

THE RELATIONSHIP BETWEEN KNOWLEDGE AND ATTITUDES REGARDING THE DANGERS OF FREE SEX IN JUNIOR HIGH SCHOOL STUDENTS

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ABSTRAK

Masa remaja merupakan masa perkembangan yang sangat kritis diantara masa-masa lainnya karena pada masa ini terjadi peralihan dari masa kanak-kanak menuju masa dewasa. Pengetahuan yang rendah akan mempengaruhi sikap remaja dalam sikap tentang seks bebas disertai dengan kuatnya pengaruh teman sebaya pada masa remaja sehingga menjadikan remaja mempunyai tindakan seksual yang tidak sehat. Tujuan penelitian ini adalah untuk mengetahui hubungan tingkat pengetahuan dan sikap siswa tentang bahaya seks bebas pada siswa kelas VIII di SMP Negeri 2 Kairatu. Desain penelitian menggunakan cross sectional. Sampel dalam penelitian ini berjumlah 78 responden dengan pendekatan total sampling. Analisis penelitian ini menggunakan uji Spearman Rho. Hasil penelitian menyatakan terdapat hubungan yang signifikan antara pengetahuan dengan sikap siswa tentang bahaya seks bebas, (p-value 0,001). Penelitian ini menyimpulkan bahwa terdapat hubungan antara tingkat pengetahuan dan sikap siswa tentang bahaya seks bebas pada siswa kelas VIII di SMP Negeri 2 Kairatu. Hasil penelitian ini diharapkan dapat menjadi referensi bagi sekolah untuk lebih memberikan bimbingan konseling tentang bahaya seks bebas pada siswa.

Kata Kunci: Remaja, Pengetahuan, Sikap, Seks Bebas

ABSTRACT

Adolescence is a period of development that is very critical among other periods because at this time there is a transition from childhood to adulthood. Low knowledge will affect the attitude of adolescents in attitudes about free sex accompanied by the strong influence of peers at adolescence, making adolescents have unhealthy sexual acts. The purpose of this study was to determine the relationship between the level of knowledge and student attitudes about the dangers of free sex in class VIII students at SMP Negeri 2 Kairatu. The research design used cross sectional. The sample in this study amounted to 78 respondents with a total sampling approach. The analysis of this study uses the Spearman Rho test. The results of the study stated that there was a significant relationship between knowledge and student attitudes about the dangers of free sex, (p-value 0.001). This study concluded that there was a relationship between the level of knowledge and student attitudes about the dangers of free sex in class VIII students at SMP Negeri 2 Kairatu. It is hoped that the results of this study can be a reference for schools to provide more counseling guidance about the dangers of free sex to students.

Keywords: Adolescence, Knowledge, Attidue, Free sex

INTRODUCTION

Adolescence, comes from the Latin word "adolescence" which means "growing up", where this period is a very critical period of development among other periods because during this period there is a transition from childhood to adulthood. The adolescent age group (10-19 years) occupies one fifth of the world's population, and 83% of them live in developing countries. Adolescence is the age most vulnerable to experiencing reproductive health problems such as early pregnancy, unsafe abortion, sexually transmitted infections (STIs) including Human Immunodeficiency Virus (HIV), sexual harassment and rape ¹.

Survey results in 2018 showed that 41% of high school students in the United States had had sexual relations and around 230,000 babies were born to teenage girls aged 15 – 19 years. Based on the data, the number of teenagers who died due to abortion, pregnancy and birth was 70,000 and it was found that 3.2 million teenagers aged 15 - 19 years had unsafe abortions ².

The Population Survey, Family Planning, Adolescent Reproductive Health and Family Development among Indonesian Adolescents in 2016 obtained data from 10,552 adolescents aged 15-19 years with high school education, 5.7% of whom had had premarital sexual relations ³.

In Indonesia, East Nusa Tenggara Province is the province with the highest cases of free sex before marriage, while the same survey based on teenagers' opinions about free sex shows that the majority of teenagers in Maluku Province approve of the practice of free sex before marriage ⁴.

Several efforts have been made to prevent and reduce the incidence of free sex and

premarital pregnancy, one of which is through a program established by WHO in 2011, namely the United Nation Population Fund (UNFPA) to prevent early pregnancy and reduce the impact of poor reproductive health, by recommending reducing marriage before the age of 18, creating understanding and support to reduce pregnancies before the age of 20, increasing contraceptive use by teenagers at risk of unwanted pregnancy, reducing forced sex among teenagers, reducing unsafe abortion among teenagers, and increasing use of antenatal, delivery and postpartum services among adolescents. UNFPA collaborates with the government to provide access to reproductive health services, family planning health services and health education aimed at empowering and increasing knowledge about reproductive health ⁵.

