

THE RELATIONSHIP OF KNOWLEDGE WITH STUDENTS ATTITUDE AND BEHAVIOR REGARDING FREE SEX

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ABSTRAK : HUBUNGAN PENGETAHUAN DENGAN SIKAP DAN PERILAKU SISWA TERKAIT SEKS BEBAS

Latar belakang banjirnya informasi mengenai seks bebas melalui media online via smarhandphone, berdampak pada lemahnya pemahaman mahasiswa mengenai pendidikan seksual yang benar. Informasi yang kurang tepat tentang seks bebas dapat menyebabkan mahasiswa berperilaku ke arah seks bebas. Banyak mahasiswa melakukan seks bebas karena penasaran atau rasa ingin tahu tentang seks. Tujuan penelitian ini adalah menganalisa hubungan pengetahuan dengan sikap dan perilaku remaja tentang seks bebas.

Metode: Penelitian ini menggunakan desain korelasi dengan pendekatan *cross sectional*. Tempat penelitian di Poltekkes Tanjungkarang jurusan kebidanan semester 1. Jumlah populasi 148 responden. Dengan menggunakan tehnik sampling purposive ditentukan sejumlah 49 sampel. Variabel independent penelitian ini adalah pengetahuan mahasiswa tentang seks bebas. Variabel dependen adalah sikap dan perilaku seks. penelitian di laksanakan pada bulan oktober 2024. Pengumpulan data dengan menggunakan kuesioner. Analisis data menggunakan analisis univariat dan bivariat chisquare.

Hasil penelitian di peroleh 23 responden (46,9%) memiliki pengetahuan yang baik terhadap seks bebas dan 28 responden (53%) pengetahuan dalam tingkat cukup. Dari 49 responden memiliki sikap negative terhadap seks bebas ada 31 (63,1%) dan 18 (36,6%) responden memiliki perilaku positif dalam seks bebas. dalam perilaku pacaran terdapat responden yang berpacaran 10 (20,4%) dan ada 39 (79,6%) yang tidak pacaran. hasil perhitungan dengan uji statistic chi square hubungan pengetahuan dengan sikap diperoleh $p = \text{value } 0,009 < 0,05$ (signifikan 5%) dan hasil perhitungan hubungan pengetahuan dengan perilaku seks bebas diperoleh $p = \text{value } 0,483$.

Kesimpulan terdapat hubungan antara pengetahuan dengan sikap remaja tentang seks bebas. Tidak terdapat hubungan pengetahuan dengan perilaku seks bebas

Saran peningkatan kesadaran mahasiswa tentang seks bebas melalui edukasi dan paparan informasi yang berkaitan dengan bahaya seks bebas. Dan peningkatan kegiatan ekstrakurikuler untuk mengisi waktu luang yang lebih baik.

Kata kunci : mahasiswa, pengetahuan, sikap, seks bebas,

ABSTRACT

The background to the flood of information regarding free sex through online media via smartphones has an impact on students' weak understanding of correct sexual education. Inappropriate information about free sex can cause students to behave towards free sex. Many students engage in casual sex because they are curious or curious about sex. The aim of this research is to analyze the relationship between knowledge and teenagers' attitudes and behavior regarding free sex.

Method: This research uses a correlation design with a cross sectional approach. The research location was at the Tanjungkarang Health Polytechnic majoring in midwifery semester 1. Total population was 148 respondents. By using purposive sampling technique, 49 samples were determined. The independent variable of this research is students' knowledge about casual sex. The dependent variable is sexual attitudes and behavior. The research was carried out in October 2024. Data was collected using a questionnaire. Data analysis used univariate and bivariate chisquare analysis.

The research results showed that 23 respondents (46.9%) had good knowledge of free sex and 28 respondents (53%) had sufficient knowledge. Of the 49 respondents who had negative attitudes towards free sex, 31 (63.1%) and 18 (36.6%) respondents had positive attitudes towards free sex. In terms of dating behavior, there were 10 respondents (20.4%) who were dating and 39 (79.6%) who were not dating. the results of calculations using the chi square statistical test of the relationship between knowledge and attitudes obtained $p = \text{value } 0.009$

< 0.05 (significant 5%) and the results of calculating the relationship between knowledge and casual sexual behavior obtained $p = \text{value } 0.483$.

The conclusion is that there is a relationship between knowledge and teenagers' attitudes about free sex. There is no relationship between knowledge and casual sexual behaviour

Suggestions for increasing student awareness about free sex through education and exposure to information related to the dangers of free sex. And increasing extracurricular activities to fill free time better.

