



ANALISIS FAKTOR YANG MEMPENGARUHI PERILAKU SEKS BEBAS DI KALANGAN REMAJA

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Abstrak

Pengambilan risiko seksual di kalangan remaja dan konsekuensi yang ditimbulkan masih menjadi perhatian dalam lingkup kesehatan masyarakat dunia. Fenomena perilaku seks bebas di kalangan remaja adalah salah satu faktor yang menyebabkan timbulnya dampak negatif di masyarakat (kehamilan remaja, kekerasan seksual, Penyakit Menular Seksual). Berkaitan dengan hal tersebut, penelitian ini dilakukan untuk menentukan faktor (pengetahuan seksual, sikap, media, teman sebaya dan pengawasan orangtua yang mempengaruhi perilaku seks bebas remaja. Penelitian ini melibatkan 91 pelajar dari SMA Swasta Santun. Sampel penelitian dipilih dengan menggunakan *puspositive sampling*. Alat penelitian menggunakan lembar kuesioner. Uji *Chi-square* dilakukan untuk menentukan hubungan antara variabel bebas dan keputusan melakukan perilaku bebas. Hasil studi menunjukkan bahwa dari beberapa faktor yang diduga mendorong remaja melakukan perilaku seks bebas, hanya peran teman sebaya yang tercatat sebagai faktor pengaruh secara statistik ($p=0,005$). Variabel lainnya, seperti pengetahuan seksual ($p=0,061$), sikap ($p=0,222$), media ($p=1,000$), dan pengawasan orangtua ($p=1,000$) tidak terbukti berpengaruh signifikan terhadap responden. Secara keseluruhan, hasil penelitian memperlihatkan bahwa teman sebaya mempengaruhi remaja untuk melakukan aktivitas seksual pranikah.

ASSESSING FACTORS INFLUENCING FREE SEXUAL BEHAVIOR AMONG TEENAGERS

Abstract

Youth sexual risk taking and its consequences remain a global public health concern. The phenomenon of free sexual behavior among students is a major contributory factor to negative social and behavioral outcomes (teenage pregnancy, sexual abuse, sexually transmitted diseases). In recognition of this growth challenge, this study was conducted to determine factors (sexual knowledge, attitudes, media, peers and parents' monitoring) influencing free sexual behavior among young people. This study comprised a sample of 91 students from Santun Private Senior High School. The sample was selected by using purposive sampling method. The tool used was questionnaire sheet. Chi Square test was used to examine the correlation between independent variables and the decision in premarital sexual behavior. The study revealed among several factors that perhaps motivate teenagers to engage in premarital sexual behavior, only the role of peers' that statistically noted as influenced factor ($p=0,005$). The other variables, such as sexual knowledge ($p=0,061$), attitude ($p=0,222$), media ($p=1,000$), and parents' monitoring ($p=1,000$) did not give significant impact to juvenile. Overall, the study reported that peer influence adolescents to engage in early sexual activities. It is suggested that the formation of well-resourced peer counselling groups in schools would significantly promote good knowledge regarding free sexual behavior.

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Introduction

Reproduction health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity, in relating to the reproductive system, functions, and process. International Conference Population and Development (1994) in Kairo stated that the scope of reproduction health service consists of maternal and child health, birth control, prevention, and treatment of Sexual Transmitted Diseases (STDs) which include HIV/AIDS, reproduction health among teenagers, abortion complication's prevention and control, infertility, reproduction health for elderly, early detection of cervix cancer, and other issues (sexual abuse and female circumcision). (Kesehatan, 2015)

Juveniles' health reproduction influenced by pregnancy, abortion, STDs, sexual abuse, and the system which limits access to information and clinical services. Factors of nutrition, psychological health, economic, and gender gap play a role in it. (Purwoastuti, E. & Walyani, E.S, 2015)

Free sex defines as living openly with a sexual partner without marriage. In this term, hedonism and narcissism are the main purposes. This usually occurs among teenagers due to instability emotions. Adolescents face varied but somewhat common challenges regarding their sexuality that have a critical impact on their perception of issues and changes around them.

