Communication Education for Teenagers to Strengthen Self-Concept in Avoiding Promiscuity

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Abstract
Adolescence is a complex transition period, marked by moral challenges such as the increasing prevalence of promiscuity due to technology and global culture. This study highlights communication education based on Islamic values as a preventive approach to strengthen teenagers' self-concept. Through interactive workshops and panel discussions, the program at Masjid Besar Lembang raised awareness among teenagers about the importance of interpersonal communication, self-control, and pre-marital education. Evaluation results show an increase in teenagers' understanding of self-concept in accordance with Islamic teachings, effective communication, and the negative impact of promiscuity. This program contributes to the development of a morally and intellectually resilient youth generation, while emphasizing the importance of collaboration between family, school, and religious communities for such initiatives.

Keywords: Communication Education, Islamic Values, Self-Concept, Promiscuity, Pre-Marital Education

1. Introduction

Adolescence is a complex transition period, where the formation of self-concept becomes crucial. Islamic teachings emphasize the importance of morals and communication in building a resilient personality. However, technological advancements and the culture of promiscuity often present significant challenges. Communication education based on religious values can serve as an effective solution to equip adolescents in avoiding negative influences from their social environment. Adolescents involved in the Masjid Besar Lembang Youth Community (*Remal*) are part of the young population in Lembang, an area with potential for tourism, agriculture, and creative economy development. However, the progress of information technology and the openness of global culture present major challenges. Adolescents in Lembang face a cultural dilemma that often contradicts religious values. The phenomenon of promiscuity, including dating beyond acceptable limits, has increased, as reported in a survey conducted by the National Population and Family Planning Board (Badan Kependudukan dan Keluarga Berencana Nasional, 2021), which shows that 21% of adolescents experience out-of-wedlock pregnancies.

Masjid Besar Lembang has become a center for religious activities, but educational activities based on communication and religious values have not been structured to address social issues such as promiscuity. Based on interviews with mosque administrators and community leaders, most adolescents around the mosque lack understanding of the negative impacts of promiscuity and have low awareness of the importance of pre-marital education. Promiscuity has become a major challenge in adolescent character formation today. Behaviors like unhealthy dating contribute to an increase in adolescent pregnancies in Indonesia, with significant impacts on their physical and psychological

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health. Furthermore, permissive social environments towards risky behaviors often erode moral values, particularly among adolescents who lack strong religious foundations.

The importance of pre-marital education as a preventive step against moral degradation cannot be ignored. Pre-marital education based on religious values provides an understanding of how to socialize responsibly, thereby reducing the risks of promiscuity and its consequences. This education includes equipping adolescents with interpersonal communication skills, self-control, and understanding the long-term consequences of unhealthy relationships. In today's context, digital platforms also play an important role in adolescents' social interaction patterns. Social media often serves as a means to form risky relationships, so education based on values should also include ethical guidance in using digital media.

The current situation underscores the urgency of enhancing educational programs that teach religious values while providing relevant communication skills. In this context, communication education based on Islamic values can function as a preventive mechanism to strengthen adolescents' self-concept. Communication education based on Islamic values plays a key role as a preventive mechanism to strengthen adolescents' self-concept, especially in facing moral challenges like promiscuity. A religiously-based educational approach can raise adolescents' awareness of the negative impacts of promiscuity, including psychosocial and health risks.

Religious education instills moral values and social responsibility, guiding adolescents to navigate the challenges posed by modern life influences, such as promiscuity (Nainggolan et al., 2024). By emphasizing spiritual growth, religious education empowers youth to make informed choices, reducing the likelihood of engaging in risky behaviors like promiscuity (Niklová & Hanesová, 2024). Pre-marital education based on Islamic values also provides a holistic understanding of healthy relationships, responsibility, and a life goal oriented towards piety.

