

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

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Wahyu Fitri Fajriyanti

Hubungan *Self Efficacy* dengan Pencegahan Perilaku Seksual Berisiko Pada Remaja SMA Negeri Arjasa Jember

Xviii + 15 hal + 1 gambar + 14 tabel + 17 lampiran

Abstrak

Perilaku seksual berisiko pada remaja dapat menimbulkan dampak negatif terhadap kesehatan fisik, psikologis, dan sosial. Salah satu faktor yang berperan dalam pencegahan perilaku ini adalah *self efficacy*, yaitu keyakinan individu terhadap kemampuannya untuk mengendalikan diri dan mengambil keputusan yang tepat. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara *self efficacy* dengan pencegahan perilaku seksual berisiko pada remaja SMA Negeri Arjasa Jember. **Metode:** Penelitian menggunakan desain kuantitatif korelasional dengan pendekatan *cross-sectional*. Populasi penelitian adalah seluruh siswa kelas XI SMA Negeri Arjasa Jember sebanyak 288 orang. Sampel berjumlah 168 responden yang dipilih dengan teknik *proportional random sampling*. Instrumen penelitian berupa kuesioner *self efficacy* dan perilaku seksual berisiko yang telah diuji validitas dan reliabilitasnya. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Spearman's Rho* dengan tingkat signifikansi 0,05. **Hasil:** Penelitian menunjukkan bahwa mayoritas responden memiliki *self efficacy* tinggi dan tergolong dalam kategori perilaku seksual tidak berisiko. Hasil uji *Spearman's Rho* diperoleh nilai $p = 0,000$ dan $r = 0,669$, yang berarti terdapat hubungan yang kuat dan signifikan antara *self efficacy* dengan perilaku seksual pada remaja. Semakin tinggi tingkat *self efficacy* remaja, maka semakin besar kemungkinan mereka memiliki perilaku seksual tidak berisiko. **Kesimpulan:** Terdapat hubungan bermakna antara *self efficacy* dengan pencegahan perilaku seksual berisiko pada remaja SMA Negeri Arjasa Jember.

Kata Kunci: *Self-Efficacy*, Pencegahan Perilaku Seksual Berisiko, Remaja.

ABSTRACT

UNIVERSITY OF MUHAMMADIYAH JEMBER
BACHELOR OF NURSING STUDY PROGRAM
FACULTY OF HEALTH SCIENCES

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Wahyu Fitri Fajriyanti

*The Relationship between Self Efficacy and the Prevention of sexual risk behavior
in Adolescents Senior High School Arjasa Jember*

Xviii + 15 pages + 1 figures + 14 tubles + 17 appendieces

Abstract

Sexual risk behavior among adolescents can negatively affect physical, psychological, and social health. One factor that plays a role in preventing this behavior is self-efficacy, namely an individual's belief in their ability to control themselves and make the right decisions. **Purpose:** This study aimed to determine the relationship between self-efficacy and the prevention of sexual risk behavior among adolescents at Senior High School Arjasa Jember. **Method:** This research employed a quantitative correlational design with a cross-sectional approach. The population consisted of all 288 eleventh-grade students at Senior High School Arjasa Jember. A total of 168 respondents were selected used proportional random sampling. The research instruments were self-efficacy and sexual risk behavior prevention questionnaires, both of which had been tested for validity and reliability. Data were analyzed using univariate and bivariate methods, analyzed using Spearman's Rho test with a significance level of 0.05 significance level. **Results:** The findings showed that the majority of respondents had high self-efficacy (91,7%) and good risk sexual behavior prevention (92,9%). The Spearman's Rho test revealed a strong and significant relationship between self-efficacy and the prevention of sexual risk behavior among adolescents ($p = 0.000$; $r = 0,669$), indicating that higher self-efficacy is associated with better preventive behavior. **Conclusion:** There is a significant relationship between self-efficacy and the prevention of sexual risk behavior among adolescents at Senior High School Arjasa Jember.

Keywords: Self-Efficacy, Prevention Of sexual risk behavior, Adolescents