

ABSTRACT

Kunaifi, Habiba Sabrina. 2025. The Effect of Health Education Using Video on Self-Efficacy in Preventing Sexual Harassment Among Children at SDN Kalisongo 3, Malang Regency. Undergraduate Thesis. Bachelor of Applied Midwifery Program, Health Polytechnic of the Ministry of Health Malang. Advisor: Rita Yulifah, S.Kp., M.Kes.

Child sexual abuse is one of the most common forms of violence that often goes undetected. Data from the Ministry of Women's Empowerment and Child Protection (KemenPPPA) show that in Malang Regency, cases of sexual abuse have increased annually: 13 cases in 2021, 34 in 2022, 49 in 2023, and 66 cases in 2024. One of the contributing factors is children's lack of knowledge about sexuality, which increases the risk of sexual abuse, as they do not yet understand the importance of health education or have the self-efficacy to prevent such incidents. Self-efficacy is a key factor in preventing sexual abuse, as it relates to a child's confidence in dealing with risky situations. Therefore, a more comprehensive approach is needed through health education that engages both visual and auditory senses, such as using video-based media. This study aims to determine the effect of health education using video media on improving children's self-efficacy in preventing sexual abuse. The research was conducted at SDN Kalisongo 3, Malang Regency, involving students from grades 1 to 3. The study used a pre-experimental design with a one-group pretest-posttest approach. A total of 34 students were selected using the total sampling technique. The instrument used was a self-efficacy questionnaire on the prevention of sexual abuse. Data were analyzed using the Wilcoxon signed-rank test, and the results showed a p-value = 0.000, which means $p < \alpha$ (0.05). It can be concluded that there is a significant effect of health education using video media on increasing children's self-efficacy in preventing sexual abuse. Video media has proven effective in delivering messages visually and emotionally and is easily understood by elementary school-aged children.

Keywords: Self efficacy, Health Education, Video, Sexual Harassment, Children.