



THE RELATIONSHIP BETWEEN SOCIAL MEDIA USE AND ADOLESCENT SEXUAL BEHAVIOR

Shelsi Yulia Astri*, Delfriana Ayu Astuty, Nurhayati

Faculty of Public Health, University Islam Negeri Sumatera Utara, Jl.Lap. Golf,Kp. Tengah, Pancur Batu, Deli Serdang, Sumatera Utara 20535, Indonesia

*shelsyyuliaastri@gmail.com

ABSTRACT

During adolescence there are several problems, one of which is the period of sexuality. The causes of sexual behavior in teenagers include providing cellphone facilities, the use of social media which is often used by teenagers to spend hours viewing and commenting on posts on social media. This research aims to determine the relationship between social media use and adolescent sexual behaviour. This research uses quantitative research with a correlation analytical design with a cross sectional approach. The sample in this study was 75 people from class XII of SMA Darussalam Medan. The sample was taken using a purposive sampling technique with a sample size of 75 people. Data collection was carried out through a questionnaire, containing written questions that were submitted to respondents to be answered. Data analysis includes univariate and bivariate analysis, using the chi-square test to see the relationship between variables. The results of this study show that the proportion of respondents who have high levels of sexual behavior is dominated by the female gender. The results of using social media sites show a significant p value = 0.044 with a risk of adolescent sexual behavior of 0.138 times as a result of exposure to the use of social media sites. There are significant results on the use of social media and adolescent sexual behavior with a p value = 0.044, so it can be concluded that there is a relationship between social media use and adolescent sexual behavior.

Keywords: adolescent; sexual behavior; social media

First Received 04 April 2024	Revised 08 April 2024	Accepted 09 April 2024
Final Proof Received 10 April 2024		Published 01 June 2024
How to cite (in APA style) Astri, S. Y., Astuty, D. A., & Nurhayati, N. (2024). The Relationship Between Social Media Use and Adolescent Sexual Behavior. <i>Indonesian Journal of Global Health Research</i> , 6(3), 1329-1336. https://doi.org/10.37287/ijghr.v6i3.3185 .		

INTRODUCTION

The number of internet users in Indonesia who access social media continues to increase every year. In the same period, the number of active social media users in Indonesia increased by 10 million, or around 6.3% compared to January 2020. Meanwhile, the number of internet users in Indonesia also increased by 27 million, or around 15.5%, to 202.6 million. (Kominfo, 2021). People often use social media to share opinions, content and views, as well as interact with individuals in cyberspace, regardless of physical distance. Individuals who actively use social media can access these platforms via the internet network. Among teenagers, social media on smartphones is often used as a means to build friendships with new people.

Indonesia is ranked first in the world in the number of downloaders and uploaders of pornographic sites. The majority of downloaders are teenagers, namely middle and high school students. Until now, 90% of teenagers access pornographic sites while doing school work or studying together. Easy internet access makes it easier for Indonesian teenagers to be exposed to the internet and are increasingly interested in learning about it. Features that are

very easy to access in the form of videos, images, sound are all summarized on one internet site (Sajidalloh, et al., 2022).

Based on projections by the National Development Planning Agency (Bappenas), Indonesia's adolescent population in the age range 10-19 years has reached 45,121,600 people (Databoks, 2018). With a large enough number of teenagers, the possibility of premarital sexual behavior among teenagers is inevitable, and this has the potential to have a serious impact on reproductive health, which is likely to become one of the health issues that needs attention in Indonesia (Notoatmodjo, 2011). In Indonesia, around 4.5% of teenage boys and 0.7% of teenage girls aged 15-19 years admit to having had premarital sexual relations. The majority of teenagers aged 15-19 years started their romantic relationships at the age of 15-17 years. Around 33.3% of teenage girls and 34.5% of teenage boys aged 15-19 years started a romantic relationship before reaching the age of 15 years. In this context, there is concern that adolescents at this age may not have adequate life skills, which could increase the risk of unhealthy dating behavior, including premarital sexual relations (Risksedes 2018).

