

LEVEL OF KNOWLEDGE AND ATTITUDE AS DETERMINANT FACTORS OF ADOLESCENT SEXUAL BEHAVIOR AT SMAN 1 GAMBUT

Abd. Basid¹, Yuseran², Candra Kusuma Negara³, Nisa Rahmadina⁴

^{1,2,4}Public Health Study Program, Universitas Cahaya Bangsa - Indonesia

³Nursing Study Programs, Universitas Lambung Mangkurat - Indonesia

Abstract

Background: According to WHO (*World Health Organization*), adolescents are between childhood and adulthood. Adolescents are defined as being between 10-19 years old. The results of the 2012 SDKI data showed that 5.1% or around 35,000 adolescents in South Kalimantan had had premarital sex. This number increased compared to the 2007 SKRRI (Indonesian Adolescent Reproductive Health Survey) results, which amounted to 4.7%. **Objective:** The purpose of this study was to determine the relationship between the level of knowledge and attitudes toward adolescent sexual behavior at SMAN 1 Gambut. **Method:** The type of research used in the study is quantitative research, with analytical research methods and a *cross-sectional approach*. **Results:** The results of the study showed that there was no relationship between the level of knowledge of adolescent sexual behavior at Gambut with a *p-value* = 0.900 and there was a relationship between attitudes towards adolescent sexual behavior at Gambut in 2024 with a *p-value* = 0.000. **Conclusion:** For further researchers, it is recommended that they conduct the same research by adding variables that are not discussed in this research in the same place

Keywords: Attitude, Knowledge Level, Sexual Behavior of Adolescents

Background

WHO (World Health Organization) defines adolescents as individuals in a transition phase between childhood and adulthood. Generally, adolescents are defined as those aged between 10 and 19 years. Adolescence is a time of rapid change and facing many challenges. Various difficulties are often complex to face because even though they are physically mature, mentally, they may not be ready. This situation usually occurs in many countries, including Indonesia. Ignorance about adolescent sexual behavior can harm them and their families because, in this phase, adolescents experience many significant advances, including in cognitive, emotional, social, and sexual aspects. (AN Sari, 2017), (M. Sari & Wahyono, 2024). The 2023 National Commission on Violence Against Women annual report based on the form of Violence in service institutions was dominated by sexual Violence of 2,363 or 34.80%, followed by psychological Violence of 2,363 or 34.80%, 1,930 or 28.50%, physical Violence of 1,840 or 27.20%, and economic Violence amounted to 640 cases or 9.50%.

Data from the South Kalimantan National

Commission on Violence Against Women (Komnas Perempuan, 2023) with cases of KBG (Gender Based Violence) reported to BADILAG (Religious Courts) 7,023 cases, Service Institutions 47 cases and Komnas Perempuan 29 cases with a total of 7,099 cases. According to data from the SDKI (Indonesian Demographic and Health Survey), the number of teenagers in South Kalimantan who have premarital sex tends to increase every year. The results of the 2012 SDKI data showed that 5.1% or around 35,000 teenagers in South Kalimantan had had premarital sex. This number increased compared to the 2007 SKRRI (Indonesian Adolescent Reproductive Health Survey) results, which amounted to around 4.7%. Thus, from 2007 to 2012, the number of teenagers having sex in South Kalimantan increased by 0.4%. This increase is smaller than the national data of 2.3%.

Previous research conducted at SMK Kesehatan Donohudan Boyolali in 2016 showed that adolescent knowledge about adolescent sexual behavior was mainly in the sufficient category, with 33 respondents (64.7%). Adolescent attitudes about adolescent

sexual behavior were primarily in the adequate category, with 33 respondents (64.7%). (Sari, 2018) . Based on data from the Empowerment Service Woman, Protection Children and Family Planning above with cases of sexual Violence against children, there are 13 cases in Banjar Regency, the third highest after Banjarbaru City and Regency Kotabaru. This problem is serious in Banjar Regency and needs to be studied further regarding sexual cases because the Banjar community is known to be religious, following its vision, namely "Realizing a Banjar Regency that is Advanced, Independent, and Religious."

