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Analysis of Factors that Influence Adolescent Attitudes Towards Sexual Behavior to Prevent Pregnancy

U Latifah

Midwifery Diploma Program, Politeknik Harapan Bersama, 9 Mataram Street, Tegal City, Indonesia

Abstract

Adolescence is a period of rapid growth and development both physically, psychologically, and intellectually. The characteristic of adolescents is that they have a great curiosity and tend to dare to take risks for their actions without being preceded by careful consideration. If the decisions taken in the face of conflict are not right, they will fall into risky behavior and if the long and short-term consequences of various physical and psychosocial health problems. The impact of these adolescent problems such as pregnancy, marriage, young age, and high abortion rates have a negative impact on adolescent reproductive health. This study aims to find out the factors that influence adolescent attitudes towards sexual behavior to prevent pregnancy. This type of analytical research uses an observational research design with a cross-sectional approach. The sample in this study were students of SMK Bakti Husada Brebes selecting research subjects using purposive sampling with a sample size of 40 people. Collecting data through structured interviews using interview guidelines. The results of the chi-square analysis test obtained factors related to adolescent attitudes towards sexual behavior to prevent pregnancy, that is knowledge, parental roles, and sexual behavior, while the sources of information and history of sexual relations showed no relationship. Parents are expected to increase awareness about adolescent attitudes towards sexual behavior so that they can prevent pregnancy from an early age.

Keywords: attitude, sexual behavior, adolescents

1. Introduction

Adolescence is a period of rapid growth and development both physically, psychologically, and intellectually. The typical nature of adolescents is to have a great curiosity and tend to dare to take risks for their actions without being preceded by careful consideration. If the decisions made in dealing with conflict are not right, they will fall into risky behavior and will suffer long and short-term consequences in various physical and psychosocial health problems.[1] The adolescent problems have an impact such as pregnancy, young marriage, and high abortion rates so that the impact is bad on adolescent reproductive health.

Reproductive health is a state of physical, mental, and social health that is very important for adolescents to understand so that it does not only discuss sexual relations. The absence of accurate information causes adolescents to seek and get information about reproductive health from unreliable sources, such as their friends or from pornographic media. As a result, their perception of sex and reproductive health becomes wrong and unhealthy. Misperceptions about reproductive health and sexuality can also be carried over into their sexual behavior.[2]

The Ministry of Health (2015) stated that about 33.3% of girls and 34.5% of boys aged 15-19 years started dating when they were not yet 15 years old. At that age, it is feared that teenagers do not have adequate life skills, so they have a risk of having premarital sex. In Central

Java, there is about 1.9 percent of teenage boys have had sexual intercourse before marriage, while 0.4 percent of teenage girls have sex.[3],[4]

The impact of young people's risky sexual behavior on reproductive health, among others: unwanted pregnancy (unwanted pregnancy). Unwanted pregnancy brings young people to two choices, continue the pregnancy or abort it. Complications in pregnancy and childbirth are the leading cause of death among adolescent girls. Young adolescents face a higher risk of complications and death from pregnancy than older women. The risk of death is highest at the age of under 15 years. The main complications that account for 80% of all maternal deaths are: severe bleeding, infection, high blood pressure during pregnancy (pre-eclampsia and eclampsia) and unsafe abortion.[5]

Another impact of sexual behavior is psychological consequences. The nature of pregnancy and childbirth places young women in a very cornered put in a dilemma. In society's view, young women who become pregnant are a family disgrace who violates social and religious norms. This social judgment often permeates and continues to be socialized within him. Feelings of confusion, anxiety, shame, and guilt experienced by students after learning about their pregnancy are mixed with feelings of depression, pessimism about the future which is sometimes accompanied by hatred and anger both towards themselves and their partners, and at the fate that makes physically healthy conditions, social, and mental aspects related to the reproductive system, function and process of young people are not fulfilled.[6]

To prevent sexual behavior problems that occur among adolescents, several efforts have been made including the delivery of information about the dangers of an impact of promiscuity through the role of teachers in schools, the role of health workers and the role of the family, but whether these efforts have been effectively carried out, because in fact behavioral problems Sexual intercourse in adolescents is still seen in the community. Based on this phenomenon, the authors are interested in researching what factors influence adolescent attitudes towards sexual behavior.

