

FACTORS THAT INFLUENCE ADOLESCENT SEXUAL BEHAVIOR

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ABSTRAK: FAKTOR-FAKTOR YANG MEMPENGARUHI PERILAKU SEKSUAL REMAJA DI MA TERPADU SUWARGI BUWANA DJATI KABUPATEN CIREBON

Latar Belakang: Perilaku seksual merupakan segala tingkah laku yang didorong oleh hasrat seksual, baik terhadap lawan jenis maupun sesama jenis.

Tujuan: Mengetahui faktor-faktor yang mempengaruhi perilaku seksual remaja di MA Terpadu Suwargi Buwana Djati Kabupaten Cirebon Tahun 2024.

Metode: Penelitian ini menggunakan metode Cross Sectional dengan jumlah populasi 188 orang dan sampel 72 orang sesuai dengan kriteria inklusi. Pengambilan sampel menggunakan proportionate stratified random sampling. Instrumen penelitian menggunakan kuesioner. Analisis data menggunakan Spearman Rho dan multivariat dengan menggunakan Regresi Logistik.

Hasil: Hasil penelitian menunjukkan bahwa ada hubungan yang signifikan antara pengetahuan (p-value 0,000), sikap (p-value 0,006), peran orang tua (p-value 0,006), peran teman sebaya (p-value 0,042), media sosial (p-value 0,034) dengan perilaku seksual remaja di MA Terpadu Suwargi Buwana Djati Kabupaten Cirebon. Variabel yang paling dominan dengan perilaku seksual remaja di MA Terpadu Suwargi Buwana Djati Kabupaten Cirebon adalah Pengetahuan dengan OR 4,776

Kesimpulan: terdapat hubungan yang sangat signifikan antara pengetahuan, sikap, peran orang tua, peran teman sebaya dan media sosial dengan perilaku seksual.

Saran: Bagi pihak sekolah adalah melakukan inovasi dan memberikan pendidikan, pengetahuan, pemahaman dan pembinaan mengenai kesehatan reproduksi dan perilaku seksual remaja.

Kata Kunci: Media Sosial, Pengetahuan, Peran Orang Tua, Peran Teman Sebaya, Perilaku Seksual, Sikap

ABSTRACT

Background: Sexual behavior is any behavior driven by sexual desire, whether toward the opposite sex or the same sex.

Objective: To determine the factors influencing adolescent sexual behavior at Suwargi Buwana Djati Integrated Islamic High School, Cirebon Regency, in 2024.

Method: This study used a cross-sectional method with a population of 188 students and a sample of 72 students meeting the inclusion criteria. Sampling was conducted using proportionate stratified random sampling. The research instrument was a questionnaire. Data analysis used Spearman's Rho and multivariate analysis using logistic regression.

Results: The study showed a significant relationship between knowledge (p-value 0.000), attitude (p-value 0.006), parental role (p-value 0.006), peer role (p-value 0.042), and social media (p-value 0.034) and adolescent sexual behavior at Suwargi Buwana Djati Integrated Islamic Elementary School, Cirebon Regency. The most dominant variable associated with adolescent sexual behavior at Suwargi Buwana Djati Integrated Islamic Elementary School, Cirebon Regency was knowledge with an OR of 4,776

Conclusion: There is a highly significant relationship between knowledge, attitude, parental role, peer role, and social media and sexual behavior.

Recommendation: Schools should innovate and provide education, knowledge, understanding, and guidance regarding reproductive health and adolescent sexual behavior.

Keywords: Attitude, Knowledge, Parental Role, Peer Role, Sexual Behavior, Social Media.

INTRODUCTION

Adolescence is a period of growth and development, including reproductive function, which influences physical, psychological, and intellectual development (Wildawati, 2022). Adolescents are characterized by a strong sense of curiosity, a desire for adventure, challenges, and a willingness to take risks without prior consideration. One of the issues that emerges in adolescence is sexual behavior (Wildawati, 2022).

Sexual behavior is all behavior that occurs due to the urge of various sexual desires, starting from feelings of attraction, dating, joking, intercourse and starting sexual relations which is called masturbation or onani, which is a tradition such as touching the genitals when expressing sexual feelings (Satriyandari & Nurcahyani, 2018).

