ABSTRACT

MARSHANDA VITA LILIANA KADIR. The Influence of Audiovisual Media on the Level of Adolescents' Knowledge in Efforts to Prevent Suicide Cases at SMA Negeri 1 Kabila. Supervised by FIRMAWATI as the Chair and NUR UYUUN I. BIAHIMO as a Member.

Suicidal behavior has become a serious mental health issue, particularly among adolescents. Audiovisual media was chosen as an educational tool due to its ability to present information engaging and easily comprehensibly, especially for young audiences. This study aimed to determine the influence of audiovisual media on the level of adolescents' knowledge regarding suicide prevention efforts. The research utilized a quantitative method with a quasi-experimental design employing a one-group pretest-posttest approach. The population consisted of 411 students, with a sample size of 16 students determined using Federer's formula. Data were collected through questionnaires distributed before and after the intervention.
The results indicated that the highest level of knowledge among students was categorized as adequate before the educational intervention using audiovisual media, with 11 students (68.8%). At the same time, the lowest was classified as insufficient, with 2 students (12.4%). Following the educational intervention, the highest level of knowledge improved to good, with 13 students (81.3%), and the lowest remained adequate, with three students (18.7%). The findings revealed a significant increase in students' knowledge, with the average score rising from 56.22 (pre-test) to 82.89 (post-test). Statistical analysis demonstrated a significant result ($p = 0.000$). In conclusion, there was an influence of audiovisual media on the level of adolescents' knowledge in efforts to prevent suicide cases.
It is recommended that the results of this study be utilized as a reference for academic development within educational institutions and that schools pay greater attention to supporting students facing mental health issues.

Keywords: Audiovisual, Adolescent Knowledge, Suicide Prevention, Mental Health

ABSTRAK

MARSHANDA VITA LILIANA KADIR. Pengaruh Media Audiovisual Terhadap Tingkat Pengetahuan Remaja Dalam Upaya Pencegahan Kasus Bunuh Diri Di SMA Negeri 1 Kabila. Di bimbing oleh FIRMAWATI sebagai ketua dan NUR UYUUN I. BIAHIMO sebagai anggota.

Perilaku bunuh diri menjadi salah satu masalah kesehatan mental yang serius, terutama di kalangan remaja. Media audiovisual dipilih sebagai sarana edukasi karena kemampuannya menyajikan informasi yang menarik dan mudah dipahami, terutama di kalangan remaja. Penelitian ini bertujuan untuk mengetahui pengaruh media audiovisual terhadap tingkat pengetahuan remaja dalam upaya pencegahan kasus bunuh diri. Metode penelitian kuantitatif dengan *quasi experimental* menggunakan teknik *one group pretest-posttest design*. Populasi sebanyak 411 siswa dengan sampel 16 siswa ditentukan menggunakan rumus federer. Pengumpulan data menggunakan kuesioner yang disebarkan sebelum dan sesudah intervensi. Hasil penelitian menunjukkan pengetahuan siswa sebelum pemberian edukasi melalui media audiovisual yang tertinggi pengetahuan cukup sebanyak 11 siswa (68,8%) dan yang terendah pengetahuan kurang sebanyak 2 siswa (12,4%). Sesudah pemberian edukasi melalui media audiovisual yang tertinggi pengetahuan baik sebanyak 13 siswa (81,3%) dan yang terendah pengetahuan cukup sebanyak 3 siswa (18,7%). Hasil penelitian menunjukkan peningkatan pengetahuan siswa, dengan nilai rata-rata 56,22 (pre-test) menjadi 82,89 (post-test). Hasil uji statistik menunjukan nilai signifikan (p=0,000). Kesimpulan terdapat pengaruh media audiovisual terhadap tingkat pengetahuan remaja dalam upaya pencegahan kasus bunuh diri. Saran diharapkan hasil penelitian ini dapat digunakan sebagai referensi pengembangan ilmiah di lembaga akademis, dan diharapkan pihak sekolah lebih memperhatikan juga memberikan dukungan kepada siswa-siswi yang mengalami masalah kesehatan mental.

Kata Kunci : Audiovisual, Pengetahuan Remaja, Pencegahan Bunuh Diri, Kesehatan Mental