



The Effectiveness of Classical Tutoring Services Using Cinematherapy Techniques In An Effort To Provide Information Regarding Early Marriage To Students of SDN Duren Probolinggo

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Abstract

This study aims to find out how effective classical guidance services are in providing information regarding early marriage to students of SD Negeri Duren, Probolinggo Regency. This research is a pre-experimental research, with one group pre-test – post-test design. Test the hypothesis using the Wilcoxon Signed Rank Test with the help of IBM SPSS statistics 25 for windows. Based on data analysis, the results obtained sig. 2 tailed by 0.012 which is less than 0.05. So it can be concluded that the hypothesis is accepted, that is, there is a difference in the use of the Classical Guidance service model with Cinematherapy techniques for SD Negeri Duren students in increasing information about the phenomenon of early marriage. This study shows that the use of the Classical Guidance service model with Cinematherapy techniques effective in increasing understanding of the phenomenon of early marriage in SD Negeri Duren, Probolinggo Regency.

Kata Kunci

Bimbingan klasikal, cinematherapy, pernikahan dini

Abstrak

Penelitian ini bertujuan untuk mengetahui seberapa efektif layanan bimbingan klasikal dalam pemberian informasi terkait pernikahan dini pada peserta didik SD Negeri Duren Kabupaten Probolinggo. Penelitian ini merupakan *pre-experimental research*, dengan *one group pretest-posttest design*. Uji hipotesis menggunakan Uji Wilcoxon Signed Rank Test dengan bantuan IBM SPSS statistik 25for windows. Berdasarkan analisa data, diperoleh nilai Hasil sig. 2 tailed sebesar 0,012 yang dimana lebih kecil dari 0,05. Sehingga dapat disimpulkan bahwa hipotesis diterima, yaitu terdapat perbedaan penggunaan model layanan bimbingan klasikal dengan teknik *cinematherapy* pada peserta didik SD Negeri Duren dalam meningkatkan informasi mengenai fenomena pernikahan dini. Penelitian ini menunjukkan bahwa penggunaan model layanan bimbingan klasikal dengan teknik *cinematherapy* efektif dalam meningkatkan pemahaman fenomena pernikahan dini pada peserta didik SD Negeri Duren Kabupaten Probolinggo.

A. Introduction

Background

Marriage is a form of attachment between individuals and other individuals on the basis of feelings of mutual liking for one another or with various things that have been mutually

agreed upon, especially concerning future life, such as visions or life goals. Every individual has desires and needs that want to be fulfilled. The need or desire that an individual has can be in the form of happiness, so that it becomes one of the goals of the individual to get married. Marriage must be based on the beliefs of each individual, without coercion from any party. Individuals who marry because of demands can disturb their mental condition because marriage can be said to be long-term, so careful considerations are needed. In addition, the physical and emotional condition of the individual also affects marriage. The physical condition of an individual before reaching the ideal age target for marriage is still said to be immature or immature, as well as the emotions that are possessed are still unstable, so that it can cause problems both during marriage and future household life. The female sex has an ideal age of marriage which ranges from 21-25 years, while the male sex is 25-28 years old (Fatmawati et al., 2019).

According to Rostami, Saadati & Navvabinejad (2016), marriage is considered a basic right and human nature, contains certain rules and following them brings satisfaction (Shams, 2018). Global campaigns to end “child marriage” which is defined as marriages under the age of 18 that greatly affect girls and young women, have emerged over the last decade (Schaffnit et al., 2019). Marriage of children under the age of 18 is widely recognized in international human rights treaties as a dangerous and discriminatory global practice (Arthur et al., 2018).

