



Increasing Adolescents' Knowledge Regarding Juvenile Delinquency Using a Physical Activity Approach

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ABSTRACT

Juvenile delinquency, if defined through the opinions of several psychologists, is simply all acts that violate the rules, whether legal rules or local customs that apply within a particular community (Karlina, 2020). The number of juvenile delinquents in Indonesia continues to increase by 10.7% and these include cases of theft, murder, promiscuity and drugs (Hardin & Nidia, 2022). The implementation stage was carried out using the Talk-Show method to female students regarding the problem of juvenile delinquency and the role of sport/physical activity as an effort to prevent juvenile delinquency. Based on the Pre-Post Test results of 5 sub-topics which include the definition of adolescence, pre-marital sex, drugs, smoking and physical activity, the Pre-Test results were 71.14% of respondents answered correctly, and the Post-Test 81.53% of respondents who answered correctly. Based on the data that has been mentioned, the increase in knowledge regarding juvenile delinquency through the Talk-Show method has increased by 10.39%. Efforts to increase knowledge of juvenile delinquency through the Talk-Show method are expected to be able to provide adolescents with extensive knowledge regarding development and growth in adolescence both physically and psychologically. And with this socialization, it is hoped that it will be able to provide positive direction to shift the focus to delinquency that occurs in teenagers.

KEYWORDS

juvenile delinquency, talk-shows, physical activity

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INTRODUCTION

Juvenile delinquency, if defined through the opinions of several psychologists, is simply all acts that violate the rules, whether legal rules or local customs that apply within a particular community (Karlina, 2020). According to Willis (2014) in Yuliza Anggraini 2017, juvenile delinquency can be defined as all actions, whether behavior that is abnormal so that it has an asocial or even antisocial nature, which violates all applicable norms in legal, religious and social provisions within the scope of society (Anggraini, 2017). Juvenile delinquency is something that is often done and needs to be paid attention to by many adults, because all juvenile delinquency committed always has a negative impact on themselves and others, some of them even consider that juvenile delinquency committed is a matter of pride to show a symbol of their courage. transition from adolescence to adulthood (Karlina, 2020). Therefore, it can be concluded that juvenile delinquency is all actions committed by teenagers, whether intentional or unintentional, and violate norms, so that they can have a negative impact on the perpetrator and other people.

According to the World Health Organization, a person can be said to be a teenager if they are aged 10-19 years (Infodatin Ministry of Health of the Republic of Indonesia, 2014). According to the Indonesian Ministry of Health number 25 of 2014, teenagers can be categorized as aged 10-18 years and according to the BKKBN (Family Planning Population Agency) teenagers are unmarried and at a vulnerable age of 10-24 years. Juvenile delinquency can occur because during adolescence a person will experience growth and development both physically and mentally. This is a factor that makes teenagers experience an identity crisis with changes that have occurred to the point that they are unable to recognize themselves, thus encouraging them to take these actions (Diananda, 2019). Based on statistical data in Indonesia in Hardin 2022 there is an increase in juvenile delinquency, where in 2013 there were 6,325 cases, and in 2014 there was an increase of 7,007 cases, and there was an increase again in 2015 of 7,762 cases. Based on this data, it can be concluded that, in 2014, the number of juvenile delinquents in Indonesia always increased by 10.7% and these included cases of theft, murder, promiscuity and drugs (Hardin & Nidia, 2022).

There are several factors that can cause teenagers to commit acts of juvenile delinquency. This originates from various causes, one of which is the circle of friends, the role of family and parents, and knowledge factors (Salamor & Salamor, 2022). Juvenile delinquency can result in negative physical and mental impacts for the perpetrator (Yani Sulis Tyoningsih, Farizha Irmawati, 2020). One example of the physical impact that occurs for perpetrators is that they are susceptible to disease due to an irregular lifestyle, while the mental impact that occurs as a result of juvenile delinquency is that it will make the perpetrator's mindset tend to be less stable mentally, so that they will always have thoughts and behavior. deviating and violating existing rules or norms (RULMUZU, 2021). One example of juvenile delinquency that often occurs is promiscuity which results in teenagers getting pregnant out of wedlock and being unable to continue their education. Another example, the younger generation who try NAPZA (Narcotics, Psychotropics and Addictive Substances) is one of the behaviors that is currently normalized among teenagers, namely smoking, so that without realizing it, smoking can cause disruption of the brain's nerves and cause feelings of laziness and decreased quality of learning (Alviansyah, 2023).





