

ABSTRAK

Maura Fenika Putri. 2026. *Pengembangan Media Board Game Journey To Kasampurnaan Urip Berbasis Serat Centhini Untuk Meningkatkan Kesadaran Pendidikan Seksual Pada Remaja*. Skripsi. Program Studi Bimbingan dan Konseling, FKIP, Universitas PGRI Madiun. Pembimbing (I) Dr. Noviyanti Kartika D, M.Pd., Kons., (II) Dr. Diana Ariswanti Triningtyas, S.Pd., M.Psi.

Pendidikan seksual merupakan salah satu aspek penting dalam perkembangan remaja untuk membentuk pemahaman, sikap, dan perilaku yang bertanggung jawab terhadap kesehatan reproduksi dan relasi sosial. Namun, penyampaian pendidikan seksual di lingkungan sekolah masih menghadapi berbagai kendala, seperti terbatasnya media pembelajaran yang menarik, anggapan bahwa seksualitas merupakan topik yang tabu, serta rendahnya keterlibatan remaja dalam layanan bimbingan dan konseling. Oleh karena itu, diperlukan inovasi media pembelajaran yang mampu menyampaikan materi pendidikan seksual secara interaktif dan sesuai dengan nilai budaya lokal. Penelitian ini bertujuan untuk mengembangkan media *Journey to Kasampurnaan Urip* berbasis Serat Centhini yang layak, praktis, dan efektif dalam meningkatkan pendidikan seksual pada remaja. Penelitian menggunakan metode Research and Development (R&D) dengan model ADDIE yang meliputi tahap analysis, design, development, implementation, dan evaluation. Produk divalidasi oleh ahli media, ahli bimbingan dan konseling, serta praktisi (Guru BK), kemudian diujicobakan kepada remaja. Pengumpulan data dilakukan melalui angket validasi, angket respons pengguna, serta tes pre-test dan post-test. Data dianalisis menggunakan analisis deskriptif kuantitatif untuk menentukan tingkat kelayakan media dan Paired Simple t-Test untuk menguji efektivitas media. Hasil penelitian menunjukkan bahwa media *Journey to Kasampurnaan Urip* berbasis Serat Centhini memperoleh kategori sangat layak berdasarkan hasil validasi ahli media, ahli bimbingan dan konseling, serta praktisi setelah dilakukan revisi sesuai saran validator. Respons pengguna menunjukkan bahwa media mudah digunakan, menarik, dan mampu meningkatkan partisipasi remaja selama layanan berlangsung. Hasil uji efektivitas menunjukkan adanya peningkatan skor pendidikan seksual remaja setelah menggunakan media, yang ditunjukkan oleh perbedaan signifikan antara hasil pre-test dan post-test. Dengan demikian, media *Journey to Kasampurnaan Urip* berbasis Serat Centhini dinyatakan layak, praktis, dan efektif sebagai media layanan bimbingan dan konseling untuk meningkatkan pendidikan seksual pada remaja.

Kata Kunci : Board game, Serat Centhini, pendidikan seksual, remaja

ABSTRACT

Maura Fenika Putri. 2026. *Development of Journey to Kasampurnaan Urip Media Based on Serat Centhini to Increase Sexual Education Awareness in Adolescents*. Thesis. Guidance and Counseling Study Program, FKIP, Universitas PGRI Madiun. Advisor Dr. Noviyanti Kartika D, M.Pd., Kons., Co-Advisor Dr. Diana Ariswanti Triningtyas, S.Pd., M.Psi.

Key Terms : board games, Serat Centhinis, sexual education, teenagers

Sexual education is one of the important aspects of adolescent development to form understandings, attitudes, and behaviors that are responsible for reproductive health and social relationships. However, the delivery of sexual education in the school environment still faces various obstacles, such as limited learning media that is interesting, the assumption that sexuality is a taboo topic, and the low involvement of adolescents in guidance and counseling services. Therefore, learning media innovations that are able to deliver sexual education materials interactively and in accordance with local cultural values are needed. This research aims to develop Journey to Kasampurnaan Urip media based on Serat Centhini that is feasible, practical, and effective in improving sexual education in adolescents. The research uses the Research and Development (R&D) method with the ADDIE model which includes the stages of analysis, design, development, implementation, and evaluation. The product was validated by media experts, guidance and counseling experts, and practitioners (BK teachers), then tested on adolescents. Data collection was carried out through validation questionnaires, user response questionnaires, and pre-test and post-test tests. The data were analyzed using quantitative descriptive analysis to determine the feasibility level of the media and the Paired Simple t-Test to test the effectiveness of the media. The results of the study show that the Journey to Kasampurnaan Urip media based on Serat Centhini obtained a very feasible category based on the results of validation of media experts, guidance and counseling experts, and practitioners after revisions were made according to the validator's suggestions. User responses show that the media is easy to use, engaging, and able to increase youth participation during the service. The results of the effectiveness test showed an increase in adolescent sexual education scores after using the media, which was shown by a significant difference between the pre-test and post-test results. Thus, the Journey to Kasampurnaan Urip media based on Serat Centhini is declared feasible, practical, and effective as a medium of guidance and counseling services to improve sexual education in adolescents.