

DAFTAR PUSTAKA

1. World Health Organization. Adolescent Health [Internet]. 2024 [cited 2024 Dec 1]. Available from: https://www.who.int/health-topics/adolescent-health#tab=tab_1
2. Badan Pusat Statistik. Jumlah Penduduk Menurut Kelompok Umur dan Jenis Kelamin, 2023. 2023.
3. Badan Pusat Statistik. Jumlah Penduduk Menurut Kelompok Umur dan Jenis Kelamin di Provinsi Jawa Tengah (Jiwa), 2023-2024.
4. Dinas Komunikasi, Informatika S dan PKS. Kategori Data Demografi.
5. APJII. APJII Jumlah Pengguna Internet Indonesia Tembus 221 Juta Orang. APJII. 2024.
6. Pemerintah Indonesia. Undang-Undang Republik Indonesia Nomor 44 Tahun 2008 tentang Pornografi. Jakarta; 2008.
7. Rahman RA. Kominfo tangani 3,7 Juta Konten Negatif Hingga 17 September 2023. Direktorat Jendral Aplikasi Informatika. 2023.
8. Rizkinaswara L. Menkominfo : Kominfo Putus Akses 1,9 Juta Konten Pornografi. 2023.
9. Paulus FW, Nouri F, Ohmann S, Möhler E, Popow C. The impact of Internet pornography on children and adolescents: A systematic review. *Encephale*. 2024;(xxxx).
10. Gayatri S, Shaluhiah Z, Indraswari R. Faktor-Faktor yang Berhubungan dengan Frekuensi Akses Pornografi dan Dampaknya terhadap Perilaku Seksual pada Remaja di Kota Bogor (Studi di SMA 'X' Kota Bogor). *J Kesehat Masy*. 2020;8(3):410–9.
11. Maisya IB, Masitoh S. Derajat Keterpaparan Konten Pornografi Pada Siswa Smp Dan Sma Di Dki Jakarta Dan Banten Indonesia. *J Kesehat Reproduksi*. 2020;10(2):117–26.
12. Putri IH, Musthofa SB, Handayani N. Akses Pornografi Melalui Internet Pada Remaja Awal (12-15 Tahun) Di Smp Kecamatan Semarang Barat. *J Kesehat Masy*. 2020;8(4):552–6.
13. Asmin E, Saija AF, Titaley CR. Analisis Perilaku Seksual Remaja Laki-Laki Dan Perempuan Di Kota Ambon. *Molucca Medica*. 2023;16(1):11–8.
14. Andrie EK, Sakou II, Tzavela EC, Richardson C, Tsitsika AK. Adolescents' online pornography exposure and its relationship to sociodemographic and psychopathological correlates: A cross-sectional study in six european countries. *Children*. 2021;8(10).

15. Ningtyas AD, Purnomo W. Faktor Penyebab Remaja Mengakses Konten Pornografi dan Dampaknya terhadap Perilaku Berpacaran (Studi Kasus pada Remaja SMA di Kota Surabaya). *Media Gizi Kesmas*. 2023;12(2):685–91.
16. Abdullah ESP. Self-control untuk mengurangi perilaku menonton film dewasa di internet. *Procedia Stud Kasus dan Interv Psikol*. 2020;7(2):55–64.
17. Rafif F, Jamaluddin M. Pengaruh Modifikasi Perilaku Extinction Terhadap Perilaku Kecanduan Pornografi. *J Ilm Psikol Insa*. 2024;9(2):9–15.
18. Blinka L, Ševčíková A, Dreier M, Škařupová K, Wölfling K. Online Sex Addiction: A Qualitative Analysis of Symptoms in Treatment-Seeking Men. *Front Psychiatry*. 2022;13(July):1–12.
19. Rambe KM, Abdullah B, Hasibuan I, Chaniago AL. Sosialisasi Dampak Pornografi Terhadap Konsentrasi Belajar Siswa MTS Al-Huda Di Desa Pulau Sembilan Kec. Pangkalan Susu Kabupaten Langkat. *J Soc Sci Res*. 2023;3:7911–7.
20. Deshmukh DD, Chaniana SS. Knowledge About Sexual and Reproductive Health in Adolescent School-Going Children of 8th, 9th, and 10th Standards. *J Psychosexual Heal*. 2020;2(1):56–62.
21. Camilleri C, Perry JT, Sammut S. Compulsive Internet Pornography Use and Mental Health: A Cross-Sectional Study in a Sample of University Students in the United States. *Front Psychol*. 2021;11(January):1–24.
22. Altin M, De Leo D, Tribbia N, Ronconi L, Cipolletta S. Problematic Pornography Use, Mental Health, and Suicidality among Young Adults. *Int J Environ Res Public Health*. 2024;21(9).
23. Wright PJ, Tokunaga RS, Kraus A. A Meta-Analysis of Pornography Consumption and Actual Acts of Sexual Aggression in General Population Studies. *J Commun*. 2016;66(1):183–205.
24. Sommantico M, Gioia F, Boursier V, Iorio I, Parrello S. Body Image, Depression, and Self-Perceived Pornography Addiction in Italian Gay and Bisexual Men: The Mediating Role of Relationship Satisfaction. *Mediterr J Clin Psychol*. 2021;9(1):1–19.
25. Kor A, Zilcha-Mano S, Fogel YA, Mikulincer M, Reid RC, Potenza MN. Psychometric development of the Problematic Pornography Use Scale. *Addict Behav* [Internet]. 2014;39(5):861–8. Available from: <http://dx.doi.org/10.1016/j.addbeh.2014.01.027>
26. Castro-Calvo J, Cervigón-Carrasco V, Ballester-Arnal R, Giménez-García C. Cognitive processes related to problematic pornography use (PPU): A systematic review of experimental studies. *Addict Behav Reports*. 2021;13(October 2020).