In Indonesia, there are around 0.7% of female adolescents and 4.5% of male adolescents aged 15-19 years who have engaged in sexual behavior activities (Fitriwati & Meinarisa, 2022). According to the National Population and Family Planning Agency (BKKBN) (2021), West Java Province identified three problems experienced by adolescents, one of which is promiscuity. In Cirebon Regency, 54.1% of respondents engaged in low-risk sexual behavior, and 45.9% engaged in high-risk sexual behavior (Mariani & Murtadho, 2018).

According to Lawrence Green's behavioral theory, there are three factors that cause sexual behavior in adolescents: predisposing factors, enabling factors, and reinforcing factors. These factors include knowledge, attitudes, parental involvement, peer influence, and social media (Syafitriani et al., 2022)

Based on this background, the researcher is interested in conducting research on the factors that influence adolescent sexual behavior in the Greded District area, namely MA Terpadu Suwargi Buwana Djati, Cirebon Regency, which include Knowledge, Role of Parents, Peers, and Social Media.

RESEARCH METHODS

This study uses a quantitative research method with an analytical observational type to determine how and why an event occurs (Anggreni, 2022). The approach method in this study is cross-sectional, meaning that respondents are only measured once. This study was conducted at MA Terpadu Suwargi Buwana Djati, Cirebon Regency, in June-July 2024. The study population consisted of students in grades X-XI of science and social studies. Sampling used proportionate stratified random sampling with a total of 72 samples. The independent variables in this study include

knowledge, the role of parents, peers, and social media, while the dependent variable is sexual behavior. Data collection was obtained through a questionnaire consisting of an identity sheet, a sheet to measure sexual behavior, a sheet to measure knowledge, a sheet to measure the role of parents, a sheet to measure peers, and a sheet to measure social media. Data analysis used Spearman Rho and multivariate using Logistic Regression.

RESEARCH RESULTS

Respondent Characteristics

Table 1
Frequency Distribution of Respondent Characteristics Gender, Age, Class

Characteristics	N	%
Gender		
Male	22	30,6
Female	50	69,4
Age		
16 years	35	48.6
17 years	29	40.3
18 years	8	11.1
Class		
X IPA	11	15.3
X IPS 1	11	15.3
X IPS 2	11	15.3
XI IPA	13	18.1
XI IPS 1	14	19.4
XI IPS 2	12	16.7

Univariate Analysis

Table 2
Frequency Distribution by Category: Knowledge, Attitude, Parental Role, Peer Role, Social Media

Variable	N	%
Knowledge		
Good	37	51.4
Not enough	35	48.6
Attitude		
Positive Attitude	40	55.6
Negative Attitude	32	44.4
Parental Role		
Doesn't play a role	27	37.5
Have a role	45	62.5
Peer Roles		
Doesn't play a role	20	27.8
Have a role	52	72.2
Media Sosial		
Tall	35	48.6
Low	37	51.4

Based on table 2, it shows that there are students whose majority have knowledge in the good category as many as 37 people (51.4%), positive attitudes as many as 40 people (55.6%), have the role of parents as many as 45 people (62.5%), have the role of peers as many as 52 people (72.2%), use of social media in the low category as many as 37 people (51.4%).

Based on table 3, it shows that there were 44 people (61.1%) with non-risky sexual behavior.

Table 3
Frequency Distribution by Category of Adolescent Sexual Behavior

Sexual Behavior	Frequency (N)	(%)
Risky	28	38.9
No Risk	44	61.1

Bivariat Analysis

Table 4
The Relationship Between Knowledge and Sexual Behavior of Adolescents at Suwargi Buwana Djati Integrated Islamic High School

Knowledge Category	Adolescent Sexual Behavior						OR	Spearman Rho
	Risky		No Risk		Total			
	F	%	F	%	N	%		
Good	7	9,7	30	41,7	37	51,4	6,429	0,000
Not Enough	21	29,2	14	19,4	35	48,6		

Based on the observation results in Table 4, it indicates that there is a relationship between adolescent knowledge of sexual acts and the P-value = 0.000 ($P < 0.05$), with an OR score of 6.429, which means that for every 6.429 times increase in knowledge, there is a decrease in risky sexual acts and vice versa.

