

Adolescent Premarital Sexual Behavior

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Abstract. Premarital sexual behavior is the behavior that is driven by sexual desire, both with the opposite sex or same-sex without going through a legal marriage process according to law and religion. This study aims to describe premarital adolescent sexual behavior based on sex, age, and education level. The design in this study is descriptive quantitative by collecting data from a premarital sexual behavior scale (consisted of 11 items) compiled by Widowati (2009). The participant was 400 teenagers aged 17-24 years, currently or has been dating, unmarried, and lives in Kelapa Lima Sub-District. Data were analyzed by t-test. The result showed that there are significant differences in premarital adolescent sexual behavior based on sex and age, but there is no significant difference in adolescent sexual behavior based on education level. The teenagers are expected to be able to maintain their behavior and filter information received from peers or the mass media.

Keywords: *adolescent, premarital sexual behavior*

Abstrak. Perilaku seksual pranikah adalah segala tingkah laku yang didorong oleh hasrat seksual, baik dengan lawan jenis maupun dengan sesama jenis yang dilakukan tanpa melalui proses pernikahan yang resmi menurut hukum dan agama. Penelitian ini bertujuan untuk mendeskripsikan perilaku seksual pranikah remaja berdasarkan jenis kelamin, usia, dan tingkat pendidikan. Desain dalam penelitian ini adalah kuantitatif deskriptif dengan menyebarkan skala perilaku seksual pranikah yang disusun oleh Widowati (terdiri dari 11 aitem). Partisipan berjumlah 400 remaja yang berusia 17-24 tahun, sedang atau pernah berpacaran, belum menikah dan berdomisili di Kecamatan Kelapa Lima. Data dianalisis menggunakan *t-tes*. Hasil analisis data penelitian menunjukkan bahwa terdapat perbedaan signifikan perilaku seksual pranikah remaja berdasarkan jenis kelamin dan usia, tetapi tidak ada perbedaan signifikan perilaku seksual remaja berdasarkan tingkat pendidikan. Remaja diharapkan untuk mempertahankan perilakunya, serta mampu menyaring informasi yang diterima dari teman sebaya atau media massa.

Kata kunci: *remaja, perilaku seksual pranikah*

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Introduction

Adolescence is a transitional period in human life between childhood and adulthood which change happened in physical, cognitive, and psychosocial aspect. physical changes can't be separated from puberty. Puberty is a phase of the human body to become sexually mature due to sexual hormones increase. Adolescents also experience psychosocial changes. When adolescents learn to resolve identity crises in order to become adults who understand themselves and their surroundings. Peers and parents are the most influential part during this time, especially peers. Interaction with peers can be positive or negative. A positive attitude can be shown in a form of joint study groups and carry out activities with the same interests in sports or arts. Negative attitudes can be in the form of juvenile delinquency, such as excessive alcohol consumption, antisocial personality, and premarital sexual behavior (Setitit, 2017).

The changes that occur during adolescence are closely related to sexual behavior because along with the maturation of sexual functions, there is a desire for sexual satisfaction. Sexual behavior is a biological drive, but the expression and behavior are largely determined by the culture in society (Papalia, Olds, & Feldman, 2011). Premarital sexual behavior is a behavior that is driven by sexual desire, both with the opposite sex or same-sex without going through a legal marriage process according to law and religion, the kind of sexual behavior such as feelings of attraction to dating, making out, and having sex (Sarwono, 2018)

The results of a survey by the Perkumpulan Keluarga Berencana Indonesia (PKBI) and the non-profit organization On Track Media Indonesia (OTMI) in 2014 which involved 450 students in 16 schools in NTT found that around 29 to 31 percent of youth in East Nusa Tenggara (NTT) had premarital sex. Researchers interviewed seven adolescents (three girls and four boys) who lived in the Kelapa Lima area and found that five teenagers (two girls and three boys) had had sexual intercourse even since they on High school. One of the incidents that occurred in July 2019, there were a pair of teenagers, namely AFA (18 years) a college student

and MSK (15 years) a junior high school student who was arrested by the police for having sexual relations in a car in the area of Kelapa Lima. Teens are seen to be more courageous involved in premarital sexual behavior. In January 2019, YS (a woman, 20 years old) from Kelapa Lima sub-Sub-District was arrested by the police for throwing away a baby, found out later she did because felt ashamed that she had given birth without being legally married (Liputan6.com, 2019). In February 2019, HD (20 years) and KF (21 years) the dating couple did an abortion and then buried the baby's body next to the room they lived and were finally caught by the police (Tribunews.com, 2019).