Child marriage is interpreted as marriage carried out before the age of 18, both formal and informal marriages, where children live with married partners (Shahi et al., 2019). Marriages under the age of 18 occur every day, around 25,000 new marriages worldwide (Shahi et al., 2019). Child marriage can cause risks to maternal health, encourage HIV/AIDS, domestic and sexual violence, as well as take away childhood and the future (Shahi et al., 2019). Child marriage is not beneficial for girls because they are more likely to give birth to children after they are physically ready (Shahi et al., 2019). Around 70,000 young brides die from complications of pregnancy or childbirth, so early marriage is considered a death sentence (Shahi et al., 2019).

Research conducted by Shahi et al. (2019) stated that 1% of poverty was the cause of early marriage and the majority of 69% stated that child marriage occurred because marriage was based on love, 47% were cultural influences, and 31% were due to family pressure (Shahi et al., 2019). This information is significantly related to the educational status of women (Shahi et al., 2019). The results of Shahi's research differ from research conducted by UNICEF in that child marriage has a strong effect on the physical, intellectual, psychological, cutting off educational opportunities and personal opportunities in its growth, it is also stated that the socio-economic impact causes the consequences of early marriage (Shahi et al., 2019).

According to the United Nations (UN) Human Rights Commission, early marriage is a violation of human rights that is detrimental and includes sexual violence (Agege et al., 2020). According to Mangeli, early marriage and motherhood are health challenges which are the main focus in developing countries, also affecting mothers, children, families and communities, so that the causes and predisposing factors must be explored (Agege et al., 2020). UNICEF acknowledges that the number of girls suffering from early marriage is quite good (Agege et al., 2020). Around 20-50% of girls marry at the age of 18 in developing

countries and in Sub-Saharan Africa and South Asia the ratio is higher, then girls are usually forced to marry men who are older than them (Agege et al., 2020). Early marriages or even forced marriages involving the bride are seen as inexperienced because of age by the husband which can result in communication gaps and brutality on the part of the husband towards the woman in the marital relationship (Agege et al., 2020).

Children living in early marriages experience victimization because they are deprived of their childhood rights. Individuals face responsibilities equal to adults, experience role changes without experiencing childhood, and also lose the right to obtain education (Yilmaz & Toy, 2021). Responsibilities under marriage create a heavy burden for children, causing individuals to face various problems, both personally and in married life (Aslan, 2019).

Teenagers do not yet have emotional and thought maturity (Luhung et al., 2018). Unstable emotions can lead to problems in the family and the risk of divorce due to immature thinking maturity (Luhung et al., 2018). The causes of early marriage are very classic, namely: economy/poverty; culture; environment/ and community habits (Luhung et al., 2018). According to Santrock (2003), adolescence is a transitional period with one of its characteristics being achieving mature relationships with peers (Syahril et al., 2020). This is considered important for adolescents because it introduces adolescents to share attitudes, work together, help others who as a whole are able to improve the development of their prosocial behavior (Syahril et al., 2020).

Currently, almost some individuals are married below the ideal age target for marriage, even in some areas making early marriage a culture. In both urban and rural areas, many students engage in early marriage (Priyanti, 2021). According to the 2020 East Java population survey data, Probolinggo Regency has a population of 239,649 people with a more productive age population, which ranges from 15-64 years of age which reaches 69.40 percent (Central Bureau of Statistics, 2021). In 2017, the percentage of women in East Java aged 10 years and over who were married underage (less than 17 years) by Probolinggo Regency reached 39.78 percent and decreased to 37.67 percent. The percentage of female residents who are married under age has increased again in 2019 to reach 39.31 percent. Based on these results, it is known that Probolinggo Regency ranks third highest out of all districts/ cities in East Java Province for women who marry underage (less than 17 years old).

The culture of early marriage in Probolinggo Regency is something that the community believes in. The people of Probolinggo Regency believe that women who have entered puberty must prepare themselves to get married soon. This belief is also found in Partha's research (2018) which states that there is a parental principle that encourages girls at puberty to get married quickly (Partha, 2018), even though in the early teens they still have to learn to control their emotions and thoughts. This assumption is further supported by the belief that women who do not get married soon will become spinsters (Nusuki & Pratiwi, 2021).