27. Kementerian Kesehatan Republik Indonesia. Peraturan Menteri Kesehatan Republik Indonesia Nomor 25 Tahun 2014. Jakarta; 2014.
28. Santrock JW. LIFE-SPAN DEVELOPMENT. 13th ed. Ryan M, editor. McGraw-Hill. Dallas: Mike Sugarman; 2010.
29. Santrock JW. Adolescence (16th ed.). 16th ed. McGraw-Hill. McGraww-Hill Education; 2015.
30. Lenroot RK, Schmitt JE, Ordaz SJ, Wallace GL, Neale MC, Lerch JP, et al. Differences in genetic and environmental influences on the human cerebral cortex associated with development during childhood and adolescence. *Hum Brain Mapp.* 2009;30(1):163–74.
31. Giedd JN. The teen brain: insights from neuroimaging. *J Adolesc Heal.* 2008;42(4):335–43.
32. Agustiani H. Psikologi Perkembangan Pendekatan Ekologi Kaitannya Dengan Konsep Diri Dan Penyesuaian Diri Pada Remaja, Bandung: PT. Refika Aditama. 2006;
33. Yusuf S. Psikologi perkembangan anak dan remaja. Bandung: Remaja Rosdakarya; 2012.
34. Ali M. Psikologi remaja: Perkembangan peserta didik. 2011;
35. Rumini S, Sundari S. Perkembangan anak dan remaja. Jakarta: Rineka Cipta. Jakarta: Rineka Cipta; 2004.
36. Oxford University Press. Oxford Reference [Internet]. Available from: <https://www.oxfordreference.com/display/10.1093/oi/authority.20110803100337901>
37. Döring N, Miller DJ. Sex Acts (Portrayals of Sexuality in Pornography). *DOCA - Database Var Content Anal.* 2022;1–5.
38. Kepmendikbudristekdikti. Pedoman penerapan kurikulum dalam rangka pemulihan pembelajaran. Menpendikbudristek [Internet]. 2022;1–112. Available from: https://jdih.kemdikbud.go.id/sjdih/siperpu/dokumen/salinan/salinan_20220711_121315_Fix_Salinan_JDIH_Kepmen_Perubahan_56_Pemulihan_Pembelajaran.pdf
39. Pemerintah Indonesia. UU ITE Nomor 19 Tahun 2016. 2016;
40. Haidar G, Apsari NC. Pornografi Pada Kalangan Remaja. *Pros Penelit dan Pengabdian Kpd Masy.* 2020;7(1):136.
41. Utomo ST, Sa'i A. Dampak Pornografi Terhadap Perkembangan Mental Remajadi Sekolah. *Elem Islam Teach J.* 2018;6(1):170–92.
42. Radjagukguk DL, Sriwartini Y. Peran Orangtua Menyikapi Pornografi