The results of this observation are in accordance with those carried out by Nurdianti, Marlina & Sumarni (2021) where there is a significant relationship between knowledge and sexual behavior in adolescents, a p-value of $0.003 < 0.05$ was found. Observations made by Syahza, Putri & Arlis (2021) also revealed that there was a significant relationship between knowledge and sexual acts with a p-value of $0.002 < 0.05$.

Knowledge about sexual behavior is provided to them from an early age through formal

and non-formal education. This is crucial because it allows children to understand sexual issues and the consequences of their sexual behavior from an early age. However, in Indonesian society, sexual acts are still considered taboo and vulgar, which encourages young people to engage in sexual relations. Therefore, understanding adolescents' knowledge about sexual behavior is crucial because it can improve their quality of life (Usfinit, Kusuma & Widiani, 2017).

According to researchers, there's a correlation between knowledge and sexual behavior, as adolescents are more aware of the risks they face. The results show that adolescents with positive knowledge tend to have less risky attitudes. However, not all adolescents with positive knowledge have less risky sexual attitudes, possibly due to their curiosity and willingness to experiment.

Table 5
The Relationship between Attitudes and Sexual Behavior of Adolescents at Suwargi Buwana Djati Integrated Islamic High School

Attitude Category	Adolescent Sexual Behavior						OR	Spearman Rho
	Risky		No Risk		Total			
	F	%	F	%	N	%		
Positive	10	13,9	30	41,7	40	55,6	0,259	0,006
Negative	18	25.0	14	19.4	32	44.4		

Based on the observation results in table 5, it indicates that there is a relationship between adolescent behavior towards sexual acts with a P-value score = 0.006 ($P < 0.05$), with an OR of 0.259,

which means that adolescents who have a positive attitude are 0.259 times more likely to have a harmless sexual attitude.

The observation results obtained are in accordance with the observation results Nata dkk (2023) shows the p-value = 0.000, where $p < 0.05$, the results can be stated that there is a relationship between behavior and sexual attitudes.

According to research Misrina & Safira (2020) It can be concluded that an individual with good behavior can lead to a more positive attitude, while an individual with bad behavior can determine that bad adolescent attitudes are caused by lifestyle,

education, and a person's social environment, which can impact an individual's actions and behavioral traits.

Based on the researcher's opinion, there is a relationship between attitudes and sexual behavior because adolescents who have good attitudes and understand the rules, morals, socio-cultural, and religion can control themselves from dangerous sexual behavior.

Table 6
The Relationship between Parental Roles and Adolescent Sexual Behavior at Suwargi Buwana Djati Integrated Islamic High School

Parental Role Category	Adolescent Sexual Behavior						OR	Spearman Rho
	Risky		No Risk		Total			
	F	%	F	%	N	%		
Doesn't play a role	16	22,2	11	15,3	27	37,5	4,000	0,006
Have a role	12	16.7	33	45.8	45	62.5		

Based on the observation results in table 6, it indicates that there is a relationship between the role of parents, the P-value score = 0.006 ($P < 0.05$), with an OR of 4,000, which means that adolescents who are supported by the role of parents 4,000 times will have a tendency to engage in non-risky sexual behavior.

The results of this observation are in accordance with Putri & Masitoh (2022) where there is a relationship between the role of parents and sexual acts at p-value = 0.001. However, research conducted by Marfu'ah, Alwi & Mahmud (2023) not suitable for researchers because there is no significant relationship between the role of parents and sexual behavior with a p-value = 0.927

According to Winarti & Alamsyah (2020) A strong parental role is crucial because supervision or interaction with adolescents can inhibit or hinder the development of sexual attitudes. Likewise, when

parental function is very low in sharing information about reproduction, sexual behavior, guidance, and monitoring, adolescents are more likely to engage in sexual behavior.

Kinnaird's findings reveal that the better the interaction between parents and their adolescents, the more positive the adolescents' sexual behavior. Parental interaction influences adolescent sexual behavior. Adolescents who engage in premarital sex come from families that are divorced or near-divorced, families experiencing various problems and divisions (Putri & Masitoh, 2022).

According to the researcher's assumption, there is a link between the role of parents and sexual behavior because parents refuse to discuss reproductive health issues and parents who are busy working, divorced, and have poor communication so that teenagers choose to search for their own identity without parental supervision.