Youth is a stage of transition from children to adults. Indonesia describes adolescents as young people who are between 15 and 24 years old. The total of a population in 2015 is 255.461.686 people which 43.543.258 among them are youths. (Kesehatan, 2015) Among young people 15-19, the major proportion who had dated for the first time is 15-17. Around 33,3% of girls and 34,5% of boys aged 15-19 started dating before 15 years old. It is worrying that around this age, they still do not have proper life skills, so that risky for them to involve in risky dating behavior and premarital sex. (Kesehatan, 2015)

Central Bureau of Statistics released that population total of Pontianak in 2015 about 607.438 people. Meanwhile, the amount of teenagers (15-24) is 121.732 people. In 2015, there was 1 case of maternity mother, aged less than 20, who died. It was found 43 young people who suffered from HIV, which 12 of them diagnosed AIDS, 2 died due to AIDS and 3 of them suffered from syphilis. (Pontianak, 2015) Data in 2015-2017, some female students dropped out of school because of unintended pregnancy issues.

A lot of factors influence adolescent and youth sexual behavior. This could be innate or learned

Mostly, these factors are group under the following psychological make-up, cultural influence, peer groups, environmental, socio-economic, and availability of sexual information. (Shrier, L.A., Chiung, M., & Beardslee, W., 2005) The factors to be highlighted in this study are knowledge, attitude, media, the role of peers and parents.

Knowledge is crucial since it can determine people's perspective. The previous study found that the students who had received sexual health education was more knowledgeable about the vital consequences of heavy sexual behavior. (Saracoglu, G.V., Erdem, I., & Tokuc, B., 2014)

Attitude is a response or reaction towards stimulus or object. It is stated that individuals attitude about sexuality can be contributed to increasing the number of unwanted pregnancy among youths. (Amalia, 2015)

Motivation is defined as the process that initiates, guides and maintains goal-oriented behaviors consistently. The present study showed that motivation and relatives' support played a role in risky sexual behavior. (Saracoglu, G.V., Erdem, I., & Tokuc, B., 2014)

Family plays a major role in giving knowledge and belief since the family is where youths come from. It is logical to say that the situation will become worse without or less attention from relatives. (Mmari, K., Kalamar, A.M., & Venables, E., 2016) Dysfunctional families tend to lead teenagers to do maternity sexual. It is a fact that irrespective of whether it is a low, middle or high-income country, adolescent raised in single-parent households have an increased probability of both early sexual debut and pregnancy. (Bablola, S., Tambashe, B.O., & Owuor, T., 2003)

Besides family, the social environment (peer) participates in influencing sexual behavior. It is reasonable to be careful in selecting friends since the environment has a role in teenagers' behavior changing. (Amalia, 2015)

Another factor is the media. Media is not only an information source, but it has a major influence by showing certain television shows so that the public can imitate anything. It has resulted in the conclusion that media exposure had a significant correlation with teenagers' sexual behavior. (Sekarrini, 2012)

As mentioned above, we are interested in doing a study about "factors influence free sexual behavior among teenagers in Santun Private Senior High School Pontianak". This paper aims to analyze the factors (sexual knowledge, attitude, media, and peers' influence, and parents' monitoring) which predict would impact juveniles' sexual behavior.

Methodology

This study is a survey research with a cross-sectional approach. The sample technic uses simple random sampling and an estimated 91 respondents. Data were collected using the questionnaire by interviewing respondents. The questionnaire used a Guttman scale. Individuals had given 66 questions which consist of 10 questions related to free sexual behavior, 10 questions about sexual knowledge, 14 questions to measure respondents' attitudes toward premarital sexual activity, 12 questions about media influence, peers, and family's role would be asked in 10 questions respectively.

The correlation of independent variables to dependent variables had been tested by Chi-Square Test with 95% of confidential interval.

Results and Discussion

The result of questionnaire can be seen on the table below.

Table 1. Frequency distribution of knowledge, attitude, medias' and peers' influence, parents' role and free sexual behavior

Variables	Frequency	Percentage
Knowledge		
Good	66	72,5
Less	25	27,5
Attitude		
Agree	44	48,4
Disagree	47	51,6
Media influence		
Major	45	49,5
Minor	46	50,5
Peers' influence		
Major	55	60,4
Minor	36	39,6
Parents' role		
Good	42	46,2
Less	49	53,8
Free sex behavior		
Risky	53	58,2
Unrisky	38	41,8

This table indicated that most respondents had good knowledge of health reproduction, form of free sexual behavior and its effect and they tend to refuse free sexual behavior. It is proved that young people influenced by peers' more than media in doing free sex. This study showed that most respondents experienced less parents' role in supporting them to avoid free sex. They confessed that most of them did risky level of free sexual behavior.

