

## THE EFFECT OF EDUCATION HAZARDS OF PRE-MARRIAGE SEX VIRTUALLY ON KNOWLEDGE LEVEL SENIOR HIGH SCHOOL DHARMA WANGSA MEDAN

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### ABSTRACT

Sexual behavior arises because there is a sexual urge such as hormonal reactions and maturation of sexual organs or behavior for sexual pleasure starting from the stage of fantasizing to intercourse. The impact of sexual behavior on adolescents is that it can lead to unwanted pregnancies in adolescents, unsafe abortion practices, and sexually transmitted diseases. This study aimed to analyze the effect of virtual education on the dangers of premarital sex on the knowledge level of SMA Dharmawangsa Medan students. The method used in this study is the Pre-experimental method, with the population in this study being all students of class XI and a sample of 35 people. This analysis uses a one-sample test for the average (one-sample t-test). The results showed an increase in the standard before being given education after being given education and significance =  $0.002 < \alpha = 0.05$ , which means that there is a difference in knowledge about the dangers of premarital sex before being given education after being given instruction. This research suggests that schools can provide more planned education in learning programs to understand more deeply the dangers of premarital sex.

**Keywords:** Education, Virtual Sex Free Premarital

### INTRODUCTION.

The United Nations states that adolescents are human resources of productive groups who are increasingly vulnerable to increasingly risky behavior from Resnick MD noted that adolescence is a period where changes occur that make them feel safe and easy to participate in activities that are considered dangerous such as sexual intercourse (Andriyani and Andriyani, 2018).

Premarital sexual behavior of adolescents today is increasingly worrying. Much-related news shows the increasing prevalence of this behavior, and some are even carried out at the age of junior high school children whose reproductive organs are usually just ripe. Sexual behavior arises because there is a sexual urge, such as hormonal reactions and maturation of sexual organs or behavior for sexual pleasure starting from the fantasy stage to intercourse (Widiyanto, 2016).

According to data from the Center for Disease Control conducted on high school students in the United States in 2017, 40% of adolescents have had premarital sex, 10% of them have had more than four sexual partners, 7% said that they were forced to have sex (CDC, 2017). ), while the 2015 Global School Health Survey data shows that 0.7% of girls

and 4.5% of boys have had premarital sexual intercourse (Kemenkes RI, 2019), meanwhile the results of the Indonesian Demographic and Health Survey (IDHS) in 2017 is known that 2% of female adolescents and 8% of male adolescents in the age range of 15-24 years have had sexual intercourse before marriage and 11 of them experienced unwanted pregnancies (Azizah, 2018).

Through the North Sumatra Provincial Health Office, based on cumulative data, it is known that there are 2,903 HIV cases and 4,306 AIDS cases with the highest number in the 20 to 29 year age group (productive age), which indicates they have been infected from 3 to 10 years previously. At this time, they were still in the early adolescent stage (Leandha, 2016). The prevalence of sexual activity among adolescents is a cause for concern, mainly because of risks such as unplanned pregnancy and sexually transmitted diseases and HIV/AIDS (Arcidiacono, ETL, 2012).

The impact of sexual behavior on adolescents is that it can lead to unwanted pregnancies in adolescents, unsafe abortion practices, and sexually transmitted diseases. Every year approximately 15 million adolescents aged 15-19 give birth, 4 million also have abortions, and nearly 100 million are infected with sexually transmitted diseases. Indonesia is one country that still considers sex taboo. Indonesia still has a high abortion rate. Around 2.3 million to 2.6 million people per year, and 30% are done by teenagers. Because of that, various priority reproductive health problems arise in adolescents, such as unwanted pregnancies, abortions, STD problems, including HIV/AIDS infection (Purwoastuti and Walyani, 2015).

Therefore, disseminating information about the dangers of premarital sexual behavior for adolescent reproductive health is still very much needed. Many factors influence premarital sexual behavior, including the relationship between parents and adolescents, association with peers, religion, and exposure to pornographic media, as well as values and norms prevailing in society (Soetjningsih, 2012). Sex education is an effort to provide knowledge about biological, psychological, and psychosocial changes resulting from human growth and development. In other words, sex education is an attempt to provide knowledge about the function of sex.

Reproductive organs instill morals, ethics, and commitment so that there is no abuse of the reproductive organs. Thus, sex education can also be called family life education (Surtiretna, 2006).

In the Handbook of Adolescent Psychology (1980), providing information on sexual problems is even more critical considering adolescents are in an active sexual potential because they are related to hormone-influenced sex drives and often do not have sufficient information about their sexual activity. Of course, this will be very dangerous for the mental development of adolescents if they do not have the proper knowledge and information. The facts show that most teenagers do not know the impact of their sexual behavior; often, teenagers are very immature to have sexual relations, especially if they have to bear the risks of a sexual relationship (Mu'tadin, 2013).