Table 7
The Relationship between Peer Roles and Adolescent Sexual Behavior at Suwargi Buwana Djati Integrated Islamic High School

Peer Role Category	Adolescent Sexual Behavior						OR	Spearman Rho
	Risk		No Risk		Total			
	F	%	F	%	N	%		
Doesn't play a role	4	5,6	16	22,2	20	27,8	0,292	0,042
Have a role	24	33,3	28	38,9	52	72,2		

Based on the research results in Table 7, there is a relationship between peer role and sexual behavior P-value = 0.042 ($P < 0.05$), with an OR of 0.292. This means that sexual behavior

supported by peer role is 0.292 times more likely for adolescents to have a tendency towards non-risky sexual behavior.

These results align with research conducted by Irma, Yuni & Paridah (2022) There is a relationship between the influence of peers and sexual behavior, with a p-value of 0.000. Peer roles are closely related to attitudes, communication, interests, appearance, and behavior. Peer influence on sexual behavior includes encouraging and trying new things, such as sexual relationships and adolescents.

Currently, peers play a key role in shaping adolescent behavior. Based on studies of social action, an individual can behave well and positively if their social environment has a positive impact on them. The greater the influence of peers, the

greater the likelihood of adolescent sexual behavior. Conversely, the less significant the influence of peers, the less likely adolescent sexual behavior is (Suyuti, Nugraha & Andi, 2021).

Researchers believe the relationship between peer groups and sexual behavior is due to the frequent time spent with friends and the increased openness with friends about relationships, daily life, and the problems they experience. Teenagers prefer to follow their friends' opinions rather than their own. However, adolescents who have self-control are more likely to avoid deviant behavior and remain unaffected by their surroundings.

Table 8
The Relationship Between Social Media Use and Adolescent Sexual Behavior at Suwargi Buwana Djati Integrated Islamic High School

Social Meddia Category	Adolescent Sexual Behavior						OR	Spearman Rho
	Risky		No Risk		Total			
	F	%	F	%	N	%		
Tall	18	25,0	17	23,6	35	48,6	0,350	0,034
Low	10	13.9	27	37.5	37	51.4		

The research results in Table 8 show a relationship between social media and adolescent sexual behavior, with a P-value of 0.034 ($P < 0.05$), and an OR of 0.350, indicating that adolescents with low social media use have a 0.350 times greater chance of engaging in low-risk sexual behavior.

These research findings align with research conducted by Idris dkk (2022) that there is a relationship between social media and sexual behavior with a p-value of 0.024. However, this research is not in line with that conducted by Gusputriya (2018) which found that there was no significant relationship between social media and sexual behavior with a p-value of 0.319.

According to Drago, adolescents who frequently use social media can be exposed to negative images, such as hearing, seeing, or experiencing sexual acts, which increases the likelihood of triggering sexual activity. However, low social media use can delay the onset of sexual behavior (Salsabilla, 2021).

According to researchers, the link between social media and sexual behavior is due to today's adolescents' intense curiosity, which leads them to resort to various means to satisfy their curiosity. Social media use significantly impacts sexual behavior, as it allows adolescents to access pornographic content sites, read, and watch content, which they then apply to their lives.

Multivariate Analysis

Table 9
Results of Multivariate Candidate Variable Selection Values between Independent Variables and Dependent Variables

Variable	P-Value	Information for the Multivariate Stage
Knowledge	0,000	Included
Attitude	0,007	Included
Parental Role	0,006	Included
Peer Role	0,035	Included
Social Media	0,033	Included

Bivariate Selection, If the bivariate test results have a sig value < 0.25 , then the variable can

be included as a candidate for the multivariate model. The bivariate selection results show that all

variables meet the criteria for moving to the multivariate stage because the p-value is <0.25.

Social Media	0,017	0,203
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Table 10
First Multivariate Modeling Analysis

Variable	p-value	OR
Knowledge	0,050	3,370
Attitude	0,123	0,368
Parental Role	0,032	4,164
Peer Role	0,449	0,551

The first modeling step included all variables, then reduced the model, selecting variables with a sig > 0.05 and retaining those with a sig < 0.05. Variable removal was done gradually, one by one, not simultaneously. The modeling analysis revealed two variables with p-values > 0.05: peer role and attitude. The highest p-value was for peer role. Therefore, the peer role variable was removed from subsequent modeling.