- Pada Remaja Melalui Komunikasi Efektif. *Din J Pengabdian Kpd Masy.* 2020;4(2):354–63.
43. Hasyim W, Arafah ANB, Shaqylla S, Saleh U. Mengenali Kecanduan Situs Porno Pada Remaja: Gambaran Mengenai Faktor Penyebab Dan Bentuk Kecanduan Situs Porno Remaja. *J Psikol Talent.* 2018;3(2):41–51.
 44. Smaniotto B, Melchiorre M. When adolescent sexuality is confronted with the violence of the pornographic seeing. *Sexologies.* 2018;27(4).
 45. Ralasari I, Setiadi R, Soemartojo SM. Relationships pattern of social media addiction level to morality level, apathetic level and academic score. In: *Journal of Physics: Conference Series.* IOP Publishing; 2020. p. 12033.
 46. Indraswari R, Shaluhayah Z, Widjanarko B, Suryoputro A. Factors of mothers' hesitation in discussing reproductive health. *Int J Public Heal Sci.* 2021;10(4):801–6.
 47. Norman AA, Othman N. Ketagihan pornografi dalam kalangan remaja: Faktor dan implikasi terhadap sahsiah diri remaja. *J Melayu.* 2020;19(2):205–15.
 48. Peterson AJ, Silver GK, Bell HA, Guinasso SA, Coyle KK. Young People's Views on Pornography and Their Sexual Development, Attitudes, and Behaviors: A Systematic Review and Synthesis of Qualitative Research. *Am J Sex Educ.* 2023 Apr;18(2):171–209.
 49. Gayatri S, Shaluhayah Z, Indraswari R. Faktor–faktor yang berhubungan dengan frekuensi akses pornografi dan dampaknya terhadap perilaku seksual pada remaja di kota bogor (Studi di SMA 'X'Kota Bogor). *J Kesehat Masy.* 2020;8(3):410–9.
 50. Blažević I, Hromin N. Relationship Between Young People's Leisure Time Activities and Risky Behaviors. *Croat J Educ.* 2024;26(2):357–88.
 51. Wang WC. Exploring the Relationship Among Free-Time Management, Leisure Boredom, and Internet Addiction in Undergraduates in Taiwan. *Psychol Rep [Internet].* 2018 Aug 2;122(5):1651–65. Available from: <https://doi.org/10.1177/0033294118789034>
 52. Kementerian Pendidikan dan Kebudayaan. Katakan Tidak pada Pornografi. Direktorat Pembinaan Pendidikan Keluarga Direktorat Jenderal Pendidikan Anak Usia Dini dan Pendidikan Masyarakat Kementerian Pendidikan dan Kebudayaan; 2018. 3–10 p.
 53. Prawiroharjo P, Edison RE, Ellydar H, Pratama P, Imelda Suaidy SE, Amani N, et al. Prefrontal Cortex Definitions and Their Use in Distinguishing Pornography Addicted Juveniles. *medRxiv.* 2021;2006–21.
 54. Rasool F. Influence of Pornography Consumption on Brain Chemistry: Neuroscientific Insights. 2024;

55. Kaushik C. The Role of Prefrontal Cortex in Addiction [Internet]. Veda Rehabilitation and Wellness. 2024 [cited 2025 Jan 23]. Available from: <https://vedawellnessworld.com/the-role-of-the-prefrontal-cortex-in-addiction/>
56. Adarsh H, Sahoo S. Pornography and its impact on adolescent/teenage sexuality. *J psychosexual Heal*. 2023;5(1):35–9.
57. Singh A. Impact Of Pornography On Executive Functioning, Depression And Aggression. *Educ Adm Theory Pract*. 2024;30(4):9031–47.
58. Santosa H, Yusuf S, Ilfiandra I. KRR sebagai Program Pengembangan Perilaku Seksual Sehat Remaja pada Revolusi Industri 4.0. *Indones J Educ Couns*. 2019;3(3):233–42.
59. Setyawati R, Hartini N, Suryanto S. The Psychological Impacts of Internet Pornography Addiction on Adolescents. *Humaniora*. 2020;11(3):235–44.
60. Privara M, Bob P. Pornography consumption and cognitive-affective distress. *J Nerv Ment Dis*. 2023;211(8):641–6.
61. Henry NIN, Pedersen M, Williams M, Donkin L. Quantifying the Affective Dynamics of Pornography Use and Masturbation: An Ecological Momentary Assessment Study. 2024;
62. Godfrey F. Rewiring the Prefrontal Cortex: Integrative Treatment for Porn Addiction [Internet]. Linked in. 2024 [cited 2025 Jan 23]. Available from: <https://www.linkedin.com/pulse/rewiring-prefrontal-cortex-integrative-treatment-porn-godfrey-phd-6mwnc>
63. Qadri HM, Waheed A, Munawar A, Saeed H, Abdullah S, Munawar T, et al. Physiological, psychosocial and substance abuse effects of pornography addiction: A narrative review. *Cureus*. 2023;15(1).
64. Wang J, Li H. Emotional processing deficits in individuals with problematic pornography use: Unpleasant bias and pleasant blunting. *J Behav Addict*. 2023;12(4):1046–60.
65. Cui Z, Mo M, Chen Q, Wang X, Yang H, Zhou N, et al. Pornography Use Could Lead to Addiction and Was Associated With Reproductive Hormone Levels and Semen Quality: A Report From the MARHCS Study in China. *Front Endocrinol (Lausanne)*. 2021;12(September):1–9.
66. Luder MT, Pittet I, Berchtold A, Akre C, Michaud PA, Suris JC. Associations between online pornography and sexual behavior among adolescents: Myth or reality? *Arch Sex Behav*. 2011;40:1027–35.
67. Paslakis G, Chiclana Actis C, Mestre-Bach G. Associations between pornography exposure, body image and sexual body image: A systematic review. *J Health Psychol*. 2022;27(3):743–60.
68. Maheux AJ, Roberts SR, Evans R, Widman L, Choukas-Bradley S.