Most of the people also still believe in the absolute difference in roles between men and women, that men should provide a living and women are obliged to conceive, give birth, and breastfeed, so there is no other choice but to hasten to get married even though they have not yet entered adulthood. Low education can be one of the factors causing an increase in early marriages because the higher the education, the knowledge gained about the nature, benefits, and how to overcome problems in life after marriage is also wider. Not only that, economic

conditions motivate individuals to carry out early marriages, both the low economic conditions of the parents which cause their daughters to immediately get a decent life from their husband's living or it can also be that the high economy they have is considered stable, even though stability in life not only about finances. The last is the matchmaking factor which is still applied by certain families, so that marriage is not based on the wishes of a child, but rather the wishes of the parents.

Guidance is generally considered a form of direction given to individuals to help them make decisions about the life they are currently living and their future life (Hristov & Kostadinov, 2022). Good guidance can help individuals achieve their targets (Hristov & Kostadinov, 2022). According to Karaman, Eýici, Tomar & Aliyev (2021), when guidance and counseling are not given properly, some students lose their educational focus and allow them to engage in bad habits such as substance abuse, skipping lessons, dropping out of school, and many other things that lead to failure in life (Hristov & Kostadinov, 2022). Guidance programs can help students make important choices and make profitable changes in their lives (Hristov & Kostadinov, 2022).

According to Gysbers & Anderson (2012), comprehensive guidance and counseling contains a program arrangement with special planning, distribution, and coordination for guidance and counseling activities based on the needs of students, schools, and society (Safitri & Wangid, 2022). Guidance and counseling services can be carried out directly or with the help of the media (Safitri & Wangid, 2022). Media aims to help counselors so that the information conveyed is more interesting, so that students are able to receive it faster and have a wider reach (Safitri & Wangid, 2022). According to Hatunoýlu and Hatunoýlu (2006), guidance and counseling services support individuals to make the right choices in their lives and adapt to the environment in which they live (Saglam et al., 2021). Showing respect for individual differences is important in implementing guidance and counseling services. Students and their needs become central in guidance and counseling services, supported by the cooperation of counselors together with administrators, teachers, parents and other school staff members if necessary (Hatunoęlu, 2021).

Guidance and counseling can enter and play a role as a bridge in dealing with the phenomenon of early marriage that occurs in the Probolinggo Regency. The role of the counseling teacher in providing appropriate services certainly requires an assessment of community needs. One of the services that can be applied is personal-social services because early marriage is related to the condition of the individual himself physically, psychologically, and emotionally as well as the condition of the relationship between the individual and other individuals. Of the various forms available, classical guidance will allow it to be applied in class according to the number of students in the class. Classical Guidance is a form of assistance provided by the counseling teacher to students with the aim that students are able to understand the phenomena of the problems that occur, so as to find a deeper understanding of these phenomena.

There are several strategies that can be given to students including Project-Based Learning and Problem-Based Learning. According to Maburoh (2019), Project-Based Learning is a learning model that is based on challenging questions or a problem that involves students to solve problems and ultimately produce a work product of value. In his

research, the application of the Project-Based Learning strategy has increased the critical thinking skills of students before and after being given to students. Meanwhile, strategies or approaches through Problem-Based Learning can encourage students to think quickly and critically about the problems they are currently facing. Not only that, from the provision of information provided by counseling teachers in Classical Guidance services, it is hoped that it can become new insights for students. In addition to Problem-Based Learning, Cinematherapy techniques can be an alternative strategy whose application is easier to understand because students will demonstrate directly according to the scenario formed by the counseling teacher. Based on the existing problems, the Problem-Based Learning strategy is more suitable to be applied in an effort to provide information related to early marriage.