It is found that teenagers who have good knowledge more prone to free sexual

Table 2. Correlation between knowledge and free sexual behavior

Knowledge	Free Sexual Behavior						P-value
	Risk		Safe		Total		
	f	%	f	%	F	%	
Good	34	51,5	32	48,5	66	100	0,061
Less	19	76	6	24	25	100	
Total	53	58,2	38	41,8	91	100	

behavior than with less knowledge. This study does not prove that good knowledge generates good premarital sexual behavior too. It can be seen that among 66 respondents who have good knowledge, noted 34 respondents (51,5%) had heavy premarital sexual behavior. While among 25 respondents who have less knowledge, it is found 19 respondents had risky sexual behavior.

On one hand, knowledge in this study did not give a significant influence on respondents, but on the other hand, it is proved that there was a relationship between knowledge and early adolescent attitudes toward premarital sex. (Shrier, L.A., Chiung, M., & Beardslee, W., 2005) It is believed that providing education about reproduction health and sexuality education through formal or extracurricular lessons related to sexual behavior. The fact of this result study proved that young people with good sexual knowledge possible in doing a risky sexual activity.

Based on this result, it is true that sometimes knowledge does not interfere with people in doing what they want. It probably happens since another factor gives a significant impact on them. Thus, whatever the implementation strategy, it is necessary to address the current deficiency in knowledge of sexual health in Senior High School students.

It can be shown in table 1 that participants' attitudes toward sexuality had no statistically significant

Table 3. Correlation between attitude and free sexual behavior

Attitude	Free Sexual Behavior						P-value
	Risk		Safe		Total		
	f	%	f	%	F	%	
Agree	29	65,9	15	34,1	44	100	0,222
Disagree	24	51,1	23	48,9	47	100	
Total	53	58,2	38	41,8	91	100	

effects on their heavy sexual practices. It is estimated nearly half of the respondents (44 people) reported support premarital sexual behavior. Among them, 65,9% of the participants did a risky sexual activity. By meaning that the difference between those who

oppose and agree with free sex is not significant in giving generates an effect of premarital sex.

This result opposite to previous studies where stated that there was a positive relationship between attitudes and sexual behavior. (Dutt, S., & Mnajula, M., 2017), (Kadarwati, S.R., & Wuryaningsih, C.E., 2017) There was a significant difference between permissive and conservatives attitudes toward sexuality. Those with relatively permissive and conservatives attitudes towards sexuality were more likely to be sexually active. (Zheng, Y., Luo, T., & Zhou, Y., 2014), (Eze, 2014)

This observation was a pointer to the fact that we are in a dilemma society. On one hand, those who do premarital sex understand and show their disagreement with that action, however, they just did it. Meaning that youth nowadays cannot be judged by their attitudes that shown to the public.

It is vital to create social awareness of safe sexual behavior. STDs prevention is possible through changes in an attitude, and specifically through sex education. The government should pro-

Table 4. Correlation between media and free sexual behavior

Media	Free Sexual Behavior						P-value
	Risk		Safe		Total		
	f	%	f	%	F	%	
Major	26	57,8	19	42,2	45	100	1,000
Minor	27	58,7	19	41,3	46	100	
Total	53	58,2	38	41,8	91	100	

vide sexual health education, including adequate information on preventing unsafe sexual behavior.