Sexual attitudes and behavior among adolescents have become a social problem that triggers public concern, due to the resulting consequences, namely the high number of unwanted pregnancies among adolescents (Rinta, 2015). Data Collected from three Puskesmas (local public health-center) in Kupang city shows that in 2018 at Puskesmas Oesapa there were 62 teenagers (less than 20 years old) who experienced pregnancy and 12 of them experienced unwanted pregnancies due to premarital sexual behavior. At Puskesmas Oepoi there are 39 teenagers who are pregnant, Seven of them are unplanned pregnancies. At the Pasir Panjang Puskesmas, there were 30 pregnant girls and five of them had unplanned pregnancies. These data show that the Puskesmas Oesapa has more teenagers who had unplanned pregnancy compare to other places.

These days, many adolescents have not been able to control themselves so that they are detrimental to themselves (Arvyah, 2012). The increasing problem of premarital sexual behavior can cause adolescents to be unable to achieve their dreams and goal or it can be said that their future will be destroyed (Wulandari & Muis, 2014). Premarital sexual behavior can also risk the reproductive health of adolescents, thus inhibit the forming of quality and prosperous families, which currently one of the focuses of the government (Oktarina & Sari, 2017). This study aims to describe premarital adolescent sexual behavior based on sex, age, and education level.

Method

This research design was a quantitative approach with a descriptive method. Data collected was used Premarital Sexual scale by Widowati (2009). The validity of the instrument was good with validity values ranging from 0.616 to 0.817, and the reliability of the instrument was very good with a Cronbach alpha value of 0,922. Samples were taken using the convenience sample technique and getting 400 teenagers as participants, aged 17-24 years, currently or have been dating, unmarried, and domiciled at Kelapa Lima Sub-District. Data were analyzed by t-test and explain descriptively presented based on variables like age, sex, and education level.

Result

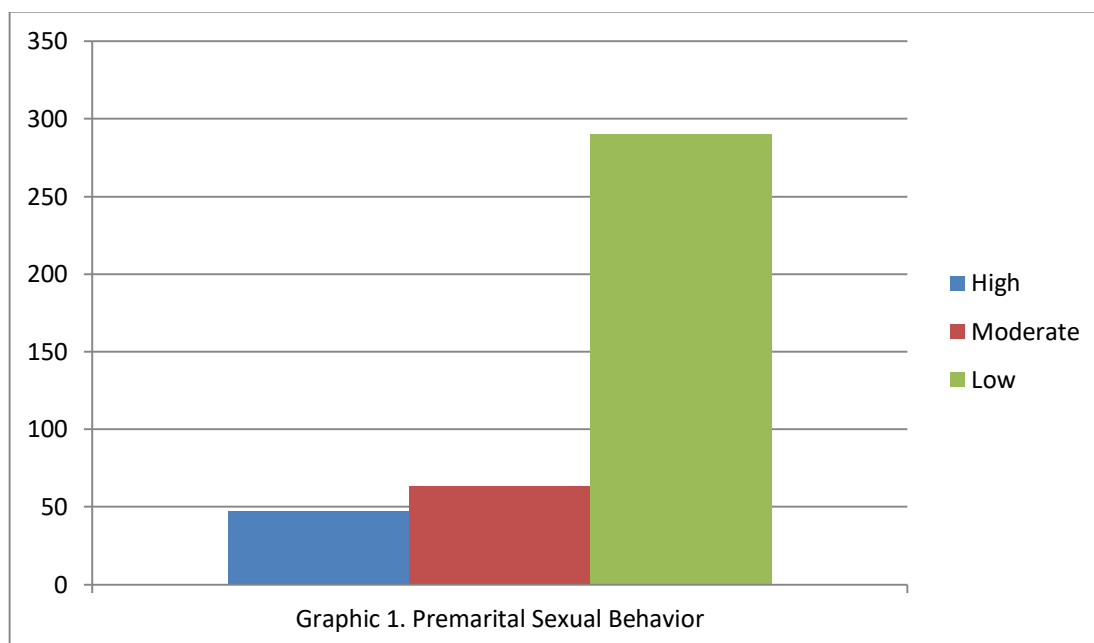
Kelapa Lima Sub-District is one of the Sub-District in the administrative area of Kupang City. The total population of teenagers aged 15-24 in Kelapa Lima Sub-District in 2018 was 23.693 consisting of 12.891 females and 10.802 males.