One of the factors that influences the practice of free sex is knowledge. Low knowledge will influence teenagers' attitudes in responding to premarital sex accompanied by the strong influence of peers at adolescence, causing teenagers to have unhealthy sexual actions. This condition makes teenagers vulnerable to reproductive health problems such as having sex before marriage which can carry the risk of sexually transmitted infections (STIs), Human Immunodeficiency Virus and Acquired Immune Deficiency Virus Syndrome ⁶.

This is in line with the results of ⁷ research conducted at one of the high schools in Ambon City, data obtained that 15.0% of students had committed premarital sexual acts and 29.7% had deviant sexual attitudes. such as masturbation/onan and petting (bringing the genitals closer). The results of a preliminary study conducted by researchers at SMP Negeri 2 Kairatu, West Seram Regency, Maluku Province, on 5 students and 5 female students

who were interviewed directly, obtained data that 2 students and 3 students had had kissing and premarital sex and 7 out of 10 students didn't know that sex was free. Based on this background, researchers are interested in examining the relationship between level of knowledge and students' attitudes about the dangers of free sex in class VIII students at SMP Negeri 2 Kairatu.

METHODOLOGY

This research is quantitative research with observational analytical methods. The sample in this study amounted to 78 respondents taken from all class VIII students of SMP Negeri 2 Kairatu by sampling using total sampling techniques. This research was carried out at SMP Negeri 2 Kairatu on 26-27 May 2021. The instrument in this research used a questionnaire which aimed to measure knowledge about the dangers of free sex and attitudes about the dangers of free sex. The collected data is then processed through editing, coding, processing and cleaning stages. To analyze the relationship between knowledge and attitudes, the chi-square statistical test is used. Data is presented in the form of a frequency distribution table. In conducting research, researchers pay attention to aspects of Anonymity and Confidentiality.

RESULT AND DISCUSSION

RESULT

1. Characteristics of Respondents

Table 1. Frequency Distribution of Respondent Characteristics

Characteristics	Category	N	%
Age	13 Years Old	11	14,1
	14 Years Old	50	64,1
	15 Years Old	17	21,8
Total		78	100
Sex	Laki-laki	28	35,9
	Perempuan	50	64,1

Total	78	100
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Table 1 shows that the majority of respondents (64.1%) were 14 years old and a small proportion of respondents (14.1%) were 13 years old. Meanwhile, based on gender, some of the respondents in this study (64.1%) were female and a small portion (35%) were male.

2. Respondents' level of knowledge about Free Sex

Table 2 Frequency Distribution of Respondents' Knowledge Level About the Dangers of Free Sex

Knowledge level	N	%
Good	38	48.7
Sufficient	28	35.9
Deficient	12	15.4
Total	78	100

Based on table 2, it can be explained that the majority of respondents (48.7%) have a good level of knowledge about the dangers of free sex, and a small number of respondents (15.4%) have a poor level of knowledge about free sex.

3. Respondents' Attitudes regarding Free Sex

Table 3 Frequency Distribution of Respondents' Attitudes Regarding the Dangers of Free Sex

Attitude	N	%
Positif	50	64,1 %
Negative	28	35,9 %
Total	78	100

Based on table 3, it can be concluded that the majority of respondents (64.1%) have a

positive attitude about the dangers of free sex, and a small percentage of respondents (35.9%) have a negative attitude about the dangers of free sex

4. Relationship Between Respondents' Knowledge and Attitudes Regarding Free Sex

Table 4 Relationship between Knowledge and Respondents' Attitudes Regarding the Dangers of Free Sex

Knowledge Level	Attitude				Total		Sig ρ value
	Positif		Negative		N	%	
	N	%	N	%			
Good	30	60	8	28,6	38	48.7	0,001
Sufficient	17	34	11	39,3	28	35.9	
Deficient	3	6	9	32,1	12	15.4	
Total	50	100	28	100	78	100	

Based on table 4 above, it shows that of the 38 respondents who have good knowledge, the majority of respondents (60%) have a positive attitude about the dangers of free sex, and a small portion (28.6%) have a negative attitude. Meanwhile, of the 28 respondents who had sufficient knowledge, the majority of respondents (39.3%) had a negative attitude about the dangers of free sex and a small portion (34%) had a positive attitude. Furthermore, for respondents who had less knowledge, the majority (32.1%) had a negative attitude and a small portion (6%) had a positive attitude about the dangers of free sex.

