

Communication and Behavior Change at SMAN 30 Tangerang

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ABSTRACT

Communication is a way of disseminating information and sharing it with others. More formally, it is the transmission of information between a source and one or more receivers, the process of sharing meaning. Use a common set of rules We transmit information in different ways. To the people. This is often done in spoken or written language. but non-verbal communication also plays an important role in other interactions. For example, body posture, facial expressions, clothes worn, also contribute to the transmission of messages and constantly disseminate information. Intentionally or unintentionally. About our perceptions, intentions and feelings. Communication is unavoidable, it's not just about our own identity. You can get your message across without saying or doing anything. If you don't laugh or laugh at the right time, you can convey your message as hard as a smile or a laugh.

Keywords: behavior, change, communication, students

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INTRODUCTION

Communication as a one-way message from another person (a group of people) can be done directly (face to face) or indirectly through the media. Like a letter (pamphlet) Newspaper, magazine, radio or television in this context. Unification comm is considered as the conscious act of conveying messages to meet the needs of the communicator. For example, explaining something to others or persuading them to do something conceptual. Communication is a process where an idea sent from the source conveys a message to a recipient or more (Nasrah, 2020). Communication is the process by which an idea is sent from a source to convey a message to one or more recipients. Regarding behavior change. (Marlina & et al, 2021). Communication occurs when a source conveys a message to a recipient with the intention based on influencing the recipient's behavior. (Novianti, 2021). Communication is the process by which a person (the communicator) provides a stimulus (usually a symbol of words) to change (communicate) the behavior of another. (Muljono, 2021). Communication is effective, but the communication event results in a change in attitude. For example, a friend told him about the dangers of single-use plastic bags, untung lingkungan, then when he went shopping he used a cloth bag that could be used repeatedly. The attitude change from the recipient of this message indicated a change. attitude from receiver. (Marlynda Happy, Hasindar, & Martina, 2020). Communication health It also includes activities to disseminate information about health to the

public in order to achieve this behavior life healthy to create awareness change your attitude and motivate individuals to adopt the recommended healthy behaviors as the main goal of health communication. Healthy communication contributes and becomes part of disease prevention efforts as well as promotion health. (Stiawati & Agustini, 2021). Communication between personal, concept an individual's self will also color his interpersonal communication behavior with another individual. (Iskandar & Sakyan, 2020).

METHODS

This community service was carried out at SMAN 30 TANGERANG. This activity was carried out by the second semester student of Stikes Faathir Husada. The counseling carried out is in the form of material on communication and behavior change. Extension material is given in power points and questions. After giving the material, students are given the opportunity to discuss and share information with each other. The beginning of holding this PKM was the task given by the lecturer for the communication course in nursing in order to assess the results of our activities as students. Here we also share and exchange ideas with each other to add insight or experience what we cannot get and vice versa. Before starting this event, of course, we get to know ourselves to the students after that we hold a pretest after doing the pretest we participate in communication and behavior change, students After that, students will share posttest questions that aim to identify whether the students understand what is being said. delivered by the PKM participants. Students also have the opportunity to ask questions if something is not understood. PKM activities combine lecture techniques (giving material) during the initial 30 minutes, students are provided with material that has been prepared by the author. This community service activity aims so that we can change our communication behavior, especially for high school students.

RESULTS



Figure 1 opening

The picture above explains, the author introduces himself and tells how to fill out the respondent sheet and fill out the pretest.



Figure 2 begins the delivery of the material.

In the picture above, the author is giving material for the next 30 minutes.



Picture 3 photos together

After completing the socialization of the material, the author conducted a documentation with the students of SMAN 30 Tangerang.

DISCUSSION

Community service activities were carried out on April 18, 2022 which was attended by 37 students, the first activity was to introduce themselves, then continued with student attendance after that Returned to the discussion of the material, filled out correspondence sheets and filled out questionnaires. After 30 minutes of discussion In the material, the author carried out documentation and the socialization event was completed, hopefully with the completion of the community service event it can increase students' understanding of good communication. The authors thank you for the event is over.

CONCLUSION

Hopefully this PKM activity can add insight into the knowledge of SMAN 30 Tangerang students. This implementation aims to fulfill the study program from STIKes Faathir Husada to carry out PKM activities. Communication and behavior change are very useful when applied because they are used to emphasize that the communication must lead to changes or improvements in behavior.

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