

<http://heanoti.com/index.php/hn>

RESEARCH ARTICLE

URL of this article: <http://heanoti.com/index.php/hn/article/view/hn20109>

Free Sex Behavior of Adolescents in Kendari City

Jeihan Nabila^{1(CA)}^{1(CA)}Department of Enviromental Health, Faculty of Public Health, Airlangga University, Indonesia;
jeihannabila23@gmail.com (corresponding author)

ABSTRACT

The condition of Indonesian youth is very alarming right now. This can be seen from the condition of some teenagers currently who tend to be more free and less attention to the moral values contained in every action they do. The purpose of this study was to determine the phenomenon of free sex behavior in adolescents in Kendari city. The type of research used was qualitative with phenomenological approach. Selection of informants by using purposive sampling method. The results show the cause of adolescents performing free sex behavior is because undergoing a relationship dating for so long, performing the behavior on the basis of mutual love and demand from a boyfriend. Knowledge of adolescent about free sex behavior is to do sex before marriage, information obtained through school, internet, television media and from friend of mine. The process of free sex behavior by teenagers is at home girlfriend, in hotels, and in boarding house. The perceived consequences of having sex is losing virginity and becoming accustomed to such behavior and feeling addicted to wanting to try again. Influential so that adolescents to have free sex is teenage boyfriend and peers. According to teenagers if the surrounding community knows teenagers have had premarital sex then people will think bad and negative.

Keywords: Free sex, Behavior, Adolescents

INTRODUCTION

Adolescents are the most influential generation in realizing the ideals of a nation, the next generation of generation and generation expected by a nation to change the state of its people into a better nation. The condition of Indonesian youth right now is very alarming. This can be seen from the condition of some teenagers currently who tend to be more free and less attention to the moral values contained in every deed that they do⁽¹⁾.

Sexual behavior is behavior that appears related to encouragement or sexual desire. The cultural dimension showed that sex behavior become part of the culture in society. Sexual behavior is any behavior that is driven by sexual desires either done alone, with the opposite sex or same sex without any marriage bonds by religion⁽²⁾.

A survey conducted by the National Risk Behavior Survey (YRBS) nationwide in the United States in 2006 found that 47.8% of students who were in grades 9-12 had premarital sex, 35% of high school students were sexually active⁽³⁾. Results of adolescent reproductive health surveys, Indonesian adolescents first dating at the age of 12 years. Teen dating behavior was also increasingly permissive as much as 92% of teenagers holding hands during courtship, 82% kissing, 63% palpation. These behaviors then trigger teenagers to have sexual intercourse⁽⁴⁾.

Based on data owned BKKBN Center in Jakarta, estimated 14 million teenage girls 15-19 years in the world to experience pregnancy, 70 thousand of them died in childbirth. While the number of Indonesian women aged 15-19 years in 2010 reached 9.5 million inhabitants. Even estimated 2014 reached 10 millions, this was showed the amount of sexual behavior among adolescents due to adolescent free life behavior without parental guidance and information sources are increasingly widespread⁽⁵⁾.

The purpose of this study was to determine the phenomenon of free sex behavior in adolescents in Kendari City.

METHODS

The type of research used was qualitative with phenomenological approach to know the phenomenon of free sex behavior in adolescent in Kendari. The informant was selected by using *purposive sampling* method. Informant chosen based on criterion determined by researcher. The study was conducted from July to August 2015. Key informants in this study were teenagers aged 15-20 years (5 people), unmarried and were educated in Kendari city and regular informants as many as 4 people ie close relatives of key informants, parents, religious leaders and employees of the Health Office.

RESULTS

Attitude (Attitude toward the behavior)

a. First time dating

The results showed that:

- 4 informants make first dating relationship when sitting in junior high school
- 1 informant first dating while sitting in senior high school

b. Knowledge

The results of research conducted on key informants and ordinary informants are:

- Key informants "PM" and "NB" indicate that knowledge of key informant about free sex is to do sex before marriage.
- Key informant "SP", free sex is doing a relationship that should not be done like a hug and a kiss. How to obtain information by informant through school, internet and television.
- According to key informants "MT" free sex have to do intercourse many times and changing partners.
- Key informant "MI", free sex is sex with couples who are not husband and wife. How to get information that is heard from a friend of mine.
- While the usual informant knowledge about free sex is sex before marriage. Sources of information obtained vary, there are obtained information from the media television, school and the internet.

c. Perform free sex behavior first

The results of the study with the five key informants about when adolescents perform free sex behavior for the first time and whether teenagers do the behavior with the first boyfriend of teenagers are as follows:

