

# Analysis of Sexual Knowledge towards Sexual Behavior Patterns among Adolescents in Medan Tuntungan District

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## ABSTRACT

This study was conducted with a qualitative approach aimed at understanding individual perspectives, identifying and describing processes, and exploring limited research topics or backgrounds with detailed information. The background of this topic selection is to measure the level of sexual knowledge of adolescents in Medan, analyze their behavior patterns, and analyze the relationship of sexual behavior with the level of sexual knowledge of adolescents. This study used a type of qualitative research that was descriptive. The study subjects used in this study were all adolescents in Tuntungan Medan. Researchers choose purposive sampling methods when selecting research subjects. The data collection techniques used in this study was the spread of questionnaires and the data collection tools used were questionnaires or questions. Research results show that some teens are already pregnant with sexual knowledge, but some teens lack sufficient knowledge. The consequence of this is that adolescents can commit reckless sexual behavior, such as premarital sex with their spouses. Therefore, it is important to provide comprehensive sex education to adolescents, covering aspects such as body anatomy, reproductive health, and sexual knowledge. In addition, adolescents have access to accurate and reliable information about sex through school education, access to reliable information sources, and open communication between adolescents and their parents.

## Keywords

Adolescents, Sexual Knowledge, Sexual Behavior.

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## 1. INTRODUCTION

Children reach adolescence when they are between the ages of 10 and 18 for females and 12 and 20 for male. Adolescence, defined by the WHO as the time of growth that follows infancy but precedes adulthood, lasts from the ages of 10 to 19. Adolescence affects one in five individuals globally, or around 1.5 billion people. Adolescents are defined as people between the ages of 10 and 18 under the Republic of Indonesia's Ministry of Health Regulation No. 25 of 2014. According to the National Population and Family Planning Agency (BKKBN), adolescents are unmarried and between the ages of 10 and 24. There is no consensus on the limits of adolescence, as seen by the diversity of definitions. Adolescence, on the other hand, is linked to the passage from childhood to adulthood. This phase prepares people for maturity, when they experience important life developmental turning points. Adolescence is a time of physical and sexual maturity, as well as the development of economic and social independence, identity formation, adult life skills, abstract reasoning, and bargaining skills (WHO, 2015).

Adolescence is a crucial time for the development of the human reproductive system. It is characterized by very quick physical changes, but it is also frequently associated with an imbalance in mental and psychological growth. Adolescents' sexual behavior is influenced by a variety of psychosocial development changes, such as changes in parent-child relationships, deciding on future paths, and the emergence of negative or deviant behaviors like sexual deviations, media and internet abuse, and access to pornography. Sexual conduct is any action motivated by sexual impulses, whether they are aimed toward the same sex or the other sex. These actions include having sex, kissing, flirting, and feeling attracted to someone (Irianti & Herlina, 2012).

Sexual fantasies frequently impact sexual behavior, resulting in masturbation stimulation and intercourse with the other sex, which raises the chance of an unwanted pregnancy and miscarriage (Candra, et al, 2018). Sexual impulses, whether they are aimed at the same sex or the other, are what motivate teenage sexual conduct. Adolescents engage in a variety of sexual behaviors, such as dating, kissing, embracing, holding hands, stroking, and having sex. Adolescents and their partners run serious hazards when they engage in sexual activity. Unwanted pregnancies, early marriage, abortion, STIs, and HIV/AIDS are a few consequences of adolescents engaging in unsafe sexual conduct (Qomarasari, 2015).

The 2017 Demographic and Health Survey (SDKI) in Indonesia found that 84% of male and 80% of females reported having had sex, with romantic relationships and sex experiences among adolescents usually starting between the ages of 15 and 17. Sexual connections are frequently the result of the many romantic activities of adolescents. 64% of teenage ladies and 75% of teenage male reported holding hands. 33% of male and 17% of females reported hugging. 30% of females and 50% of male reported kissing on the lips, whereas 22% of male and 5% of females reported fondling or caressing. About 2 percent of females and 8 percent of male said they had sex because they were in love. Three percent of both male and females acknowledged that they had been forced or influenced by their peers, while another thirty percent did so out of curiosity. About 49% of sexually active individuals reported using condoms, while there are just 27% of male reported using them regularly. Of the teens, 7% of male reported having partners who became pregnant unintentionally, while 12% of females reported becoming pregnant unintentionally.

