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Development of Family Life Readiness Counseling Videos for Adolescents Using Canva in Family Planning Villages

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A B S T R A C T

This research is motivated by the limitations and shortcomings of the existing counseling video on Family Life Readiness for Teenagers, especially in the material aspect, therefore it is necessary to develop a video counseling on Family Life Readiness for Teenagers Using Canva Application. The purpose of this research is to produce a video counseling on Family Life Readiness for Teenagers in the Family Planning Village. The method used in this research is Research and Development (RnD) with the Planning, Production and Evaluation (PPE) model. Researchers need to conduct expert judgment to get validation results from media experts and material experts related to the videos developed, the research instruments used are interview guidelines and expert judgment validation formats. The results of validation in the media aspect get an average of 85.3% with very feasible criteria, while the results of validation in the material aspect get an average of 95.83% with very feasible criteria. In conclusion, the video counseling on Family Life Readiness for Teenagers is feasible to produce with revisions from experts, the videos that have been developed are expected to be useful for both KB Village Extension Officers and Teenagers in general.

1. INTRODUCTION

In the world of education, formal, non-formal, and informal education paths are known or commonly known as the Tri-center of education, because all three contribute greatly to the process of human development to achieve perfection in various dimensions. One of the educational programs that has a major influence and contribution to the quality and capability of a person is non-formal education (Haerullah, 2020). One of the targets of non-formal education is adolescents, this is because adolescents have an inquisitive character, are looking for identity and want to try many things, if not directed positively adolescents are vulnerable and have the potential to commit juvenile delinquency that violates social norms and morals such as premarital sex which leads to early marriage (Shidiq, 2018).

The results of the 2017 Indonesian Demographic and Health Survey (SDKI) show that premarital sexual behavior in adolescents aged 15-19 years is 3.6%, this behavior certainly affects adolescent fertility rates, 19% of male and female adolescents admit to having had sexual intercourse which caused unwanted pregnancies so that they were forced to undergo early marriage (Pidah, 2021). Although the marriage law imposes 18 years as the minimum age of marriage, in practice child marriage is increasingly widespread. Universally, 720 million women live and marry before the age of 18, which is around 15 years old (Muntamah, 2019). Sadly, requests for dispensation for early marriage in 2020 soared to 34,000 cases and 97% of them were granted by the Religious Court (Andina, 2021).

Efforts to overcome these adolescent problems are to provide material on Family Life Readiness through non-formal education activities, namely counseling. The National Population and Family Planning Agency (BKKBN) provides counseling facilities through KB Villages to reduce the number of early marriages and the use of contraceptives (Sabilla, 2020). Family Life Readiness material is important to convey to adolescents so that they avoid early marriage, have good family planning and think carefully in deciding to get married, so that the next generation born does not experience stunting (Febriani, 2016).

KB villages are strategic locations to carry out counseling related to Family Life Readiness material, because they have continuity with the purpose of establishing KB villages, namely to improve the quality of life of the community and family welfare. Community participation in the extension program in KB Village is the presence of the community in every activity in KB Village, this community participation is supported by internal and external factors (Sabilla, 2020). KB villages have spread throughout Indonesia, one of which is in Sukasari District, Bandung City.

Counseling activities on Family Life Readiness for Adolescents have also been carried out in KB Villages scattered in Sukasari District, Bandung City, using the lecture method and viewing material through the Powerpoint application program. This method is considered less effective in attracting teenagers' enthusiasm, because it only relies on one source of stimulation (unimodal) which will result in a low level of memory and absorption. Meanwhile, Sawargi KB Village has used video as a medium for counseling Family Life Readiness for Teenagers, but the video used has not presented the Family Life Readiness material completely, therefore it is necessary to develop a better counseling video on Family Life Readiness material.

Overall, the benefits of using videos in counseling are improving memory, understanding, attracting the attention and interest of counseling participants (Arif, 2015). In line with research conducted by Indriani (2017) on the Effectiveness of Counseling with Video Media on Knowledge "SADARI" for Adolescents, the results showed that before being given counseling with video, the level of knowledge of adolescents was only 47.6%, but after being given counseling with video, adolescent knowledge increased to 85.7%. These results provide evidence that counseling using videos is effective in increasing adolescent knowledge.

