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Research Article

Adolescent Knowledge About the Dangers of Free Sex

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Abstract

Background: Counseling is a way of spreading messages about reproductive health in this case sex education which is an important message about the dangers of sex.

Objectives: The purpose of this study was to determine the effect of counseling on the dangers of free sex on the knowledge of adolescents in Mts Darul Falah Batam District in 2021.

Methods: The research method is a quantitative study using the Quasy Experiment method with a "one group pre-test and post" approach. test design", in this design there are from before counseling and after counseling. at the final measurement (Post-Test) get a value of $p = 0.00$ or $p < 0.05$, meaning that there is a difference in the level of knowledge of the dangers of free sex in the final measurement.

Results: The research method is a quantitative study using the Quasy Experiment method with a "one group pre-test and post" approach. test design", in this design there are from before counseling and after counseling. at the final measurement (Post-Test) get a value of $p = 0.00$ or $p < 0.05$, meaning that there is a difference in the level of knowledge of the dangers of free sex in the final measurement.

Conclusion: There is an effect of counseling about sexuality on the knowledge of the dangers of free sex in early adolescents.

Keywords: sexuality counseling, knowledge, youth

Introduction

Adolescence is associated with a period of transition from childhood to adulthood.¹ In addition to physical and sexual maturity, adolescents also experience stages towards social and economic independence, building identity, skills for adult life, and the ability to negotiate (abstract reasoning).² The transition from childhood to adulthood poses risks to the health and well-being of young people.³ Other problems identified are reproductive health problems and risk behaviors in adolescents. Health education is an inseparable part of health programs, both individual health efforts and public health efforts to increase knowledge, awareness, willingness, and ability of the community to live healthily and take an active role in health efforts.² According to WHO (2019), The adolescent age range is 10-19 years which is divided into two periods, namely, early adolescence (age 10-14 years)

and late adolescence (15-19 years). The population of adolescents from the total population in the world is around 1.2 billion or about 18%. Based on data from the 2015 Global School Health Survey, 3.3% of adolescent children aged 15-19 years have AIDS; only 9.9% of women and 10.6% of men aged 15-19 years have comprehensive knowledge about HIV/AIDS, and 0.7% of girls and 4.5% of boys have had premarital sex.⁴

In the 2017 IDHS data, 80% of women and 84% of men admitted that they had been in a relationship. The 15-17 age group is the age group that started dating for the first time, there were 45% women and 44% men. Most women and men admit that when dating they do various activities. Activities carried out such as holding hands 64% of women and 75% of men, hugging 17% of women and 33% of men, kissing lips 30% of women and 50% of men, and touching 5% of women and 22% of men. In addition, it is reported that 8% of men and 2% of women have had sexual intercourse. Among women and men who had premarital sex, 59% of women and 74% of men reported having their first sexual intercourse at the age of 15-19 years. The highest percentage occurred at the age of 17 years as much as 19%. Among adolescents who have had sexual intercourse, 12% of women reported having an unwanted pregnancy, and 7% of men who have an unwanted pregnancy. Pregnancy at a young age and sexually transmitted disease transmission. Unplanned pregnancies in adolescent girls can lead to abortion and early marriage. Both of these risks will have an impact on the future of the teenager, the fetus, and the teenager's family.² It was recorded that from 1997 to October 2020, 6,797 Riau residents were infected with this disease for which there is no cure. Of these, 2,240 of them were caused by free sex with the opposite sex, and 653 were caused by homosexuality.⁵