These effects make such behaviors more likely to happen because of peer pressure, permissive social interactions, parental styles, easy access to pornographic material, and a lack of information about reproductive health. This study will therefore examine in greater detail: (1) how sexual knowledge affects the sexual behavior patterns of adolescents in Medan

Tuntungan; and (2) how well adolescents comprehend their rights and obligations in sexual relationships, as well as the laws pertaining to the age of sexual consent.

## **2. METHODOLOGY**

The researcher used a qualitative descriptive research approach in this investigation. In order to enable the collection of objective data, the qualitative technique employed in this study attempts to comprehend or characterize the actuality of the occurrences under investigation. According to Sugiyono (2015), simple things are studied using qualitative research methodologies. According to Moleong (2009), qualitative research uses descriptions within a particular scientific framework to gain a full understanding of the phenomena of study subjects' experiences, including their actions, cognition, motivation, and behavior. Understanding people's viewpoints, identifying and characterizing processes, and thoroughly investigating a small number of research topics and environments are the goals of qualitative research (Putra, 2013). Thus, it can be concluded that qualitative research, as previously stated, relies on verbal communication for data gathering and does not entail statistical analysis or numerical data.

Adolescents from Medan, Tuntungan, served as the study's research participants. For this subject, the researcher decided to use purposive sampling. Target sampling enables sampling based on particular characteristics (Sugiyono, 2015). The purpose of choosing this issue is to assess the sexual knowledge of adolescents in Medan Tuntungan, look at their behavioral patterns, and investigate the connection between teenage sexual conduct and sexual knowledge. This is in line with the goal of the study, which is to examine the sexual knowledge of adolescents in Medan Tuntungan. In this study, the main data collection tool was survey forms or questionnaires, which were distributed as part of the data collection technique. Thematic analysis was used to analyze the data in this study. The researcher's goal while using thematic analysis is to find themes or patterns in the data that has been gathered (Braun & Clarke, 2006). According to Fereday and Muir-Cochrane (2006), this approach is quite successful when researchers are looking to analyze qualitative data in order to find recurring patterns in a phenomenon and provide insight into how frequently a phenomenon happens.

## **3. RESULTS AND DISCUSSION**

The information gathered from the open-ended surveys that were disseminated through Google Forms was checked in advance to exclude any inaccurate information that might have an impact on the findings of the data analysis in the study.

### **3.1. Adolescent Sexual Knowledge and Sources of Acquiring Adolescent Sexual Knowledge**

The majority of adolescents already possess a good understanding of sexuality, according to the results of the study, which also showed that teens mainly learn about sexuality online. All of the information that adolescents need to comprehend is included in sexual knowledge. According to the respondent responses said "Sexual education is a skill or knowledge provided to an individual about everything that occurs due to relationships and differences between genders, which they obtain from the internet."

Adolescents need to understand sex in order to avoid getting pregnant too soon. Three categories have been established for sexual knowledge: The biological knowledge of reproductive organs falls under the first category of sexual knowledge. This knowledge has to do with how adolescents view or understand biological phenomena like menstruation or wet

dreams. By educating people about the various facets of their sexual cycles, this knowledge aids in their self-understanding. This is the most crucial sexual knowledge component for parents to comprehend among the others in order to prevent their children from feeling confused or nervous when they reach puberty. Adolescents who have wet dreams or menstruation should realize that these are common occurrences and stages that everyone goes through in life. Adolescents who are unaware of sexuality may be surprised by the phases they are going through. Therefore, youngsters must be taught and gain sexual knowledge about the biological cycle before they may access this stage. Teenagers who are educated about sexuality will encounter this phase with no surprise, as they recognize that it is a natural aspect of life.