According to Sarwono, (2012) there are various factors that influence adolescent sexual behavior, and one of them is social media. Social media refers to electronic platforms where users can form online communities to share information, ideas, personal messages, and various other types of content. The availability of easily accessible information and the rapid spread of information sometimes make users feel that there are no limits in terms of the content they access. According to a survey report published by the Ministry of Women's Empowerment and Child Protection together with Katapedia in 2016, 63,066 pieces of pornographic content were found distributed through platforms such as Google, Instagram and various other websites (Lestari Nurul Aulia, 2021).

The difference between adolescent boys and girls is that adolescent girls tend to pay more attention to their appearance, while adolescent boys are more open to change and more accepting of new interactions to understand differences with the opposite sex (Nababan, 2020). Causes of premarital sex in teenagers include lack of attention from family, dating activities, the influence of interactions with peers, and exposure to information from the mass media (Wan-Hsu Lin et al, 2020). Generally, teenagers begin to engage in sexual relations for the first time at the age of 15-18 years, when they are still in high school. Although premarital sex can be referred to as sexual relations outside of marriage or sexual practices that are considered unconventional, this behavior is still widespread among society, including teenagers (Anderson et al., 2021).

The formation of premarital sexual behavior and its impact on health is influenced by several factors. According to Lawrence Green's theory (1991), in general, individual or community health behavior is shaped by three main factors: predisposing factors, enabling factors, and reinforcing factors (Mahendra et al., 2019). Based on Sarwono's theory (2019), several factors influence sexual behavior, including the level of knowledge, increased sexual drive, the influence of information media, parental attitudes, interactions with peers, the habit of postponing marriage, and the existence of taboos and prohibitions. Therefore, in this study, researchers combined these two theories to obtain a more comprehensive understanding of premarital sexual behavior in adolescents.

Based on the results of research conducted by (Nuraeni et al., 2021) regarding the relationship between social media use and adolescent sexual behavior at SMAN 14 Tangerang City. Students who have high levels of sexual behavior tend to use social media sites more often, as

observed in 17 respondents (54.8%), when compared to those who rarely use them. social media. On the other hand, students who have low sexual behavior tend to use social media sites less often, as seen in 34 respondents (69.4%), compared to those who frequently use social media. The results of the chi-square statistical test show that there is a relationship between the use of social media sites and adolescent sexual behavior at SMAN 14 Tangerang City, with a value of $p = 0.031$.

The results of research conducted by (Puspita et al., 2020) regarding the relationship between social media use and the role of peers with risky sexual behavior in Surakarta City Vocational School that class sexual content from friends' posts, and 15% discussed sexuality with friends via social media. This significant proportion indicates that the majority of respondents have used social media that may encourage risky sexual behavior. This link can be explained by the emergence of sexual content on social media platforms that attracts users, especially teenagers, to engage in sexual behavior. Based on several previous studies, it can be concluded that supervision of the use of social media in Indonesia, especially by teenagers, is still lacking. This situation has the potential to influence the mindset of teenagers who are still at a vulnerable and easily influenced stage of development.

Based on an initial survey at SMA Darussalam Medan, all class XII students have cellphones and use social media such as Twitter, Instagram and Facebook. In fact, some students are starting to get to know the opposite sex (girlfriends) through social media. According to one student, social media has a positive impact such as the ability to get the latest information, gain knowledge through the internet and social media, which includes aspects of life values and education. However, there were other students who highlighted the negative impacts of social media, such as access to video content or images that should not be published. With the many types of social media available today, the use of social media can influence teenagers' behavior if it cannot be controlled properly. Based on this information, researchers are interested in research with the aim of seeing whether there is a relationship between the use of social media and the sexual behavior of teenagers at SMA Darussalam Medan.

METHOD

This research method applies a quantitative approach with a correlation analytical design and a cross-sectional approach. The variables studied consisted of the independent variable, namely social media use, and the dependent variable, namely sexual behavior. This research was conducted in class XII SMA Darussalam Medan on February 21 2024. The sampling technique was carried out through purposive sampling with a total sample of 75 people. Data collection was carried out through a questionnaire, containing written questions that were submitted to respondents to be answered. Data analysis includes univariate and bivariate analysis, using the chi-square test to see the relationship between variables.

RESULTS

Based on Table 1, it is known that the age characteristics of respondents 16 years old were 2 (2.7%), 17 years old as many as 53 (70.7%), 18 years old as many as 19 (25.3%) and 19 years old as many as 1 (1.3%). It can be concluded that the age of the research respondents was mostly 17 years old. Gender characteristics of the respondents, namely 31 (41.3%) men and 44 (58.7%) women. It can be concluded that the respondents in this study were more women.

