

Article

Analysis Of Exposure Of Reproductive Health Information Towards Adolescent Sexual Behavior

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A B S T R A C T

Background: Adolescents are residents who are in the age range of 10 to 19 years. Adolescents are the population in the age range of 10-18 years. Rapid physical changes and hormonal changes are triggers for sexual motivation. Stimulation from the environment such as TV and the internet about sexual behavior and nutritional factors causes sexual hormones to appear earlier so that adolescents tend to experience sexual development more quickly. The rise of adolescent sexual behavior at this time is increasingly concerning and tends to increase both in terms of the quantity and sharpness of cases that occur.

Method: This type of research is an observational analytic with a cross-sectional study design, to analyze the exposure to reproductive health information on adolescent sexual behavior in Sleman Regency. Samples were taken from adolescents who were in class XI SMAN 2 Ngaglik with a purposive sampling technique of 198 students. Data collection using a questionnaire via google form. Data were analyzed using univariate, bivariate, and multivariate analyzes.

Results: There is a relationship between reproductive health information from parents with adolescent sexual behavior (P value 0.00), there is a relationship between information from peers and adolescent sexual behavior (P value 0.00), there is a relationship between media access and adolescent sexual behavior (P value 0.06) Adjusted RSquare value = 0.541.

Conclusion: Of the three variables, information from parents and from peers has the same relationship with sexual behavior in adolescents, and media access is smaller than the other two variables.

I. INTRODUCTION

Adolescents are residents who are in the age range 10 to 19 years¹. Adolescents are the population in the age range 10-18 years². Rapid physical changes and hormonal changes are triggers for sexual motivation, making adolescents start attracting the attention of the opposite sex, seeking knowledge about sex, and trying to experiment in sexual life through dating³. Stimulation from the environment such as movies, TV, VCDs about sexual behavior and nutritional factors causes sexual hormones to appear earlier so that adolescents tend to experience faster sexual development. The rise of adolescent sexual behavior at this time is increasingly concerning and tends to increase both in terms of the quantity and sharpness of cases that occur³.

The results of the Synovate Research survey on adolescent sexual behavior (15-24 years) showed that 44% of respondents claimed to have had sexual experiences at the age of 16-18 years, 16% had had sexual experiences at the age of 13-15 years. kissing 93.7%, having watched pornographic films by 97%, genital stimulation and oral sex, and 62.7% of adolescents admitted that they were no longer virgins and 21.2% of them had had sexual intercourse⁵.

Sex during adolescence increases the risk of getting sexually transmitted diseases. The number of STI sufferers is still very high, reaching 140,803 cases out of 430 STI services. Another impact of sexual behavior on adolescents is the occurrence of unwanted pregnancies². Data from PKBI DIY shows that one in 1,000 DIY youth experiences an adverse event. As many as 3.2 million adolescents aged 15-19 years have had unsafe abortions⁶. The number of adolescents who die due to pregnancy and birth is 70,000 people or 16.5% of the total population aged 15-24 years⁷.

Sexual behavior in adolescents as a result of the problems faced by adolescents with the changes that occur in their bodies and psychologically. Attempts at testing adolescents in sexual behavior are a reflection of the need to obtain information on sexuality and their desire to express their sexuality. Research result mentioned that most of the youth engaged in sexual behavior because they experienced BLAST (Bored, Lonely, Afraid, Angry, Stress, and Taired). Curiosity also encourages adolescents to find out for themselves through the media or to engage in conversations about sex with their peers⁸.

The causes of sexual problems in adolescents have been widely proven through research: Premarital sex in adolescents is influenced by several factors, namely the influence of friends and poverty⁹. Most of the information on adolescent reproductive health (62.7%) was obtained from the internet, 27.3% was obtained from TV, and only 6.4% was obtained from health personnel¹⁰. There is still an assumption that sex education is taboo and will actually stimulate adolescents to have sexual intercourse and the lack of adequate information and the ability to explain correctly from parents is one of the causes for the low knowledge of adolescents about sex¹¹.

II. METHODS

This type of research is an observational analytic with a cross-sectional study design, to find the relationship between the independent variable access to pornographic media and the dependent variable on adolescent sexual behavior in Sleman Regency. Samples were taken from adolescents who were in class XI SMAN 2 Ngaglik with a purposive sampling technique of 198 students. Data collection using a questionnaire via google form. Data were analyzed using univariate, bivariate and multivariate analyzes.