- 4 key informants did not engage in free sex behavior with their first boyfriend and they first performed the behavior while sitting in senior high school
- 1 person key informant perform sex behavior with first girlfriend that is when sitting in junior high school.

d. Frequency of free sex behavior

The results of the study with the five key informants and the usual informants about how many times the free sex that the key informants did during dating were as follows:

- According to these five informants they do not engage in free sex behavior on all their girlfriends but they vote.
- The five informants had several times premarital sexual behavior until difficult to calculate.

e. Causes of free sex behavior

The results showed that the cause of teenage sex is:

- A sense of affection towards the couple,
- Relationship dating has lasted a long time,
- There is seriousness in the relationship,
- Have the courage of seeing the behavior of friends,
- There is a desire to try.

f. Mind when performing free sex behavior

The results of the study showed that the feeling of teenagers when going to have free sex is:

- Hesitant and afraid if you have free sex will happen things that are not desirable
- May endanger their self-safety as it first engages in free sex
- Decision making to have free sex comes from self and also girlfriend
- Three informants feel regret after sexual behavior and 2 informants do not feel sorry after doing the behavior.

g. The process of free sex behavior

The results of the research show that:

- Free sex process conducted by key informant "PM" is at home girlfriend.
- Key informant "NB" had free sex at home girlfriend and at the hotel.
- Key informant "SP" have free sex at home girlfriend, in hotel, and in friend's girlfriend.
- Key informant "MT" free sex at a friend's house and in the informant's shop, the informant performs the behavior almost every couple meet.
- Key informant "MI" had free sex in friends' dorm, at hotel, and at home informant. The informant performs the behavior only when it wants to.

h. Consequences

The results of the five key informants' research on the perceived consequences of having free sex are:

- They are not virgins and feel to do such behavior is commonplace because previously had never felt.
- A sense of addiction.
- From the results of research according to key informants free sex behavior that they do is repeated because of the relationship dating that they live has lasted long.
- Taste to try again.

Subjective Norms

a. Influence of people around

The results of the research with the five key informants to obtain information are according to the most influential informants so that informants have a strong desire to have free sex is:

- The influential is the girlfriend of the informant because the boyfriend of the informant asked to do free sex behavior.
- the effect of seeing a friend who has done the behavior.

b. People around teenagers who know

The results of research conducted with the five key informants are:

- Who knows informants to have free sex are friends and close friends of the informant.
- Informant's friends initially felt shocked and wondered when knowing the informant had done the behavior. Even some friends of the informant had never done free sex behavior.
- And there are also friends from informants who feel proud of the informant for having done the behavior.

c. Response of the surrounding community

The results of the research with the five key informants obtained information are:

- The response of the informant community must be very bad against the informant.
- The public will think negative and bad to the informant.
- The effect that will be felt by informants that the informant will be very embarrassed and the parents will be linked.

d. Another factor causes free sex

The results obtained from the five key informants are:

- According to informants "PM" cause he had premarital sex is an economic factor because during a relationship dating informants given money and goods, and family factors because of lack of affection by parents who have divorced so he had premarital sex.
- According to the informant "NB", "MT", "MI" which became a factor he had free sex is because on the basis of likes like.
- Meanwhile, according to informants "SP" which became a factor he had sex free is due to seduction of the boyfriend.

e. The feeling of teenagers

The results with the usual informant about the feelings of informants when people closest to know is teenagers feel awkward. According to the informant "SA" from the key informant explanation "PM" the strong reason that he has the courage to have free sex is because he and his girlfriend are willing to perform the behavior on the basis of affection.

f. The role of parents

The results of research with ordinary informants about the role of parents is to control the child's behavior to avoid premarital sexual behavior are:

- Forbid children to go out at night
- Prohibit child dating

g. Sex is religion free

The results of the research with ordinary informants about the free sex view of religion are:

- According to sex religion free unlawful law and is strictly prohibited because it is the act of adultery which is a big sin.
- And also will have a lot of impact for the culprit.

h. Government programs

The results of the study with ordinary informants about government programs for teenagers are:

- In general, the government has implemented several programs, one of which is cross-sectoral cooperation such as involving organizations, NGOs, professional organizations, mass media, religious figures, families and ODHA.
- Integrating knowledge about the dangers of HIV/AIDS in the curriculum, both extra and intracurricular.
- Health Promotion and IEC (Information and Education Communication) on improving knowledge, attitudes and positive behavior of adolescents.
- Increase adolescent knowledge about the dangers of AIDS called life skill education.
- Screening of transfusion blood, it provides safe transfusion blood.
- More emphasized by the Government on socializing both in adulthood and adolescence (school age) that is the use of condoms, not changing partners, avoiding drugs, avoiding the use of syringes simultaneously and not discriminating against ODHA.