- Associations between adolescents' pornography consumption and self-objectification, body comparison, and body shame. *Body Image* [Internet]. 2021;37:89–93. Available from: <https://doi.org/10.1016/j.bodyim.2021.01.014>
69. Yunengsih W, Setiawan A. Contribution of pornographic exposure and addiction to risky sexual behavior in adolescents. *J Public health Res.* 2021;10:6–11.
 70. Dawson K, Tafro A, Štulhofer A. Adolescent sexual aggressiveness and pornography use: A longitudinal assessment. *Aggress Behav.* 2019;45(6):587–97.
 71. Wright PJ, Paul B, Herbenick D. Preliminary insights from a US probability sample on adolescents' pornography exposure, media psychology, and sexual aggression. *J Health Commun.* 2021;26(1):39–46.
 72. Harkness EL, Mullan B, Blaszczynski A. Association Between Pornography Use and Sexual Risk Behaviors in Adult Consumers: A Systematic Review. *Cyberpsychology, Behav Soc Netw.* 2015;18(2):59–71.
 73. Yunengsih W, Setiawan A. Contribution of Pornographic Exposure and Addiction to Risky Sexual Behavior in Adolescents. *J Public health Res.* 2021;10:6–11.
 74. Notoadmodjo S. *Promosi Kesehatan & Prilaku Kesehatan.* Jakarta: EGC. 2012.
 75. Learning B. *Planning Models in Health Education & Health Promotion.* In 2000. p. 35–67.
 76. Green L. *Health Program Planning, Implementation, and Evaluation.* Health Program Planning, Implementation, and Evaluation. 2022.
 77. Notoatmodjo S. *Metodologi penelitian kesehatan.* 2005;
 78. Ichsan RN, SE MM, Lukman Nasution SEI, Sarman Sinaga S El. *Bahan Ajar Manajemen Sumber Daya Manusia (MSDM).* CV. Sentosa Deli Mandiri; 2021.
 79. Mubarak WI. *Promosi Kesehatan Sebuah Pengantar Proses.* Graha Ilmu. 2011;
 80. Aji SP, Nugroho FS, Rahardjo B. *Promosi dan Pendidikan Kesehatan di Masyarakat (Strategi dan Tahapannya).* Global Eksekutif Teknologi. Promosi dan Pendidikan Kesehatan. 2023. 197 p.
 81. Wijayanti A, Rachmah S, Holida SS. *Pendidikan dan Promosi Kesehatan.* Jakarta Barat: PT Nuansa Fajar Cemerlang; 2024.
 82. Rothman EF, Daley N, Alder J. *A pornography literacy program for*