Efforts to address promiscuity through religious approaches have been undertaken in various contexts. For example: 1) Value-based religious education can enhance adolescents' self-control and reduce the risk of deviant behavior. Programs focusing on spiritual growth and moral education have been effective in preventing deviant behavior by instilling strong ethical values (Filipenko, 2022); 2) The importance of pre-marital education among adolescents to prepare them to understand healthy and mature relationships; 3) Interactive workshops based on religion have had a positive impact on adolescents' awareness of the risks of promiscuity. Community workshops focused on religious awareness have shown effectiveness in fostering a supportive environment for adolescents (Qomariah et al., 2023).

However, despite the effectiveness of value-based programs, research has yet to integrate practical communication skills as a central strategy. To address this issue, a community service program is proposed with a focus on communication education based on religious values designed to build adolescents' self-concept. This program will: 1) Integrate Communication Education and Islamic Values, providing training in effective communication skills such as emotional regulation and conflict resolution, and teaching Islamic values relevant to adolescents' lives; 2) Provide Pre-marital Education, equipping adolescents with an understanding of healthy relationships and the negative impacts of early dating; 3) Raise Awareness through Participatory Methods by conducting interactive workshops that involve adolescents in discussions and real-life case simulations.

The program aims to: 1) Increase adolescents' understanding at Masjid Besar Lembang about a strong self-concept in accordance with Islamic teachings; 2) Equip adolescents with effective communication skills to face the challenges of promiscuity; 3) Raise awareness of the importance of pre-marital education as part of preparation for a mature adult life. With this approach, the program is expected to have a positive impact in shaping a morally and intellectually resilient generation.

2. Methods

The community service methods implemented include: 1) Interactive Workshops: Involving teenagers in group discussions, simulations, and educational games. 2) Panel Discussions: Bringing in experts in the fields of communication, psychology, and religion to discuss issues related to promiscuity and its prevention. The activities are conducted at schools and the Masjid Besar Lembang youth community, with each session lasting one hour. Evaluation is conducted through surveys and in-depth interviews.

Interactive workshops are an effective method in community service, especially for the teenage segment. This approach provides space for participants to actively engage through group discussions, simulations, and educational games. The strategy aims to create a conducive atmosphere where teenagers can learn in a fun yet meaningful way. Participatory methods like workshops not only enhance participants' conceptual understanding but also help them internalize the values being taught. Engagement in participatory methods allows individuals to reflect on their values in a communal environment, promoting a sense of belonging and identity. Robson's study on cultural heritage illustrates how participatory evaluation reveals personal connections with cultural sites, enhancing participants' appreciation and internalization of social values (Robson, 2023). In this context, activities like effective communication simulations will be applied to equip teenagers with relevant communication skills.

Panel discussions cover various fields, including communication, psychology, and religion, aiming to provide a holistic perspective on the issue of promiscuity. Panel discussions are effective in raising participants' critical awareness of complex social issues. Panel discussions create spaces for participants to engage in critical dialogue, deconstructing complex issues like racism and oppression (Gockel et al., 2022). These activities are conducted with an approach that is relevant to the needs of the youth community at Masjid Besar Lembang. Each session lasts for one hour and includes presentations from experts, followed by Q&A sessions involving participants directly. The discussion topics include: 1) The impact of promiscuity on physical and mental health; 2) Communication strategies for avoiding promiscuity; 3) Premarital education from an Islamic perspective.

This community service program is designed to be implemented in two main locations: secondary schools and the Masjid Besar Lembang youth community. Schools are strategic environments as they involve large groups of teenagers with diverse social backgrounds. Meanwhile, the mosque community is an ideal place to reinforce relevant religious values. The combination of formal education in schools and non-formal education in religious communities is an effective approach to shaping teenage behavior. Even active participation from parents and community leaders in both formal and non-formal education creates a supportive learning environment, which is crucial for adolescent development (Noviani et al., 2023).