Table 11
Second Modeling After Peer Roles Are Dropped

Variable	p-value	OLD OR	NEW OR	% CHANGE OR
Knowledge	0,026	3,370	3,822	0,13
Attitude	0,075	0,368	0,325	0,11
Parental Role	0,038	4,164	3,808	0,08
Social Media	0,014	0,203	0,196	0,03

If removing a variable causes a change in the OR value of more than 10%, then the variable must be re-entered into the model and cannot be removed. The OR calculation results showed no

change >10%, so the peer role variable was removed. Next, the variable with the second-highest p-value >0.05, namely the attitude variable, was removed.

Table 12
The third modeling after the attitude variable was removed

Variable	p-value	OLD OR	NEW OR	% CHANGE OR
Knowledge	0,007	3,370	4,776	0,41
Parental Role	0,024	4,164	4,149	0,003
Social Media	0,027	0,203	0,258	0,27

The OR calculation results showed no change >10%, so the attitude variable was removed. After removing the attitude variable, it turned out

that there were no more variables with a p-value >0.05. Thus, the multivariate modeling process was complete.

Table 13
Final Model of Multivariate Analysis between Independent Variables and Sexual Behavior at Suwargi Buwana Djati Integrated Islamic High School

Variable	S.E	Wald	Sig.	Exp(B)	95% C.I. for EXP (B)		Nagelkerke R Square
					Lower	Upper	
Knowledge	0,583	7,202	0,007	4,776	1,524	14,961	.362
Parental Role	0,630	5,104	0,024	4,149	1,207	14,259	
Social Media	0,631	4,876	0,027	0,258	0,078	0,859	

The results of multivariate modeling showed that the variables significantly related to adolescent sexual behavior were knowledge, parental role, and social media. Of the three significant variables, knowledge was the dominant variable related to sexual behavior with an OR value of 4.776 CI

(1.524-14.961), meaning that adolescents with less knowledge were 4.776 times more likely to engage in sexual behavior compared to adolescents with good knowledge. Adolescents with good knowledge had a lower limit of risk of 1.524 times greater risk of

sexual behavior and a higher risk of 14.961 times greater risk of risky sexual behavior.

The Nagelkerke R Square value of 0.362 indicates that knowledge, parental influence, and social media together only explain 36.2% of sexual behavior. This model concludes that this model only explains 36.2% of the three factors related to sexual behavior. The remaining 63.8% of factors are unknown in their relationship to adolescent sexual behavior.

According to Notoadmojo, knowledge is the result of knowing that occurs after an individual has sensed a specific object. Sensing occurs through the individual's five senses: sight, hearing, smell, taste, and touch. A significant amount of individual insight is gained through the eyes and ears. Insight and cognition are crucial areas in the creation of human behavior (overt behavior) (Solisa, Rofiah & Awatiszahro, 2023).

This theory is in line with research conducted by Nurhayati dkk, (2017) Adolescents with low levels of knowledge are 7.15 times more likely to engage in premarital sexual behavior than those with high levels of knowledge. Adolescents' greater knowledge leads them to seek out various sources of sexual information. The higher a person's knowledge, the riskier their sexual behavior.

According to research, knowledge is the most dominant factor influencing sexual behavior, as a lack of knowledge can lead to risky sexual behavior and influence attitudes. If adolescents have knowledge and receive correct information about sexual behavior, they are more likely to develop negative attitudes.

CONCLUSION

Based on the results of research conducted at MA Terpadu Suwargi Buwana Djati, Cirebon Regency in 2024 with a sample of 72 respondents, it can be concluded that most respondents have good knowledge, positive attitudes, have parental roles, have peer roles, social media with low use, and non-risky sexual behavior. The results of the analysis show that there is a significant relationship between knowledge, adolescent attitudes, parental roles, peer roles, social media with adolescent sexual behavior. The most dominant factor on sexual behavior is knowledge at MA Terpadu Suwargi Buwana Djati, Cirebon Regency in 2024.

SUGGESTION

This research is expected to be used as an evaluation material for schools by providing counseling to adolescents so that they obtain information about Sexual Behavior so that

adolescents can participate in the process of preventing sexual incidents, early marriage, unwanted pregnancy, and abortion. Furthermore, the results of this study are also expected to serve as a reference for future researchers to develop this research more in-depth using different methods, different variables, different subjects, so that it can become a source of more varied information.

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