

THE EFFECT OF GROUP GUIDANCE USING INDIRECT MODELING TECHNIQUES BASED ON SHORT FILMS TO INCREASE AWARENESS OF THE RISKS OF EARLY MARRIAGE

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Abstract

This study aims to determine the effect of group counseling using the indirect modeling technique based on short films to increase awareness of the risks of early marriage among adolescents. The research method used is quantitative with a one-group pretest-posttest design. The subjects of this study were junior high school students who showed low awareness regarding the negative impacts of early marriage. The intervention was conducted through several group counseling sessions, where students were shown short films containing moral messages and real-life situations that reflect the adverse effects of early marriage. The data were analyzed using descriptive statistics and t-tests to determine the significance of change before and after the intervention. The findings indicate a significant increase in students' awareness after participating in the group counseling. The use of short films in indirect modeling proved effective in helping students develop empathy, better understand the long-term risks of early marriage, and reflect on their own values and decisions. This study concludes that the implementation of group counseling with short-film-based indirect modeling techniques is an effective alternative approach to increase adolescents' awareness about the risks of early marriage. The results have implications for guidance and counseling services in schools as a preventive measure to reduce the trend of early marriage among teenagers.

Keywords: Group Counseling, Indirect Modeling, Short Film, Early Marriage, Adolescent Awareness

Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh bimbingan kelompok dengan teknik modeling tidak langsung berbasis film pendek terhadap peningkatan kesadaran risiko pernikahan dini pada remaja. Pendekatan penelitian yang digunakan adalah kuantitatif dengan desain pretest-posttest kelompok tunggal. Subjek penelitian adalah siswa SMP yang telah teridentifikasi memiliki persepsi rendah terhadap risiko pernikahan dini. Pelaksanaan bimbingan kelompok dilakukan dalam beberapa sesi dengan menggunakan film pendek sebagai media modeling yang menyajikan konsekuensi dari pernikahan dini secara naratif dan visual. Hasil analisis data menunjukkan adanya peningkatan signifikan dalam kesadaran risiko pernikahan dini setelah siswa mengikuti sesi bimbingan kelompok. Hal ini dibuktikan melalui perbandingan skor pretest dan posttest yang dianalisis menggunakan uji statistik yang relevan. Media film pendek terbukti efektif dalam menggugah empati dan pemahaman siswa terhadap dampak negatif pernikahan

dini, seperti putus sekolah, ketidaksiapan mental, dan masalah ekonomi. Kesimpulannya, teknik modeling tidak langsung berbasis film pendek dalam bimbingan kelompok merupakan metode yang efektif untuk meningkatkan kesadaran remaja terhadap risiko pernikahan dini. Intervensi seperti ini dapat dijadikan alternatif pendekatan preventif dalam layanan bimbingan dan konseling di sekolah Indonesia.

Kata kunci: *Bimbingan Kelompok, Modeling Tidak Langsung, Film Pendek, Pernikahan Dini, Kesadaran Risiko.*

INTRODUCTION

Early marriage remains a serious social problem in Indonesia, especially among teenagers. This phenomenon refers to the practice of marriage before individuals reach physical and emotional maturity. Although it has different cultural contexts, early marriage is generally caused by social, economic, and cultural pressures, as well as a lack of control over teenage social interactions. Based on data from UNICEF and BPS, Indonesia still has a high rate of child marriage, which mostly affects girls. From a legal perspective, the protection of children from early marriage is regulated in various regulations, such as the 1945 Constitution, the Child Protection Law, and the obligation of parents to prevent child marriage.

However, the implementation of these laws is often not optimal due to various factors, such as a lack of awareness among parents, low levels of education, and the strong influence of culture in some regions. The main causes of early marriage include promiscuity, pregnancy outside of marriage, and socio-economic and cultural factors. Teenagers who are unable to distinguish between healthy and unhealthy social environments and who lack parental supervision are vulnerable to this practice. In certain cultures, early marriage is even considered a form of prestige or family achievement, especially when accompanied by a high dowry, such as the tradition of “uang panai” in South Sulawesi.

Early marriage carries high physical and psychological risks. Teenage girls who become pregnant at a young age often experience pregnancy complications and even death. In addition, they are not mentally prepared to take on the roles of wife and mother, making them vulnerable to stress, domestic conflict, and divorce. Marriages that are built on early marriage are often disharmonious and marked by domestic violence. Although there are positive effects if it is intended for religious reasons and readiness, such as preventing promiscuity, in reality, most early marriages occur because of the urge to cover up shame or environmental pressure. As a result, adolescents lose the opportunity to continue their education, experience economic difficulties, and experience obstacles in their personal and social development.

