

Analisis determinan Pengetahuan Seksual Pranikah pada Remaja di SMP Negeri 9 Gorontalo

Determinant Analysis of Premarital Sexual Knowledge among Adolescents at SMP Negeri 9 Gorontalo

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Abstrak

Pengetahuan seksual pranikah pada remaja merupakan aspek penting dalam mencegah perilaku berisiko yang dapat memengaruhi kesehatan reproduksi. Penelitian ini bertujuan untuk menganalisis faktor-faktor yang memengaruhi pengetahuan seksual pranikah pada remaja di SMP Negeri 9 Kota Gorontalo, dengan fokus pada paparan media, pengaruh teman sebaya, dan pertahanan diri. Penelitian ini menggunakan metode kuantitatif dengan desain korelasional menggunakan pendekatan cross-sectional. Populasi penelitian adalah seluruh siswa kelas IX di SMP Negeri 9 Kota Gorontalo, berjumlah 81 responden, yang dipilih melalui teknik total sampling. Instrumen penelitian adalah kuesioner, dan analisis data dilakukan dengan uji Chi-Square. Temuan penelitian mengungkapkan bahwa 27,2% remaja memiliki pengetahuan seksual pranikah yang baik, sementara 72,8% memiliki pengetahuan sedang. Responden dengan pemanfaatan media sosial yang baik menyumbang 25,9%, mereka yang memiliki pengaruh teman sebaya yang positif adalah 25,9%, dan mereka yang memiliki pertahanan diri yang kuat adalah 39,5%. Uji statistik menunjukkan hubungan yang signifikan antara pengetahuan seksual pranikah dan paparan media ($p=0,000$), pengaruh teman sebaya ($p=0,014$), dan bela diri ($p=0,000$). Dapat disimpulkan bahwa media sosial, pengaruh teman sebaya, dan bela diri berhubungan signifikan dengan tingkat pengetahuan seksual pranikah remaja. Oleh karena itu, peran aktif sekolah, guru, dan orang tua diperlukan untuk memberikan pendidikan seksual yang komprehensif dan menciptakan lingkungan sosial yang suportif.

Kata Kunci: Pengetahuan seksual pranikah, remaja, media sosial, teman sebaya, bela diri

Abstract

Premarital sexual knowledge among adolescents is an important aspect in preventing risky behaviors that may affect reproductive health. This study aims to analyze the factors influencing premarital sexual knowledge among adolescents at SMP Negeri 9 Gorontalo City, with a focus on media exposure, peer influence, and self-defense. The research employed a quantitative method with a correlational design using a cross-sectional approach. The study population consisted of all ninth-grade students at SMP Negeri 9 Gorontalo City, totaling 81 respondents, selected through a total sampling technique. The research instrument was a questionnaire, and data analysis was conducted using the Chi-Square test. The findings revealed that 27.2% of adolescents had good premarital sexual knowledge, while 72.8% had moderate knowledge. Respondents with good utilization of social media accounted for 25.9%, those with positive peer influence were 25.9%, and those with strong self-defense were 39.5%. Statistical tests indicated significant relationships between premarital sexual knowledge and media exposure ($p=0.000$), peer influence ($p=0.014$), and self-defense ($p=0.000$). It can be concluded that social media, peer influence, and self-defense are significantly associated with adolescents' level of premarital sexual knowledge. Therefore, the active role of schools, teachers, and parents is required to provide comprehensive sexual education and create a supportive social environment.

Keywords: Premarital sexual knowledge, adolescents, social media, peers, self-defense

BACKGROUND

The low level of reproductive health knowledge and the increasing ease of access to pornographic sites are among the main causes of sexual problems among adolescents. Unwanted pregnancies may occur due to the lack of parental attention and guidance regarding reproductive health, as well as insufficient explanation of the consequences of promiscuity and premarital sexual behavior. In addition, adolescents' limited knowledge of reproductive health makes it difficult for them to control sexual impulses and resist opportunities for sexual activity, particularly those influenced by mass media in the form of pornography, which often encourages adolescents to engage in risky sexual behavior.

The growth of internet use in Indonesia, based on data from the Indonesian Internet Service Providers Association (APJII), shows a significant increase: 68.40% in 2018, 73.70% in 2019–2021, and 77.02% in 2022. The survey also indicated that 76.63% of internet users aged 13–18 years experienced an increase in frequency of internet use. Among social media platforms, WhatsApp is the most widely used (88.7%), followed by Instagram (84.8%), Facebook (81.3%), TikTok (63.1%), and Telegram (62.8%).

