

SIBER: Sekolah Inspirasi Remaja Berprestasi dan Bertalenta untuk Mewujudkan Generasi Indonesia Emas

(SIBER: A School of Inspiration for High-Achieving and Talented Teens to Create a Golden Generation of Indonesia)

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ABSTRAK

Remaja merupakan aset strategis dalam pembangunan sumber daya manusia Indonesia, namun data nasional menunjukkan masih tingginya kerentanan mereka terhadap perilaku berisiko, termasuk kurangnya literasi karakter, meningkatnya kasus perkawinan anak, rendahnya pemahaman gizi dan kesehatan, serta terbatasnya keterampilan digital dan kewirausahaan yang relevan dengan tuntutan era global. Menjawab kebutuhan tersebut, Program Sekolah Inspirasi Remaja Berprestasi dan Bertalenta (SIBER) dirancang sebagai intervensi edukatif untuk memperkuat kapasitas remaja dalam empat domain utama: karakter dan moral, perencanaan pernikahan, kesehatan dan gizi, serta lifeskills digital dan entrepreneurship. Kegiatan dilaksanakan secara tatap muka di SMA Kornita IPB dan SMA Negeri 10 Bogor, melibatkan 274 remaja berusia 15–18 tahun. Metode yang digunakan mencakup penyuluhan interaktif, diskusi, serta evaluasi berbasis desain pre–post interval study. Penilaian perubahan pengetahuan dilakukan melalui kuesioner pre-test dan post-test, yang dianalisis secara deskriptif dan melalui uji beda menggunakan SPSS. Hasil menunjukkan peningkatan signifikan pada seluruh materi edukasi. Peningkatan terbesar terjadi pada pemahaman gizi dan kesehatan (77,2% menjadi 97% kategori tinggi), keterampilan digital (73,5% menjadi 91%), serta peningkatan substansial pada literasi risiko perkawinan dini (6,3% menjadi 17,8%). Pengetahuan terkait karakter, kewirausahaan, gaya hidup sehat, dan kesehatan reproduksi juga menunjukkan tren peningkatan konsisten. Temuan ini menegaskan bahwa pendekatan edukasi holistik mampu secara efektif memperkuat kesiapan remaja dalam mengambil keputusan sehat dan bertanggung jawab. Program SIBER terbukti relevan dan layak direplikasi sebagai model penguatan kapasitas remaja dalam mencegah perilaku berisiko serta membangun generasi produktif, sehat, dan berdaya saing.

Kata kunci: generasi emas, inspirasi, prestasi, remaja, SIBER

ABSTRACT

Adolescents are a strategic asset in Indonesia's human resource development, yet national data consistently highlight their high vulnerability to risky behaviors. These include limited character literacy, rising cases of child marriage, low levels of nutritional and health awareness, and insufficient digital and entrepreneurial competencies required in an increasingly globalized era. In response to these challenges, the School for Inspiring, Achieving, and Talented Youth (SIBER) Program was developed as a targeted educational intervention to strengthen adolescents' capacities across four essential domains: character and moral development, informed wedding planning, health and nutrition literacy, and digital life skills including entrepreneurship. The program was implemented through face-to-face sessions at SMA Kornita IPB and SMA Negeri 10 Bogor, engaging 274 adolescents aged 15–18 years. The intervention utilized interactive lectures, group discussions, and a structured pre–post interval study design to measure learning gains. Knowledge acquisition was assessed through pre-test and post-test questionnaires, with results analyzed descriptively and through paired statistical tests using SPSS. Findings demonstrate marked improvements across all areas of instruction. The greatest gains were observed in understanding nutrition and health (from 77.2% to 97% in the high-knowledge category) and digital skills (from 73.5% to 91%), alongside significant increases in literacy on the risks of early marriage (from 6.3% to 17.8%). Improvements were also evident in character education, entrepreneurship, healthy lifestyle awareness, and reproductive health knowledge. These results affirm that a holistic, multidimensional educational approach can substantially enhance adolescents' readiness to make informed, responsible decisions. The SIBER Program offers a replicable model for equipping youth to avoid risky behaviors and to grow into a healthy, productive, and competitive generation.

Keywords: adolescents, achievement, golden generation, inspiration, SIBER