- adolescents. *Am J Public Health*. 2020;110(2):154–6.
83. Ramadhani SN, Adi S, Gayatri RW. Efektivitas Penyuluhan Berbasis Power Point terhadap Tingkat Pengetahuan, Sikap dan Perilaku tentang Pencegahan Cacingan. *Prev Indones J Public Heal*. 2020;5(1):8–16.
 84. Columbia University. Case Method Teaching and Learning [Internet]. Columbia Center for Teaching and Learning. Available from: <https://ctl.columbia.edu/resources-and-technology/resources/case-method/>
 85. Banuwa AK, Susanti AN. Evaluasi Skor Pre-Test dan Post-Test Peserta Pelatihan Teknis New SIGA di Perwakilan BKKBN Provinsi Lampung. *J Ilm Widyaiswara*. 2021;1(2):77–85.
 86. Kurniatin LF, Zakiyya A. Pendidikan Kesehatan dengan Media Video dan Booklet Pendampingan 1000 Hari Pertama Kehidupan terhadap Tingkat Pengetahuan dan Sikap Ibu Hamil dalam Upaya Pencegahan Stunting Health Education with Video Media and Booklet Mentoring for the First 1000 Days o. *J Kesehat Poltekkes Kemenkes Ri Pangkalpinang*. 2022;10(1):28â.
 87. Mail NA, Berek PAL, Besin V. Gambaran Tingkat Pengetahuan Remaja Tentang Kesehatan Reproduksi di SMPN Haliwen. *J Sahabat Keperawatan [Internet]*. 2020;2(2):1–6. Available from: <https://scholar.archive.org/work/kgghdpoood7fh2zaozji4fcuw7vq/access/wayback/https://jurnal.unimor.ac.id/JSK/article/download/911/459/>
 88. Shapu RC, Ismail S, Ahmad N, Lim PY, Njodi IA. Systematic review: Effect of health education intervention on improving knowledge, attitudes and practices of adolescents on malnutrition. *Nutrients*. 2020;12(8):1–19.
 89. Venugopal V, Dongre AR. Effect of Interactive Lectures and Formative Assessment on Learning of Epidemiology by Medical Undergraduates. *Indian J Community Med*. 2020;42(1):147–50.
 90. Gordani Y, Khajavi Y. The impacts of multi-modal PowerPoint presentation on the EFL students' content knowledge attainment and retention over time. *Educ Inf Technol*. 2020;25(1):403–17.
 91. Dewi M CS, Pratiwi D, Yulia Y. Engaging Students Through PowerPoint: The Power of Multimodal Learning. *Voices English Lang Educ Soc*. 2024;8(2):337–47.
 92. Raza SA, Qazi W, Umer B. Examining the impact of case-based learning on student engagement, learning motivation and learning performance among university students. *J Appl Res High Educ*. 2020;12(3):517–33.
 93. Seshan V, Matua GA, Raghavan D, Arulappan J, Al Hashmi I, Roach EJ, et al. Case Study Analysis as an Effective Teaching Strategy: Perceptions of Undergraduate Nursing Students From a Middle Eastern Country. *SAGE Open Nurs*. 2021;7.

94. Viona ST, Wahyuni S, Sulistyaningsih DR, Wahyuningsih IS. Hubungan Keterpaparan Sumber Informasi Dengan Pengetahuan Remaja Tentang Hiv / Aids Pada Siswa SMA Negeri 01 Karanganyar Demak. 2025;3:22–35.
95. Retnani AD, Hartati S, Hermina IK. Penyuluhan Kesehatan Mengenai Bahaya Kecanduan Video Pornografi di SMK Negeri 16 Jakarta Pusat. 2024;
96. Ebu NI, Amissah-Essel S, Asiedu C, Akaba S, Pereko KA. Impact of health education intervention on knowledge and perception of cervical cancer and screening for women in Ghana. *BMC Public Health*. 2019;19(1):1–11.
97. Paramitha Asyari D, Hasnah F. Edukasi Efek Negatif Pemaparan Media Pornografi Sebagai Strategi Pencegahan Perilaku Seksual Beresiko pada Siswa SMA di Kota Padang Education on the Negative Effects of Pornographic Media Exposure as a Prevention Strategy for Risky Sexual Behaviour Among. *J Pengabdian Ilmu Kesehatan*. 2023;2(2):75–82.
98. Aprilia C. Cognitive Learning Theory : Skill Acquisition and Conditional Knowledge. 2024;1:31–6.
99. Fithriyah DN. Teori-Teori Belajar dan Aplikasinya dalam Pembelajaran. *Jemi*. 2024;2(1):12–21.
100. Ertmer PA, Newby TJ. Behaviorism, Cognitivism, Constructivism: Comparing Critical Features From an Instructional Design Perspective. 2013;26(2):43–71.
101. Orok EN, Nwekwo L, Ejike C, Azih C. Effect of an Educational Intervention on the Knowledge of Young Researchers on COVID-19. *J Contemp Stud Epidemiol Public Heal*. 2021;2(1):ep21004.