## **LITERATURE REVIEW.**

### **2.1. Definition of Premarital Sex**

Free sex is sexual intercourse carried out by a man and a woman without a marriage bond. The phenomenon of promiscuity, especially related to the term pre-marital intercourse (premarital sex) is usually something that is very common, occurring in the midst of the construction of Indonesian society. Free sex behavior tends to be liked by young people, especially teenagers who are bio-psychologically growing towards the maturation process (Desmita, 2012).

### **2.2. Dangers of Premarital Sex**

The impact or danger of free sex, especially in adolescents, can be divided into physical hazards that can occur, namely being exposed to venereal diseases (sexually transmitted diseases/STDs) and HIV/AIDS as well as the dangers of unwanted early pregnancy (Depkes RI, 2012).

According to Wahyuningsih (2008), every action must have a reward, as well as every behavior there must be consequences and consequences arising from premarital sexual behavior, namely:

1. Forcing the student out of school/campus, while mentally they are not ready to be burdened with this problem.
  2. The possibility of irresponsible and dangerous abortions, because they feel panicked, confused in facing the risks of pregnancy and finally take the path of abortion.
  3. Experiences of sexuality too early often have consequences in adulthood. Someone who often has premarital sex will often feel that sex is not something sacred anymore so that he will no longer be able to enjoy sexual intercourse as a sacred relationship but will feel that sex is only a tool to satisfy his lust.
  4. Having sex before marriage and changing partners often results in terrible consequences for the perpetrator, such as contracting various venereal diseases from mild to severe.
- Similarly, Sarwono (2009) suggests that premarital sexual behavior can cause various negative impacts on adolescents, including:

#### **1) Psychological impact**

Psychological impacts of premarital sexual behavior on adolescents include feelings of anger, fear, anxiety, depression, low self-esteem, guilt and sin.

#### **2) Physiological Impact**

The physiological impacts of premarital sexual behavior include unwanted pregnancies and abortions.

#### **3) Social impact**

Social impacts arising from sexual behavior carried out prematurely include being ostracized, dropping out of school for pregnant adolescent girls and changing the role of motherhood. Not to mention the pressure from the community who criticizes and rejects the situation

#### 4) Physical impact

Another physical impact is the development of sexually transmitted diseases among adolescents, with the highest frequency of sexually transmitted diseases (STDs) between the ages of 15-24 years. Sexually transmitted infections can cause infertility and chronic pain and increase the risk of STDs and HIV/AIDS.

Free sex is often associated with sexual behavior with a high risk of sexually transmitted infections (STIs). STIs are transmitted from one person to another through sexual activity, whether vaginal, oral, or anal.

### 2.3 Aspects of Sexual Behavior

Jerslid (2005) (in Jempormasse, 2015) suggests that aspects of sexual behavior are:

#### 1. Biological aspects

This aspect includes physiological responses to sexual stimuli, reproduction, puberty, physical changes, and growth and development in general.

#### 2. Psychological aspects.

Sex is a learning process that occurs in individuals to express sexual urges through feelings, attitudes, and thoughts about sexuality.

#### 3. Social aspect

This aspect includes dating culture, interpersonal relationships, and all things about sex-related to individuals' habits in their environment.

#### 4. Moral aspects.

Included in this aspect is answering right or wrong, should or should not, and whether or not a person's behavior is allowed.

### 2.4 Forms and Stages of Premarital Sexual Behavior

According to Sarwono (2011), the forms of premarital sexual behavior are:

#### 1. Hugging and holding hands

Hugging and holding hands is hugging each other or grabbing someone into the arms of two wrapped around them. The behavior of holding hands is only limited to when going out together, holding hands, before reaching a level that is more than holding hands such as kissing and so on: liking or love.

#### 2. Kissing

Kissing is an act of sticking lips to cheeks, neck, or lips to lips to sticking the tongue so that they can cause mutual sexual stimulation.

### 3. Fingering breasts

Touching the breast is holding with the palm on the breast because you want to feel something.

### 4. Fingering the genitals

Touching the genitals connects with the palms of the hands on the genital area because they want to feel something.

### 5. Having sex

Having sex is sexual contact or having sexual intercourse, which means that there is already an activity of inserting the male genitalia into the female genitalia.