DISCUSSION

One of the problems in adolescents today is the behavior of adolescents who tend to be more free like sexual behavior. Sexual behavior is the behavior that appears related to the urge or sexual desire of the opposite sex without any marriage bond.

Based on the results of research that has been done, the phenomenon of free sex behavior among teenagers is very high. This can be seen from the results of research on 5 key informants who claimed to have done premarital sexual behavior with the opposite sex. This is due to lack of attention and supervision of parents and free association.

Attitude (Attitude toward the behavior)

a. First time dating

The conclusions of the results of research conducted with the five key informants and ordinary informants about when the first informant dating is 4 informants first dating while sitting in junior high school and 1 first time dating when sitting in senior high school.

This study was also supported by previous research that states a person began dating at the age of 6 years to 18 years. The average age of first courtship is 13.5 years. Adolescents with a number of risky boyfriends have 6.54 odds of risk sexual behavior compared to no-risk girlfriends⁽⁶⁾.

b. Knowledge

Knowledge is the result of knowing and occurs after the person does the sensing of a particular object. Sensing occurs through the human senses, namely the sense of sight, hearing, smell, taste, and touch.

The conclusions of the results of research conducted with the five key informants and ordinary informants about their knowledge about free sex is free sex is to have sex before marriage, free sex do prohibited behaviors such as hugs and kisses, information obtained from schools, internet, television media and heard from a friend of mine.

Basically adolescent knowledge about free sex still very less, let alone information obtained not through health worker. Obviously the information obtained is not as accurate if the information is directly obtained from health workers who are experts in the field of reproductive health, especially sexual knowledge.

The results of previous research states about sexual behavior dating influenced by the media found that the media into the media information about sexual behavior is television, handphone, and internet. Sources of information pertaining to reproductive health and the danger of promiscuity are schools and religious leaders⁽⁷⁾.

c. Perform free sex behavior first

As for the conclusions of the fifth key informant studies about when teenagers engage in free sex for the first time and whether teenagers engage in such behavior with their first girlfriend are the four key informants not engaging in free sex behavior with their first boyfriend and they first perform the behavior when sitting in high school and 1 key informant engage in sex behavior with first girlfriend when sitting in junior high school.

The results of previous research states that because the process of courtship conducted adolescent is influenced by the factor of imitation and maturity of age that is not accompanied by psychological maturity then premarital sexual behavior will be very easy to happen⁽⁸⁾.

d. Frequency of free sex behavior

The conclusions from the research of the five key informants and the usual informants about the frequency of having free sex are the informants not engaging in free sex behavior with all their girlfriends, the informant chooses who will perform the behavior, the informant has several times done premarital sexual behavior until it is difficult to calculate.

Previous research suggests that increasing the age and experience of making a girlfriend switch can be an opportunity to explore deeper sexual behaviors. Moreover, the orientation of men dating more toward sexual activity than affection priority, making men can quickly sexual activity without involving feelings first⁽⁹⁾.

e. Causes of free sex behavior

The conclusions of the results of research conducted with the five key informants and ordinary informants about the cause of key informants to have free sex is the desire of teenagers and couples to have free sex, the presence of affection to the couple, the relationship dating that has lasted long, the seriousness in the relationship, there the desire to try, have the courage to engage in free sex behavior by seeing a friend behave like that, the request of a boyfriend to do such behavior.

The results of previous research states that now pre-marital sex behavior is commonplace and dating without sexual activity will feel empty. In addition to the fear of the women when they will be abandoned by their girlfriend if they do not obey his invitation. The difficulty of distinguishing between lust or affection and the need for mutual need, and the embodiment of mutual love, is also a contributing factor⁽¹⁰⁾.

f. Mind when performing free sex behavior

From the results of research conducted with the five key informants about the minds of key informants when doing free sex is feeling hesitant and afraid because the first time to have free sex, feelings of fear and worry if when sex free will happen things that harm them, the persuasion of a boyfriend so willing to do the behavior, decision-making comes from self and girlfriend, 3 informants feel sorry after sexual behavior and 2 informants do not feel sorry after doing the behavior. In the conduct of free sex behavior of teenagers get encouragement from the couple so that teenagers want to do the behavior with the reasons as a sign that they love each other.

g. The process of free sex behavior

The conclusions of the results of the research conducted with the five key informants and the usual informants about the process of free sex conducted by key informants are key informants "PM" doing free sex behavior at his girlfriend's house, key informant "NB" had free sex at his girlfriend's house and hotel while the key informant "SP" had free sex at the boyfriend's house, in the hotel, and at the friend's girlfriend. Key informants "MT" had free sex at a friend's house and in the informant's shop and key informant "MI" had free sex in friends' dorm, in hotel, and at home informant.