In the context of guidance and counseling, short films can be an effective medium to raise awareness among teenagers about the dangers of early marriage. Short films are able to portray real conflicts, encourage self-reflection, and stimulate empathy through approaches from theories such as cognitive-behavioral, social-cognitive, humanistic, and

narrative. Through observing the characters in the film, adolescents can learn to recognize risks, form attitudes, and improve their mindset towards the issue of early marriage. From the results of a questionnaire given to 83 students at SMK Negeri 3 Pinrang, the majority showed sufficient understanding of the negative impacts of early marriage and the importance of education and counseling to prevent it. Most students also agreed on the need for educational media such as case-based modules and discussions with teachers and families to reduce the tendency toward early marriage. Thus, there is a need for innovative case-based premarital guidance media that is contextual and relevant to the lives of today's adolescents.

METHOD

This research method uses a quantitative approach with a quasi-experimental research design. Quasi-experimental research was chosen because the researcher could not fully control external variables that might affect the research results, but still provided treatment to the experimental group and compared it with the control group. The design used in this study was a Pre-test-Post-test Non-Equivalent Control Group Design. This research was conducted at SMK Negeri 3 Pinrang, located in Pinrang Regency, South Sulawesi. The location was selected purposively, considering that this school has problems related to the risk of early marriage among some of its students and is open to cooperation in implementing guidance programs. The research was conducted in the even semester of the 2024/2025 academic year, specifically between January and May 2025.

The population in this study was all 188 students in grades X and XI at SMK Negeri 3 Pinrang. The research sample was determined using simple random sampling to provide equal opportunities for all members of the population. From the sampling results, 70 students were randomly divided into two groups, namely 35 students as the experimental group and 35 students as the control group. The independent variable in this study was group counseling using indirect modeling techniques based on short films, which aimed to provide examples of behavior through visual presentations containing moral and educational messages. The dependent variable in this study was the risk of early marriage, which included aspects of students' knowledge, attitudes, and behavioral tendencies towards young marriage.

The data collection techniques in this study used two main methods, namely observation and questionnaires. Observations were conducted to monitor student involvement during group counseling sessions. Meanwhile, the main instrument used was a questionnaire on the risk of early marriage, which was compiled in the form of a Likert scale with four answer choices. This questionnaire includes indicators that represent the risk of early marriage, such as understanding the impact of early marriage, awareness of the importance of education, and perceptions of social norms. The questionnaire instrument was validated through two stages, namely content validation by experts (expert judgment) and field trials to measure empirical validity and reliability. Item validity was tested using item-total correlation analysis, while reliability was measured using Cronbach's Alpha formula. The test results showed that all questionnaire items had adequate validity and a

reliability value of $\alpha > 0.70$, which means that the instrument is reliable and suitable for use in research.

The data obtained were analyzed quantitatively using statistical software. Data analysis was conducted in two stages, namely descriptive and inferential statistical analysis. Descriptive statistics were used to determine the average score and percentage of early marriage risk before and after treatment. Meanwhile, inferential analysis used the t-test to determine the significant difference between the experimental and control groups. Previously, prerequisite tests in the form of normality and homogeneity tests were conducted to ensure that the data met the requirements for parametric testing. The decision criteria in the t-test used a significance level of 0.05. If the significance value is less than 0.05 (Sig. < 0.05), then H_0 is rejected and H_1 is accepted, which means that there is a significant effect of group guidance using indirect modeling techniques based on short films on reducing the risk of early marriage. With this method, it is hoped that valid and relevant findings can be obtained to develop effective interventions in efforts to prevent early marriage among school adolescents.

RESULTS AND DISCUSSION

This study aims to determine the effect of group counseling services using indirect modeling techniques based on short films on the risk of early marriage among students at SMK Negeri 3 Pinrang. Based on the results of the pretest conducted before the treatment, it was found that both the experimental group and the control group had a moderate level of risk of early marriage. The average pretest score for the experimental group was 71.40, while that for the control group was 70.95. This shows that the initial conditions of the two groups were relatively equal. After the experimental group was given treatment in the form of group counseling services using indirect modeling techniques through short films for six sessions, there was a significant decrease in the early marriage risk score. The average posttest score of the experimental group decreased to 60.25. In contrast, the control group, which was not given treatment, only experienced a small decrease, with an average posttest score of 69.85.

