

# Phenomenology Study: The Experiences of Nurses in Community To Involving Parents, Teen, And Peers To Prevention Free Sex Among Teenagers

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**Abstract.** Pre-marital sex at teenagers Indonesia was recorded low compared to other countries, but that is not listed can be much longer. Campaign for teenagers condom use not accordance with Indonesian culture. Indonesia is not justified HIV prevention and teen pregnancy with condom use campaign. The purpose of the study was to explore about nursing experience involving parents, teens, and peers to prevent free sex in teenagers. The type of research used a qualitative approach Phenomenological study method by in-depth interview nurses in the community about the experience of involving parents, teens, and peers to prevent free sex in adolescents. The respondents were 13 nurses working in public health centers that provide services to teenagers in the community in Central Jakarta Municipality. The results of this study consist of several themes, namely: less knowledge nurses, involving the family, involving peer peer adolescent, environmental conditions, and adolescent attitudes are closed to parents. The result is that in order to prevent free sex in adolescents should involve parents, teens, and peers.

**Keyword:** Experiences of Nurses, Parent, Peers, Teenagers, Free Sex

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## 1. Introduction

WHO reported that 30-50% of teenagers pregnancy have until 19 year old (Hoyle, 2002). In Indonesia, Teenagers having sex in Bandung, 54%, 51% Jakarta, and Surabaya 47% (Allen, 2012). WHO in 2011 reported that 30 to 50% of teens have given birth before the age of 19 years (Hoyle, 2002). In Indonesian teenager who has the most free sex is in Bandung 54%, 51% Jakarta and Surabaya, 47% (JPNN, 2014). Results of interviews with 5 teenagers Researchers note that free sex is done because of the encouragement of peers. From the above it can be seen that teenagers Indonesia compared to other countries that pre-marital sex was recorded low, but that is not listed can be much longer. Based on the research results Kirby, Laris, Roller against

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the sex education program in teenagers in 86 developed and developing countries it is known that 86 countries are providing health education consists of: sex education, HIV, STIs, teenage pregnancy, contraception, and the use of condoms . The results of program evaluations that have been made known that 60.5% of teenagers to postpone sex. 36% of teenagers reduce the frequency of sex. 39.4% of teenagers reduce the number of couples, 62.8% an increase in condom use among teenagers.

Campaign for teenagers condom use not accordance with Indonesian culture. Indonesia is not justified HIV prevention and teen pregnancy with condom use campaign. This is evident in several regions in Indonesia society against the presence of Automatic Teller Machine (ATM) condoms. Based on the results of a qualitative study of phenomenology that has researchers did in 2009 in 7 teenagers identified in expectations. Teenagers hope undergoing puberty that desire the support of family and community : attention, understanding, counsel, and the knowledge and the desire to change the positive attitude. It is very necessary role of parents through sex education for teenagers in order to prevent free sex. Peer counselors more motivated to interact with teenagers through adolescence friendly method (WHO, 2002) . The role of nurses in the community is as an educator, advocate and facilitator to provide health promotion and preventive. This study wanted to know about nursing experience involving parents, teens, and peers to prevent free sex in teenagers.

## **2. Methods**

This study was a qualitative research, because this research is assessing the phenomenon experienced consciously by participants. The qualitative research is useful in social research, explores the words, thoughts, experiences, and goals (Hoyle, Harris, & Judd, 2002). Qualitative research can reconstruct reality and understand meaning, concerned about processes, events, and authenticity. The selected qualitative research is phenomenology category, since research phenomenology more emphasis on exploration of the meaning and significance of one's experience individually (Wood & Haber, 2006). In this study, which were in-depth interview is the meaning and experience of nurses in the community involving parents, teens, and peers in preventing free sex in adolescents in Central Jakarta Municipality. The technique of determining informants using purposive sampling. Participants are nurses working in public health centers that provide services to teenagers in the community. The assessment was conducted in the form of in-depth interviews and focus group discussions (FGDs). A total of 5 nurses were conducted with in-depth interviews and 8 nurses were conducted in the form of FGD.

