short film "Aku Sahabatmu," knowledge increased by 44 respondents (70.97%). The statistical test results using the Wilcoxon Sign Rank Test in the intervention group showed an increase in knowledge with a significance value of  $p=0.000$ , namely  $p<0.05$ . The results of the Mann Whitney U Test statistical test showed a significance of  $p=0.000$ , meaning there was a difference between the control and intervention groups.

#### 4. Adolescent Attitudes About Free Sex

Table 2. Frequency Distribution of Respondents Based on Adolescent Attitudes about Free Sex

Attitude	Intervention Group				Control Group			
	<i>Pre-test</i>		<i>Post-test</i>		<i>Pre-test</i>		<i>Post-test</i>	
	n	%	n	%	n	%	n	%
Positive	23	37,1	35	56,45	28	45,16	60	96,77
Negative	39	62,9	27	43,55	34	54,84	2	3,23
Total	62	100	62	100	62	100	62	100
Mean	33.52		34.5		31.03		36.06	
<i>Wilcoxon Sign Rank Test</i>				<i>Wilcoxon Sign Rank Test</i>				
p = 0,195				p = 0,000				
<i>Mann Whitney U Test</i> p = 0,000								



Based on table 2. shows that in the pre-test control group, most of them have negative knowledge, namely as many as 39 respondents (62.9%), while in the pre-test intervention group also, most of them have negative knowledge, as many as 34 respondents (54.84%). In the control group, after the post-test, an average positive attitude was obtained by 35 respondents (56.45%). In the intervention group, after receiving the intervention by watching the short film "Aku Sahabatmu," attitudes increased by 60 respondents (96.77%). The results of statistical tests using the Wilcoxon Sign Rank Test in the intervention group showed an increase in attitude with a significance value of  $p=0.000$ , namely  $p<0.05$ . The results of the Mann-Whitney U-Test statistical test showed a significance of  $p=0.000$ , meaning there was a difference between the control group and the intervention group.

Analysis of the Influence of Health Education Using the Short Film "Aku Sahabatmu" Regarding knowledge before being given health education through the short film "Aku Sahabatmu," respondents in the less-knowledge category stated that they had never received education about sex education at school. This follows what was explained by research conducted by Suhailah (2019) that information is one of the factors of one's knowledge. This lack of information is supported by the interviews conducted with respondents who said they did not and did not know about sex education.

Before being given health education using the short film media "Aku Sahabatmu" in the intervention group, adolescent knowledge was dominated by the excellent category of 39 respondents (62.90%). The control group's knowledge based on the pre-test results was four respondents (6.45%), consisting of respondents who were previously well-informed into sufficient and insufficient categories. This was because the control group was only given lectures, and the evaluation timeframe after the intervention was four days. In contrast, in the intervention group during the post-test, there was a significant increase in the good category, namely 28 respondents (45.16%); this was because the intervention group was given intervention in the form

of short film media "Aku Sahabatmu" and the evaluation period after the intervention that is for four days. Most of the respondents in the control and intervention groups during the pre-test did not understand aspects of free sex, the occurrence of pregnancy, and how to prevent pregnancy. The excellent category dominates the knowledge because most respondents get information from the mass media (Alfiyah, Solehati & Sutini, 2018). However, they do not understand the information they get because, at school, they do not get lessons about aspects of free sex in adolescents. The condition of adolescents who lack health literature prefers to seek sexual health information using popular terms or "slang terms," which causes adolescents to obtain information from the internet using short films as media; adolescents are encouraged to choose the right information, want to communicate and be open with parents or teachers, and do not do things beyond the limits of youth (Blasco, 2015).