Key words: Attitudes, behavior, free sex, knowledge, student

INTRODUCTION

Recently, students' dating activities have led to promiscuity, this cannot be separated from the negative influence of social media because access to pornography is increasingly easy to obtain. Increasingly easier access to pornography stimulates desires and raises students' curiosity to do things that lead to promiscuity. Nowadays, many students drop out or are expelled from educational institutions because they become pregnant out of wedlock (Mbaloto et al., 2020). It turns out that incidents of pregnancy out of wedlock are also still common in the city of Bandar Lampung. For 2023, there will be 649 cases of teenagers applying for marriage dispensation. (Nurasyriani et al., 2024). For students, especially Polteks majoring in midwifery, because they live outside the dormitory and boarding house, there is a high risk of free sex.

Health Polytechnic students in the first semester are late teenagers who are approaching adulthood. These students generally come from outside the city of Bandar Lampung, for midwifery students a dormitory is usually provided to facilitate accommodation. By living in a dormitory, daily activities are monitored. Over time, the obligation to live in a hostel is not as strict as it used to be due to various factors. With such a policy, currently students can live at their parents' house or live in a boarding house if they don't want to live in a dormitory. When boarding and being away from parental supervision sometimes makes students feel like they have freedom that they previously didn't get when they were with their parents. This situation makes the chances of having free sex higher and can lead to pregnancy out of wedlock and contracting venereal diseases (Rahmatul Amin et al., 2024).

Casual sex is the activity of engaging in sexual relations without limits in sexual relations, not only before marriage but also after marriage with the aim of satisfying sexual desires (Indirasia & Gati, 2023). Sexual problems in adolescents occur due to hormonal changes that increase sexual desire. This increase in sexual desire requires channeling it in the form of certain behavior (Rachmawati, 2023). Furthermore, teenagers will develop further sexual

desires for other behaviors such as kissing and masturbation. The tendency is increasing due to the spread of information and sexual stimulation through mass media which with the existence of advanced technology (cell phones, internet, etc.) has become unstoppable for those who are in the period of curiosity and want to try sexual behavior (Alang et al., 2021).

According to Indrayani, the pregnancy rate for women aged 10-54 years is 2.68%, there are pregnancies under 15 years of age, although very small (0.02%) and pregnancies in teenagers (15-19 years) are 1.97%. This shows that many teenage girls become pregnant at an early age (Indrayani et al., 2024).

Lack of knowledge about safe times for sexual intercourse results in teenage pregnancies, most of which are unwanted (Indrayani et al., 2024). Pregnancy has put teenagers in an awry situation and given them mental pressure (stress) caused by several factors. Of course, this is the impact of free sexual relations (Kusparlina, 2016).

Casual sex has negative impacts on female students, including psychological impacts, physiological impacts, social impacts and physical impacts. Psychological impacts include feelings of anger, fear, guilt and guilt (Andriani et al., 2022). Physiological impact of unwanted pregnancy and abortion (Talsania et al., 2024). The social impact of dropping out on female students who become pregnant out of wedlock and are ostracized from their peers. Physical impacts include the risk of contracting sexually transmitted diseases such as HIV/AIDS.

Based on the existing problems, the researcher was interested in conducting research with the title "The relationship between knowledge about casual sex and attitudes and behavior in dating at the Tanjungkarang Health Polytechnic, majoring in Midwifery."

RESEARCH METHODS

The research design uses a correlation design with a cross sectional approach. The place of research was carried out at the Tanjungkarang

Health Polytechnic, Midwifery Department. The total population was 150 respondents, using purposive sampling techniques a total of 49 samples were determined. The independent variable of this research is class X students' knowledge about free sex and the dependent variable of this research is attitudes and behavior.

RESEARCH RESULTS

Univariate

Knowledge about casual sex

Tabel 1

Frequency distribution of female students' knowledge about casual sex

Knowledge	Frekuensi	%
Enough	26	53,1
Good	23	49,6

Based on table 1 of the 49 respondents, the highest result was having knowledge in the sufficient category with the number of respondents being 26 with a percentage of 53.1%

Attitudes towards casual sex

Based on table 2, the results obtained from 49 respondents had a negative attitude towards free access, 31 respondents with a percentage of 63%

Tabel 2

Frequency distribution of female students' attitudes towards casual sex

Sikap	Frekuensi	%
Negative	31	63,3
Positive	18	36,7

Dating behavior

Tabel 3

Frequency distribution of female students' dating behavior

Behavior	Frekuensi	%
In a relationship	10	20,4
Not dating	39	79,4

Based on table 3, it is known that of the 49 respondents there were 10 female students (20%) who had or were currently dating

Bivariate

Based on table 4, it is known that there is a relationship between knowledge and students' attitudes about free sex, tested using chi square, to get a value of 0.009 (with a degree of significance of $p < 0.05$) so that the p value = $0.009 < 0.05$.