Cinematherapy techniques can be an alternative to Classical Guidance services whose application is easier to understand because students will demonstrate directly according to the scenario formed by the counseling teacher. The Cinematherapy technique is a short assistance method because it facilitates fast personal and therapeutic understanding between counselor and counselee (Arjoni et al., 2019). According to Dermer & Hutchings (2000), Cinematherapy is a technique that uses film as an intervention and describes it as an indirect approach process, which can be applied to deal with various problems (Arjoni et al., 2019). The choice of Cinematherapy as a technique in providing this service is based on research by Ariyanto & Tanto (2021) which reveals that most children do not find it difficult to use technology in learning, and using technology will make the delivery of message content or stories more innovative.

Films serve to educate clients, normalize and reframe problems, and expand ideas (Charles et al., nd). It is necessary to pay attention to the selection of films according to the theme and choose them so that the films touch the client's understanding (Charles et al., nd). Marsick suggests that films are selected based on: a) effective characters, b) content that is appropriate to the problem, c) the client enjoys the film, d) problem-solving characters, e) indirect message, and f) the spirit or inspiration of the theme (Charles et al., nd). The stages of cinema therapy according to Dermer and Hutchings are the Assessment Stage, namely the stage of finding a film that is suitable for its purpose, the Implementation Stage, namely preparing appropriate film footage and preparing rational reasons for watching the film, the Debriefing Stage, which is the stage of discussing thoughts and feelings in a film that is beneficial to the public students (Charles et al., nd). In line with this, according to Septianti & Hafidz, (2021) film is a medium for reflection, imitating or imitating stories to educate the audience, especially children aged 4-6 years. Based on the explanation regarding the condition of the phenomenon of early marriage in Probolinggo Regency which has been explained, the researcher intends to make classical guidance services effective in providing information related to early marriage to students of SD Negeri Duren, Probolinggo Regency using Problem-Based Learning techniques and Cinematherapy techniques.

Research Purposes

Knowing how far the influence of the use of the Classical Guidance service model in increasing understanding of the information provided about early marriage to students of SD Negeri Duren, Probolinggo Regency.

Research Hypothesis

There is an effect of using the Classical Guidance service model in an effort to provide information regarding early marriage to students of SD Negeri Duren, Probolinggo Regency. There is no effect of using the Classical Guidance service model in an effort to provide information related to early marriage to students of SD Negeri Duren, Probolinggo Regency.

B. Methodology

Types of research

The type of research used is quantitative research. The experimental research design used was the One group pretest posttest design, where in its application the researcher gave a pre-test first and then did the treatment and then gave a post-test. Therefore, the results of the treatment will be known by looking at the comparison table between the scores before and after the test. This will show whether the treatment given is the application of providing information related to early marriage with classical guidance on problem based learning techniques and cinematherapy techniques to increase knowledge of the phenomenon of early marriage in class IV and V SD NEGERI DUREN.

Population and Sample

The population of this study were all students of class IV AND V SD NEGERI DUREN. The sample is part of the population that has the same properties and characteristics as the population to be sampled in a study. In this study to determine the sample will use a purposive sampling technique where this technique is used to collect samples with certain considerations. Subject selection was based on the criteria of being registered as fourth and fifth graders at SD NEGERI DUREN Probolinggo, as well as fourth and fifth grade students who were willing to take part in the Classical Guidance training process from start to finish. Subjects aged 5-10 years with 4 students male subjects and 4 female students. The final result, the total number of subjects is 8 students.

Table1. Demographic characteristics details of respondents

| Demographic Characteristics | | | | |
|-----------------------------|------|--------|-------|-------|
| Count | | Gender | | Total |
| | | Man | Woman | |
| Age | 5-10 | 4 | 4 | 8 |
| Total | | 4 | 4 | 8 |

Research Instruments

This study uses a questionnaire as a measuring tool. The questionnaire was made using a Likert scale, in which there are five response options in the form of the following sentences: Very suitable (SS), Suitable (S), Neutral (N), Not suitable (TS), and Very inappropriate (STS).