Furthermore, Sarwono (2011) states that the forms of sexual behavior vary from feelings of interest, courtship, kissing then to intercourse. This stage of sexual behavior includes:

#### 1. Kissing

A kiss is done to cause sexual stimulation, such as on the lips accompanied by palpation on sensitive parts that can cause sexual stimulation. Kissing with closed lips is a shared kiss. Kissing with the mouth and lips open and using the tongue is called a french kiss. Sometimes this kiss is also called a deep kiss/soul kiss.

#### 2. Necking

Necking is a term used to describe a kiss around the neck and a deeper hug.

#### 3. Petting

The behavior of rubbing sensitive body parts, such as the breasts and genital organs. It's a step deeper than necking. This includes feeling and caressing the partner's body, including the arms, chest, breasts, legs, and sometimes the pubic area, either inside or outside clothing.

#### 4. Intercross

The union of two people sexually carried out by a male and female partner is characterized by erecting a male penis entering the vagina for sexual satisfaction.

## 2.5 Factors Affecting Premarital Sexual Behavior

According to Santrock (2011), premarital sexual behavior carried out by adolescents is influenced by the phase of its development, which begins with the maturation of the physical (sexual) organs and the tendency to explore their sexuality. According to Sugiyanto (2013), several factors that influence free sex behavior are:

**1. The pornography industry.**

The wide circulation of pornographic material has a significant influence on the formation of student sexual behavior patterns.

**2. Individual knowledge about reproductive health.**

A lot of information about reproductive health is inaccurate to impact unhealthy and harmful sexual behavior patterns.

**3. Childhood experiences.**

The study results indicate that individuals who experienced terrible experiences during childhood will be trapped into sexual activity at a very young age and tend to have multiple sexual partners.

**4. Religious formation.**

Students who have a wonderful religious life are more able to say 'no' to the temptation of free sex than those who ignore spiritual life.

Meanwhile, Pratiwi (2004) says that several factors, namely cause premarital sexual behavior:

1. Biological, namely, biological changes that occur during puberty and hormonal activation that can lead to sexual behavior.

**2. Parental influence**

Lack of open communication between parents and adolescents on sexual issues can strengthen sexual behavior deviations.

**3. Peer influence**

The influence of peers makes adolescents tend to use peer norms compared to existing social models.

**4. Academic**

Adolescents with low achievement and aspirations tend to exhibit sexual behavior more often than adolescents with good performance in school.

**5. Understanding**

Understanding social life will make teenagers able to make decisions that will provide a sense of sexual behavior. Adolescents can make the right decisions. Based on the values they hold will display healthy sexual behavior.

**6. Sexual experience**

The more teenagers hear, see and experience sexual intercourse, the stronger the stimulus that drives the sexual behavior.



#### 7. Experience and appreciation of religious values

Adolescents who have a strong appreciation of religious values and good integrity also tend to display sexuality by the values they believe in, seeking satisfaction from productive behavior.

#### 8. Personality factor

Personality factors such as self-esteem, self-control, and responsibility will make adolescents able to take and make decisions.

#### 9. Knowledge of reproductive health

Adolescents who have a correct and proportional understanding of reproductive health tend to understand sexual behavior and alternative ways that can be used to channel sexual urges healthily and responsibly.

The same thing was also stated by Sarwono (2011) that the factors that influence premarital sexual behavior are:

##### 1. Increased sexual libido

Hormonal changes increase the sexual desire (libido sexuality) of adolescents. This increase in sexual desire requires channeling certain forms of sexual behavior.

##### 2. Delaying the age of marriage

The distribution could not be carried out immediately because of the delay in the age of marriage, both legally because of the law on marriage, which stipulates the age limit for marriage (at least 16 years for women and 19 years for men) or because social norms are increasingly demanding more and more requirements. Higher for the wedding (education, work, mental preparation, etc.).

##### 3. Taboo prohibition

While the age of marriage is postponed, religious norms remain in effect whereby a person is prohibited from having sex before marriage. The prohibition extends further to other behaviors such as kissing and masturbation. For teenagers who cannot restrain themselves, there will be a tendency to violate these prohibitions.

##### 4. Lack of information about sex

The tendency of violations is increasing due to the dissemination of information and sexual stimulation through mass media. The existence of advanced technology (videocassette, photocopy, satellite, VCD, mobile phone, internet, and others) becomes unstoppable.

Teenagers who are in a period of curiosity and want to try will imitate what they see or hear from the mass media, mainly because they generally have never fully learned about sexual problems from their parents.

## **METHOD RESEARCH.**

The method used in this study is the Pre-experimental method. Sugiono (2010) suggests that the results of pre-experimental research are the dependent variable, not solely influenced by the independent variable. This can happen because there is no control variable, and the sample is not chosen at random. Research design is a design of how research is carried out. The research design used in this study was a one group pretest posttest design. In this design, before the education treatment is given a pretest (initial test) and at the end of the education a posttest is given (final test). This design is used in accordance with the objectives to be achieved, namely wanting to know the level of student knowledge after education on the dangers of premarital sex is applied. The following is a research design table for one group pretest posttest design.

