

Youth Literacy Regarding the Dangers of Casual Sex for Health in Pontianak

Literasi Remaja Terkait Bahaya Seks Bebas Bagi Kesehatan di Pontianak

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ABSTRACT

Adolescence is a transitional period with rapid growth, where failure to adapt can lead to the risk of juvenile delinquency, including promiscuous sexual behavior, especially in the midst of increasing cases of child marriage. Internal factors such as lack of attention from parents and adolescent curiosity about sexual life can endanger them if not balanced with adequate knowledge. This study aims to describe the level of knowledge about the dangers of free sex among students of SMA Muhammadiyah 1 Pontianak. By using Probability sampling method and Quota Sampling technique, the study involved 88 respondents. The results showed that the majority of respondents were 15 years old, with a higher proportion of females than males. The level of knowledge of students about the dangers of free sex was dominated by the good category, with 71 people (80.7%) having adequate knowledge, while 17 people (19.3%) had sufficient knowledge. It is recommended that educational institutions design a comprehensive sex education curriculum and involve the health department to provide sex-related education. Students are expected to increase self-awareness and instill Islamic values. This research can also be the basis for further studies on the role of parents in adolescents' knowledge about the dangers of free sex.

ABSTRAK

Masa remaja adalah periode transisi dengan pertumbuhan yang cepat, di mana kegagalan adaptasi dapat menyebabkan risiko kenakalan remaja, termasuk perilaku seks bebas, terutama di tengah meningkatnya kasus pernikahan usia anak. Faktor internal seperti kurangnya perhatian dari orang tua dan rasa ingin tahu remaja tentang kehidupan seksual dapat membahayakan mereka jika tidak diimbangi dengan pengetahuan yang memadai. Penelitian ini bertujuan untuk menggambarkan tingkat pengetahuan tentang bahaya seks bebas di kalangan siswa/siswi SMA Muhammadiyah 1 Pontianak. Dengan menggunakan metode Probability sampling dan teknik Quota Sampling, penelitian melibatkan 88 responden. Hasil menunjukkan bahwa mayoritas responden berusia 15 tahun, dengan proporsi perempuan yang lebih tinggi dibandingkan laki-laki. Tingkat pengetahuan siswa/i tentang bahaya seks bebas didominasi oleh kategori baik, dengan 71 orang (80,7%) memiliki pengetahuan yang memadai, sementara 17 orang (19,3%) memiliki pengetahuan cukup. Disarankan agar institusi pendidikan merancang kurikulum pendidikan seks yang komprehensif dan melibatkan dinas kesehatan untuk memberikan edukasi terkait seks. Siswa/i diharapkan meningkatkan kesadaran diri dan menanamkan nilai-nilai Islami. Penelitian ini juga dapat menjadi dasar untuk studi selanjutnya mengenai peran orang tua dalam pengetahuan remaja tentang bahaya seks bebas.



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1. INTRODUCTION

Adolescence is a period of transition from childhood to adulthood. Adolescence is divided into several criteria, namely age 12-15 years into early adolescence, age 16-18 years into middle adolescence and age 19-20 years into late adolescence. During this period, individuals experience dynamic growth and development including physical, mental, emotional, and social development¹. It is also known as puberty, at the time of puberty will be found prominent physical changes are primary changes, secondary and typical psychological changes. Adolescents are identical as individuals who are unstable and like to try new things².

At this time adolescents also like to try new things, but are still unstable in making decisions so they tend to do things that violate the law or deviate and are more often referred to as juvenile delinquency. Some examples of juvenile delinquency are disturbing the peace in the community, often going out at night and spending their time just for fun such as drinking, using illegal drugs, fighting, gambling, and especially free sex, which can eventually lead to unwanted pregnancy (KTD). This will harm themselves, their families, and other people around them³.