The key informants "PM", "NB", and "SP" perform free sex behavior only when the partner asks. Key informant "MT" performs that behavior almost every couple meet. Key informant "MI" performs the behavior only when it wants.

h. Consequences

The conclusions of the five key informants' research on the consequences they felt after having free sex were not to be virgins and to be accustomed to having sex, the long lasting relationship made the key informant repeat the act and was addicted to trying again.

Many of the impact felt by teenagers after sex free, especially for his health. For teenagers who have done such behavior and do not feel adverse effects such as pregnancy they will think that the behavior can be done continuously so they will get used to doing it.

Subjective Norms

a. Influence of people around

The conclusions of the results of this fifth research informant about who influenced the informant is very influential so that the informant to have free sex is the girlfriend of informants and peers, boyfriend informant asked to do free sex behavior and informants to see friends who do free sex behavior.

From the information obtained from the key informants that the support in the conduct of free sex is from self, boyfriend and friend. In the conduct of free sex behavior there is a key informant who claims that the support of the closest people is not there but on the will of themselves and the couple. And there is also the support of friends who have done the behavior.

b. People around teenagers who know

The conclusion of the research of the five key informants about who knows the informants has done sexual behavior and their responses are those who know are the close friends and younger brother of the informant, when first find out the friends and younger informants feel surprised and wondered, a friend who thinks that a great informant has committed premarital sexual behavior and some of his informant friends have already had sex.

Most teenagers who have had premarital sex choose to tell stories only to their close friends. Because of the enormous confidence of teenagers to their close friends so that teenagers want to tell them that teenagers have sex. His security of secrecy about his free sex behavior is more awake if it is known to be his closest friend compared to others.

c. Response of the surrounding community

The conclusions of the research results by the five key informants about the response of the surrounding community if knowing the situation of informants who have done premarital sexual behavior is according to the informants community response will be bad and negative against him, the effect felt by informants that the informant becomes embarrassed and parents will be related.

When teenagers have done bad behavior many things are feared if people around the environment know like the community. People will think badly and negatively against teenagers, society will judge negative attitude to adolescent. People will think that adolescents free sex perpetrators do not have the moral and even think the teenager has a bad association even factor family circumstances will be related by the community.

d. Another factor causes free sex

The conclusions of the five key informant studies were the informants "PM" having free sex due to economic factors and family factors, informants "NB", "MT", "MI" having premarital sex due to factors on the basis of likes and informants "SP" have sex free because of the girlfriend's seduction factor.

Another factor is economic factors, adolescents who are in a relationship with a partner who provides material in the form of money and goods will be easier to surrender themselves because with a way of thinking that is still unstable they will feel that is loved by their partner by giving the material. Moreover, teenagers who come from low-income families.

e. The feeling of teenagers

From the results of the research with ordinary informants is the feelings of informants when his close friends know about his intention to have free sex is an informant feel awkward, various explanations of each adolescent as on the basis of mutual love and have long relationship so they have a strong desire to perform free sex behavior.

f. The role of parents

From the results of research with ordinary informants are things done by parents in controlling the behavior of children is forbidding children to go out at night and forbid for dating.

g. Sex is religion free

The conclusions of the results of research with ordinary informants is according to Islamic religion free sex "*haram*" law and is strictly prohibited. And it will also have a lot of impact for the culprit.

h. Government programs

Conclusions from the results of the study with the usual informants about what the government program for teenagers to avoid HIV/AIDS disease is the government implements several programs that are cross-sectoral cooperation, integrating knowledge about the dangers of HIV/AIDS in the curriculum, health promotion and IEC (Information Communication and Education) on increasing knowledge, attitudes and positive behavior of adolescents, increasing adolescent knowledge about AIDS hazard called life skill education, and blood donor screening. But more emphasized by the Government at the time of socializing both in adulthood and adolescence (school age) that is the use of condoms, not multiple partners, avoid drugs, avoid the use of syringes together and not discriminatory against ODHA.