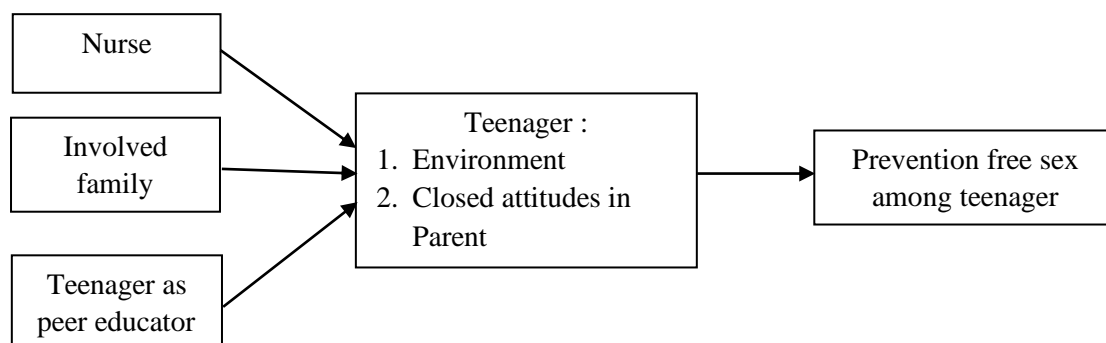
## **3. Result**

Participants in this study were 13 nurses, consisted of 11 people who were responsible for the health center program at the Pubic Health center and 2 (two) nurses responsible for the Health

Center in Community Health Nursing program in Central Jakarta Municipality. The participant's experience in holding the program is 8 people more than 5 years old, 4 people 1 to 5 years, and one participant less than one year. Minimum education participants as many as 5 people nursing education and 8 people Academy of Nursing education. The assessment was conducted in the form of in-depth interviews and focus group discussions (FGDs). A total of 5 nurses were conducted with in-depth interviews and 8 nurses were conducted in the form of FGD.

The results of this study were obtained from in-depth interviews and field notes. Interview results were analyzed by Collaizzi method (1978, in Streubert & Carpenter, 2003). The results of this study consist of several themes, namely: less knowledge nurses, involving the family, involving peer peer adolescent, environmental conditions, and adolescent attitudes are closed to parents.

The overall theme identified identifies the participants' experiences in addressing adolescent health problems. From the themes analyzed some of the themes used for the development of intervention models in teenagers at risk of free sex are illustrated in the scheme as follows:



From the description of the scheme above can be concluded that the nurse hopes to overcome the problem of adolescent health by taking into account the characteristics of adolescents that are strongly influenced by the environment and closed attitude in the parents. While the treatment felt less knowledge and want to involve parents and peer teen peer counselor. Nurse difficult to explor about teenager's experiences especially about friendship and sex. Teenagers make explor environment to their experiences, but teenagers close with their parent. They only open discuss with theirs friends. Nurse have to involving family and teenager as peer educator to prevent free sex among teenagers. Nurse can use optimize teenagers as peer educator.

#### 4. Discussion

The role of nurse at Public Health Center as executor is very influent to change behavior of teenagers at risk of free sex. Nurse in community health nursing who have knowledge and skills in dealing with adolescent health problems at risk of free sex will be able to improve healthy behavior. The results of the research of Allen, Chango, Szwedo, Schad, and Marston (2012) said that adolescent peers can influence adolescent knowledge. This is in line with the results of

Komang's research (2006) that adolescent knowledge can be increased through peers. Strengthened by the results of Qomariyah, A. N. (2009) research on internet use behavior among adolescents in urban areas is strongly influenced by peers. But Amelia, Allen, Chango, Szwedo, Schad, and Marston, and Komang only involved peer educators in providing counseling to teenagers. Not seen the role of parents in providing adolescent health education. Involves peer educators of adolescent peers and parents in providing knowledge to teenagers at risk of free sex about what is contained within, such as: healthy knowledge, intimacy and healthy attitudes so that adolescents can understand about healthy life for teens at risk of free sex, the benefits of healthy behavior for adolescents at risk of free sex, prevention of free sex and how to reduce free sex in a healthy manner.

Peer knowledge that acts as a peer educator and parental knowledge is provided by the nurse of the community health center. Nurses in community prioritize promotive and preventive services on an ongoing basis in families, groups and communities (MOH RI, 2016). One practice strategy in the community is through empowerment, namely empowering teenage peers and parents. Teenage peers and parents are given knowledge about adolescent health and prevention of the risk of free sex in adolescents. Peer who has been educated as a peer educator who collaborates with teenage parents who are at risk of free sex to provide knowledge to the teenager.

Parental involvement is very important for adolescent knowledge. Parents can play a role in providing the best choices according to parents (Jodl, Michael, Malanchuk, Eccles, & Sameroff, 2001). Safita (2013) said that the role of parents is very important in providing sexual education to children. Parents should think that sex education is not only about sexual relations, but also about the role of children according to their sex and maintaining norms in behavior.

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