Table 1.
Frequency Distribution of Respondents

Category	f	%
Age		
16 Years	2	2,7
17 Years	53	70,7
18 Years	19	25,3
19 Years	1	1,3
Gender		
Man	31	41,3
Woman	44	58,7

Table 3.
Frequency Distribution of Social Media Use

Us Of Social Media	f	%
Often	65	86,7
Seldom	10	13,3

Table 3. Results of using social media at SMA Darussalam Medan, 65 (86.7%) respondents often use social media, while 10 (13.3%) respondents rarely use social media.

Table 4.
Frequency Distribution of Sexual Behavior

Sexual Behavior	f	%
Tall	45	60 %
Low	30	40 %

Table 4, respondents who had high sexual behavior were 45 respondents (60%) and respondents who had low sexual behavior were 30 respondents (40%).

Table 5.
Bivariate Analysis (*chi-square*)

Variabel	N	Adolescent Sexual Behavior		P value	OR
		Tall	Low		
Gender					
Man	31 (41.3%)	22 (48.9%)	9 (30%)	0.165	2.232
Women	44 (58.7%)	23 (51.1%)	21 (70%)		
Use of Social Media Sites					
Often	65 (86.7%)	36 (80%)	29 (96.7%)	0.044	0.138
Seldom	10 (13.3%)	9 (20%)	1 (3.3%)		

The table 5, respondents who have high sexual behavior are dominated by women, namely. The results of using social media sites are significant with a p value = 0.044 with a risk of adolescent sexual behavior of 0.138 times due to exposure to using social media sites.

DISCUSSION

According to van Dijk in 2013, Social Media is a platform that focuses on the existence of users and facilitates them in various activities and collaboration. Therefore, social media can be considered as an online tool that strengthens interactions between users and also as a means of social bonding. Through internet content, teenagers can adopt the latest clothing styles, hair trends, and even lifestyles that are common abroad, where premarital sex is considered something normal for teenagers who are considered adults. Teenagers do not yet have the ability to sort internet content that is useful for them. Any content they see will be

interpreted by teenagers themselves, and without guidance or direction from parents or adults, teenagers will implement whatever suits their own wishes. (Pontooan et al., 2015).

Exposure to information via the internet or social media like Instagram, WhatsApp, Facebook, etc. make it easy teenagers to access information through social media without thinking about which one good and which is bad. Curiosity a big one about sexuality makes teenagers looking for sources of information about sexuality that has a negative impact and positive for teenagers. One impact The negative is the study time disturbed and this can affect adolescent sexual behavior through dating and opening pornographic content. The positive thing is that apart from strengthening relationships, get the latest information about photos, videos, status or other people's content can (Tripayana et al., 2021).

Sexual behavior refers to all actions triggered by sexual urges, both with the opposite sex and the same sex, ranging from actions involving touching, kissing, holding certain parts of the body, to oral sex or penetration activities, which are carried out outside the marital relationship. In this context, casual sexual behavior includes various sexual activities carried out by individuals before an official commitment such as marriage, starting from the lightest to the stage of sexual penetration. Based on the research results, it shows that the majority of teenagers often use social media, 65 respondents (86.7%) and of the 65 respondents who often use social media, 36 have high sexual behavior and 29 people have low sexual behavior. Statistical test results chi-square shows the p value = (0.044) < 0.05, so it can be said that there is a relationship between social media use and adolescent sexual behavior at SMA Darussalam Medan.

Many teenagers express a tendency to enjoy more romantic or sexual scenes available on social media. For most teenagers, social media is an attractive resource because it allows them to freely watch videos that interest them. Furthermore, the availability of free wifi in many places makes it easier for them to access content of interest, which they can then watch at home. At home, even with their parents, teenagers do not always receive close supervision. Teenagers often spend hours on their mobile phones and freely watch romantic or sexual scenes available on social media. This shows that with easy access to media, especially via the internet which is increasingly easy to access nowadays, there are many benefits that can be obtained from using the internet. However, the use of this media can also have potentially detrimental impacts. One of them is easy access to pornographic content, which, if not accompanied by adequate knowledge about reproductive health and sexuality, makes teenagers vulnerable to the negative impacts of this media.