Based on the problems that occur in the KB Village that the use of video as a media for counseling is still rarely used and still has limitations on the material aspect, the authors are

interested in developing a video counseling on Family Life Readiness for Teenagers. The developed video will contain complete Family Life Readiness material accompanied by illustrations and efforts to prepare adolescents for family life that were not previously contained in existing videos, besides that the author also utilizes the Canva Pro application in making videos. The video that has been developed is expected to be useful for KB / PLKB extension workers in further counseling activities.

2. METHODS

This research uses the Research and Development (RnD) method with the PPE (Planning, Production, and Evaluation) development model. Research and Development (RnD) is used to produce products, test the effectiveness and feasibility of the products developed, this method is also used systematically, aims to find, improve, develop, produce, and test the effectiveness of the product (Pratiwi M., 2019). This research was conducted in the KB Village of Sukasari District, Bandung City, which consists of three KB Villages, namely Amanah KB Village in Isola Village, Sawargi KB Village in Sarijadi Village and Barokah KB Village in Sukarasa Village.

The stages of this research began with conducting a needs analysis through interviews with the Coordinator of KB Extension and PLKB and analyzing existing extension videos to be developed and looking for material, then the researchers planned by compiling a script, making a storyboard and selecting an application. The next step is to produce the counseling video, at this stage the researcher develops a family life readiness counseling video using the Canva Pro application with a plan that has been made previously based on the results of the needs analysis, and the researcher will develop a family life readiness counseling video for adolescents.

The last stage is to conduct a feasibility test of the extension video that has been developed. The feasibility test was carried out by media experts and material experts (expert judgment) with the aim that the developed video can be known for its shortcomings, advantages and feasibility and can be used effectively as an extension video. The feasibility test was carried out by 2 media experts with the criteria of an academic with a minimum education of S2 in the Educational Technology study program and practitioners who work in the field of making media development and 2 material experts with the criteria of having experience as a KB Extension Officer (PKB) / Family Planning Field Officer (PLKB) and KB Village Extension Coordinator. After the three stages are carried out, then the researchers process and make research reports in accordance with the applicable systematics.

The instrument in this study is divided into interview guidelines and validation sheets (expert judgment). The interview guideline serves as a collection tool to collect information related to the needs of developing a video counseling on Family Life Readiness for Teenagers, by conducting interviews, researchers know the needs and deficiencies contained in existing counseling videos. The expert judgment validation sheet serves to determine the feasibility of the extension video that has been made. The expert judgment validation sheet contains bullets of statements to be filled in and answered by the validator. The validation sheet consists of two types, namely media validation sheets shown to media experts and material validation sheets shown to material experts. Validators are directed to fill in the validation format in the form of printouts and Google Form. The answer options available on the expert judgment validation sheet are "Worthy (L)" and "Not Worthy (TL)", the assessment model is a Guttman scale. The Guttman scale is used to see the order of an attitude, starting from statements that have a high level of difficulty to the lowest, the statements on this scale aim to measure a problem concept (Yulianto, 2020).

The validation results from the validators need to know the results by calculating the percentage of answers, to calculate the percentage of answers, it can be done with percentage data. The expert judgment validation sheet uses a Guttman scale consisting of two choices, the Eligible answer (L) has a score of 1 and the Inappropriate answer (TL) has a score of 0. To calculate

the percentage of data, researchers use the formula used by (Arikunto, 2010) in processing data as follows.

$$P = \frac{n}{N} \times 100\%$$

Description:
P   : Percentage
n   : Score obtained
N   : Maximum Score
100% : Constant

To analyze the results of the study, it is necessary to use a percentage (relative frequency) of the score obtained. The data on the results of the answers are searched and the calculated percentages are described in table 1 as follows.