Several factors affect one's knowledge, among others; 1) level of education, the higher a person's level of education, the easier it is for that person to accept new things; 2) Information, someone who has more sources of information will provide explicit knowledge; 3) Culture; 4) Experience, is a way to obtain the truth of knowledge by repeating the knowledge obtained in solving problems encountered in the past (Notoatmodjo, 2012). After receiving health education using the short film, "Aku Sahabatmu," adolescents' knowledge has increased to good, namely 44 respondents (70.97%). At the same time, in the control group, some respondents experienced a decrease from the excellent category to the less category, namely 18 respondents (29.03 %). The results showed that the respondents were in excellent and sufficient criteria after being given health education using the short film "Aku Sahabatmu." The effect of health education using the short film "Aku Sahabatmu" on knowledge This shows that there is a significant effect of health education using the short film "Aku Sahabatmu" on increasing adolescent knowledge about free sex with a significance value with the Wilcoxon Sign rank test  $p = 0.000$ . The results of statistical tests using the Mann-Whitney U-Test showed differences between the control and intervention groups. This shows that the short film media "Aku Sahabatmu" can practically increase adolescent knowledge about free-sex students.

According to Notoatmodjo (2012), health education is a form of intervention or effort aimed at behavior so that the behavior is conducive to health. After being given health education interventions using the short film, "Aku Sahabatmu," almost all respondents experienced increased knowledge regarding values and categories. Media Short Film "Aku Sahabatmu" contains the behavior of adolescents regarding reproductive health; where this film has a duration of 15 minutes which makes students not in an atmosphere of boredom while watching the film. According to previous research by Kabadayi (2012), learning using film acquires a significant meaning to hold attention for a long time. Also, it gives students storytelling skills, which enable them to have the competence to see the environment and events. Demirel emphasized the level of memorability of knowledge according to the sense organs and concluded that people could only remember 50% of what they see and 80 % of what they see and hear (Kabadayi, 2012).

The results of research conducted by Kadifar (2018) showed that most respondents (84%) stated that learning through films was a good way compared to regular lectures, and 56.5% of students agreed with applying this learning points. Short films support creative thinking. Kabadayi (2012) concluded that during verbal-based education, students could remember 70% of what was taught in the first 10 minutes and only 20% in the last 10 minutes. There are differences and discrepancies in the results of changes in the scores and knowledge categories of the respondents because the responses to each respondent are different, depending on each individual's cognitive abilities and perceptions. Short films are very effective and valuable (Panjaitan, 2016). They can increase the memorization and understanding of the film medium. They also allow students to remember lessons and create various rich expressions easily. It also supports students' creative thinking. The fact says that students are used to thinking with visual images and moving about the subject of knowledge. In addition, short films are also beneficial as examples of how subjects are used and how to conclude and build relationships with what has been taught previously (Kabadayi, 2012).

## **CONCLUSION**

Based on the results of research that has been conducted on "Aku Sahabatmu" as a straightforward film-based approach to adolescent reproductive health in increasing adolescent knowledge and attitudes towards the dangers of free sex, it can be concluded that; 1) Adolescents' knowledge has increased chiefly, and students can understand sexual behavior prevention after conducting health education with the educational film "I am your best friend," as a straightforward film-based approach to adolescent reproductive health in increasing adolescent knowledge and attitudes towards dangers of free sex. 2) Most adolescents' attitudes improve for the better and are positive. Students can understand and respond to the prevention of sexual behavior after health education is carried out with the media Educational Film "I am Your Friend" as a short film-based approach to adolescent reproductive health in increasing adolescent knowledge and attitudes toward danger-free sex. 3) Health education with educational film media "I am your best friend" can increase adolescents' knowledge about free sex, 4) Health education using the educational film "I am your best friend" can increase the positive attitude of adolescents about preventing free sex.

Health education about free sex in adolescents should be carried out periodically by using the educational film "Aku Sahabatmu" as a straightforward film-based approach to adolescent reproductive health in increasing adolescent knowledge and attitudes towards the dangers of free sex, which can be used as an alternative as a medium in health education. Improving adolescent communication with parents, if adolescents are reluctant to discuss with both parents, adolescents should be able to consult and be open with counseling guidance in schools or can access adolescent reproductive health education and consultation platforms such as "Aku Sahabatmu."

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