III. RESULT

3.1 Overview of information sources on Reproductive Health and Adolescent Sex Behavior

Table 1. Information sources and sexual behavior

Parental Information	N	F (%)
Good	18	9,1
Enough	146	73.7
Less	34	17.2
Peer Information		
Positive	148	74.70
Negative	50	25.30
Media Access		
Less	25	12.60
Active	151	76.30
Very active	22	11.10
Sexual Behavior		
Low Risk	13	6.60
Medium Risk	166	83.80
High risk	19	9.60

Source: Primary Data 2020

Based on table 1, it shows that the majority of parents' communication is in the quite good category of 146 (73.70%). In the peer information variable, most of the positive effects were 148 adolescents (74.70%). Access to media variables, most of the youth accessed media in the active category of 151 teenagers (76.30%). The description of the risk of sexual behavior in adolescents mostly has a risk of sexual behavior in the moderate category as many as 135 (73.20%).

3.2 Analysis of the relationship between parental information and adolescent sexual behavior

Table 2. Cross Table The relationship between parental information and adolescent sexual behavior

NO	Parental Information	Sexual Behavior						Total	
		High risk		Medium Risk		Low Risk		f	%
		n	%	n	%	N	%		
1	Not good	3	1.51	31	15.56	0	0	34	17.17
2	Pretty good	16	8.08	128	64.64	2	1.01	146	73.73
3	Good	0	0	7	3.53	11	5.55	18	9.10
		p value = 0.000		H0: rejected				r: 0.391	

Based on the results of the Pearson product moment test, the obtained p value = 0.000 because $p < 0.05$, H_0 is rejected, which means that there is a relationship between parental communication and the risk of adolescent sexual behavior.

3.3 Analysis of the relationship between peer information and adolescent sexual behavior

Table 3. Cross table of relationship between peer information and adolescent sexual behavior

NO	Friend Information	Sexual Behavior						Total	
		High risk		Medium Risk		Low Risk		f	%
		n	%	N	%	n	%		
1	Negative	17	8.58	31	15.65	2	1.10	50	25.25
2	Positive	2	0.10	135	68.18	11	5.55	148	74.75
		p value = 0.000		H0: rejected				r: 0.391	

Based on the results of the Pearson product moment test, it was found that p value = 0.000 because $p < 0.05$ then H_0 was rejected, which means that there is a relationship between peer information and adolescent sexual behavior.

From the results of multivariate analysis using linear regression, it is known that the value of Adjusted RSquare = 0.541 means that the contribution of parental information, peer information and media information is 54.1% on the risk of adolescent sexual behavior, while the rest is contributed by other variables.

IV. DISCUSSION

4.1 The relationship between parental information and adolescent sexual behavior.

Based on table 1, it is found that as many as 64.64% of adolescents with moderate risk of sexual behavior have sufficient communication with their parents regarding reproductive health information. This is supported by previous research which states that the role of parents is not good for influencing heavy sexual behavior in 71.4%. while the role of parents both influencing sexual behavior is classified as heavy 32.6%. Communication between children and parents is the basis of how parents and children form relationships. One of the things that can support this is by communicating with children. Bad communication between parents and children can certainly make the relationship between parent and child worse 10.

Family is a social unit one of the factors for juvenile delinquency. In moral formation, religion has a very important role because the moral values that come from religion remain unchanged due to changes in time and place. the smallest that provides the primary foundation for child development. Meanwhile, the surrounding environment and school also provide nuances on children's development. Therefore, whether or not the structure of the family and the surrounding community influences the good or bad of the child's personality growth. Communication is at the core of a successful influence between parents and adolescents. The results of the study are also in line with the theory (Hambali, 2010) which states that the effect of smooth and open communication must always be maintained so that the things desired by adolescents can be known as influencing the growth and development of adolescents. Furthermore, it is said that parents should be able to provide sufficient time to interact with teenagers at home and talk about life that affects adolescents and do not patronize or say "no", and can be a good friend for teenagers¹⁶.

