

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1-ILMU KEPERAWATAN
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Hubungan *Personal Safety Skill* dengan Perilaku Pencegahan Kekerasan Seksual pada Remaja di SMA Negeri Ambulu

XV + 77 Hal + 26 Tabel + 4 Gambar + 15 Lampiran

Latar Belakang: Remaja menjadi kelompok rentan kekerasan seksual, dikarenakan keterbatasan pengetahuan dalam mengenali situasi berbahaya. Meskipun edukasi berkala telah diberikan, implementasi proteksi diri di lapangan masih belum optimal. Penelitian ini bertujuan mengetahui hubungan *personal safety skill* dengan perilaku pencegahan kekerasan seksual pada remaja di SMA Negeri Ambulu. **Metode:** Penelitian ini menggunakan desain *analisis observasional* dengan pendekatan *cross sectional*. Populasi penelitian adalah 859 siswa SMA Negeri Ambulu. Sampel penelitian sebanyak 273 responden yang diperoleh menggunakan teknik *probability sampling* dengan metode *proportionate stratified random sampling*. Data dikumpulkan menggunakan lembar kuesioner *personal safety skill* dan perilaku pencegahan kekerasan seksual, kemudian dianalisis menggunakan uji *Spearman's Rho* dengan tingkat signifikansi $\alpha \leq 0,05$. **Hasil:** Sebanyak 184 responden (67,4%) memiliki *personal safety skill* yang baik, dan 234 responden (85,7%) dalam kategori baik perilaku pencegahan kekerasan seksualnya. Hasil uji *Spearman's Rho* menunjukkan hubungan signifikan antara *personal safety skill* dengan perilaku pencegahan kekerasan seksual dengan nilai *p-value* = 0,000 dan nilai koefisien korelasi $r = 0,555$ yang menunjukkan arah hubungan positif berkekuatan sedang. **Kesimpulan:** *Personal safety skill* terbukti berkaitan dengan perilaku remaja SMA Negeri Ambulu dalam mencegah kekerasan seksual. Temuan ini menegaskan penguatan kemampuan proteksi diri secara mandiri efektif menjadi langkah awal pencegahan. Oleh sebab itu, pihak sekolah disarankan memasukkan program pelatihan keselamatan pribadi ini ke dalam kegiatan rutin UKS atau bimbingan konseling.

Kata Kunci: *Personal Safety Skill*, Perilaku Pencegahan, Kekerasan Seksual, Remaja

ABSTRACT

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The Relationship Between Personal Safety Skills and Sexual Violence Prevention Behavior Among Adolescents at Ambulu State High School

XV + 77 Pages + 26 Tables + 4 Figures + 15 Appendices

Background: Adolescents are a group vulnerable to sexual violence due to limited knowledge in recognizing dangerous situations. Although regular education has been provided, the implementation of self-protection measures in practice remains suboptimal. This study aims to determine the relationship between self-protection skills and sexual violence prevention behaviors among adolescents at Ambulu State High School. **Methods:** This study used an observational analysis design with a cross-sectional approach. The study population consisted of 859 students at Ambulu State High School. The sample comprised 273 respondents selected using probability sampling with a proportionate stratified random sampling method. Data were collected using questionnaires on personal safety skills and sexual violence prevention behaviors, then analyzed using Spearman's Rho test with a significance level of $\alpha \leq 0.05$. **Results:** A total of 184 respondents (67.4%) demonstrated good personal safety skills, and 234 respondents (85.7%) exhibited good sexual violence prevention behaviors. The results of the Spearman's Rho test showed a significant relationship between personal safety skills and sexual violence prevention behaviors, with a p-value of 0.000 and a correlation coefficient of $r = 0.555$, indicating a moderate positive relationship. **Conclusion:** Personal safety skills are proven to be associated with the behavior of high school students at Ambulu State High School in preventing sexual violence. These findings reinforce that strengthening independent self-protection skills is an effective first step in prevention. Therefore, the school is advised to incorporate this personal safety training program into routine UKS (School Health Unit) activities or counseling sessions.

Keywords: Personal Safety Skills, Prevention Behaviors, Sexual Violence, Adolescents