Data from the Gorontalo Health Office reported that in 2022, the number of adolescents in Gorontalo City consisted of 595,833 males and 585,115 females. Based on information from the Division of Public Health, there were 151 adolescents engaged in premarital sexual activity in 2023

and from January to September 2024, there were already 112 reported cases. Preliminary interviews conducted at SMP Negeri 9 Gorontalo regarding students' knowledge of premarital sex revealed that their level of understanding remains limited. Out of 11 students interviewed, 9 admitted to having a boyfriend or girlfriend, with relatively permissive dating behaviors. Most of them were in relationships with schoolmates, often within the same class.

Based on the description above, it is evident that adolescent sexual behavior continues to increase, while their knowledge of premarital sex remains low. This issue is strongly influenced by unreliable sources of information, as misinformation can lead to a lack of awareness about the risks and dangers of premarital sex. Therefore, the researcher is interested in conducting this study to examine the level of premarital sexual knowledge among adolescents

METHODS

METHODS

Research Design

This research will be conducted at SMP Negeri 9 Gorontalo City, and the data collection will take place in June 2025.

Research Location and Time

This study employs a quantitative method. The quantitative design used is correlation research, which aims to determine whether or not a relationship exists, and if it does, to assess the strength of the relationship and its statistical significance.

Population and Sample

The population of this research consists of all ninth-grade students of SMP Negeri 9 Gorontalo City, totaling 81 students. The sample is determined using the total sampling technique, in which all 81 students are included as research respondents.

RESULT

Respondent Characteristics

Table 1. Characteristics of Respondents Based on Gender No

Gender	Frequency (f)	Percentage (%)
1 Female	33	40.7
2 Male	48	59.3
Total	81	100

Source: Primary Data, 2025

Table 2. Characteristics of Respondents Based on Age No Age

(Years) Frequency (f) Percentage (%)			
1	12	1	1.2
2	14	19	23.5
3	15	53	65.4
4	16	7	8.6
5	17	1	1.2
Total		81	100

Source: Primary Data, 2025

Based on Table 1, among the 81 respondents at SMP Negeri 9 Gorontalo City, 1 respondent (1.2%) was 12 years old, 19 respondents (23.5%) were 14 years old, 53 respondents (65.4%) were 15 years old, 7 respondents (8.6%) were 16 years old, and 1 respondent (1.2%) was 17 years old. *univariate analysis*

Table 3. Characteristics of Respondents Based on Premarital Sexual Knowledge No Premarital

Sexual Knowledge Frequency (f) Percentage (%)			
1	Good	22	27.2
2	Fair	59	72.8
3	Poor	0	0
Total		81	100

Based on Table 2, among 81 female students at SMP Negeri 9 Gorontalo City, 22 respondents (27.2%) had good knowledge of premarital sex, while 59 respondents (72.8%) had fair knowledge.

Table 3. Media Exposure

No Media Exposure Frequency (f) Percentage (%)

1	Positive	21	25.9
2	Negative	60	74.1
Total		81	100

Based on Table 3 out of 81 respondents, 21 students (25.9%) used social media positively, while 60 students (74.1%) used it negatively.

Table 4. Characteristics of Respondents Based on Peer Influence No Peer

Influence Frequency (f) Percentage (%)			
1	Positive	21	25.9
2	Negative	60	74.1
Total		81	100

Based on Table 4. out of 81 respondents, 21 students (25.9%) had positive peer influence, while 60 students (74.1%) were influenced negatively by peers.

Table 5. Characteristics of Respondents Based on Self-Defense No Self-

Defense Frequency (f) Percentage (%)

1	Strong	32	39.5
2	Weak	49	60.5
Total		81	100

Based on Table 5, 32 respondents (39.5%) had strong self-defense, while 49 respondents (60.5%) had weak self-defense.

Table 6. Determinant of Media Exposure and Level of Premarital Sexual Knowledge among Adolescents

Level of Premarital Sexual Knowledge	Media Exposure	Total	p-value
	Positive (n/%)	Negative (n/%)	
Good	17 (77.3)	5 (22.7)	22 (100)
Fair	4 (6.8)	55 (93.2)	59 (100)
Poor	0 (0.0)	0 (0.0)	0 (0.0)
Total	21 (25.9)	60 (74.1)	81 (100)

Source: Primary Data, 2025

Based on Table 6, 17 out of 22 students (77.3%) with good premarital sexual knowledge used social media positively, while 5 respondents (22.7%) with good knowledge used it negatively. Meanwhile, 55 out of 59 students (93.2%) with fair knowledge used social media negatively. The Chi-Square test result showed a $p\text{-value} = 0.000 < 0.05$, indicating significance. Thus, H_0 is rejected and H_a is accepted, meaning there is a significant relationship between premarital sexual knowledge and media exposure.