Based on data and the impact of juvenile delinquency, juvenile delinquency must be reformed to become more moral and have high intellectual values, because teenagers are the next generation and pioneers in continuing the life of the nation. The position of the younger generation in community life is very vital, because the younger generation must have a high level of readiness and ability to carry on the nation's life has become better than before (Khairi, 2020). Preventive action to overcome the impact of juvenile delinquency is to change bad environmental habits into better habits. One example is doing physical activity, this is in accordance with what was explained by Etzel Wise & Mears (2004:223) in (Sanusi & Dianasari, 2019) regarding the relationship between physical activity, psychological development, learning and behavior. Teenagers' participation in physical activity or sports can prevent teenagers' involvement in delinquency, because sports activities not only prioritize physical activity abilities, but also involve psychological or mental abilities. Among them are sportsmanship, accepting defeat, honesty, not giving up easily, emotional control, and self-confidence.

Improvements must be carried out in all regions to educate and equip the younger generation by prioritizing character education (character building) as a foundation for creating a golden generation in the future 2040 (Imanuel Adhitya Wulanata Chrismastianto¹, Melki Vanriel², 2019). Therefore, this socialization was carried out as a form of teaching character education targeting teenagers in Batu City at MA 01 Ma'arif with the hope of being able to help reduce the rate of juvenile delinquency in Batu City. This socialization is good to use as a solution to juvenile delinquency because during the event you can monitor and assess the level of understanding and thinking of teenagers by exchanging dialogue regarding juvenile delinquency. The community service program is a routine program carried out by the Sports Science Department Student Association once every term of office. This program is always continued in order to raise awareness as a generation that continues to be aware that the younger generation is the nation's future successor. If they cannot teach well, then the possibility of a nation's progress will be increasingly small (Valeriani et al., 2023)

MATERIALS AND METHODS

This community service activity was carried out at MA 01 Ma'arif, Batu City on 4-5 September 2023, which was attended by 46 students. This activity consists of the following stages:

1. Preparatory stage

The preparation stages carried out in this activity are:

- a. Identifying problems with target targets
- b. Submit applications and permits to related parties
- c. Preparation of material to be presented
- d. Preparation of the necessary tools and requirements

2. Implementation stage

The implementation stage was carried out using the Talk-Show method to female students regarding the problem of juvenile delinquency and the role of sports. Before the Talk-Show was held for the students of MA 01 Ma'arif, Batu City, a Pre-Test was carried out to measure the students' basic knowledge regarding juvenile delinquency. In this Talk-Show the material is





presented in Powerpoint form which contains material about the definition of adolescence, biological and psychological changes in adolescents, various types of juvenile delinquency, the dangers of pre-marital sex, smoking and drugs, as well as the role of sport/physical activity as an effort to prevent juvenile delinquency. . On the second day, the activities included an introduction to physical activity in the form of alternative sports activities, minigames designed with a sports and entertainment approach, namely volleyball games with gloves instead of hands, a first-come, first-served test (dexterity test to pick up the ball), and a relay race using plastic cups.

3. Evaluation stage

The evaluation stage was carried out after the physical activity event by providing a post-test as evaluation material for the talk show given to increase the knowledge of MA 01 Ma'arif students and students in Batu City.