This study uses a test instrument in the form of multiple choice so that the validity test used is a biserial point correlation technique. Sudijono (2004) suggests that the point biserial correlation technique is one of the bivariate correlational analysis techniques commonly used to find the correlation between two variables: variable I is in the form of a continuum variable (for example: test scores) while variable II is in the form of a discrete variable. pure (eg right or wrong candidate answers the test items). This biserial point correlation analysis technique can also be used to test the validity of the items that have been proposed in the test, where the test scores for each item are correlated with the total test scores.

The calculated  $r$  value is compared with the  $r$  value in the product moment table with a significant level of 5%. Items are said to be valid if  $r_{count} > r_{table}$ .

Reliability refers to an understanding that an instrument is reliable enough to be used as a data collection tool because the instrument is already good. The value of  $r_{11}$  obtained is consulted with the value of  $r$  in the product moment table with a significant level of 5%. If  $r_{count} > r_{table}$ , then the test item being tested is reliable.

## **ANALYZED AND RESULT.**

Based on the results of data processing, it is known that in the initial test (pre test) before being given education on the dangers of free premarital sex virtually, it was known that students who had high knowledge were 16 respondents (48.5%) where the most students answered correctly when given questions about the faced by adolescents in terms of sexual behavior, forms of free sex behavior, social impacts arising from having premarital sex and what is meant by free sex, while low knowledge was obtained by 19 respondents (51.5%) where students who answered incorrectly the most when asked about the physical impact on women if they had premarital sex, which caused teenagers to have premarital sex, what is meant by sexuality and the benefits that we can get by studying sex education while in the final test (post test) after given education on the dangers of free premarital sex virtually there was an increase in students' knowledge of the questions asked so that 28 respondents (80%)



high knowledge was obtained where the most students answered correctly when asked questions about how to avoid free sex behavior, the physical impact on women if they had sex. premarital sex, the problems faced by adolescents in terms of their sexual behavior, what is meant by free sex and what causes adolescents to have premarital sex while low knowledge is obtained by 7 respondents (20%) where the most students answered incorrectly when given an explanation. Questions about what to do if you find out that there are friends who engage in free sex behavior is to provide an understanding of the physical and psychological impacts of free sex, dating by touching such as holding hands is free sex behavior and forms of behavior in free sex.

Furthermore, based on the results of statistical tests, it shows that there is a difference in the level of student knowledge before education about the dangers of premarital free sex is given with after being given education where there is an increase in students' knowledge after being given education. This proves that the education given to students about the dangers of premarital free sex provides positive influence on students. This proof can be seen from the significance value obtained showing the value of  $p < 0.05$ .

The results of this study are in accordance with the opinion of Djamba (2013) which states that premarital sexual behavior is a sexual activity carried out by individuals with other people before marriage and the opinion of Darmasih (2011) which states that the factor that influences premarital sexual behavior in adolescents is the level of knowledge. Students who have good knowledge can understand sexual behavior well, while students who have poor knowledge levels also have poor understanding of sexual behavior.

Based on this it proves that a person's behavior can be influenced by the level of knowledge where the knowledge possessed can be obtained in various ways, including through education. Therefore, the dissemination of information about the dangers of premarital sexual behavior for adolescent reproductive health is still very much needed through education. Notoatmodjo (2016) explains that education or also called education is all planned efforts to influence other people, whether individuals, groups or communities so that they do what is expected by education actors. Likewise, Mubarak and Chayatin (2009) state that education is also called education is a dynamic process of behavior change, where the change is not just a process of transferring material or theory from one person to another and is not a set of procedures.

Based on the description above, it can be concluded as stated by Sumiati (2009) that "sex education can provide knowledge about sexual mistakes and deviations so that individuals can protect themselves and fight exploitation that can interfere with physical and mental health and can shape attitudes and provide an understanding of sex in all situations." various manifestations. Sex education for students can be done in various ways, including through counseling or learning by providing education according to the information needs of students. This is supported by the opinion of Notoatmodjo (2016) which states that increasing knowledge is not absolutely obtained in formal education, but can also be obtained in non-formal education such as attending counseling to get new information and with new information about something it provides a new cognitive foundation for students. knowledge about it.

## CONCLUSION

Based on the results of data processing and analysis that have been stated previously, it can be concluded that education on the dangers of premarital sex virtually affects the level of student knowledge. With education, students can understand the dangers that can arise from premarital sex.

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