The evaluation of the program's success is carried out with two main methods: 1) Pre- and Post-Program Surveys: These surveys are designed to measure changes in teenagers' understanding of self-concept, effective communication, and the impact of promiscuity before and after the program; 2) In-Depth Interviews: Interviews are conducted with representative participants, teachers, and mosque administrators to gain insights into the program's impact. In-depth interviews can provide valuable qualitative data for evaluating the community service program. In-depth interviews allow evaluators to capture nuanced participant experiences, uncovering barriers and facilitators to program success (Marston et al., 2020).

Qualitative data from interviews can explain how the community service program impacts behavior formation. Studies on community service participants highlight how engagement in activities

shapes their perceptions and skills (Hashim, 2022). By adjusting to the characteristics of teenagers at Masjid Besar Lembang, this program is designed to support the formation of a strong self-concept and the avoidance of negative behaviors. The active involvement of the local religious community, such as mosque youth, can enhance the success of religious value-based education programs in preventing promiscuity. Religious communities play a crucial role in shaping education, including for teenagers, ensuring that moral and ethical values are at the center of the educational process (Butcher & Steel, 2015).

3.   Results and Discussion

The community service activity focuses on increasing the awareness of teenagers in Masjid Besar Lembang about the importance of building a strong self-concept, avoiding promiscuity, and improving interpersonal communication skills. The following are the key findings based on the activity evaluation:

3.1.   Strong Self-Concept According to Islamic Teachings

The activities carried out to build a self-concept for teenagers based on Islamic teachings include interactive workshops and panel discussions. The material presented emphasized the importance of Tawhid awareness and moral education as the foundation for self-confidence and self-control. A strong self-concept includes self-confidence, self-control, and a clear identity. In Islam, this concept is built through:

a)   Tawhid Awareness: Recognizing that humans are created to worship Allah (QS. Adh-Dhariyat: 56).

b)   Moral Education: Focusing on instilling good values and responsibility. Moral education plays a key role in embedding values of goodness and responsibility in teenagers. Islamic-based moral education is effective in shaping character, especially in morally challenging environments (Mulyasa, 2022).

c)   The Role of Communication: Particularly healthy interpersonal communication with parents, teachers, and peers shapes the self-confidence of teenagers. Healthy interpersonal communication between teenagers, parents, teachers, and peers contributes significantly to building self-confidence. Supportive and empathetic relationships enhance self-confidence and social competence (Santrock & Santrock, 2007).

Field findings support that open dialogue and positive communication within the family create a conducive environment for the emotional development of teenagers.

Figure 1. Workshop

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During the activity, teenagers were involved in interactive simulations such as self-reflection through Q&A on life goals and responsibilities in Islam. Guided reflection systematically helps teenagers understand their self-identity. Reflection allows teenagers to engage in introspection, helping them understand their characteristics and roles in society. This process strengthens their self-position and helps self-actualization, which is essential for identity development (Semenova & Salpagarova, 2019). In group discussions, participants shared experiences about the challenges of building self-confidence, especially in environments with high social pressure. Evaluation results showed increased understanding of the concept of Tawhid as the basis for self-identity. 85% of participants stated that they better understood the importance of self-control in accordance with Islamic teachings after attending the activity.

3.2. Impact of Promiscuity
Data shows the negative impact of promiscuity, such as:
a)   Unmarried Teenage Pregnancies: A study by the National Population and Family Planning Agency (Badan Kependudukan dan Keluarga Berencana Nasional, 2021) reported that 21% of teenage pregnancies occurred due to promiscuity.
b)   Drug Abuse: According to BNN (2022), 30% of drug users are teenagers. Real-life cases like the "party drugs" phenomenon among students highlight the importance of prevention through communication education.