Tabel 4

Cross table of knowledge and attitudes of students regarding free sex in the Midwifery Department of the Tanjungkarang Health Polytechnic

Knowledge	Sikap				Total	
	Positif		Negative		Jml	%
	Jml	%	Jml	%		
Not enough	21	42	5	10	26	53
Good	10	20	13	26	23	47

uji chi Square p value = $0,009 < 0,05$

Tabel 5

Cross table of students' knowledge about casual sex regarding casual sex and dating behavior in the midwifery department of the Tanjungkarang Health Polytechnic

Knowledge	Prilaku				Total	
	Positif		Negative		Jml	%
	Jml	%	Jml	%		
Not enough	4	8	22	44	26	53
Good	6	12	17	34	23	47

Uji Chi Square p value = $0,483 > 0,05$

Based on table 5, it is known that there is a relationship between knowledge and students' dating behavior, tested using chi square, to get a value of

0.483 (with a degree of significance of $p > 0.05$) so that p value = $0.483 > 0.05$.

DISCUSSION

Knowledge about casual sex

The research results showed that of the 49 respondents the highest result was having knowledge in the poor category with the number of respondents being 26 with a percentage of 53.1%. Casual sex is any behavior that is driven by sexual desire, whether carried out alone with the opposite sex or with the same sex without committing marriage according to religion (Widyaningrum & Muhlisin, 2024). This lack of knowledge still needs to be improved considering the dangerous impacts of casual sex (Lestari & Awaru, 2020). Especially the impact that female students can have. And also as a student majoring in midwifery who is still in his first semester, he will certainly be a role model in society. Therefore, educational institutions need to provide more intensive knowledge exposure (Anggraeni, 2021). This is also considering that most of the female students come from outside the area and live in boarding houses. This causes female students to receive less social supervision in boarding houses and are at high risk of promiscuity (Fitriani et al., 2022).

Attitudes towards casual sex

The research results showed that of the 49 respondents, 31 (63%) had a negative attitude (disagree) with free sex.

Attitudes can change because attitudes can be learned and can be changed in people if there are certain circumstances and conditions that make it easier for that person's attitude. Attitudes also do not stand alone but always have a certain relationship to an object, in other words, attitudes are formed, learned and changed in relation to a particular object which can be clearly formulated (M. Mbayang, 2024) dan (Wahyuningtias & Wibisono, 2018).

With the research results showing that the majority of respondents showed an unsupportive attitude towards free sex, this shows that female students still have good norms. This is important considering that the goal of female students is to study. Study (Fauzi Ali Amin, Dedi Andria, 2023) stated that it is hoped that a non-supportive attitude can be applied in everyday life. With an attitude that does not support free sex, female students can have an influence both in the family environment and in society (Siwi et al., 2019).

Dating behavior

Based on the research results obtained from 49 respondents, there were 39 respondents (79%) who were not dating. If someone is dating or has had a girlfriend, there is a high risk of having casual sexual relations (Pratama et al., 2014) Research shows that the majority of respondents do not date. Dating for some teenagers or female students can occur because

they are curious about what it would be like to have a boyfriend (Zayanti et al., 2017). Being alone with your boyfriend, both women and men, can give rise to uncontrollable sexual urges (Nufus Khaerani et al., 2021).

The results of this study are in accordance with research (Indriyani & Lindawati, 2024). That the family can play a role in supervising children's interactions (Ariyanti et al., 2019). If you are far from your parents, your interactions cannot be monitored. Therefore, dating behavior can be categorized as having a high risk of engaging in casual sex due to a lack of self-control and supervision from parents (Istiqomah & Notobroto, 2016).

The relationship between knowledge and attitude

Based on table 4. It is known that respondents have good knowledge. The results of this study are in accordance with research (Safitri & Mufdlilah, 2017). One of the factors related to free sex is knowledge of free sex itself, and this is also in accordance with research (Andriani et al., 2022) which states that lack of knowledge is related to attitudes that can support free sex. Knowledge about sex if obtained from online media can give a wrong understanding about sex because not all information on the internet is true. Therefore, it needs to be straightened out through education about correct and responsible sex.

The relationship between knowledge and dating behavior

Based on table 5, we get p value = 0, The research results showed that there was no relationship between knowledge and dating behavior. In this case, the majority of respondents have never had or do not currently have a boyfriend.

The results of this study are not in accordance with research (Pratama et al., 2014). Which states there is a relationship between knowledge and premarital sexual behavior. The differences in the results of this study are thought to be due to differences in the measuring instruments used and the number of respondents who took part.

It is important for educational institutions to continuously provide awareness of the dangers of dating which leads to free sex, for this reason it is necessary to carry out extracurricular activities that can enable students to socialize properly with fellow students. As normal human beings, of course female students need a situation of being connected to fellow human beings as a basic need, but this must be limited so as not to overdo it considering that excessive socialization can divert female students' study concentration.

CONCLUSION

Conclusion there is a relationship between knowledge and attitude with p value = 0.009. There is no relationship between knowledge and dating behavior with p value = 0.483

SUGGESTION

Educational institutions should continue to increase students' insight into the dangers of free sex. By spread information about the dangers of free sex through websites in the department,

and hold socialization about the dangers of free sex at student events and then increasing spiritual activities for students Increase extracurricular activities among intracurricular activities with the aim of increasing positive activities for students

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