RESULTS AND DISCUSSION

This activity was carried out in two sessions, the first session was held on September 4 2023, at 08.00-11.00 WIB starting with giving a Pre-Test which aims to measure the level of knowledge of students before receiving material related to juvenile delinquency problems. This Talkshow activity was carried out by delivering material related to juvenile delinquency given after giving a Pre-Test to students starting at 08.30 WIB for 60 minutes with a resource person who is a reproductive health expert and lecturer at the Faculty of Sports Science, State University of Malang, namely Dessy Amelia, S.Keb, Bd ., M. Kes. At the end of the Talk-Show there was a question and answer session. This session was very enthusiastic from the students, due to their curiosity about the material that had been provided. One of the questions asked by the students was "Why are teenagers considered wrong when they do habits that are usually done by adults such as drinking alcohol and smoking? Why are teenagers who have a problematic family background (broken home) labeled as bad children? naughty? Why is sport considered an approach to juvenile delinquency?"



Figure 1. Juvenile delinquency socialization activities



This community service activity refers to the Talk-Show method. This method was chosen because the Talk-Show method can invite dialogue with the audience regarding the material that will be presented with the themes provided. The advantage of using this method is that it doesn't always focus on the material being presented, but remains focused on the material interspersed with entertainment such as quizzes, music, jokes and so on, with the aim of not boring the material presented (Aalim and Ramdhani, 2019) .

The second session was held on September 5 2023 at 07.00, starting with group aerobic exercise activities for 45 minutes and continued with physical activity in the form of mini-games to provide an approach regarding the involvement of physical activity in juvenile delinquency. The games provided were quite varied, including volleyball with gloves instead of hands, a first-come, first-served test (dexterity test to pick up a ball), and a relay race using plastic cups. After the mini-game activities were completed, the students were given a Post-Test to measure their level of knowledge regarding the material that had been presented previously.



Figure 2. Physical activity activities in *mini games*

The results of this community service can be seen from the results of the Pre-Test and Post-Test, related to the first subtopic, namely the definition of teenagers. With the Pre-Test results, 73% of respondents answered correctly regarding the definition of juvenile delinquency, age categories of teenagers, changes that occur in teenagers, levels of adolescent emotions, and adolescent solutions in dealing with stress. The results of the Post Test given increased by 14% to 87% who answered correctly regarding the subtopic definition of adolescence.

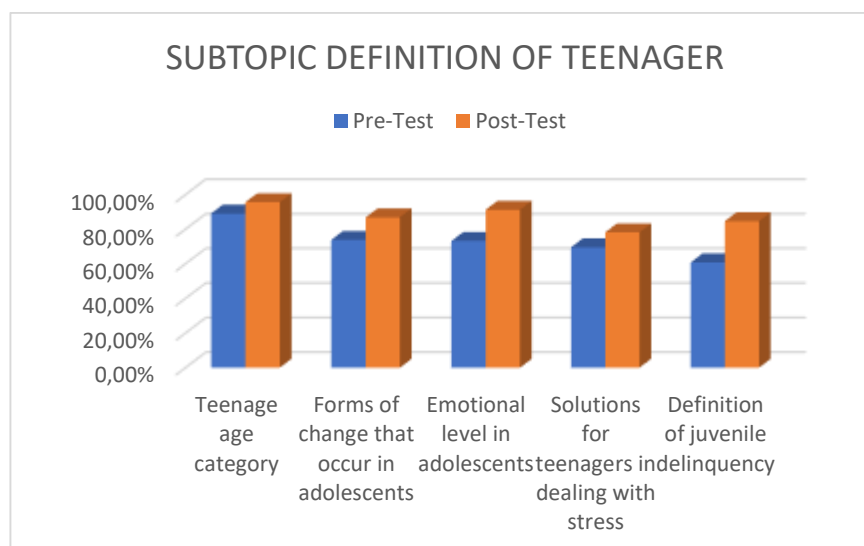


Figure 3. Pre-Post Test Results for the definition of youth subtopics.