A preliminary study conducted by researchers with observations and interviews with guidance teachers or BK teachers said that around 10-15% of dating cases were intimate at school. This case, if connected, will refer to the sexual behavior of adolescents at SMAN 1 Gambut (Senior High School). Handling of dating that has been included in the recapitulation in Guidance and Counseling at SMAN 1 Gambut.

According to Notoatmodjo, knowledge can make someone aware so that they will behave according to the knowledge they have. Behavioral changes based on knowledge, awareness, and positive attitudes last because they are based on their awareness, not coercion. Based on the above considerations and preliminary studies that have been conducted, the researcher is interested in conducting this research. It is seen that there is potential for Violence regarding sexual behavior that always occurs in this area, so Researchers will conduct research by trying to measure the level of knowledge and attitudes of students towards sexual behavior so that students can understand the potential for sexual behavior that occurs around them.

Method

The type of research used in this study is quantitative research, with analytical research methods and a cross-sectional approach. The population of this study were students of SMAN 1 Gambut class X and XI in 2024, which were 539 people, where class X students numbered 253 people and class XI students numbered 286 people. The sampling technique used in this study is the simple random sampling technique from the calculation using the Slovin formula, a sample of 230 people out of 539 people. The instrument used in this study was a questionnaire adopted from

(USAMAH, 2014) and (Muflih & Endang Nurul Syafitri, 2018) using the Likert scale and the Guttman scale. (Muflih & Syafitri, 2018) .

Results and Discussion

Univariate Analysis Results

The univariate analysis in this study consists of three variables, as follows. Knowledge Level Analysis

Table 1 Frequency Distribution of Knowledge Level of Adolescents at SMAN 1 Gambut 2024

No	Level Knowledge	Amount	%
1	Good	169	73.5
2	Enough	55	23.9
3	Not enough	6	2.6
Total		230	100

Based on Table 1 above, it can be seen that the 230 teenagers were the research sample. The majority had a good level of knowledge, namely 169 teenagers (73.5%), a sufficient level of understanding of 55 teenagers (23.9%), and a poor level of knowledge of 6 teenagers (2.6%).

Attitude Analysis

Table 2 Frequency Distribution of Adolescent Attitudes at SMAN 1 Gambut in 2018 2024

No	Attitude	Amount	%
1	Good	214	93
2	Enough	14	6.1
3	Not enough	2	0.9
Total		230	100

Source: Respondent Recapitulation Results

Based on Table 2 above, it can be seen that of the 230 teenagers who were the research sample, the majority had good attitudes, namely 214 teenagers (93%), 14 teenagers (6.1%) had adequate attitudes, and 2 teenagers (0.9%) had poor attitudes.

Analysis of Adolescent Sexual Behavior

Table 3 Frequency Distribution of Behavior Teenage Sexuality at SMAN 1 Gambu 2024

No	Sexual Behavior Teenager	Amount	%
1	Negative	3	1.3
2	Positive	227	98.7
Total		230	100

Based on Table 3 above, it can be seen that of the 230 teenagers who were the research sample, the majority of teenagers had positive sexual behavior, namely 227 people (98.7%), and teenagers had negative sexual behavior, namely 3 people (1.3%).