Presentations on promiscuity supported by data from Badan Kependudukan dan Keluarga Berencana Nasional (2021) and BNN (2022) opened the eyes of participants to the real risks. In the panel discussion, both speakers and participants highlighted that the social environment of teenagers in Lembang often triggers risky behaviors, such as the local trend of "party drugs." Peer group influence is a major factor in drug abuse among teenagers. Peer relationships are the main drivers of adolescent behavior, including drug use. Invitations or persuasion from peers significantly influence their decisions to experiment with drugs (Susanti et al., 2024). Post-activity surveys showed increased awareness about the harmful impacts of promiscuity, with 90% of participants stating they better understood the importance of avoiding risky environments.

3.3. Effective Communication in Socializing
Healthy communication includes:
a)   Emotional Control: Teaching teenagers not to express love prematurely.
b)   Time Management: Encouraging productive activities such as sports, arts, and religious studies.
c)   This community service activity emphasizes the importance of effective communication as a way to avoid the negative impacts of promiscuity. Simulations and educational games involving interpersonal communication scenarios helped teenagers practice emotional control and build healthy communication.

Simulation-based approaches are used to improve teenagers' communication skills in managing conflicts and expressing emotions in healthy ways. Role-play learning has been proven to improve communicative culture among teenagers, demonstrating that this method enhances their ability to express emotions and manage conflicts effectively (Vishnevskaya, 2005). Productive activities, such as participation in sports and religious studies, were also introduced as alternatives to distract from negative socializing.

Figure 2. Discussion and interview session

Interview results with participants showed that most of them began to understand the importance of time management and healthy communication, especially in peer relationships.

3.4. The Role of Education in Building Awareness

Both formal and non-formal education equip teenagers with communication skills, sociological and psychological understanding of relationships, and the negative impacts of early dating. This approach also teaches the importance of preparing for a healthy and mature marriage. Formal and non-formal education is an integral part of this program. Sessions on pre-marriage education and the impact of early dating were provided by psychology and religious experts. This material was complemented by discussions on preparing for a mature marriage.

Pre-marriage education based on Islamic values is designed to enhance teenagers' understanding of the importance of healthy and responsible socializing. Teenagers educated within a religious context are more likely to make responsible decisions about their relationships, as they understand the consequences of their actions (Pasaribu, 2022). This session also included educational videos depicting the negative impacts of early dating, such as low academic performance and family conflicts. Participants showed great interest in this material, with 95% stating that the educational session was relevant and provided new insights that helped them make decisions.

This program successfully addressed the partner's issues, namely the lack of understanding among teenagers about self-concept, effective communication, and the impacts of promiscuity. The approach based on religious values and interactive communication proved effective in raising awareness and skills among participants.

Figure 3. Discussion and Interview Sessions

However, the sustainability of this program requires closer collaboration between schools, mosques, and families. Multi-stakeholder collaboration is needed to create an environment that supports positive behavior formation among teenagers. Religious organizations contribute to education by developing programs that enhance the quality of formal education and moral character development, including for teenagers (Yaumi & Adeni, 2024).

4. Conclusion

Islam-based communication education is effective in strengthening teenagers' self-concept and preventing the negative impacts of promiscuity. Through interactive workshops and panel discussions, this program successfully increased the awareness of Masjid Besar Lembang teenagers about the importance of interpersonal communication, self-control, and pre-marriage education. Evaluations showed that most participants understood the harmful impacts of promiscuity and the importance of time management and healthy relationships based on religious values. This approach not only helps in shaping a morally and intellectually resilient generation but also emphasizes the importance of collaboration between families, schools, and religious communities for the desired program. This program can serve as an effective implementation model in addressing the moral challenges faced by teenagers in the modern era.

To enhance the effectiveness of Islam-based communication education, multi-stakeholder collaboration needs to be strengthened, involving families, schools, and religious communities. The interpersonal communication skills development program should be designed with an interactive approach that includes discussions, simulations, and self-reflection. In addition, pre-marriage education based on religious values should be expanded so that teenagers understand the importance of healthy relationships. It is recommended that digital platforms be optimized to reach a wider audience, while also providing digital literacy guidance to limit the risks of technology abuse.

4.1. Acknowledgments

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