Juvenile delinquency occurs because adolescents fail to adapt in the integration or transition period. There are internal factors as the cause of juvenile delinquency is the lack of attention and affection from parents. In addition, biological and sociological changes in adolescents allow for two forms of integration. First, the formation of a feeling of consistency in life. Second, the achievement of role identity. Next are external factors, namely factors from socialization, the environment and can turn to free sex.

Free sex is a problem in juvenile delinquency that is very interesting and endless to discuss. Sexual behavior is any behavior that is driven by sexual desire, either with the opposite sex or with the same sex⁴. Sexual behavior is an act of adultery because free sex is sex that is carried out between men and women not through legal marriage⁴.

The characteristics of adolescents who have great curiosity, like adventure and challenge and tend to dare to take risks without careful consideration, increase sexual behavior. Premarital sexual behavior is one of the consequences of promiscuity. Teenagers tend to want to find self-identity, be attracted to the opposite sex, develop feelings of love and begin to fantasize about things related to sexual⁵.

The increasing curiosity of adolescents towards sexual life can endanger adolescents if not balanced with knowledge. Therefore, *sex education* is very important for adolescents so that they do not get the wrong source of information. This condition will result in adolescents having irresponsible sexual behavior, such as experimenting with commercial sex workers, having premarital sex, performing oral sex, and so on without considering a bad future for themselves⁶.

The World Health Organization (WHO) states that the incidence of promiscuous sex worldwide is 43.1%, where every year 500,000 teenagers in the United States become pregnant and 70% of them are unmarried. More than 200,000 women in the United States have children before the age of 18, so they are "children who have children"⁷. Based on the results of research in 6 countries namely Liberia, Nigeria, Japan, Israel, Mexico, and the United Kingdom, 66.20% of adolescents have had sexual intercourse whether it is kissing, groping breasts, and genitals and even have sexual intercourse⁴.

The prevalence in Indonesia is around 4.5% of male adolescents and 0.7% of

female adolescents aged 15-19 years who claim to have had premarital sex. Among adolescents aged 15-19 years, the largest proportion dated for the first time at the age of 15-17 years. About 33.3% of adolescent girls and 34.5% of adolescent boys aged 15-19 years started dating when they were not yet 15 years old. At this age, it is feared that they do not have adequate *life skills*, so they are at risk of having unhealthy dating behavior, including premarital sex⁸.

The phenomenon of free sex in Indonesia is increasingly concerning where data from the results of a survey conducted by the Indonesian Child Protection Committee (KPAI) cited by Nurmuguphita stated that 32% of adolescents aged 14-18 years in major cities in Indonesia (Jakarta, Surabaya, Bandung and Yogyakarta) have had sex. The results of another survey also stated that one in four teenagers in Indonesia had premarital sexual intercourse and proved that 62.7% of teenagers lost their virginity while still in junior high school, even some of them had gone to the extreme of having an abortion⁸.

In West Kalimantan itself, premarital sexual behavior is not a taboo among high school teenagers, from the City District level to the area premarital sex has become a teenage consumption, until now if it is percents the number of teenagers who have had premarital sex is 6.30%, this figure is very surprising (PKBI, 2017). Data in Pontianak found that the number of premarital sexual behavior that occurs to have an impact on KTD (unwanted pregnancy) is a common thing today. Sexual Behavior of Teenagers The sexual behavior of respondents was not at risk of unplanned pregnancy, STDs, HIV and AIDS by 43.1%, less risky by 41.4% and the rest (15.5%) were at risk. Most of the respondents (56.9%) practiced kissing; 30.7% necking; 13.8% petting; 7.2% oral sex; 5.5% anal sex; and 14.7% intercourse⁹.

This promiscuous sexual behavior has both physical and psychological impacts on these adolescents. The physical impact of promiscuous sex such as unwanted events (KTD), increased risk of transmission of sexually transmitted diseases (STDs) such as HIV / AIDS and syphilis to others thus increasing mortality and morbidity in the adolescent population¹⁰. Another impact of adolescent promiscuous sexual behavior on reproductive health is contracting STDs. Adolescents who often have unsafe sex with habits by changing partners and having anal sex make adolescents more vulnerable to contracting STDs such as syphilis, gonorrhea, herpes, chlamydia, and AIDS⁹.