Table 1. Data interpretation

No	Criteria	Validation Level
1	81%-100%	Very Feasible
2	61%-80%	Feasible
3	41%-60%	Fairly Feasible
4	21%-40%	Not feasible

The above criteria are adjusted to the research to be carried out, the following interpretation:

(i)   81%-100%: Video counseling on Family Life Readiness for Teenagers using the Canva Pro application developed is very feasible to use.
(ii)   61%-80%: Video counseling on Family Life Readiness for Teenagers using the Canva Pro application developed is feasible to use.
(iii)   41%-60%: The counseling video on Family Life Readiness for Teenagers using the Canva Pro application developed is quite feasible to use.
(iv)   21%-40%: Video counseling on Family Life Readiness for Teenagers using the Canva Pro application developed is not suitable for use.

3. RESULTS AND DISCUSSION

This research was conducted based on problems found in the field, namely the unoptimal video used for counseling, especially in the material aspect, while the Family Life Readiness material is very important to socialize to adolescents as an effort to prevent early marriages that still occur in KB Village. Early marriage is a very serious social problem because it has a negative impact on many aspects of children's lives, in line with the explanation of Iustitiani (2018), that early marriage can cause children to drop out of school, economic difficulties, violate the law, take away children's freedom and autonomy, psychological problems, domestic violence and health problems in girls.

Therefore, children need to get education about family life readiness starting from early adolescence, with the aim that adolescents have views and considerations for family life that are not easy, one of the efforts to educate adolescents is to provide attractive educational media, namely counseling videos on Family Life Readiness for Teenagers using the Canva Application. Video is one of the superior media to be used as a medium for counseling and conveying information, in line with research conducted by Nurfathiyah (2018) regarding video-based

counseling media design, they stated that videos can bridge information from extension workers to extension targets without being constrained by distance, time and place, besides that videos make it easier for audiences to better understand the material and information conveyed.

The results and discussion in this study are data obtained through the planning stage, the development of the Family Life Readiness counseling video using the Canva application and expert judgment validation, as follows:

3.1. Planning of Extension Video Development Using Canva Application

Planning for the development of extension videos was preceded by conducting a needs analysis through interviews with the KB Extension Coordinator and PLKB regarding extension activities that are being intensively carried out in KB Villages and shortcomings in their implementation. Based on the results of the interview, information was obtained that currently counseling on Family Life Readiness material is very important to be socialized to adolescents as an effort to prevent early marriages that still occur, especially in KB Villages, but there are limited media used for counseling.

Analyzing existing extension videos that have been used in extension activities, the results of the analysis reveal that the material contained in the extension video is still incomplete, therefore the extension video needs to be developed according to current conditions. Analyzing existing extension videos is included in observation activities, the aim is to find shortcomings and aspects that need to be developed. This is in line with Pangesti's (2021) explanation, that observation activities are carried out to find new discoveries that are useful for further research.

After analyzing the data and observing the existing media, the researchers decided to develop an extension video and proceeded to the development planning stage. To develop an extension video, an application that has complete features and has aesthetic value in designing videos is needed, one of the appropriate applications is the Canva Pro application.

After selecting an application to develop the video, the next step was to search for Family Life Readiness materials from various sources. The search results found that there are 10 Family Life Readiness, including age readiness, physical readiness, mental readiness, financial readiness, moral readiness, emotional readiness, social readiness, interpersonal readiness, life skills readiness and intellectual readiness.

The next stage in development planning is to make a script, the script serves as a guide in compiling scenes and material in the extension video. In line with what Arni (2018) stated that the script is a reference in pouring text and narration in the video so that the audience better understands the material presented. After compiling the script, then proceed with making a storyboard.

The storyboard contains images and illustrations that will later be realized in the extension video, so that researchers can make videos with direction, in line with research conducted by Hanafri (2018) regarding the making of animated videos, they explain that storyboards are useful for translating the contents of a scenario or script and serve to sequence stories in the form of images, storyboards are made as a guide in making extension videos systematically and in detail.

3.2. Development of Extension Videos Using the Canva Application

Extension video development is carried out based on the planning that has been done, namely selecting applications, searching for materials, writing scripts, and compiling storyboards. The Canva Pro application was chosen because it has many advantages, namely easy to operate, has complete features in making videos such as attractive elements and has aesthetic value, music, templates, writing, transitions, and illustrations in the form of photos or short videos that researchers can use as needed. The presentation of extension videos is tailored to the material developed, at the development stage researchers need to rely on creativity in mixing and

matching all video elements to visualize each Family Life Readiness appropriately, Yudianto (2017) describes the elements that make up a video including images, text, backsound, narration, graphics and illustrations.

