



Health Education Intervention Using Peer Group Approach for Adolescents in Addressing Delinquent Behavior

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ABSTRACT

Background: Adolescence is a transition period experienced by teenagers, and this period is prone to the emergence of delinquency problems. At this time, teenagers begin to determine and get to know their peers in daily interactions. Peers are an environmental factor in developing oneself optimally. **Purpose:** To determine the effect of health education interventions using a peer group approach on juvenile delinquency prevention behavior in Probolinggo. **Methods:** This research includes pre-experimental research with a one-group pre-post-test design. The sample population is all teenagers in Kali Buntu Village, Probolinggo Regency, with 60 teenagers. The sample is some teenagers who meet the research criteria using a simple random sampling technique, a total of 60 teenagers. This research is about juvenile delinquency prevention behavior, and the independent variable is health education intervention. The intervention was conducted by providing education using a peer group approach according to the SOP for 60 minutes. Data were collected using a questionnaire sheet and analyzed statistically using SPSS with the Marginal Homogeneity Test. **Result:** The research findings revealed that the preventive behavior before the intervention was essentially the same, and after the intervention, there was a significant change, indicating the influence of health education with a peer group approach on preventing adolescent delinquency ($P=0.000 < \alpha= 0.05$). **Conclusion:** There is expected to be an improvement in knowledge, attitudes, and skills for preventing adolescent delinquency.

KEYWORDS

Adolescents, Juvenile Delinquency, Peer Group Intervention

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1. BACKGROUND

Adolescent delinquency is a deviant behavior that can occur due to environmental factors. Adolescents engage in deviant behaviors by violating social norms or rules. One of the developmental tasks of adolescents is to strengthen their

self-control and ability to restrain themselves from engaging in norm-violating behaviors in society. Currently, adolescents still exhibit negative behaviors such as truancy, fighting, smoking, drug abuse, and others (Allemand et al., 2019). According to Zhang's research, in 2022, 60% of the

adolescent delinquency group had an estimated age of around 18 years old. The most significant number in each group consisted of adolescents with a high school education (Song et al., 2022). One of the most common cases of adolescent delinquency is fights among students. Student brawls are prevalent in Indonesia. This figure has sharply increased compared to the previous year, which recorded only 147 cases. Out of this number, 20 students died either during or after the brawl, while the rest suffered from severe or minor injuries. Cases of student fights in Indonesia have sharply risen compared to the previous year, which had only 147 cases (Jannah & Nurajawati, 2023). Among the crime cases in East Java, theft involves adolescents (BPS, 2023). Based on a preliminary study in the village of Kali Buntu, out of 10 adolescents, 7 (70%) had been involved in brawls.

Adolescent delinquency can be controlled by positively enhancing self-regulation both at school and within the family. The environment plays a significant role in adolescents' lives. Adolescents are raised within their home environment for a considerable amount of time, shaping their identity and beliefs in their competence as members of society (Lestari et al., 2017). The family environment is the initial social

interaction platform where adolescents learn right from wrong. Both family and school environments are where individuals develop their social skills. When adolescents fail to exercise self-control, they often engage in deviant behaviors. Negative influences from peer groups can lead adolescents to engage in delinquent behaviors, which may have repercussions on reproductive health, such as out-of-wedlock pregnancies (Laili, 2023).

Based on research findings regarding adolescent delinquency, it was found that factors influencing adolescent delinquency include peer conformity and perceptions of family harmony (Zakaria et al., 2022). Additionally, adolescent delinquency is also caused by the intensity of exposure to violent television programs (Nabila & Sugandi, 2020). Adolescent delinquency represents a failure to develop sufficient self-control in behavior. Lack of self-control can lead adolescents to have no boundaries against harmful environmental influences, thus leading them into delinquent behavior (Irkhami et al., 2022). It is essential to determine effective programs related to adolescent delinquency involving family, school, and community to identify which programs can succeed well (Lestari et al., 2017). A more effective approach is to

provide intervention before adolescent delinquent behavior occurs at an early stage. Several health education programs have been implemented to address adolescent delinquency involving schools and communities, but involvement from other environments, such as peer groups, is necessary (Gifford-Smith et al., 2005). Based on the background described above, researchers are interested in providing health education interventions with a peer group approach to prevent adolescent delinquency.