Bivariate Analysis Results Knowledge Level Analysis On Adolescent Sexual Behavior

Table 4 Relationship between Knowledge Level and Sexual Behavior of Adolescents at SMAN 1 Gambut in 2024

Level of Knowledge	Sexual Behavior Teenager				Total		P Value
	Negative		Positive		F	%	
	F	%	F	%			
ok	2	1.2	167	98.8	169	100	0.900
Sufficient	1	1.8	54	98.2	55	100	
Kurang	0	0	6	100	6	100	
Total		3	1.3	227	98.7	230	100

Based on Table 4 above, out of 169 teenagers who have a good level of knowledge about negative behavior, there are 2 people (1.2%). For teenagers who have a good level of expertise with positive behavior, there are 167 people (98.8%). Out of 55 teenagers with sufficient knowledge of negative behavior, there is 1 person (1.8%). For teenagers who have an adequate level of expertise with positive behavior, there are 54 people (98.2%). While teenagers have poor knowledge, 6 people (100%) showed positive behavior.

From the results of the Chi-Square statistical test, the p-value was obtained = 0.900, where the Asymptotic Significance value > 0.05, so it can be concluded that there is no significant relationship between the level of knowledge and sexual behavior of adolescents at SMAN 1 Gambut in 2024. This can be interpreted that the level of understanding of adolescents does not correlate with their sexual behavior.

Analysis of Attitudes Towards Adolescent Sexual Behavior

Table 5 Relationship of Attitudes Towards Sexual Behavior of Adolescents at SMAN 1 Gambut Year 2024

Attitude	Sexual Behavior Teenager				Total		P Value
	Negative		Positive		F	%	
	F	%	F	%			
Baik	1	0,5	213	99,5	214	100	0,000
Cukup	2	14,3	12	85,7	14	100	
Kurang	0	0	2	100	2	100	
Total		3	1,3	227	98,7	230	100

Based on Table 5 above, of the 214 teenagers who behaved well with negative behavior, there was 1 person (0.5%), and there were 213 teenagers who behaved well with positive behavior (99.5%). Of the 14 teenagers who were moderate with negative behavior, there were 2 people (14.3%), and there were 12 teenagers who were moderate with positive behavior (85.7%). Meanwhile, 2 teenagers had less positive behavior (100%).

From the Chi-Square statistical test results, the p-value was obtained = 0.000, where the Asymptotic Significance value < 0.05, so it can be concluded that there is a significant relationship between attitudes towards adolescent sexual behavior at SMAN 1 Gambut in 2024.

Discussion

Based on Table 1, the research results show that 230 teenagers were the research sample, and this level of knowledge was analyzed using a scale. Ordinal with 3 categories, namely a good level of understanding of 169 teenagers (73.5%), a sufficient level of knowledge of 55 teenagers (23.9%), and a poor level of knowledge of 6 teenagers (2.6%). This shows that most of the study sample has good knowledge about sexual behavior.

Various factors, including gender, influence adolescents' level of knowledge. According to Notoatmodjo 2012 (Pradaekawati, 2019), theoretically, gender is one of the genetic factors that influences a person to behave or have knowledge. Based on the frequency distribution of respondents, females are more dominant than males. Namely, out of 230 adolescents, there were 157 female respondents (68.3%) and 73 male respondents (31.7%). The results of the

recapitulation of the questionnaires that the respondents had filled out showed that for females with 3 people, the level of knowledge was less, 36 people had a sufficient knowledge level, and 118 people had a good knowledge level. The male gender shows 3 people have a poor knowledge level, 19 have adequate knowledge, and 51 have good knowledge. Women dominate the respondents of this study, and this shows that women have a higher level of knowledge than men (Ningsih et al., 2024)

Based on Table 2, the results of the study can be seen from 230 teenagers who were the research samples with the analysis of this attitude data using an ordinal scale with 3 categories: most have good attitudes, 214 teenagers (93%), sufficient attitudes as many as 14 teenagers (6.1%), and fewer attitudes as many as 2 teenagers (0.9%). The results of the recapitulation of the questionnaire that the respondents have filled out show that for the female gender, 6 people are in the sufficient category, and 151 people are in the good category. At the same time, the male gender shows 2 people in the less category, 8 people in the sufficient category, and 63 people in the good category.