The second category of knowledge entails being aware of the boundaries and normative elements of sexual activity. It is crucial to comprehend the laws and customs that permit people to abstain from sexually inappropriate behaviors, including homosexuality and lesbianism, sexually transmitted diseases (STIs), and promiscuity. This knowledge aids society in determining what has been done and if it conforms to societal norms. This enables people to make sense of what they're doing and assess if it complies with the guidelines. Unquestionably, norms and boundaries in sexual behavior are essential components of sexual knowledge. Adolescents who are unaware of appropriate sexual behavior are more susceptible to being persuaded to engage in deviant activities like homosexuality and lesbianism. Adolescents will find it much easier to keep within acceptable sexual boundaries if they are aware of these boundaries and conventions. A crucial component of the knowledge that people should gain when they enter adulthood without boundaries is the early prevention of deviant sexual conduct.

Understanding sexual roles and functions is the third category of sexual knowledge. It is critical to acknowledge that each person has a unique sexual function. It goes without saying that women and men have different roles and responsibilities. For example, women are more likely than men to become pregnant and give birth. People must be aware of these factors in order to recognize and steer clear of hazards that could endanger their sexual health. For instance, a woman's ability to conceive is frequently hampered by trauma from falls or accidents that put the uterus in danger during pregnancy, as well as by excessive use of dangerous substances like alcohol. Using knowledge as a tool to influence behavior in accordance with gender roles and functions is the focus of this component. To prevent feeling as though their body and soul are not a good fit, children must understand the duties and functions of each gender. People who have a male body but believe they should have been born feminine, for example, may feel this way. It is important to stop or deal with such thoughts in youngsters. They must comprehend the reasons for their perception of being in the "wrong" body. This knowledge is essential, particularly in light of transgender problems' extensive media coverage throughout the years. Such representations may, for instance, inspire guys who passionately believe they possess feminine qualities, and girls who strongly believe they possess masculine attributes. Therefore, in order to guarantee that youngsters have a healthy view of their identity, it is imperative that they be taught about sexual roles and functions.

Adolescents get the majority of their sexual knowledge via the internet out of the three categories. All groups can utilize the internet as a communication tool, but not everyone is familiar with it or knows how to use it properly. Although social networking is a popular usage of the internet, its applications extend beyond advancing scientific understanding. The internet is essentially a tool that anybody can use for anything. Websites can be utilized to look for published scientific knowledge and study materials. However, websites frequently feature pornographic images that might undermine human values, particularly among children, as

more young people gain proficiency with the internet. Even so, it ultimately comes down to the users, the majority of whom continue to utilize the internet for constructive purposes.

The young people who receive appropriate sex education inherently acquire thorough sexual understanding. Teenagers frequently get their sexual information from social media, which means their parents encourage their peers. Additionally, kids who get sex education from their parents are more likely to be confident and feel good about themselves. They are therefore less likely to be convinced to have sex before marriage. Adolescents who possess sufficient sexual literacy are better able to react to instances of sexual misconduct, aggression, or harassment. The majority of victims of sexual crimes, assault, and harassment are adolescents, and these incidents are becoming more common.

### **3.2. Factors That Influence Perspectives on Sexuality and Sexual Behavior in Adolescents**

According to the questionnaire's results, the majority of respondents said that peers have the most influence. Adolescent life is greatly influenced by peers. Adolescents spend the most of their time with their peers in today's society. Interactions with parents typically decline during adolescence, whereas interactions with peers sharply expand. Peer roles are strongly tied to conduct, appearance, interests, attitudes, and discussions. As the general conclusion based on this study mentioned that "Peers influence sexuality and sexual behavior."