The results of the Pre-Test and Post-Test are related to the second subtopic, namely Premarital Sex. With the Pre-Test results, 69% of respondents answered correctly regarding the negative impact of free sex, the relationship between sex and the emotional level of teenagers, the consequences of free sex, solutions in reducing the number free sex among teenagers, and the influence of free sex in the world of education. The results obtained from the Pre-Test increased to 78% of respondents who answered correctly after providing material on the Post-Test results.

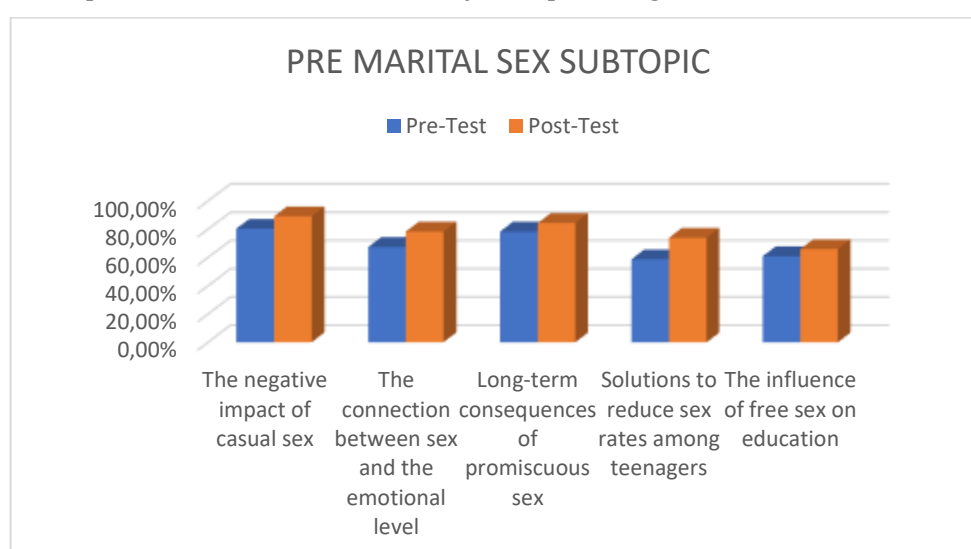


Figure 4. Pre-Post Test Results for premarital sex subtopics.

Further results can be seen from the results of the Pre-Test and Post-Test related to the third



subtopic, namely knowledge about NAPZA with the Pre-Test results 63% of respondents having answered correctly regarding the definition of NAPZA, why teenagers need to know NAPZA, examples of NAPZA categories, the impact of abuse DRUGS, and the right steps to avoid DRUGS. The results obtained from the Pre-Test increased to 71% of respondents who answered correctly after providing material on the results of the Post-Test carried out.

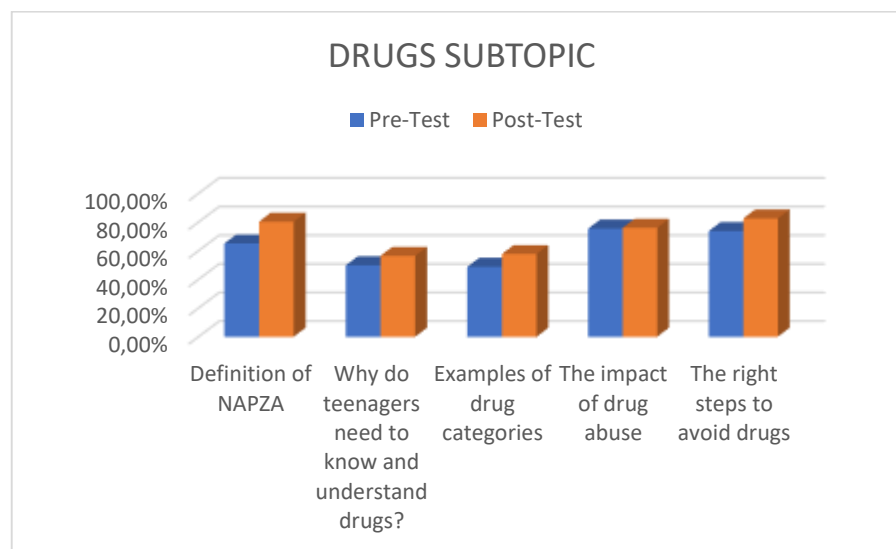


Figure 5. Pre-Post Test Results for the NAPZA subtopic.