4.2 The relationship between peer information and adolescent sexual behavior

Friends / peers have an influence on the increased risk of sexual behavior in adolescents. The influence of negative peers makes adolescents have a high risk of sexual behavior as much as 8.58%, while the positive influence of peers has a risk of sexual behavior by 0.10%. The results of this study are in line with previous research which states that peer factors are the most significant variable influencing adolescent sexual behavior, with an OR of 27.4, which means that peers have an effect of 27.4% on adolescent sexual behavior. Peer behavior in the group becomes a reference or behavior norm that applies in the adolescent group. This includes the style of dating, how to dress, etc. Peer dating styles become a reference for each teenager in the group to live a relationship with their relationship. If an action is carried out by peers, then the adolescent will consider it a reference for appropriate / correct action and it is also possible to do it by the teenager. For example, peers kissing their girlfriends, it is justified if they also kiss⁹.

During their development, adolescents tend to develop their own norms that are contrary to the general norms that apply to most people. Teens are very open to peer groups. They will spend a lot of their time talking about romance, philosophy of life, recreation, jewelry, clothing, idols, etc. Peer influence forms a very strong bond. Friends / peers are friends who are at the same age and between them usually there is intimacy. The role of friends / peers in adolescents is very large in everyday adolescent life. Teens are more outside the home with friends as a group, the influence of peers on attitudes, conversations, interests, and behavior is greater than the influence of family¹³.

4.3 The relationship between media access and adolescent sexual behavior

Based on table 3, it shows that access to information media has a significant relationship to the risk of adolescent sexual behavior with a p value of 0.04. The results of this study are in line with previous research which states that media exposure is one of the dominant variables, because the RO value is higher than the parental communication and self-control variables (RO = 5,523).⁹ Other studies that support the results of this study state that there is a significant relationship between exposure to information media about sex and sexual behavior (p = 0.031).⁴ This study is in line with

previous studies with the results of the study obtained a p value of 0.042. Decision making is done by looking at the degree of significance ($\alpha = 0.05$). This means that there is a significant relationship between sources of information and adolescent sexual risk behavior in Summersari District, Jember Regency¹⁰.

Teenagers who are in a curious period and want to try will imitate what they see or hear from the mass media. Therefore, a good and responsible source of information is needed by adolescents, so that adolescents do not get the wrong source of information¹³. Teens who are exposed to pornographic media continuously will cause greater sexual desire. The mass media provide a better picture of the desire for love and the need for sexuality in a broad sense, although sometimes the information obtained about it is less relevant and is described very vulgarly.¹².

4.4 The relationship between exposure to information sources and adolescent sexual behavior

The result of multivariate analysis between exposure to information sources and adolescent sexual behavior shows a negative relationship for both variables. This relationship means that the more active a teenager is in accessing sources of information, both from parents, peers and information media, the higher the risk of adolescent sexual behavior. From the three variables, it can be seen that the tendency for this to occur can be due to the incorrect information obtained by adolescents so that adolescent behavior is increasingly risky. Adolescents who access information sources related to sexuality and reproductive health often misuse these sources of information so that the information obtained by adolescents is neither accurate nor correct. The influence of incorrect information can have a negative impact if it is not balanced with the right information from reliable sources. The existence of wrong information makes it easy for teenagers to exploit and channel their sexual desires so that they fall into premarital sexual relations.

Another factor that can affect adolescent sexual behavior, namely curiosity, which raises the urge for adolescents to try everything that is not known by teenagers. This big push will motivate teenagers to seek information about sexuality both formally and informally. Adolescents basically need accurate information about reproductive health

and sexual behavior, especially from competent sources such as health workers. But in reality, many adolescents do not get information from health workers such as health education. Limited access to information on competent sources has made adolescents turn to using informal sources of information that often provide inappropriate information related to sexual behavior, such as the internet, audio visual media and print media. Sources of information obtained by adolescents regarding sexual behavior are very loose and often inaccurate so that it is not uncommon for them to experiment. The influence of inaccurate information from irresponsible sources will make adolescents influenced to imitate unhealthy habits such as having sexual intercourse with multiple partners or having premarital sexual relations.

This is in line with Santrock's opinion which states that adolescents who are exposed to pornographic media continuously have the greater their sexual desire. Teens consistently receive sexual messages from pornographic media in the form of kissing, petting, and even premarital sexual relations¹³.

V. CONCLUSION

There is a relationship between reproductive health information from parents with adolescent sexual behavior, there is a relationship between reproductive health information from peers and adolescent sexual behavior, there is a relationship between reproductive health information from the media and adolescent sexual behavior, of the three variables, information from parents and from peers have the same relationship with sexual behavior in adolescents, and media access is smaller than the other two variables.

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