Tabel 1

Premarital sexual behavior score

Variable	Hypothetic					Empiric				
	Min	Max	Range	Mean	SD	Min	Max	Range	Mean	SD
Premarital Sexual Behavior	11	55	44	33	7,3	11	55	44	23,35	10,84

The results of the descriptive statistical analysis showed that adolescents in Kelapa Lima Sub-District had low levels of premarital sexual behavior. This can be seen from the empirical mean value, which is lower than the hypothetical mean (23.35 <33).



The scores for the participants' premarital sexual behavior were divided into 3 categories, namely high, moderate, and low. The graphic shows that the most participants are in a low category, amounting to 290 participants (72,5%), in the second position were participants in the moderate category as many as 63 participants (15,75%), and third, were participants in the high category of with 47 participants (11,75%).

a) Categorization of premarital sexual behavior based on sex

Table 2

Categorization of Premarital Sexual Behaviour Based on Gender

Sex	Categorization of premarital sexual behavior						Total	Total
	Low		Moderate		High			
Male	94	23.5%	30	7.5%	27	6,75%	151	37,75%
Female	196	49%	33	8.25%	20	5%	249	62,25%
Total	290	72,5%	63	15,75%	47	11,75%	400	100%

Participants in the high category of premarital sexual behavior were more dominated by Male, with 27 participants (6.75%), while females in the high category were less, that is 20 participants (5%). Next, females in the moderate category were 33 participants (8.25%), while males were 30 participants (7.5%). Unlike the high category of pre-marital sexual behavior, participants in the low

category of premarital sexual behavior female are higher with 196 participants (49%), while males were 94 participants (23,5%). Next, females in the low category were 70 participants (17.5%), while men were 23 participants (5.75%).

b) Categorization of premarital sexual behavior based on age

Table 3

Categorization of Premarital Sexual Behaviour Based on Age

Age (Years)	Categorization of premarital sexual behavior						Total	
	Low		Moderate		High			
17-21	172	43%	28	7%	16	4%	216	54%
22-24	118	29,5%	35	8,75%	31	7,75%	184	46%
Total	290	72,5%	63	15,75%	47	11,75%	400	100%

the highest number of participants is 17-21 years old. Amounting to 216 participants, and the second 181 participants aged 22-24 years. 172 participants (43%) aged 17-21 years were included in the low category, 28 participants (7%) were included in the moderate category, and the least was 16 participants (4%) are in the high category of premarital sexual behavior. 184 participants aged 22-24 years were divided into three categories, namely as many as 118 (29.5%) participants in the low category of premarital sexual behavior, then by 35 participants (8.75%) who entered the moderate category, and the least 31 participants (7.75%) in the high category.

c) Categorization of premarital sexual behavior based on the education level

Table 4

Categorization of Premarital Sexual Behaviour Based on Education Level

Education Level	Categorization of premarital sexual behavior						Total	
	Low		Moderate		High			
SHS	42	10,5%	6	1,5%	4	1%	52	13%
College	227	56,75%	50	12,5%	36	9%	313	78,25%
Others	21	5,25%	7	1,75%	7	1,75%	35	8,75%
Total	290	72,5%	63	15,75%	47	11,75%	400	100%

313 participants who were studying College are the highest number. 227 participant (56,75%) was in the low category of premarital sexual behavior, followed by 50 participants (12.5%) who were in the moderate category, and

36 participants (9%) in the high category. There were 52 participants was senior high school student, and the most included in the low category were 42 participants (10.5%), followed by 6 (1,5%) participants who were in the medium category, and the least 4 (1%) participants in the high category. Participants in the other group (who are not in school or already working) total 35 participants, 21 participants in the low category, and also the participants in the moderate and high category had the same amount are 7 participants (1.75%).