2. METHODS

This study is classified as a pre-experimental study, employing a one-group pre-post-test design. The population consists of all adolescents aged 12-18 years in the village areas of the Probolinggo district, utilizing a stratified random sampling technique, and the sample comprises 60 adolescents who meet the inclusion and exclusion criteria. The dependent variable in this research is the prevention behavior of adolescent delinquency, while the independent variable is Health Education Intervention. The health education intervention is conducted in a phased manner through a peer group approach. Initially, health education is provided to the

peer group, followed by the peer group delivering health education to each adolescent for 30 minutes, according to the module for counseling sessions. Data collection is performed using a questionnaire and subsequently analyzed using SPSS with the assistance of the Marginal Homogeneity test (Nur Salam, 2020).

3. RESULTS

This study identifies efforts to prevent adolescent delinquency before and after health education, which is conducted using the peer group method among adolescents in school districts. The population and sample consist of all school adolescents in the Probolinggo district. The data include general data and specific data as follows:

General Data Characteristics

Table 1. Characteristics of Adolescents in Schools in the Probolinggo District Area in 2024 (n=60)

Characteristics	Frequency	Percentage (%)
Age		
16-17 Years	40	66.7
17-18 Years	20	33.3
Gender		
Male	35	58.3
Female	25	41.7

Specific Data

Tabel 2. Analysis of peer group intervention before and after peer group intervention on Adolescent Delinquency Prevention Behavior in Probolinggo in 2024 (n=60)

Peer Group Interventior	Adolescent Delinquency	Frequency (f)	Percentage (%)
Pre	Good	14	23.3
	Sufficient	16	26.7
	Poor	30	50
Post	Good	33	55.0
	Sufficient	17	28.3
	Poor	10	16.7

The result of data analysis using the statistical test SPSS with the Marginal Homogeneity test indicates an influence of the intervention on adolescent delinquency prevention behavior in the village area of Probolinggo (P: 0.000 < α : 0.05).

4. DISCUSSION

Health education is an effort to improve someone's behavior from unhealthy to healthy. Knowledge results from knowing or sensing an object where knowledge is influenced by age, education level, experience, information, socio-cultural, economic, and environmental factors (Sumara et al., 2017). Information on knowledge can be obtained from both informal and formal education. During adolescence, individuals begin to have a more significant curiosity about an object and start to recognize the opposite sex, as

well as become acquainted with a broader environment for exchanging experiences. These experiences can be gained from the surrounding environment, such as socializing with peers. These experiences can be used as evidence of the knowledge that has been acquired, thus facilitating individuals in gaining more knowledge (Jannah & Nurajawati, 2023).

In this study, it was found that before intervention with a peer group approach, respondents exhibited inadequate behavior, with 30 respondents (50%) classified as inadequate, 16 respondents (28.3%) as sufficient, and 14 respondents (23.3%) as good. After the intervention with a peer group approach, respondents exhibited good behavior, with 33 respondents (55%) classified as good, 17 respondents (28.3%) as sufficient, and 10 respondents (16.7%) as inadequate. According to research involving health education that includes peer groups, it effectively changes behavior. This behavioral theory is effective in changing health-related behaviors. The peer group method can enhance adolescents' understanding, knowledge, attitudes, and skills in preventing adolescent delinquency (van der Westhuizen et al., 2023). Adolescent delinquency is prevalent during adolescence, as adolescents often engage in

deviant behaviors during this period. Based on research findings on adolescent delinquency, it was found that peer conformity influences adolescent delinquency. Negative influences from peer groups can lead adolescents to engage in delinquent behavior (Gross, 2020).

The research findings indicate that there is an influence of intervention on adolescent delinquency prevention behavior in the Probolinggo area, a region known for its high incidence of adolescent delinquency ($P: 0.000 < \alpha: 0.05$). This is consistent with research results showing that health education provided to individuals can increase knowledge, thus influencing their health-related behaviors (Goorden et al., 2016).

In this study, the intervention involved peer groups that had been trained by facilitators to provide health education to their peers about preventing adolescent delinquency. These facilitators, often adults or older adolescents, were trained to guide the peer groups, facilitate discussions, and ensure accurate information sharing. Peer groups are effective in this intervention because peers are considered more trustworthy, making it easier for information to be accepted (Zhang, 2022).

5. CONCLUSION

Intervention with a peer group approach can enhance adolescents' knowledge, attitudes, and skills in preventing adolescent delinquency.

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AUTHOR CONTRIBUTIONS

Substantial contributions to conception, data collection, analysis, writing and manuscript revisions: Ro'isah and Nurul Laili

DECLARATION OF INTEREST

The authors declare no conflict of interest regarding the publication.

DATA AVAILABILITY STATEMENT

The data that support the findings of this study are available from corresponding author.

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