Further results can be seen from the results of the Pre-Test and Post-Test related to the fourth subtopic, namely knowledge about the dangers of smoking in teenagers with the Pre-Test results of 74% of respondents having answered correctly regarding the types of ingredients in cigarettes, the impact of nicotine in cigarettes, the impact of tar. on cigarettes, the impact of carbon monoxide on cigarettes, and how important it is to know what cigarettes contain. The results obtained from the Pre-Test increased to 85% of respondents who answered correctly after providing material on the results of the Post-Test carried out.

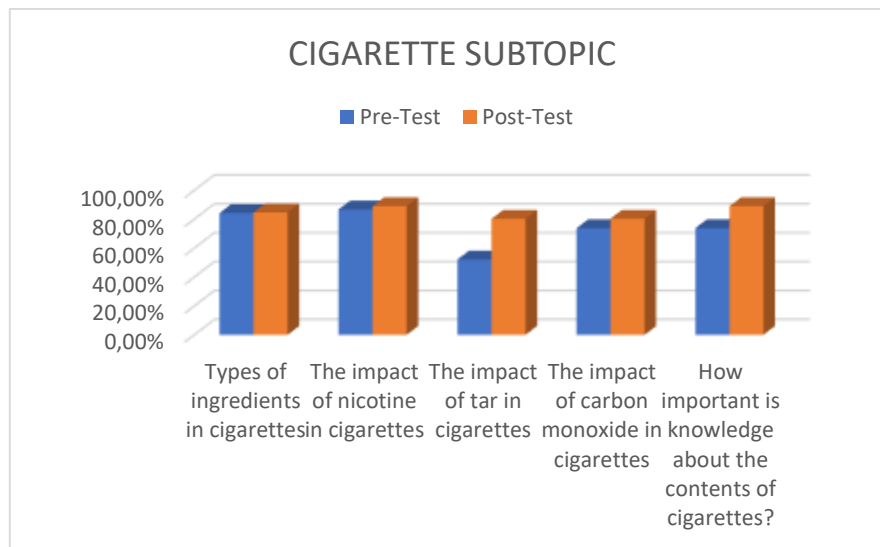


Figure 6. Pre-Post Test Results for the dangers of smoking subtopics in adolescents.

The final results can be seen from the Pre-Test and Post-Test results related to the fifth subtopic, namely knowledge about physical activity in adolescents with the Pre-Test results of 76% of respondents having answered correctly regarding the relationship between physical activity and sports, types of physical activity, benefits of physical activity, duration of physical activity in one week, and the effect of physical activity on juvenile delinquency. The results obtained from the Pre-Test increased to 86% of respondents who answered correctly after providing material on the results of the Post-Test carried out.