Based on the results of a preliminary study conducted by the author at SMA Muhammadiyah 1 Pontianak in May 2022, from the results of direct interviews with guidance and counseling teachers in high school said that some students are at high risk of being affected by free sex because adolescents do not know specifically about the dangers of free sex and the lack of education from parents and family factors that are not harmonious (*broken home*) cause a tendency for free sexual behavior.

2. METHODS

The type of research to be carried out is using a descriptive design. Descriptive approach is a type of research that emphasizes the time of measurement / observation of data on independent and dependent variables only once at a time or simultaneously¹¹. This research uses the *Probability sampling* method, with the *Quota Sampling* technique. Any individual can be sampled without considering the characteristics or stratification possessed by that individual¹¹. This research has gone through an ethical testing process with Letter No.

230/II.I.AU/KET/.ETIK/VI/2022.

The instrument used in this study consists of Questionnaire A contains a questionnaire about the characteristics of respondents which includes age, gender, class Questionnaire B contains a questionnaire about student knowledge about free sex adopted from previous researchers¹². The validity test results show the value of $r>0.3$ and realibel with a minimum alpha value of 0.7. The number of questions related to knowledge on free sex is 38 pieces, using a guttman scale, where there are 2 alternative answers that exist yes and no, if the answer gets a score of 1 (highest value), and if the answer does not get a score of 0 (lowest value).

3. RESULTS

Table 1. Frequency Distribution of Respondents

Characteristics	n = (88)	%
Age (Years)		
14	6	6,8
15	32	36,4
16	15	17
17	20	22,7
18	15	17
Gender		
Male	32	36,4
Female	56	63,6
Knowledge of casual sex		
Good	71	80,7
Simply	17	19,3

Source: Primary Data, 2022

Table 1 shows the frequency distribution of respondents based on age, gender, and level of knowledge about casual sex among students of SMA Muhammadiyah 1 Pontianak. The majority of respondents were within the age range of 15 to 17 years old, with 32 people (36.4%) aged 15 years old and 20 people (22.7%) aged 17 years old, indicating that this study covers an age group that is relevant for understanding behavior and knowledge related to promiscuous sex. In terms of gender, there were 32 male respondents (36.4%) and 56 female respondents (63.6%), Regarding knowledge about casual sex, the results showed that 71 respondents (80.7%) had good knowledge, while 17 respondents (19.3%) had sufficient knowledge.

4. DISCUSSION

Based on the results of the study, it is known that the distribution of respondents based on age is the majority of respondents aged 15 years. According to the *World Health Organization* (WHO), the age of 0-17 years is the age of minors. In this phase, the period of human life that is very strategically important and has a broad impact on subsequent development. Adolescents in Indonesia aged 12 - 16 years are categorized as early adolescence. In this phase there begin to be changes in adolescent psychology, where a person begins to be interested in establishing romantic relationships (dating) or sexually, begins to show independence so as not to continue to depend on parents. Moods begin to change, and begin to be able to think

with logic, but are often driven by emotions so that they can do risky things such as getting drunk and even free sex¹³.

The results of this study are in line with Yuliana (2019) showing that there are differences in the number of students of each age of the respondents. From the data it can also be seen that the average age at SMPN 3 Kalipuro is 12-15 years old. The average student age 12-17 has a positive attitude, namely 47 students or 55.95% of all students. Those who have a positive attitude are dominant at the age of 12-16 years¹⁴.

Most of the respondents were female. This is what was mentioned. This is inversely proportional to the results of the Indonesian population census conducted by the Central Statistics Agency (BPS) in 2020 which found that the male population outnumbered women, namely 136 million men and 133.54 million women.