Discussion

Interest in sexuality during adolescent development is normal, therefore curiosity encourages premarital sexual behavior (Putro, 2017). The attractiveness to sexuality expects a romantic relationship or more popularly known as dating. Dating comes up with many opportunities for sexual behavior, because the earlier adolescents date, the earlier they are involved in sexual activity. The more intense their romantic relationship, the more adolescents tend to try to practice various sexual behavior (Lerner & Steinberg, 2004). The participants of this study mostly started dating at the age of 16 to 18 years. According to Hurlock (1998), participants are still in a transition period from early adolescence to late adolescence.

The most frequent forms of sexual behavior by the participants were holding the partner's hand (97,25%) and stroking or stroking the partner's hair (87%), which is the earliest form of premarital sexual behavior, namely the "touch" stage. Forms of sexual behavior that are rarely performed include rubbing one's genitals outside the clothes (21%) or include rubbing one's genitals inside clothes or petting (21,25%) and having sexual intercourse (23%). This finding is in accordance with the results of research conducted by Wulandari & Muis (2014) which states that mild ones such as holding hands will be done more frequently, then it will decrease towards the last stage, like sexual intercourse.

From a scale that has been distributed to adolescents in Kelapa Lima Sub-District, it is known that 94.25% of adolescents have received sexual education.

Adolescent knowledge is related to cognitive abilities to be able to understand not only things about here and now, but also things that can happen in the future (Papalia, Old, & Fieldman, 2008). Adolescent knowledge about sex means knowing the factors, impacts, causes, and risks and considering whether to engage in premarital sexual behavior or not (Rasyidillah, 2017).

The results of the research show that males tend to have higher sexual behavior than females. This finding is in line with the results of research on adolescents in Ambon City (Pikalouhatta, 2017). Men are aware and feel sexual arousal earlier, and also have a more permissive attitude towards sexuality than women (Lerner & Steinberg, 2004). Girls that pregnant can be expelled from school but this is not suitable for boys, therefore women are expected to be able to say no to sexual relations. Meanwhile, Boys show a sense of joy, enthusiasm, and satisfaction when having intercourse for the first time compared to women who are more responsible, afraid, and anxious (Steinberg, 2013).

The results showed that there were significant differences in premarital sexual behavior between different age groups. Were the adolescent in the 22-24 years group have the highest sexual behavior. Age is one of the things that affect adolescent sexual behavior because the sexual organs also develop as growing older towards maturity (Hurlock, 1998). This is in line with the research of Harmaini & Novitriani (2018) which states that late adolescence has a higher level of sexuality compared to the early adolescent and middle adolescent groups. As adolescents grow up, the nervous system develops rapidly and affects the cognitive abilities to develop reasoning abilities, which provide a new level of moral judgment and social awareness.

Adolescents in the process of finding their identity trying to find things that are not found during childhood (Shidiq & Rahardjo, 2018). If the things that are found provide pleasure and are followed by a positive response, the behavior will be repeated and tend to be maintained. The increasing age towards adulthood

makes adolescents internalize themselves as adults who have the desire to carry out activities by adults such as premarital sexual behavior.

The results also showed that there were significant differences in premarital sexual behavior between different education levels. This is in line with Karniyanti & Lestari's research (2018) which obtained results, that there is no difference in attitudes towards premarital sexual behavior between adolescents who are currently studying at the high school / vocational school or undergraduate (S1) levels. Adolescents entering educational institutions, their interest in parents or family members begins to decrease because it is replaced by the presence of peers where they spend a lot of time together. Schools (educational institutions) help adolescents to develop an understanding of themselves, what they need, and why they follow the values and morals in society (Rahmaniah, 2017).

Conclusion

The conclusion is adolescents in Kelapa Lima Sub-District had low levels of premarital sexual behavior. There is a significant difference in adolescent premarital sexual behavior in Kelapa Lima Sub-District based on gender, where males are higher than females. Likewise, there are significant differences in premarital sexual behavior of adolescents in Kelapa Lima Sub-District based on age, adolescents aged 22-24 years are higher than those aged 17-24 years. and finally, there is no difference in premarital sexual behavior among adolescents in Kelapa Lima Sub-District based on high school and college education levels.

Suggestion

Based on the findings, Adolescents who have low sexual behavior are expected to maintain their behavior and be able to filter out information received from peers or the mass media. The government (in this case through the Puskesmas) can provide complete and comprehensive sex education so that adolescents get the right information because sex education aims to explain natural functions as part of the human being and its consequences.

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