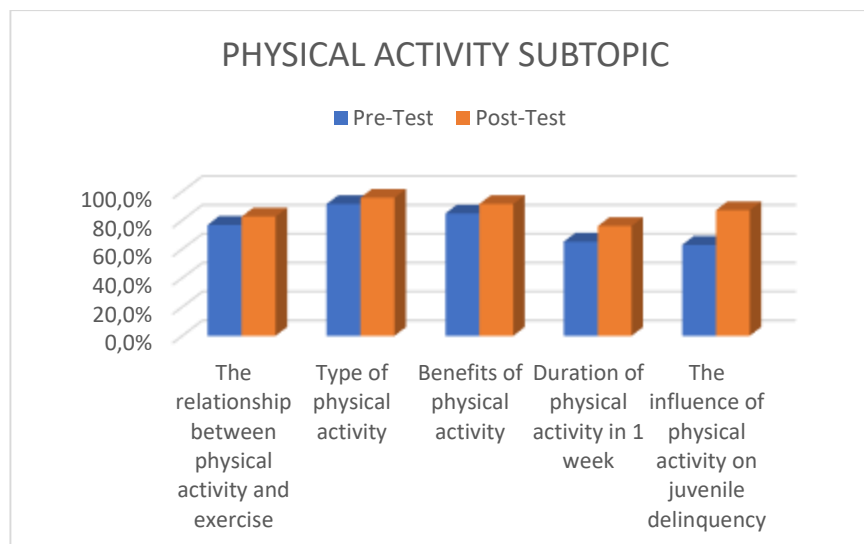


Figure 7. Pre-Post Test Results for physical activity subtopics.



Based on the Pre-Post Test results of 5 sub-topics which include the definition of adolescence, pre-marital sex, drugs, smoking and physical activity, the Pre-Test results were 71.14% of respondents answered correctly, and the Post-Test 81.53% of respondents who answered correctly. Based on the data that has been mentioned, the increase in knowledge regarding juvenile delinquency through the Talk-Show method has increased by 10.39%. Efforts to increase knowledge of juvenile delinquency through the Talk-Show method are expected to be able to provide adolescents with extensive knowledge regarding development and growth in adolescence both physically and psychologically. And with this socialization, it is hoped that it will be able to provide positive direction to shift the focus to delinquency that occurs in teenagers.

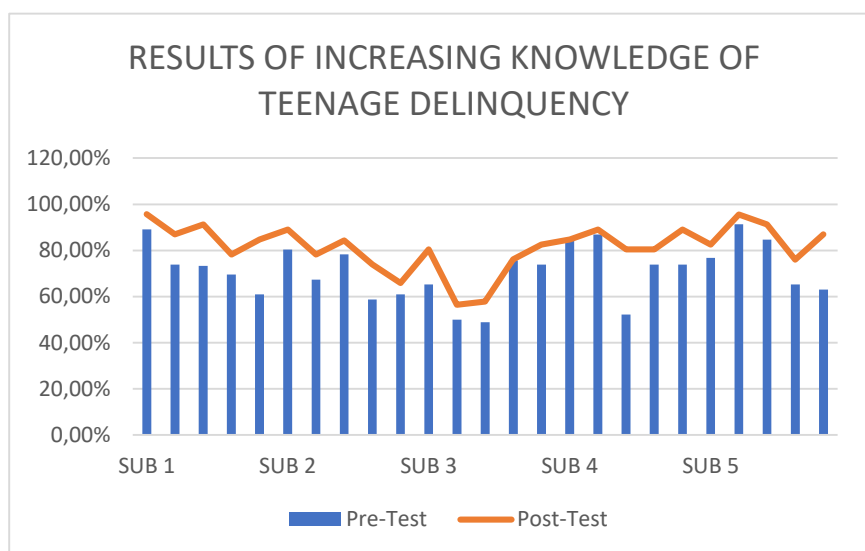


Figure 8. Pre-Post Test results increasing knowledge of juvenile delinquency.

CONCLUSIONS

Providing knowledge about juvenile delinquency in community service events at one of the HMD Sports Science work programs at the State University of Malang is expected to be able to provide an increase in knowledge about juvenile delinquency which over time is considered a normalization of mass development. This socialization activity has an impact on teenagers' awareness about delinquency that occurs in teenagers. In overcoming the phenomenon of juvenile delinquency, perpetrators must be given knowledge of the importance of the impact that juvenile delinquency will have, as well as providing knowledge about the benefits of a physical activity approach to juvenile delinquency.



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Conflict of Interest

The service team stated that there were no internal conflicts regarding personal or financial matter. So that the service activities carried out on 4-5 September 2023 at MA' Maarif 01 Batu City can run well and in accordance with the rounddown. As well as giving a good impression to their partner (MA/SMA Ma'arif 01 Batu)





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