The level of knowledge of students about the dangers of free sex is dominated by a good level of knowledge. The results of this study are in line with Kusparlina (2016) showing the majority of students and female students in class XI SMK PGRI I Mejayan have an average level of good knowledge, 48 respondents (70.6%) with good knowledge and 19 respondents (27.9%) with moderate knowledge. The good level of knowledge of respondents regarding reproductive health and free sex is a natural thing, considering the easier access to information about health, either obtained from schools or from print and electronic media¹⁵.

In addition, the rapid development and growth during puberty, characterized by changes in the shape and maturity of the reproductive organs, makes adolescents more expressive in exploring their genital organs and sexual behavior. This, if not balanced with faith and taqwa to Allah SWT, can trigger deviant sexual behavior and cause unwanted pregnancies (KTD) in adolescents⁵.

The results of this study, reinforced by the results of research conducted in Selakau sub-district, Sambas district, on factors influencing the age of young marriage in adolescents showed a relationship between education, knowledge, pornographic media with young marriage. This means that although adolescents have good knowledge about free sex, adolescents need to have a high awareness of moral values and strong Islamic values, so that they can prevent such free sexual behavior. The teachings in Islam about the prohibition of approaching deviant or free sexual behavior are clear in the Qur'an. The results of qualitative research state that the Qur'an has explained many aspects of reproductive health such as how batasana between men and women, deviant sexual behavior and the diseases caused by it¹⁶.

Based on the theory, a person's level of knowledge in their health is influenced by several factors including: the role of health counseling, access to available information and the desire to seek information from various media¹⁷. Based on the results of this study, researchers argue that one of the factors causing the high level of knowledge of students at SMA Muhammadiyah 1 Pontianak is the easy access to information related to free sex through electronic media through gadgets where at this time it is not a difficult thing to access various kinds of information. Based on the results of observations made by researchers, it was found that almost all students have their own social media accounts, where information related to the dangers of free sex they get from *sex education* obtained when playing social media, where currently there are many *content creators* who discuss *sex education*. But it should be noted, in a time where technological advances and information are rapid, making access to media containing pornographic elements can become uncontrolled.

The impact of free sexual behavior is very complex. Research results show that stunting is closely related to juvenile delinquency, especially free sexual behavior¹⁸. Data shows that around 33.3% of female adolescents and 34.5% of male adolescents start dating when they are not yet 17 years old, so they have the potential to have premarital sex¹⁹. The practice of premarital sex will increase the risk of early marriage, KTD, illegal abortion, bleeding to maternal and child mortality and stunting²⁰. In addition to stunting, the risk of giving birth to a child with Low Birth Weight (LBW) also increases. This is in accordance with the results of previous researchers, namely, mothers who become pregnant at high risk ages (less than 20 years and more than 35 years), have a 3.22 times risk of giving birth to children with LBW²¹.

Given the importance of the problem, health education related to reproductive health among adolescents needs to be improved. The results of previous research showed that there was a significant difference in the knowledge of junior high school students before and after being given health education²². This indicates the importance of sex education and reproductive health given as early as possible.

Based on this, the researcher argues that the high level of knowledge of students about the dangers of free sex is the result of information obtained from access to electronic media, with good knowledge, their behavior will tend to be good too, as well as individuals with less knowledge (low) then have a tendency to behave less well too. However, promiscuous sexual behavior can be prevented if adolescents adhere to religious teachings and moral values that exist in society.

5. CONCLUSIONS

The results showed that the majority of respondents at SMA Muhammadiyah 1 Pontianak were 15 years old, with a higher proportion of females than males. The level of knowledge of students about the dangers of free sex was dominated by the good category, with 71 people having adequate knowledge. Based on these findings, it is recommended that educational institutions design a comprehensive sex education curriculum to provide a strong knowledge base for students. Students are expected to increase self-awareness and instill Islamic values to avoid deviant behavior. Schools are also advised to collaborate with the health department in providing education and information related to sex, in order to prevent deviant behavior and reduce the number of early marriages. In addition, this study is expected to be the basis for further research exploring the role of parents in influencing adolescents' knowledge about the dangers of free sex.

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