This difference indicates the effect of the treatment given. The t-test results for the posttest scores of the two groups showed a significance value of 0.003, which is smaller than the significance level of 0.05. Thus, it can be concluded that there is a statistically significant difference between the experimental group and the control group. This means that group counseling services using indirect modeling techniques based on short films are proven to be effective in reducing the risk of early marriage among students. In addition to quantitative analysis, findings from observations during service sessions show that students in the experimental group appeared active and enthusiastic in responding to the film's content. They showed emotional involvement and personal reflection on the characters and stories in the film, and were able to relate them to their own real lives. This reinforces the effectiveness of indirect modeling techniques in instilling values and influencing attitudes. Overall, the results of this study provide evidence that visual media-based interventions such as short films can be an innovative approach in guidance services

to reduce the risk of negative behaviors such as early marriage. Thus, this approach can be recommended as a preventive strategy in guidance and counseling services in school environments, especially at the vocational high school level.

DISCUSSION

This study aims to determine the effect of group guidance using indirect modeling techniques based on short films in increasing awareness of the risks of early marriage at SMK Negeri 3 Pinrang. This study uses a quasi-experimental approach with a Pre-test Post-test Non-Equivalent Control Group design, involving two groups, namely the experimental group and the control group. Each group was given a pretest and posttest to determine changes in the level of awareness of the risks of early marriage, with special treatment in the form of short film-based group guidance only given to the experimental group. The initial description shows that the level of awareness of the risks of early marriage among students in both groups was still moderate. Based on the pretest results, 34.28% of students in the experimental group were in the high category, while 65.72% were in the moderate category. In the control group, 25.72% were in the high category and 74.28% were in the moderate category. This shows that before the intervention, neither the experimental nor the control group had optimal awareness of the risks of early marriage. One student stated, "I used to think that getting married young was normal, but it turns out that there are many negative effects." (Olivia, X AKL).

After the intervention in the form of group guidance using indirect modeling techniques based on short films was given to the experimental group, there was a significant increase in awareness of the risks of early marriage. The post-test results showed that 82.86% of students in the experimental group were in the high category and 17.14% in the moderate category. In contrast, the control group experienced only a slight increase, with 45.71% in the high category and 54.29% in the medium category. One student said, "The film made me realize that my future could be hindered if I marry too early. I will focus more on my education." (Nur Safitri, X TKJ). A comparison of the pretest and posttest scores reinforced the impact of the intervention. The experimental group experienced an average increase from 162.49 to 175.06. Meanwhile, the control group only increased from 163.71 to 167.14. In other words, the experimental group successfully reached the high category in awareness of the risks of early marriage, while the control group remained in the moderate category. Another student said, "I like the way the guidance was delivered.

It's not like being advised, but more like a slap in the face." (Eva Aprilia, X MPLB). However, statistical prerequisite tests showed that the data obtained was not normally distributed and was not homogeneous. This was evidenced by the significance values of the normality test (Shapiro-Wilk) and the homogeneity test (Levene) which were below 0.05.

Therefore, hypothesis testing was performed using the Mann Whitney nonparametric test. The results of this test showed a significant difference between the experimental and control groups with a significance value of 0.000 ($p < 0.05$), so H_0 was rejected and H_1

was accepted. During the guidance process, the students' response to this activity was very positive. Many students admitted that they better understood the negative impacts of early marriage after participating in this activity. "This activity made me more open to discussing with my friends, and we became concerned about the future because of early marriage," said Nur Syafira from class XI AKL.

Overall, the results of this study indicate that the application of group guidance using indirect modeling techniques based on short films can be an effective strategy in increasing students' awareness of the risks of early marriage. By presenting visual content that evokes students' emotions and thoughts, this method is able to reach students in a more personal and profound way. As stated by Erlin Arruan Pailin (XI TKJ), "I feel that this activity is very useful. I now know that getting married young is not a solution and there are still many things to achieve in my teenage years." Thus, it can be concluded that group guidance using indirect modeling techniques based on short films has a positive and significant impact on increasing students' understanding and awareness of the importance of delaying early marriage and focusing on self-development in adolescence.

CONCLUSION

The results of this study indicate that group guidance using indirect modeling techniques based on short films has a significant effect on increasing students' awareness of the risks of early marriage. The experimental group experienced a higher score increase compared to the control group, both descriptively and through statistical tests. The use of short films as a guidance medium has been proven to be able to touch on the emotional and cognitive aspects of students. The film showed the real impacts of early marriage, such as dropping out of school and economic pressure, making it easier for students to understand and reflect on these risks.

From the statistical test results using Mann Whitney, a significance value of 0.000 was obtained, indicating a significant difference between the experimental group and the control group. This reinforces the conclusion that indirect modeling techniques based on short films are effective for use in guidance services in schools. Overall, group counseling using short films can be an effective alternative educational strategy to prevent early marriage. These findings are expected to serve as a reference for guidance counselors and education practitioners in designing more creative, contextual, and impactful services for student development.

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