2. Methods

This type of research is analytic using an observational research design with a cross sectional approach. The purpose of this study was to analyze the factors that influence adolescent attitudes toward sexual behavior. The population in this study were 40 students of SMK Bhakti Husada Brebes with a purposive sampling technique, namely the selection of samples based on subjective and practical considerations.[7] Collecting data through structured interviews using interview guidelines to determine the factors that influence adolescent attitudes towards sexual behavior. All questionnaire data were analyzed using IBM SPSS Statistics 22.0.[8] Descriptive analysis was used to explain the independent variables which included knowledge, sources of information, history of sexual relations, parental roles and sexual behavior, while bivariate analysis was to determine factors related to adolescent attitudes towards sexual behavior. Bivariate analysis using Chi-square to determine the relationship between each variable.

3. Results and Discussion

This research was conducted at SMK Bhakti Husada Brebes which was held in February 2021 with 40 respondents. The research results are explained as follows:

Table 1. Factors that Influence Adolescent Attitudes Towards Sexual Behavior.

No	Variable	Attitude		Total	P-value
		Not enough	Good		
1	Knowledge				
	Not enough	25 (80,6%)	6 (19,4%)	31 (100%)	0,047
	Good	4 (44,4%)	5 (55,6%)	9 (100%)	

2	Resources				
	School	12 (75%)	4 (25%)	16 (100%)	
	Media	7 (53,8%)	6 (46,8%)	13 (100%)	0,123
	School, Media	10 (90,9%)	1 (9,1%)	11 (100%)	
3	History of sex				
	Ever	9 (75%)	3 (25%)	12 (100%)	
	Never	20 (71,4%)	8 (28,6%)	28 (100%)	0,570
4	The role of parents				
	Not enough	17 (89,5%)	2 (10,5%)	19 (100%)	0,025
	Good	12 (57,1%)	9 (42,9%)	21 (100%)	
5	Sexual behavior				
	Not enough	16 (88,9%)	2 (11,1%)	18 (100%)	0,038
	Good	13 (59,1%)	9 (40,9%)	21 (100%)	

Based on Table 1 shows the factors that influence adolescent attitudes towards sexual behavior include: knowledge factors, sources of information, history of sexual relations, parental roles, and sexual behavior. From the results of the bivariate test with the Chi-square test as follows: the knowledge cause shows the $P\text{-value} = 0.047$, meaning that there is a relationship between knowledge and adolescent attitudes towards sexual behavior. The source of information reason shows the $P\text{-value} = 0.123$, meaning that there is no relationship between the source of information and adolescent attitudes towards sexual behavior. The history of sexual relations showed that the $P\text{-value} = 0.570$, meaning that there was no relationship between the history of sexual relations and adolescent attitudes towards sexual behavior. The parental role reason shows a $P\text{-value} = 0.025$, meaning that there is a relationship between the role of parents and adolescents' attitudes towards sexual behavior. The sexual behavior reason shows the $P\text{-value} = 0.038$, meaning that there is a relationship between sexual behavior and adolescent attitudes towards sexual behavior.

3.1 Knowledge Factors on Adolescent Attitudes

Based on Table 1 shows the factors that influence adolescent attitudes towards sexual behavior including the knowledge factor, based on the results of the study, most respondents with less knowledge have a bad attitude as well, the results of the analysis using the chi-square test show the $P\text{-value} = 0.047$ which means there is a relationship between knowledge and adolescent attitudes towards sexual behavior, this is by the results of earlier research conducted by Kadek Putri (2014) which stated that respondents who were well-informed were respondents who had a positive attitude towards avoiding premarital sexual behavior and respondents who had a negative attitude towards premarital sexual behavior. The results of the analysis test showed that there was a significant relationship between knowledge and attitudes toward premarital sexual behavior.[9] Based on the results of the study, it can be concluded that knowledge can affect each attitude towards premarital sexual behavior. Because knowledge is one of the important factors in shaping the attitude of a teenager who enters the transition period. Knowledge can also change a person's perception of sexuality.