Adolescent sexual behavior is all forms of behavior that are driven by a sexual desire both with the opposite sex and the same sex. The form of adolescent sexual behavior starts from the less intimate level to the most intimate (having sexual relations). Adolescents aged 15-24 years who have sexual intercourse are 66.55% globally, 2.2% in Malaysia, 45% in Riau Province, and 44.23% in Pekanbaru.⁵ The results of research conducted by Putri Sri Ervina Rochim, et al (2019). This research is entitled "the effect of counseling on adolescent knowledge about free sex at Christian Vocational School Kotamobagu", this research is experimental, using a quasi-experimental design with a Nonequivalent control group research design. This research was conducted at Christian Vocational School in Mobagu City on August 14, 2019. Based on research conducted to determine the effect of counseling on the level of knowledge of free sex in adolescents at the Kotamobagu Christian Vocational School, the results of the Independent T-test on the post-test The counseling treatment in the experimental group was more influential than the leaflet treatment in the control group. The effect of counseling can be seen in the experimental group with a higher average free sex knowledge score on the post-test than the control group which was only given leaflet treatment (12.00 > 8.00). There is an effect of counseling on the level of knowledge of free sex in adolescents at the Kotamobagu Christian Vocational School. Institutions are expected to be able to create positive activities to increase student creativity by increasing extracurricular activities so that students can avoid the behavior and effects of free sex.⁶

Methods

This study is about the effect of counseling on adolescent behavior regarding free sex in early adolescents which was carried out in December. Sampling in this study by Total Sampling, namely the sampling technique in this study is total sampling. Total sampling is a sampling technique where the number of samples is the same as the population. This type of research was designed in a Quasi-Experimental Design. At the beginning of this study, initial data was obtained with the number of students at MTS Darul Falah Batam in class IX totaling 30 students. Among them were 15 male students and 15 female students. Where the number of respondents after total sampling was obtained as

many as 30 respondents. Furthermore, before the counseling was carried out a pre-test was carried out, and after the counseling was carried out a post-test.

Results

Table 1. Frequency Distribution of Characteristics on Age and Gender of Adolescents MTS Darul Falah Batam

Characteristics	Frequency	Percentage %
Age 14	10	33,3%
Age 15	16	53,3%
Age 16	4	13,3%
Total	30	100%
Man	15	50%
Woman	15	50%
Total	30	100%

Based on the Characteristic Frequency Distribution Table, it is known that the majority of respondents aged 15 years were 16 respondents (53.3%), and the gender of the respondents thought the same number, namely 15 female respondents (50%) and 15 male respondents (50%).

Univariate Analysis

Table 2. Frequency Distribution of Pre-Test Knowledge Levels in Students of MTS Darul Falah Batam

Z	Frequency	Percentage %
Not enough	12	40%
Enough	18	60%
Good	0	0%
Total	30	100%

Based on Table 2, most teenagers have a level of knowledge about the dangers of sex in the less category where respondents who have a low level of knowledge are as many as 12 people (40%), and respondents who have a sufficient level of knowledge are 18 people (60%) and there are no respondents who have a high level of knowledge. good knowledge.

Table 3. Frequency Distribution of Post-Test Knowledge Levels in Students of MTS Darul Falah Batam

Knowledge levels	Frequency	Percentage %	P-Value
Not enough	0	0%	0,000
Enough	23	76,6%	
Good	7	23,3%	
Total	30	100%	

Based on Table 3 shows that there are no respondents who have a low level of knowledge, respondents who have a sufficient level of knowledge are 23 people (76.6%) and respondents who have a good level of knowledge are 7 people (23.3%). In the final measurement (Post-Test) the value of $p = 0.000$ or $p < 0.05$ means that there is a difference in the level of knowledge in the two groups in the final measurement (Post-Test).

Bivariate Analysis**Table 4.** Results of Comparison of Knowledge Levels of Free Sex Hazards Pre-Test and Post-Test

Knowledge levels	Mean +_SD	Mean Difference	P*	P-Value
Pre-Test	2,3 ± 0,53	0,5	0.98	0,00
Post-Test	1,8 ± 0,40		0.74	

Based on the statistical test with the T-Test pre-test and post-test, it was found that $p = 0.00$ or $p < 0.05$, meaning that there was a significant difference in the level of knowledge about the dangers of free sex before and after being given sexuality counseling.