Validity and Reliability Test

1. Validity test

Researchers conducted a validity test by distributing questionnaires to 10 students. This validity test uses statistical calculations using SPSS version 25. Based on the results of calculations at a significance level of 5%, it is obtained $r_{table} = 0.632$ from $n = 10$. Based on the results of the validity of the questionnaire understanding of early marriage, there are 12 statement items, and 12 items are valid.

2. Reliability Test

Reliability testing was carried out by researchers using SPSS Version 25, namely Alpha Cronbach. The results of the reliability test are as follows:

Table2. Reliability Test Results

| Reliability Statistics | |
|------------------------|------------|
| Cronbach's Alpha | N of Items |
| .954 | 10 |

Based on these results, then $r_{count} = 0.954$ is greater than $r_{table} = 0.632$. It can be concluded that the instrument of this research is reliable.

Data analysis technique

This study uses pre-experimental research data analysis, with one group pretest-posttest design. So the researchers used the available statistical methods. This study uses nonparametric statistics, especially the Wilcoxon test, because the data type is ordinal and the sample size is small. In addition, comparisons must be made before and after giving treatment, namely before and after cinematherapy is carried out. In data analysis, SPSS version 25. Stages in the Wilcoxon test with SPSS.

C. Result and Discussion

1. Results

a. Initial Measurement Results (Pre Test)

In this stage, the authors present the initial data before treatment is given to the subject. This initial data was obtained after distributing a questionnaire on understanding early marriage to all fourth and fifth graders of SD NEGERI DUREN which had been validated beforehand, this was done to determine the initial condition of the research subject. The results of the pre-test questionnaire, there are three categories, namely high, medium and low. The following is the determination of students' understanding of early marriage categories:

- a. Height category: 42 and above
- b. Medium category : 10 to 41.5
- c. Low category: 9.5 and below

In the results of the pre-test that has been carried out, there are 7 students who have a moderate level of understanding of early marriage information, and 1 student who has a high

level of understanding of early marriage information. Students who have a moderate level of understanding of early marriage information are students who have knowledge related to information from early marriage, both from the meaning, causes, and impacts of early marriage, it can be seen from the answers to each statement item that has been provided. Meanwhile, students who have a high level of understanding of early marriage information are students who have a higher understanding of early marriage information. The pretest results can be seen in the following table:

Table3. Pre-Test Results

| NO | Name | TOTAL | Category |
|----|------|-------|-----------|
| 1 | AHA | 14 | Currently |
| 2 | AF | 14 | Currently |
| 3 | MKF | 35 | Currently |
| 4 | DPAN | 13 | Currently |
| 5 | MA | 26 | Currently |
| 6 | MLU | 13 | Currently |
| 7 | MFA | 38 | Currently |
| 8 | AMAD | 56 | Tall |

b. Final Measurement Results (Post Test)

After doing treatment in the form of applying classical guidance to 7 research subjects, the subjects were then asked to fill out a questionnaire. The questionnaire that the subject will fill out is the same questionnaire when filling out the pretest. The purpose of filling out the posttest questionnaire was to determine whether the subject experienced a change after being given 2 treatments of classical guidance, namely problem-based learning and sociodrama techniques. The results of the post-test level of knowledge of early marriage information can be seen in the following table:

Table 4. Post-test Results

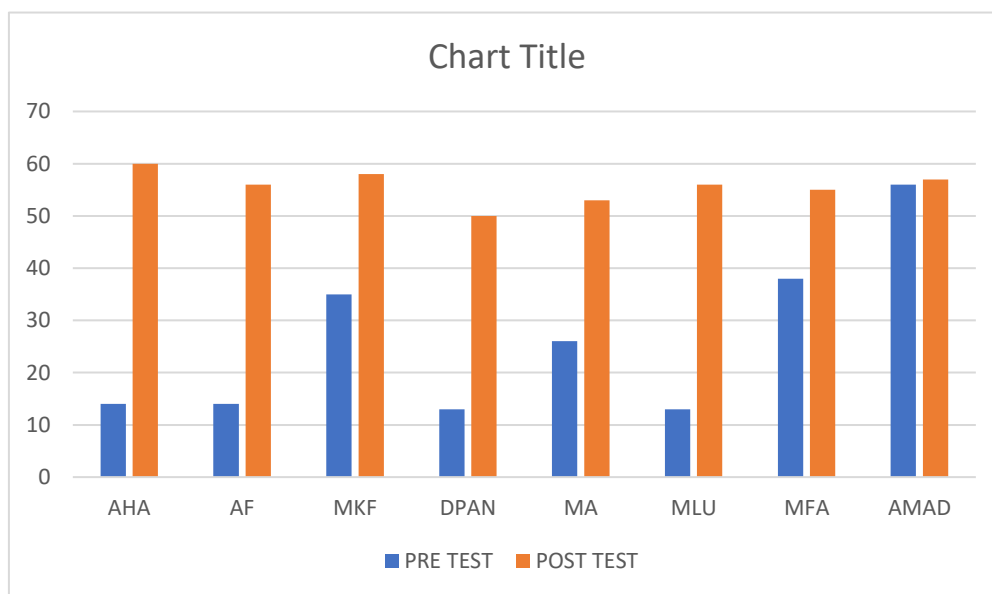
| No | Name | Total | category |
|----|------|-------|----------|
| 1 | AHA | 60 | TALL |
| 2 | AF | 56 | TALL |
| 3 | MKF | 58 | TALL |
| 4 | DPAN | 50 | TALL |
| 5 | MA | 53 | TALL |
| 6 | MLU | 56 | TALL |
| 7 | MFA | 55 | TALL |
| 8 | AMAD | 57 | TALL |

c. Analysis of Research Results

After seeing the results of the pretest and posttest scores, the next step is to compare the scores between the pre-test and post-test. Then to find out the results of the comparison, non-

parametric statistics were used, namely the Wilcoxon test with the help of the SPSS Version 25 application. After the treatment, there was a comparison of scores between the pre-test and post-test by the subject. The results of the analysis can be seen from the following diagram:

Table5. Comparative Analysis of Pre-test and Post-test



Based on the diagram above, it can be stated that there was an increase in the value before and after being given treatment. After that, whether or not there is an influence from the treatment given, the Wilcoxon test is carried out using SPSS Version 25. The results of the Wilcoxon test analysis can be seen in the following table:

Table 6. Wilcoxon Signed Rank Test

| Test Statistics | |
|-------------------------------|---------|
| posttest – pretest | |
| Z | -2.521b |
| asympt. Sig. (2-tailed) | .012 |
| a. Wilcoxon Signed Ranks Test | |
| b. Based on negative ranks. | |

Based on the table above, it can be seen that the value of sig. 2 tailed is 0.012 which is smaller than 0.05. So it can be concluded that the hypothesis is accepted, namely that there is an effect of using the classical guidance service model on the students of SD Negeri Duren in increasing information about the phenomenon of early marriage.

2. Discussion

The application of classical guidance services with problem based learning techniques and cinematherapy techniques to improve understanding of the phenomenon of early marriage in fourth and fifth grade students of SD NEGERI DUREN is a type of pre-experimental design in the form of one group pretest posttest design. This form of design asks the subject to do an initial test, namely the pretest, then after the treatment the subject

receives a new test called the post-test with the aim of measuring whether the subject experiences changes before and after treatment.

This study involved all grade students in grades IV and V SD NEGERI DUREN because students have the readiness to accept understanding related to the phenomenon of early marriage. After conducting a pretest on all students, it was found that 7 students with moderate scores and 1 student with a high score were included in the category of understanding early marriage. These students were given therapy in the form of applying classical guidance services, problem based learning techniques and cinematherapy techniques, the aim of which was to improve understanding the phenomenon of early marriage. This research was conducted in the form of guidance with 8 research subjects, in line with the Guidance and Counseling Operational Guidelines (POP BK). The students who were the subjects of this study were all fourth and fifth graders of SD NEGERI DUREN.