The structure of the counseling video on Family Life Readiness for Teenagers using the Canva application consists of video identity, opening, material content, and closing. At the editing stage, researchers need to adjust visual displays such as text, images and videos with narration sounds that have been made, adjust fonts, font colors with backgrounds and font sizes to be ideal for reading, adjust video layouts, add transition effects, interesting elements and set fade in and fade out on backsound and narration sounds. Illustrations used in the video in the form of writings, photos, elements or short videos are adjusted to the material developed and equipped with narration and cheerful backsound so that it becomes an interesting counseling video for adolescents.

Counseling videos are combined with backsound and voice over researchers so that the material and information conveyed is better understood by the audience, this is supported by research conducted by Damanik (2021) regarding video design, they suggest that backsound is an important element that makes videos more interesting and not boring, while narration in the form of audio serves to clarify the material presented and is displayed along with text or illustrations.

The entire video editing process utilizes the Canva application which is a graphic design application that has many advantages, in line with the statements of Rahmatullah (2022) that the Canva application is very appropriate to use in designing media because it has several advantages, namely it can be accessed for free, has complete features, many attractive designs and templates, has artistic value to beautify the media created, is easy to use, instant, easy to revise the media created and is available in Indonesian. The final stage in video editing is downloading the video in mp4 format.

Extension videos that have been edited and downloaded need to go through the development stage, namely validation from media experts and material experts to perfect the video, after all stages are complete, the extension video can be stored in various places such as on laptops, cellphones, Google Drive, flash drives and Youtube so that the video is easily accessed and displayed.

3.3. Results of Extension Video Validation Using Canva Application

The validation results of the counseling video on Family Life Readiness for Teenagers using the Canva application were obtained through expert judgment activities with two material experts and two media experts. This assessment activity will determine whether the video that has been developed is feasible or not to be used as an extension video, and at this stage the researcher collects suggestions and input from experts to improve the extension video. The validation results are described as follows:

3.4. Validation by Material Experts

Material validation was carried out by two experts who were the Coordinator of the Village Family Planning Extension Coordinator of Sukasari Subdistrict and the Family Planning Field Officer (PLKB) of Sarijadi Village, the validation was carried out face-to-face in Sukasari Subdistrict by showing the video through a computer and providing a validation sheet to the validator. The aspects assessed by the validator are the suitability of the material and its usefulness, each aspect has several assessment indicators. The results of material validation can be seen in the following table:

Table 2. Material Expert Validation Result

Rated aspect	Assessment Indicators	Rating V_1	Rating V_2	Σ
Material Suitability	1. The suitability of the material to the urgency of reducing cases of early marriage	1	1	2
	2. Suitability of material with Family Life Readiness for Teenagers	1	1	2
	3. Suitability of the material with the objectives of counseling on Family Life Readiness for Teenagers	1	1	2
	4. Contains material about Family Life Readiness for Teenagers	1	1	2
	5. Contains material about the risks if you do not have these preparations	1	1	2
	6. Contains material about efforts to prepare yourself for starting a family.	1	1	2
	7. Contains suggestions if you want to check your readiness for marriage by displaying the link siapnikah.org from BKKBN	1	1	2
	8. The material is presented systematically	1	1	2
	9. Complete material	1	0	1
Usefulness	10. Family Life Readiness counseling videos can educate counseling targets about Family Life Readiness	1	1	2
	11. Make it easier for counselors to deliver material on Family Life Readiness for Teenagers in a complete and comprehensive manner.	1	1	2
	12. The material and messages in the video are easy to understand.	1	1	2
Amount		12	11	23
Average		95, 83%		
Criteria		Very Worth It		

Table 1. shows that almost all assessment indicators were declared Feasible by validators 1 and 2, but validator 2 stated that it was Not Feasible on the material completeness indicator, the researcher was asked to include the source in the premarital health examination scene so that the information conveyed was more accurate, then the researcher needed to add a premarital health examination narrative to the script to match what was shown in the video. The Family Life Readiness Material for Teenagers developed by researchers received Very Feasible criteria with an average of 95.83% and was declared worthy of production with revisions according to suggestions.