CONCLUSION

Informant first time dating when sitting in junior high school and senior high school and first time doing free sex behavior also when sitting junior high school and senior high school. The cause of the informant to conduct free sex behavior is because undergoing a relationship dating for so long, performing the behavior on the basis of mutual love and demand from a boyfriend. The informant's thoughts when going to do free sex behavior is fear and worry and decision making that is from self and girlfriend. Knowledge of informants about the free sex behavior is free sex behavior is to do sex before marriage, information obtained through schools, the internet, television media and from peers. The process of free sex behavior by informants is at home girlfriend, in hotels, and in boarding house. The perceived consequences of having sex is losing virginity and becoming accustomed to such behavior and feeling addicted to wanting to try again.

The subjective norms associated with the free sex behavior of the informant are influential so that the informant to have free sex is the girlfriend of the informant and the social friend. The first person to be told by informant when he has done free sex behavior is the nearest person informant. If the surrounding community knows the informant has had premarital sex then the public will think badly and negatively to the informant and its effect to the informant is the informant will feel embarrassed. Who felt the informant when the person closest knows the informant becomes awkward. The way parents prevent teenagers from sexual behavior is to prohibit teenagers from going out for the night and not dating. According to religion, free sex is an unlawful act to do and has many adverse effects for the culprit. Government programs for teenagers at the time of socializing are using condoms, not changing partners, avoiding drugs and avoiding the use of syringes together.

REFERENCES

1. Rochaniningsih NS. The Impact of Shifting Roles and Functions of Families on Adolescent Deviant Behavior (Dampak Pergeseran Peran dan Fungsi Keluarga pada Perilaku Menyimpang Remaja). Jurnal Pembangunan Pendidikan: Fondasi dan Aplikasi. 2014;2.
2. Sarwono SW. Adolescent Psychology (Psikologi Remaja). Jakarta: Raja Grafindo Persada. Jakarta, 2012.
3. Damanik H. The Influence of Internet Media Exposure and Peers against Free Sex Behavior in XYZ High School in 2012 (Pengaruh Paparan Media Internet dan Teman Sebaya Terhadap Perilaku Seks Bebas pada Remaja SMA XYZ Tahun 2012). Thesis. Program Studi Magister FKM USU; 2012.
4. KPAI. First Dating of Indonesian Children Age 12 Years (Pacarannya Anak Indonesia Umur 12 Tahun). KPAI; 2012.
5. BKKBN. Survey: Age 15-19 Years, Indonesian Women Have Pregnant (Survei: Usia 15-19 Tahun, Wanita Indonesia Pernah Hamil) [Internet]. BKKBN. 2014 [cited 2014 Dec 31]. 2014. Available from: <http://www.bkkbn.go.id/ViewBerita.aspx?BeritaID=1081>

6. Nursa, DGA. Factors Related to Sexual Behavior of Senior High School Students in Padang City in 2007 (Faktor-Faktor Yang Berhubungan Dengan Perilaku Seksual Murid Smu Negeri Di Kota Padang Tahun 2007). Jurnal Kesehatan Masyarakat. 2008.
7. Evi, Natsir S, Suriah, Sexual Behavior of Teenagers who are Dating in Kairatu Senior High School 2, Seram Bagian Barat District (Perilaku Seksual Remaja yang Berpacaran di SMA Negeri 2 Kairatu Kabupaten Seram Bagian Barat). Jurnal Promosi Kesehatan dan Ilmu Perilaku. 2013.
8. Setiawan R, Nurhidayah S, The Influence of Dating on Premarital Sex Behavior (Pengaruh Pacaran Terhadap Perilaku Seks Pranikah). Jurnal Soul. 2008;1(2).
9. Mayasari F, Hadjam MNR. Sexual Behavior of Adolescents in Dating Viewed from Self-Esteem Based on Gender (Perilaku Seksual Remaja Dalam Berpacaran Ditinjau Dari Harga Diri Berdasarkan Jenis Kelamin). Jurnal Psikologi. 2000.
10. Salisa A. Premarital Sex Behavior among Youth [Qualitative Descriptive Study of Premarital Sex Behavior among Surakarta Youths] (Perilaku Seks Pranikah di Kalangan Remaja [Studi Deskriptif Kualitatif Tentang Perilaku Seks Pranikah di Kalangan Remaja Kota Surakarta]). Thesis. Jurusan Sosiologi, Fakultas Ilmu Sosial dan Ilmu Politik, Universitas Sebelas Maret; 2010.