

## Brief Report

### Psychoeducation in Adolescent Attitudes Towards Health

Alberta Listiyani Siegit  
Faculty of Psychology Universitas Surabaya

One of the important things which determine the quality of young generation is holistic health, which includes five interrelated dimensions. Unfortunately, young people's concern and attitude toward health related matters is still poor. Therefore, this study aimed to look at the effect of psycho-education in adolescent attitudes towards health. It used an experimental research method which involved 26 students on 12th grade at St. Carolus Senior High School Surabaya. Measurement of adolescent attitudes towards health used a questionnaire compiled by the author (*Cronbach's Alpha* = .922 and *KMO & Bartlett's Test* = .717). The results were analyzed using paired sample t-test showed  $t = -2.767$  and  $p = .010$  which mean an increase in adolescent's attitude to health after the psycho-education was given. In general, it can be concluded that psycho-education could be a potential alternative method to enhance adolescents' attitude towards health.

*Keywords:* holistic health, adolescent, attitude, psycho-education

Salah satu hal penting yang menentukan kualitas generasi muda penerus bangsa adalah kesehatan holistik yang meliputi lima dimensi yang saling berkaitan satu sama lain. Sayangnya, perhatian dan sikap remaja dengan hal-hal terkait kesehatan masih tergolong kurang. Oleh karena itu, penelitian ini bertujuan untuk melihat pengaruh pemberian psikoedukasi pada sikap remaja terhadap kesehatan. Penelitian ini menggunakan metode eksperimen yang dilakukan pada 26 siswa kelas 12 di SMA St. Carolus Surabaya. Pengukuran sikap remaja terhadap kesehatan menggunakan angket yang disusun sendiri oleh peneliti (*Cronbach's Alpha* = .922 dan *KMO & Bartlett's Test* = .717). Hasil uji beda menunjukkan  $t = -2.767$  dan  $p = .010$  yang berarti signifikan. Terdapat peningkatan pada sikap remaja terhadap kesehatan setelah pemberian psikoedukasi. Secara umum, dapat disimpulkan bahwa psikoedukasi berpeluang menjadi metode alternatif peningkatan sikap remaja terhadap kesehatan.

*Kata kunci:* kesehatan holistik, remaja, sikap, psikoedukasi

A nation needs well-qualified people to survive and improve. That role is supposed to be filled by the young generation. Teenagers as the future generation are the ones who are vulnerable to various negative influences as they observe and absorb from their environment. The *United Nations Population Fund* (UNFPA) stated that approximately one-third of the world's population is composed of the age group between 10 to 24 years (UNFPA, 2005). According to the BPS (Badan Pusat Statistik, Bureau of Statistics) in 2010 census, the population of Indonesia reached 237.6 million, where the number of adolescents

aged 10 to 24 years is about 64 million people, or about 27.6 percent. This statistic proves that Indonesia has a large quantity of national asset.

Health is one of the important things that need to be considered in the creation of a strong young generation. Travis and Ryan (as cited in Maulana, 2009) said that good health is the ability of individual to choose their way of life, the good integration between body, mind, and feelings, and accepting what they have. Without a healthy body, an individual cannot perform at their best. People without a healthy mind make less careful planning and less likely to have a calm and happy life. Hettler (as cited in Foster and Keller, 2007) said that the optimization of human health consists of five dimensions: physical,

---

Correspondence concerning his article should be addressed to Alberta Listiyani Siegit, Faculty of Psychology, Universitas Surabaya. Jalan Raya Kalirungkut, Surabaya 60293. E-mail: listisiegita@yahoo.com