Attitudes are determined by several factors, including personal experience, culture, other people believed to be necessary, mass media, educational institutions or forums, beliefs, and emotional factors in oneself. According to researchers, this is the same as what was obtained, namely that 93% of students at SMAN 1 Gambut have a good attitude towards adolescent sexual behavior. However, there are still a few percent of students whose frequency distribution is sufficient and lacking.

This illustrates that in this school, many students have a positive attitude toward sexual behavior. Of course, this is inseparable from the school's success, guided by experts, namely BK teachers and educators. This shows that most teenagers still have an evaluation aligned with prevailing social beliefs and customs. Students have been equipped with knowledge about sexual conduct. As a result, they behave well by determining healthy friendships and accepting facts about the effects of bad behavior through social media.

Based on Table 3, the results of the study can be seen from 230 teenagers who were the research samples with the analysis of adolescent sexual behavior data using a nominal scale with 2

categories; namely, most teenagers have positive sexual behavior, namely 227 people (98.7%), and teenagers have negative sexual behavior as many as 3 people (1.3%). The results of the questionnaire recapitulation showed that the female gender with positive behavior was 155 people. With negative behavior, there were 2 people. While the male gender with positive behavior was 72 people, there was 1 person with negative behavior.

According to researchers, 98.7% of students have been shown to have positive attitudes toward sexual behavior—teenagers from the results of the research that has been done. Therefore, in this case, it shows that students at SMAN 1 Gambut mostly never do negative things that lead to bad adolescent sexual behavior. This is indeed inseparable from the role of a good school and the role of their peers. This study's dominant respondents were women so women could select more good friendships here than men. (Farwati et al., 2023)

The results of the questionnaire recapitulation showed that 3 teenagers behaved negatively. The results of the respondents' answers were 1 person stated that he had done all the sexual behaviors in the questionnaire statements so that the points he obtained were 0, 2 other people indicated that they had made statements 1-10 only, in statements 11-15 never, meaning they had never done sexual behavior that was at serious risk. Based on interviews with several students, this was also influenced by their friendship environment and perceived attitude factors because they felt it was normal.

Based on Table 4, the Chi-Square statistical test results obtained a p-value = 0.900, where the Asymptotic Significance value > 0.05, so H_a is rejected, and H_0 is accepted. So, it can be concluded that there is no significant relationship between the level of knowledge and adolescent sexual behavior at SMAN 1 Gambut in 2024.

Knowledge is not the only factor that can influence a person's behavior in engaging in sexual behavior; but there are still many other factors that are related to it. This is following the research of Nurlathifah Bahdad et al. in 2023 entitled "The Relationship Between the Level of Knowledge and Adolescent Behavior

Regarding Free Sex," with the results of the Spearman Rank test on two variables obtained a significance of 0.245 (> 0.05) which means that the two variables do not have a significant relationship. From these results, it can be concluded that hypothesis H1 is rejected and H0 is accepted, namely that there is no significant relationship between the level of knowledge and adolescent behavior regarding free sex.

According to Sarwono 2003 (Putri, 2014), factors that influence sexual behavior are knowledge, increasing sexual libido, information media, religious norms, parents, and increasingly free association. In this discussion, the researcher discusses the level of knowledge factor on adolescent sexual behavior. The absence of a relationship between the level of knowledge and sexual behavior of adolescents at SMAN 1 Gambut follows the results of a bivariate analysis of 169 adolescents who had a good level of knowledge and negative behavior.

2 people (1.2%), and teenagers who have a good level of knowledge with positive behavior, there were 167 people (98.8%).

Based on Table 5, the Chi-Square statistical test results obtained a p-value = 0.000, where the Asymptotic Significance value < 0.05 so that H_a is accepted and H_0 is rejected. So, it can be concluded that there is a significant relationship between attitudes toward adolescent sexual behavior at SMAN 1 Gambut in 2024. Attitudes start from knowledge perceived as good or not good until internalized into him. What is known will influence behavior. If what is perceived is positive, a person tends to behave according to his perception because he feels he agrees with what he knows. However, if he perceives it negatively, he tends to avoid or not do what is perceived in his behavior. In other words, someone with a positive attitude will also show positive behavior. So, in this case, the tendency of adolescents to behave sexually will be influenced by their attitudes, namely likes and dislikes, or agree and disagree.