Table 7. Determinant of Peer Influence and Level of Premarital Sexual Knowledge among Adolescents

Level of Premarital Sexual Knowledge	Peer Influence	Total	p-value
	Positive (n/%)	Negative (n/%)	
Good	10 (45.5)	12 (54.5)	22 (100)
Fair	11 (18.6)	48 (81.4)	59 (100)
Poor	0 (0.0)	0 (0.0)	0 (0.0)
Total	21 (25.9)	60 (74.1)	81 (100)

Source: Primary Data, 2025

Based on Table 7, 10 out of 22 respondents (45.5%) with good premarital sexual knowledge had positive peer influence, while 12 (54.5%) had negative peer influence. Meanwhile, 48 out of 59 respondents (81.4%) with fair knowledge had negative peer influence. The Chi-Square test showed a $p\text{-value} = 0.014 < 0.05$, which means significant. Thus, H_0 is rejected and H_a is accepted, indicating a significant relationship between premarital sexual knowledge and peer influence.

Table 8. Determinant of Self-Defense and Level of Premarital Sexual Knowledge among Adolescents

Level of Premarital Sexual Knowledge	Self-Defense		Total	p-value
	Strong (n/%)	Weak (n/%)		
Good	17 (77.3)	5 (22.7)	22 (100)	
Fair	15 (25.4)	44 (74.6)	59 (100)	
Poor	0 (0.0)	0 (0.0)	0 (0.0)	

Total	32 (39.5)	49 (60.5)	81 (100)
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Source: Primary Data, 2025

Based on Table 8, 17 out of 22 respondents (77.3%) with good premarital sexual knowledge had strong self-defense, while 5 respondents (22.7%) had weak self-defense. Meanwhile, 44 out of 59 students (74.6%) with fair knowledge had weak self-defense. The Chi-Square test showed a $p\text{-value} = 0.000 < 0.05$, meaning significant. Thus, H_0 is rejected and H_a is accepted, indicating a significant relationship between premarital sexual knowledge and self-defense.

DISCUSSION

Based on the results of the chi-square test conducted in this study, it was found that there is a significant relationship between premarital sexual knowledge and the media accessed by adolescents, with a $p\text{-value}$ of 0.000 ($p < 0.005$), indicating that the null hypothesis is rejected and the alternative hypothesis is accepted. It was observed that 17 out of 22 respondents (77.3%) who had good knowledge also used social media appropriately. However, 5 respondents (22.7%) had good knowledge but were still exposed to inappropriate media content. This suggests that an individual may possess good knowledge of premarital sexual health but lack self-control to avoid inappropriate content.

Additionally, 4 respondents (6.8%) had only fair knowledge but accessed positive media. This may occur because these individuals are not yet aware of the importance of premarital sexual knowledge or lack access to accurate information on the topic. It is important to note that media literacy requires different skills from sexual knowledge—someone may have good media skills while still lacking knowledge about sexual health.

The results of another chi-square test also revealed a significant relationship between premarital sexual knowledge and peer influence, with a $p\text{-value}$ of 0.014 ($p < 0.005$), indicating that the null hypothesis is rejected and the alternative hypothesis is accepted. It was found that 12 respondents (54.5%) had good knowledge but were surrounded by negative peer environments. This implies that even when an individual has adequate knowledge, poor peer influence may still affect their behavior and decision-making.

Furthermore, 5 respondents (22.7%) had good knowledge but weak self-defense skills, making it difficult for them to refuse invitations or pressures to engage in negative behaviors. Conversely, 15 respondents (25.4%) had only fair knowledge but strong self-defense skills, demonstrating greater self-awareness and the ability to protect themselves from harmful situations.

An individual's self-defense ability is influenced by various factors, including personal experiences, significant others, cultural background, mass media, educational and religious institutions, and emotional factors. Lack of experience may lead to negative attitudes toward certain behaviors or objects, even if the person has theoretical knowledge.

CONCLUSION

1. There is a significant relationship between the level of premarital sexual knowledge among adolescents and the media they access, with a $p\text{-value}$ of $0.000 < 0.05$.
2. There is a significant relationship between the level of premarital sexual knowledge among adolescents and peer influence, with a $p\text{-value}$ of $0.014 < 0.05$.
3. There is a significant relationship between the level of premarital sexual knowledge among adolescents and self-defense ability, with a $p\text{-value}$ of $0.000 < 0.05$.

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