The results of another study conducted by A. hastari (2019) also stated that there is a relationship between knowledge and risky sexual behavior, adolescents who have less knowledge are 3,764 times more at risk of engaging in sexual behavior compared to adolescents who have good knowledge.[10] The attitude of adolescent sexual behavior is not only determined by the level of sexual knowledge but is more determined by their psychosocial maturity so that adolescents can decide what is best for themselves and are not easily influenced by their environment. Someone who has good knowledge but is not supported by good interests, desires, will, and motivation, then the attitude towards his behavior can be bad. Likewise, with someone who is less knowledgeable, they may have good will and motivation so that their behavior can become good.

3.2 Factors Source of Information on Adolescent Attitudes

Including the source of information on reproductive health, based on the results of the study, most of the sources of information on reproductive health were obtained from schools. The results of the analysis using the chi-square test showed that the $P\text{-value} = 0.123$, meaning that there was no relationship between sources of information and adolescent attitudes towards sexual behavior. The results of the 2012 IDHS (Indonesian Demographic and Health Survey) survey stated that male adolescents aged 15-19 years liked sources of reproductive health information from peers and teachers, while female adolescents preferred sources of reproductive health information from mothers (parents), teachers, and health workers.[11],[12] This is consistent with the results of other studies which state that schools are potential institutions for the delivery of adolescent reproductive health education and teachers have an important role.[13] Although the potential of teachers as a source of reproductive health information for adolescents is great, their role is not yet optimal. This is as indicated in the results of research conducted on high school teachers in Semarang City that although teachers have a good perception of reproductive health education, teachers are still reluctant and taboo when teaching sex education.[14][15]

Based on Table 1 shows the factors that influence adolescent attitudes towards sexual behavior. The results of earlier research conducted by aminatussyariah (2020) stated that teenagers who accessed the most media were television with a frequency of exposure at least once a week. The results of the analysis test showed $p = 0.000$ so that television media had a big impact in increasing teenage pregnancies.[16] Information media has a significant contribution in introducing sexual content to teenagers. Both through movies, games, and pictures that have pornographic content. In addition, there are also many soap operas broadcast on television that can plunge teenagers into negative activities. This kind of spectacle can cause curiosity in teenagers to try to do something that smells of sexuality, from hugging, kissing each other to having sex. Thus, the researcher's response to the results of this study is that the type of information source greatly influences adolescent attitudes in sexual behavior, and sources of information through the media have a greater role in sexual behavior in adolescents than through school.

This is by the results of research conducted by Lou (2012) which states that the use of media and the messages presented are factors that influence knowledge, attitudes, and behavior related to sex in adolescents.[17] Sexual behavior among teenagers is because teenagers are accustomed to using digital technology through their cell phones.[18]

3.3 Factors History of Sexual Relations on Adolescent Attitudes.

Based on Table 1 shows the factors that influence adolescent attitudes towards sexual behavior, including the history of sexual relations, based on the results of the study, respondents with a history of sexual intercourse had a bad attitude, the results of the analysis using the chi-square test showed $P\text{-value} = 0.570$. This means that there is no relationship between the history of sexual relations with adolescents' attitudes towards sexual behavior. The results of research conducted by Fitri (2014) said that adolescent knowledge related to reproductive health was still lacking, even though many programs related to reproductive health were already running. A strong sense of curiosity is the basis for teenagers to carry out risky behavior with relationships outside of marriage. Besides that, peers have a big influence on the lives of teenagers. This is also proven based on IDHS (Indonesian Demographic and Health Survey) data (2012) about the percentage of discussions carried out by adolescents related to reproductive health that is mostly carried out with their peers.[19],[11]

The results of Rosdarni's research (2015) say that adolescents who have a positive attitude give 1.5 times the opportunity to carry out risky premarital sexual behavior compared to adolescents who have a negative attitude. Teenagers' permissive attitude towards premarital sexual behavior is caused by teenagers' assessment that premarital sexual behavior is

something that is natural to do, such as kissing to having sexual relations as long as teenagers love each other. This is by the theory explained by Bandura (2011) that during adolescence there are major changes physically, mentally, and socially and at this time several patterns of behavior begin to form, such as self-identity, sexual maturity, and the courage to carry out risky behavior. [20]