It can be seen that the media has a minor influence on risky free sexual behavior (58,7%) and it also proved that media is not an influenced factor in this study. On the contrary, previous research stated that media was the factor giving the biggest risk in risky premarital sexual behavior among teenagers. (Sekarrini, 2012)

Nowadays, there is growing concern about young people's exposure to sexual content through television and other electronic media and about its potential effects on their sexual attitudes, beliefs, and behaviors. (Gruber, E., & Grube, J.W., 2015)

Despite this result, it is vital to monitor media for students. Moreno argued that users can set their preferences to convey messages about their social identity, in the same manner, that face-to-face interaction allows, but on a global scale and in contexts that are not always monitored by adults. (Moreno, M.A., & Kolb, J., 2012)

Table 5. Correlation between peers and free sexual behavior

Peers	Free Sexual Behavior						P-value
	Risk		Safe		Total		
	f	%	f	%	F	%	
Major	39	70,9	16	29,1	55	100	0,005
Minor	14	38,9	22	61,1	36	100	
Total	53	58,2	38	41,8	91	100	

It remains an important study of an emerging topic surrounding adolescent's media use and how it affects their lives. (Landry, M., & Vyas, A., 2017)

Variable of peers' role is the only variable which gives a significant effect on premarital sexual behavior among students of Santun Private Senior High School. This results in a line that applied multivariate analysis and found the fact that the role of peers is the most influenced variable on respondents to did premarital sexual behavior. (Dutt, S., & Mnajula, M., 2017)

It can be shown that 70,9% of respondents of risky sexual behavior were influenced by their friends. It is reasonable since students of their age tend to spend time with colleagues than family. They often have closer relationships with their acquaintances than relatives. This makes youths imitate friends' activities, unfortunately when they have colleagues with risky sexual behavior, in case possible for them to copy that behavior. It is stated that peers influence attitude and behavior among teenagers, even in decision making. It is a fact that students at their age tend to decide in doing risky behavior twice possible when they are with their groups than alone. (Ramalia, 2014)

Affiliation with peers and perceived peer norms favoring premarital sex increased. Having more friends also increased the odds of accruing multiple new sexual partners among younger respondent. (Bingenheimer, J.B., Asante, E., & Ahiadeke, C., 2015)

Investigators have examined several interrelated processes to account for how peer influences occur. One approach focuses on how an individual's peer group provides (or does not provide) opportunity for meeting potential sexual partners and engaging in sexual activity. Accordingly, some studies suggest that having a larger network of friends, or a network that includes a higher proportion of opposite-sex friends may be linked to sexual activity. (Bingenheimer, J.B., Asante, E., & Ahiadeke, C., 2015)

Friends can be affected by attitude since they are part of social communication that also plays the second role (after family) in improving someone's character. (Cavanagh, 2004) It is essential to be se-

lected in choosing peers otherwise it will bring downsides on teenagers. (Intan, K., & Iwan, A., 2012)

Table 6. Correlation between parents’ monitoring and free sexual behavior

Parents’ role	Free Sexual Behavior						P-value
	Risk		Safe		Total		
	f	%	f	%	F	%	
Good	24	57,1	18	42,9	42	100	1,000
Less	29	59,2	20	40,8	49	100	
Total	53	58,2	38	41,8	91	100	

Based on the result of this study, it is admitted that the role of parents in students’ families did not give a significant impact on their free sexual behavior. It contradicts with the statement of Parihat that parents influence youths to do premarital sexual activity. (Bingenheimer, J.B., Asante, E., & Ahiadeke, C., 2015)

This result probably happened since respondents spend time with friends more often than relatives’ environment. It is in line with a statement which also mentioned that the unrelated family status with sexual behavior occurred because the portion of students’ daily activities in a day mostly spend with peers. (Mmari, K., Kalamar, A.M., & Venables, E., 2016) They have limited interaction time with family. Therefore, this leads to making parents’ role do not give a significant effect on them.

Although this variable does not influence respondents, parental monitoring remains vital to parent-child relationships in decreasing sexual risk behavior, despite parental influence diminishing and peer pressure and social influences increasing during adolescence.

Conclusion

It is logical to conclude that among all variables, only peers give significant influence in doing free sexual behavior. The other variables, such as knowledge, attitude, media, and parents’ role could not be proved as influenced factors of free sexual behavior among students in Santun Private Senior High School Pontianak.

It is hoped for further research to increase the number of samples and also to expand the scope of variables, thus it will get better results. Furthermore, it would be better if the respondents’ sexual behavior associated with their sexual behavior at the time of the study, so it would be known more certainty whether sexual behavior is happening in the past or present when data collection is done.

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