Discussion

Based on the results of the study, showed that the initial measurement (Pre-test) obtained a value of $p = 0.00$ or $p > 0.05$, meaning that there was no difference in the level of knowledge of the dangers of free sex in the initial measurement (Pre-test). Meanwhile, in the final measurement (Post-Test) the value of $p = 0.00$ or $p < 0.05$ means that there is a difference in the level of knowledge of the dangers of free sex in the final measurement (Post-Test). To determine the effect of sexuality counseling on knowledge of the dangers of free sex, it was carried out using statistical tests with the T-Test test so that the results were $p = 0.00$ or $p < 0.05$, which means that H_a accepted means that there is an effect of sexuality counseling with adolescent knowledge on the dangers of free sex. So that there is a significant difference between the groups that were given sexuality counseling and those who were not given counseling

This research is in line with research conducted by Putri Sri Ervina Rochim, et al (2019). This research is entitled "the effect of counseling on adolescent knowledge about free sex at Christian Vocational School Kotamobagu", this research is experimental, using a quasi-experimental design with a Nonequivalent control group research design. This research was conducted at Christian Vocational School Kotamobagu on August 14, 2019 Based on research conducted on the effect of counseling on the level of knowledge of free sex in adolescents at SMK Kristen Kotamobagu, the results of the Independent T-test in the post-test The counseling treatment in the experimental group was more influential than the leaflet treatment in the control group. The effect of counseling can be seen in the experimental group with a higher average free sex knowledge score in the post-test than the control group which was only given leaflet treatment ($12.00 > 8.00$). There is an influence of counseling on the level of knowledge of free sex in adolescents at Kotamobagu Christian Vocational School. Institutions are expected to be able to create positive activities to increase student creativity by increasing extracurricular activities so that students can avoid the behavior and effects of free sex.⁶

Knowledge is the result of human sensing, or the result of someone's knowledge of objects through their senses (eyes, nose, ears, and so on).^{7,8,9} Most of a person's knowledge is obtained through the sense of hearing (ears) and the sense of sight (eyes).^{10,11} Knowledge is a person's response or reaction to external stimuli.^{12,13} The type of knowledge in this study is knowledge about the dangers of free sex in adolescents. The danger of free sex is the negative impact of free sex behavior or any behavior that is driven by sexual desire, whether carried out with the opposite sex without any marriage ties according to religion. Measurement of knowledge can be done by asking questions to respondents. In a formation or change, knowledge is influenced by several factors both from within the individual such as the central nervous system, motivation, and the learning process. Factors from outside the individual such as the environment.

Sex education in schools should not be separated from education in general and

should be integrated.¹⁴ This education can be included in the lessons of biology, morals, and ethics gradually and continuously. They also require an emphasis on moral education, although it does not need to be as detailed as religious education, so that sex education is accepted by students as a science that should not be practiced prematurely. This is by research conducted by Bachruddin (2017) about the effect of counseling on the dangers of free sex on adolescent knowledge at Senior High School 9 Binsus Manado with a Quasi-Experimental research design, this study shows that there is a significant increase in knowledge as evidenced by the Wilcoxon sign rank statistical test. test with a 95% confidence level and obtained $P = 0.000 < 0.05$.¹⁵ Sexuality counseling is one way to develop adolescent behavior in a better direction. Knowledge of the dangers of good sex in adolescents is one way that adolescents can live with healthier behavior. Peers can influence the knowledge and behavior of other friends, so if in that environment there are already some deviant behaviors from some teenagers this will affect some other teenagers. So it is natural that in addition to general lessons, sexuality counseling must also be carried out intensely in the school environment to form good knowledge and behavior.

Conclusion

Based on the results of the study, it was found that H_a was accepted, which means that there was an effect of sexuality counseling on knowledge of the dangers of free sex in early adolescents. Overall this shows an increase in knowledge of each respondent seen from the different pre-test and post-test results. So it can be concluded that there is an effect of counseling about sexuality on the knowledge of the dangers of free sex in early adolescents.

Conflict of Interest Declaration

There is no conflict of interest in this research.

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