3.5. Validation by Media Experts

Researchers conducted expert judgment to get validation whether or not the counseling video that had been made to two media experts who were an academic and a practitioner, validation was carried out face-to-face and online. The results of media validation can be seen in the following table:

Table 3. Media Expert Validation Results

Rated aspect	Assessment Indicators	Rating		∑
		V_1	V_2	
	1. Layout Accuracy	1	1	2
	2. Color matching between the background and the text	1	1	2
	3. Quality of images and illustrations	1	0	1
Visual	4. Text color matching	1	1	2
	5. Graphical display	1	0	1
	6. Clarity of the narrator's voice	0	1	1
	7. Compliance of backsound with images/visuals	1	1	2
Audio	8. Large enough volume	1	1	2
Writing	9. Suitability of font color selection	1	1	2
	10. Accuracy of type selection letter	1	1	2
	11. Accuracy of font size	1	0	1
	12. The writing can be read clearly	1	0	1
	13. The writing conveys clear information	1	1	2
	14. Smoothness of video when playing	1	1	2
Software engineering	15. Easy to store and carry	1	1	2
	16. Video does not break or lag when played	1	1	2
	17. Ease in operate video	1	1	2
	Amount	**16**	**13**	**29**
	Average		**85,3%**	
	Criteria		**Very Worth It**	

Table 3. shows that the results of the media validation are included in the Very Eligible category with a percentage of 85.3%, so that the counseling video developed by the researcher is declared feasible for production with revisions according to suggestions. The two media experts provided several criticisms and suggestions to the researcher, one of which

was to make the narrative more interactive, such as providing provocative questions and arousing the audience's curiosity.

The counseling video that was developed is very feasible to be produced and used as a counseling medium, overall the visualization in the video is very interesting for teenagers and in accordance with the material, the validator provided several inputs as revision materials such as improving the quality of illustrations, reducing elements, giving an emphasis effect on important points and making the narrative more interactive. This input is in line with the results of Hayati & Amalia's (2019) research regarding the use of interactive videos for teenagers, the study stated that interactive videos have an effect on increasing adolescent knowledge because they arouse curiosity, and make teenagers more focused on paying attention to the material.

4. CONCLUSION

The study entitled "Development of Family Life Readiness Counseling Videos for Teenagers Using the Canva Application in Family Planning Villages" shows clear steps in the planning and development of counseling videos. The process begins with data analysis conducted through interviews with the Family Planning (KB) Counseling Coordinator and Family Planning Field Officers (PLKB). In addition, analysis of existing counseling videos was also conducted to gain better insight. After the analysis stage, the next step is planning, which includes selecting applications, exploring materials related to Family Life Readiness, compiling scripts, and creating storyboards that will be used as a guide in video production.

The production of counseling videos involves various complex editing stages. This includes recording narration, adjusting layouts, and combining colors between backgrounds, elements, and writing. Adjusting font sizes, adding graphics, images, and illustrative videos are also important parts of this process. In addition, adding transitions and fade in-fade out settings for music and voice overs is done to improve video quality. After all elements are edited, the video is downloaded in mp4 format. This process ends with a development stage in the form of an assessment by media experts and material experts to ensure the suitability and quality of the content.

The evaluation results show that this counseling video is worthy of being produced. Validation by material experts gave an average score of 95.83%, while the validation results by media experts reached 85.3%. Both of these results are categorized as very worthy, indicating that the counseling video on Family Life Readiness for Adolescents can be used as an effective counseling media, with some constructive input and suggestions for improvement from the experts.

Based on the results of the study showing that the counseling video is very worthy of being produced and used, the researcher provides several suggestions. First, for Family Planning Field Officers (PLKB) and BKKBN, this video can be used in counseling activities for adolescents and increase the availability of relevant counseling media. Second, for adolescents, this video can broaden their horizons and information about Family Life Readiness, so it is very useful if disseminated to other adolescents. Finally, for further researchers, this study can be used as a reference to explore further, such as looking for the influence of counseling videos on the level of adolescent knowledge about Family Life Readiness.

AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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