At the beginning of the treatment, the subjects felt confused because they had never done classical guidance activities. The subject also looks silent and tends to be passive in giving opinions because there is no good relationship between the counselor and the subject. But over time, the subjects got used to it even in the treatment session they became active in giving opinions or responses.

At the first meeting we used classical guidance services with problem based learning techniques. The main topic at the first meeting was "Recognizing the Definition, Causes, and Impacts of the phenomenon of early marriage". In this case, the subject is given a film where in the film there are several problems from the phenomenon of early marriage. After seeing the film, the subjects were invited to analyze the problems that occurred and the solutions.

At the second meeting we used classical guidance services with cinematherapy techniques. The main topic at the second meeting was "Identify Prevention of the phenomenon of early marriage for yourself". On this occasion the subjects were divided into 2 groups, namely the pros and cons of early marriage, then each group was given the opportunity to share roles and prepare themselves. After that, each group plays cinematherapy which the other group analyzes. After all groups appear, the last thing is to give a conclusion from the activities that have been carried out.

After the treatment is given, the subject will be given another questionnaire. The questionnaire that the subject will fill out is the same questionnaire when filling out the pretest. The purpose of filling out the posttest questionnaire was to determine whether the subject experienced a change after being given 2 treatments of classical guidance, namely problem-based learning and cinematherapy techniques. The results of the posttest showed that there was an increase in the treatment that had been applied to students, corroborated by the Wilcoxon test results that the sig. 2 tailed is 0.012 which is smaller than 0.05. So it can be concluded that the hypothesis is accepted, namely that there is an effect of using the classical guidance service model on students of SD Negeri Duren in increasing information about the phenomenon of early marriage.

D. Conclusion

This study was conducted to improve understanding of the phenomenon of early marriage by applying classical guidance services with problem based learning techniques and

cinematherapy techniques for students IV and V SD NEGERI DUREN with 8 students as subjects. Students who were selected as subjects underwent 2 meetings and at the first meeting the subjects were given classical guidance services with problem based learning techniques, namely by presenting a problem in a video and analyzed together, then at the second meeting the subjects were given classical guidance services with cinematherapy techniques. The results obtained for 8 subjects showed an increase in scores between before and after being given treatment. This is reinforced by the results of the calculation of the average pretest and posttest, namely 26.2 and 55, 7 shows an increase of 29.5 and is strengthened by the results of a non-parametric statistical test, namely the Wilcoxon test using the help of the SPSS version 25 application. under H_0) = 0.012. If the determination of (error level) of 5% is 0.05 then $0.012 < 0.05$ so it can be concluded that H_0 is rejected and H_a is accepted, so it can be concluded that the application of classical guidance services with problem based learning techniques and cinematherapy techniques can improve understanding of the phenomenon. early marriage in grade IV and V SD NEGERI DUREN. The results of the analysis show that with the provisions of $N = 9$ and $x = 0$ (z), then we get (possible price below H_0) = 0.012. If the determination of (error level) of 5% is 0.05 then $0.012 < 0.05$ so it can be concluded that H_0 is rejected and H_a is accepted, so it can be concluded that the application of classical guidance services with problem based learning techniques and cinematherapy techniques can improve understanding of the phenomenon. early marriage in grade IV and V SD NEGERI DUREN. The results of the analysis show that with the provisions of $N = 9$ and $x = 0$ (z), then we get (possible price below H_0) = 0.012. If the determination of (error level) of 5% is 0.05 then $0.012 < 0.05$ so it can be concluded that H_0 is rejected and H_a is accepted, so it can be concluded that the application of classical guidance services with problem based learning techniques and cinematherapy techniques can improve understanding of the phenomenon. early marriage in grade IV and V SD NEGERI DUREN.

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