Based on data from researchers from the BK Teacher of SMAN 1 Gambut in 2023 and 2024, 11 cases were recorded, with the type of case being dating. The handling of this case is included in the scope of Guidance and Counseling, so the BK Teacher handles it. The sanctions for this case are adjusted with school regulations to what extent and how severe. The most severe sanctions given are being called by parents and being suspended from

school for several days. For this case, it is categorized as a dating case that has nothing to do with high-risk sexual behavior. The TPPK Task Force formed at this school has not handled cases of Violence. The duties of the SMAN 1 Gambut TPPK Task Force are to prepare and implement regulations and programs for the Prevention and Handling of Violence in the school environment; enforce policies for the Prevention and Handling of Violence in the school environment as determined by the Ministry and local government in accordance with their authority; plan and implement programs for the Prevention and Handling of Violence in the school environment; implement learning without Violence in the school environment; facilitate the implementation of TPPK duties and functions; cooperate with related agencies or institutions in the Prevention and Handling of Violence in the school environment; utilize funding sourced from the state revenue and expenditure budget, regional revenue and expenditure budget, and/or school operational assistance for the Prevention and Handling of Violence activities in the school environment; provide funding for the Prevention and Handling of Violence activities in the school environment organized by the community; and conduct periodic evaluations of the implementation of Prevention and Handling of Violence in the school environment can involve school residents in strengthening governance. Currently, with the formation of the TPPK task force, the school is collaborating with PT—Adaro regarding the socialization of prevention and handling of Violence.

Conclusion

This study was conducted to determine the relationship between knowledge level and attitude (independent variables) variables on adolescent sexual behavior (dependent variable) at SMAN 1 Gambut.

It is known that out of 230 teenagers, most have good knowledge and attitudes. In addition, most teenagers have positive sexual behavior, namely 227 people (98.7%), and teenagers have negative sexual behavior as many as 3 people (1.3%).

There is no significant relationship between the level of knowledge and sexual behavior of adolescents at SMAN 1 Gambut in

2024. The Chi-Square statistical test results obtained a p-value = 0.900, where the Asymptotic Significance value > 0.05, so H_a is rejected, and H_0 is accepted. Knowledge is not the only factor that can influence a person's behavior in engaging in sexual behavior; but there are still many other factors that are related to it.

There is a significant relationship between attitudes towards adolescent sexual behavior at SMAN 1 Gambut in 2024. The Chi-Square statistical test results obtained a p-value = 0.000, where the Asymptotic Significance value < 0.05 so that H_a is accepted and H_0 is rejected. According to Sarwono (2007) in (Kumalasari, 2016), the higher the positive attitude towards sexual behavior in adolescents, the greater the tendency for adolescents to have further physical relations with the opposite sex.

Reference

For the Health Service to carry out regular controls related to existing sexual problems and make the most effective efforts to minimize further sexual behavior that occurs in adolescents.

Community Health Centers, especially in areas where researchers have conducted research, should conduct outreach to schools more frequently regarding the consequences and impacts that can occur if someone engages in sexual behavior.

For the Banjar Regency Education Office, it is better to provide a unique budget for senior high schools to run existing programs. For example, at SMAN 1 Gambut, the TPPK task force.

SMAN 1 Gambut should focus more on the TPPK task force work program to be more frequent in socializing and educating about Violence. The school could collaborate or make an MoU with Cahaya Bangsa University regarding this socialization.

Researchers are recommended to conduct the same research by adding variables not discussed in this research in the same place or other SMA/MA/SMK.

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