The results of the analysis of the relationship between knowledge and respondents' attitudes about the dangers of casual sex obtained a value of ρ $0.001 < 0.005$. So it can be concluded that there is a relationship between respondents' knowledge and attitudes about the dangers of free sex

DISCUSSION

Knowledge about free sex must be possessed by every teenager. It is hoped that good knowledge can provide a basis for acting in positive ways in avoiding promiscuous sexual behavior. This is in accordance with the opinion of ⁸. that more information can influence or increase a person's knowledge and with knowledge it creates awareness which ultimately results in a person behaving in accordance with the knowledge they have ⁹.

Free sex is any way of expressing and releasing sexual urges that originate from the maturity of sexual organs, such as intimate dating, making out, and even sexual contact, but this behavior is considered not in accordance with norms because teenagers do not have sexual experience. Free sex can also be interpreted as behavior that is driven by sexual desire, where this need becomes freer compared to the traditional regulatory system and is contrary to the system of norms that apply in society ¹⁰.

In this study, data was obtained that the majority of respondents (48.7%) had good knowledge and a small number of respondents (15.4%) had poor knowledge. Knowledge is a result of "knowing" and this occurs after sensing a particular object. Behavior that is based on knowledge will last longer than behavior that is not based on knowledge. Before someone adopts a new behavior, a sequential process occurs within that person, namely: First is awareness, second is interest, third is evaluation, fourth is trial, and fifth is adaptation ¹¹.

Knowledge is influenced by several factors such as education, experience, information, cultural environment, and socio-economics which can make one person's knowledge and

that of other people different. Knowledge based on experience will last longer than knowledge obtained from mass media ⁸.

A total of 50 respondents (64.1%) had a positive attitude about the impact of free sex and 28 respondents (35.9%) had a negative attitude about the dangers of free sex as obtained by data in this study. A positive attitude tends to be the action of approaching, liking, hoping for, a certain object, but a positive attitude for premarital sex here is a good view of the object and the action of avoiding premarital sex so that the impact caused by premarital sexual behavior does not occur. Attitude is a reaction or response that arises from an individual in the form of a negative or positive response depending on the individual's own assessment. Attitudes can be influenced by several factors such as personal experience, culture, other people who are considered important, mass media and the individual's own emotional factors ¹².

In this study, the results obtained were that most respondents who had good knowledge about the dangers of free sex also had a positive attitude towards the dangers of free sex. This is in line with the results of research conducted by Husna & Ariningtyas, (2019) that from 58 respondents, 14 female students (24.1%) had good knowledge, 30 female students (51.7%) had sufficient knowledge, 14 female students (24%) had poor knowledge. .1%), while 19 students had a supportive/positive attitude (32.8%), 39 students had an unsupportive/negative attitude (67.2%) and there was a relationship between knowledge and attitudes of young women about premarital sex.

Attitude is closely related to a person's level of knowledge. A person's attitude towards an object shows the person's knowledge of the object in question.

According to Sebayang et al., (2018) to maintain good attitudes and knowledge, there needs to be additional sex education starting from an early age based on age which makes teenagers understand and dig deeper into sexuality where children grow into teenagers, those who have not yet understand sex education because parents still think that talking about sex is taboo.

Several factors that influence teenagers to have free sex include biological and psychological changes. parents and teachers who do not provide correct and timely information. The gap between the age of first menstruation and the age of marriage in social relations gives rise to sexual problems, advances in technology, and improved means of communication. Depression and frustration due to the narrowing of job opportunities causes teenagers to take shortcuts and thus fall into delinquency. Teachers and parents can provide information related to good knowledge about the dangers of free sex, for students with explanations and providing examples of good attitudes and supervising students, both those who excel and those who do not, as well as adequate assistance and supervision. regarding teenage relationships, teachers and parents together can overcome student problems so that they do not cause students to engage in promiscuous sexual behavior ¹².

According to research by Pidah et al., (2021), even though teenagers have good knowledge of premarital sex, they still need to be provided with more updated information because now information media is increasingly being misused, apart from trying to understand the level of religion by looking for good, accurate information and being able to choose good friends so that have a positive attitude or tendency to avoid premarital sexual behavior so that the impacts caused by premarital sexual

behavior do not occur. Apart from that, knowledge is really needed so that people can know why they have to take an action so that people's behavior can more easily be changed in a better direction³.

CONCLUSION

1. The level of students' knowledge about the dangers of casual sex is mostly in the good category.
2. The attitudes of students in class VIII at SMP Negeri 2 Kairatu regarding the dangers of free sex are more in the positive category because most students have good knowledge about the dangers of free sex.
3. There is a significant relationship between knowledge and attitudes about the dangers of free sex in class VIII students at SMP Negeri 2 Kairatu

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