The results of this study are consistent with a study by Hindiarti (2017) on variables associated with young employees' sexual behavior in Yogyakarta's "X" shopping district in 2015. The following detrimental effects were discovered to have an impact on the outcomes. Coworkers reported that 230 younger employees (57.5%) had less adversely affected coworkers. Deviant behaviors, such as adolescent delinquency, are directly linked to the detrimental effects of social interactions on friendships. A group of teenagers who are together at different times have a tendency to smoke, drink, chat about their lovers, use alcohol or other drugs, have sex, and use alcohol. Teenagers are encouraged to emulate this behavior without fear of repercussions or emotional distress (Sigalingging & Sianturi, 2019). Due to their curiosity about everything, including unrestricted sexual conduct, teenagers often follow the rules set by their peers in order to fit in with their social surroundings, according to research by Hurlock (2011) as cited in Sigalingging & Sianturi (2019). Because peer relationships are stronger and can occasionally take the place of family members, adolescents who seek information from their peers are more likely to engage in sexual conduct. Research indicates that adolescents' decisions on sexual behavior can be influenced by their peers. Since peer pressure is known to change people's personalities, attitudes, and behaviors, this permits adolescents to directly engage in sexual activity.

### **3.3. Adolescent Dating Behavior Based on Adolescent Sexual Knowledge**

According to the responses of the questionnaire indicate that adolescents may decide how to behave based on the information they have learned. The risks associated with premarital partnerships are recognized by adolescents in Medan Tuntungan. Based on the analysis, 90% of adolescents said they only hug and hold hands while they are dating. One person stated: "I think that hugging and holding hands are still acceptable forms of communication. Beyond that, I vehemently disagree with it because it goes against both religious doctrine and social mores, and I'm also terrified of getting HIV/AIDS."

A lot of adolescents have become accustomed to dating. People who are not dating are sometimes viewed as archaic, outmoded, dull, and ugly in social situations since many people think that adolescence is the time for love. Healthy dating is characterized by a process that forbids both physical violence and physical touch that might result in unsafe sexual conduct, which frequently happens. Such encounters often result in premarital sexual behavior, with the main repercussions for teenagers being the risk of HIV and AIDS, STIs, and bodily injury from early pregnancy risks.

Diseases known as sexually transmitted infections (STIs) can spread from one individual to another during intercourse. Nearly 92% of teenagers in relationships reported holding hands, 82% reported kissing, and 63% said they felt comfortable interacting with each other's bodily limits, according to a BKKBN poll on reproductive health. The dating habits of the current and previous generations differ noticeably. Teenagers today are more willing to show their partners that they take their relationships seriously. The intensity of risky sexual behaviors that are linked with dating and the formation of sexual relationships both lead to an increase in sexual desire. Dating is frequently the starting point for sexual actions like kissing, embracing, stroking, and having sex. More sexual activity may be desired if sexual excitement is triggered without an orgasm. Linda (2015) asserts that religion does not always stifle sexual impulses, particularly when it comes to teenage religious views. Transgressing certain boundaries in sexual behavior can result in emotions of guilt, and a strong and mature faith can help restrain progressive sexual behavior.

Knowledge influences actions. It is thought that constructive steps can be taken to comprehend the risks of premarital sex if one is well informed about the risks of dating. Teenagers' desire to participate in premarital sex, whether risky or not, is growing since attitudes shaped by sexuality knowledge impact the propensity to engage in risky sexual behavior. Rusmiati. et al. (2015) found that although teenagers are at ease with the changes that are taking place within them, they frequently don't know enough about sexuality and how to protect themselves from the hazards that come with having sex. Without this knowledge, people are more prone to participate in dangerous sexual activities, putting their health at risk.

#### **4. CONCLUSION**

Research indicates that adolescents sexual relationship patterns can be influenced by their level of sexual awareness. Adolescents should be educated about sexual activity because it will help them make informed decisions about their sexual life, such as how to avoid teen pregnancy and the spread of STIs. Some adolescents, on the other hand, do not know enough or accurately about their sexual orientation. Consequently, individuals might participate in risky sexual practices, like having intercourse with their partners before marriage. Adolescents must so get thorough sex education that covers topics including bodily anatomy, reproductive health, and sexual knowledge. Teenagers should also be able to communicate openly with their parents or guardians, have access to trustworthy information sources, and get accurate and trustworthy knowledge on sex through their education. Establishing a supportive environment for these endeavors is also crucial.

In order to lower the dangers associated with teenage sexual activity and promote the formation of safer and more positive sexual behavior patterns, we want to improve adolescents sexual knowledge and increase awareness of the significance of leading a healthy and responsible sexual life.

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