3.4 Factors the Role of Parents on Adolescent Attitudes

Based on Table 1 shows the factors that influence adolescent attitudes towards sexual behavior including the role of parents, based on the results of the study, most of the roles of parents who do not have a good attitude as well. The results of the analysis using the chi-square test show that the $P\text{-value} = 0.025$ means that there is a relationship between the role of parents and adolescent attitudes towards sexual behavior.

This is in accordance with earlier research which said that infrequent communication between parents and adolescents in discussing sexuality gave adolescents 1.4 times the opportunity to have risky premarital sexual behavior compared to adolescents who often communicated. The low communication between adolescents and parents in discussing sexuality is caused by the discomfort or reluctance of parents and adolescents in discussing sexuality.[20]

The family has a very important role in providing information about puberty in adolescents. Parents can facilitate by actively asking about every change experienced by adolescents in every development during puberty.[21]

This is by the results of research conducted by Haryani (2017) which states that there is a relationship between family support and behavior to prevent early pregnancy and the value of $OR = 3,128$, adolescent girls with family support who have supported have 3,128 times the opportunity to behave in preventing pregnancy, compared to adolescent girls who do not have support from their families.[22] Based on the results of the study, the researcher's response was that the better the support or the role of parents in adolescents for preventing teenage pregnancy, the attitudes of adolescents towards sexual behavior to prevent pregnancy were getting better. And if the parental support for adolescent girls is getting worse about preventing pregnancy, then the attitude towards sexual behavior for preventing pregnancy in adolescents is getting worse.

3.5 Factors of Sexual Behavior on Adolescent Attitudes

Based on Table 1 shows the factors that influence adolescent attitudes towards sexual behavior including pregnancy prevention behavior factors. There is a relationship between pregnancy prevention behavior and adolescent attitudes towards sexual behavior. This is by the results of other studies which say that attitudes towards sexuality are the most dominant factor influencing and predicting premarital sexual behavior in students. Respondents whose attitudes towards sexuality are more permissive have a 4 times greater risk or tendency to engage in sexual behavior at risk of adverse events compared to respondents who are less permissive. This is because direct or indirect encouragement from close friends to have premarital sex causes a person to be permissive and allows them to do so.[23]

This is supported by the results of earlier research conducted by R. Haryani (2017) which states that there is a relationship between attitudes and behavior to prevent pregnancy at an early age, and the OR value = 16.9 adolescent girls with a positive attitude have a 16.9 times chance to behave to prevent pregnancy at an early age compared to adolescent girls with a negative attitude.[22]

Attitude is a predisposition (determinant) that gives rise to behavior that is by attitude. Attitude grows to start from the knowledge that is perceived as a good thing (positive) or not good (negative), then internalized into him.[24] This is also by L. Green's theory states that the predisposing cause, in this case, is an attitude related to a person's behavior, and attitude is

²⁰ defined as a reaction or response that arises from a person towards an object which then raises personal behavior towards the object in certain ways[25]

4. Conclusion

¹⁸ Based on the results of the analysis test with the chi-square test, it was found that ⁵ the factors that were much related to adolescent attitudes towards sexual behavior included: knowledge, parental roles, and behavior. While the source of information and history of sexual intercourse showed no significant relationship. By knowing the factors related to adolescent attitudes towards sexual behavior, ²⁷ it is hoped that the results of this study ² can be the first approach for the education and health sectors to prevent and overcome the ¹⁶ impact of sexual behavior on adolescents. The importance of educating adolescents about the negative risks of social media exposure to sexual attitudes and behavior as well as the importance of the role of parents in supervising the restriction of access to sexual media and increasing communication between parents and children about adolescent reproductive health issues. Future research requires a larger number of samples and in-depth interviews with adolescents are needed to decide the attitudes of adolescents in sexual behavior.

5. Acknowledgments

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