Although the majority of adolescents who engage in social media use show a high propensity for sexual behavior, there is variation in individual responses. This raises questions about other factors that may moderate the relationship between social media and sexual behavior. Factors such as the influence of the online environment, including exposure to sexual content and social interactions on social media, may play a role in shaping this pattern of behavior. Comprehensive sexual education needs to be improved to ensure that teenagers can develop a healthy understanding of sexuality and responsible behavior in this digital era. Teenagers tend to imitate what they see or read, so they will draw their own conclusions and choose to follow popular trends, which in turn encourages the development of new culture among teenagers. Due to the lack of knowledge about premarital sexual relations received from their parents, teenagers tend to look for sources of information about premarital sex themselves via the internet, and then judge and make their own conclusions about these sexual relations.

Knowledge is one of the factors that plays a role in shaping behavior, including premarital behavior. When teenagers experience a period of high curiosity and curiosity, but without being supported by adequate knowledge about reproductive health, this can lead them to dangerous situations and behavior that does not conform to the norm. On the other hand, if teenagers have sufficient knowledge about reproductive health, they tend to behave in accordance with that knowledge. The knowledge in question includes teenagers' understanding of the physical changes that occur during puberty (Syafitriani et al., 2022). This research is in line with research (Nuraeni et al., 2021) It was found that as many as 76% of teenagers use social media which is considered unhealthy, so there is a relationship between social media use and teenage sexual behavior. This study emphasizes the need for sexual education for adolescents as an effort to prevent inappropriate sexual behavior. However, the findings of this study are not in line with previous research findings (Patmasari, 2017), who found that there was no relationship between social media and teenagers' premarital sexual behavior. This research is in line with research (Lestari Nurul Aulia, 2021) It was found that of the 43 respondents, it was found that 16 respondents were healthy social media users but had bad sexual behavior, with a percentage of 37.2%. Meanwhile, of the 25 respondents, there were 19 respondents who were unhealthy social media users and had bad sexual behavior, with a percentage of 76%. The chi-square test results show a p-value of 0.005 (<0.05), which indicates a relationship between social media use and adolescent sexual behavior.

Research conducted by (Putri, 2018) regarding the relationship between the use of social media and the sexual behavior of young women at SMKN 8 Surabaya where the results obtained were that 39.6% of students used social media well and also showed good sexual behavior. Meanwhile, 37.6% of students use social media quite well and also show quite good sexual behavior. Only 1% of students use social media badly and show bad sexual behavior. The results of the Spearman rank test show a p-value of 0.0001, so it can be concluded that there is a relationship between social media use and adolescent sexual behavior. The results of this research are in line with research conducted by (Verawati & Sriwahyuni, 2020) entitled the relationship between access to pornographic media and adolescent sexual behavior in Sleman district. This research states that there is a relationship between internet use and adolescent sexual behavior. This research states that teenagers' continuous access to pornographic media will cause their sexual desires to increase.

This research is not in line with research (Ansyah & Winarti, 2019) which shows that respondents who use Facebook social media often but have heavy casual sexual behavior, namely 5 respondents with a percentage (6.6%) and respondents who use Facebook social media often but have moderate casual sexual behavior, namely 25 respondents with a percentage of (33.3%). Respondents who rarely use social media Facebook to access pornographic sites but have heavy promiscuous sexual behavior are 8 respondents with a percentage (10.7%) and respondents who rarely use Facebook social media to access pornographic sites but have moderate promiscuous sexual behavior are 37 respondents with a percentage (49.3%). Borneo Student Research BSR 129 The results of the chi-square test that was carried out obtained a p-value of 1,000, where this value is greater than the significance level α , namely 0.05, so it can be concluded that there is no significant relationship between exposure to Facebook social media and free sexual behavior in teenagers. at SMA Negeri 5 Samarinda.

CONCLUSION

After research was conducted on the correlation between social media use and adolescent sexual behavior at SMA Darussalam Medan, it was found that the majority of respondents

were 17 years old, including 53 respondents (70.7%). The majority of them were women, with 44 respondents (58.7%). Frequent use of social media was observed in 65 respondents (86.7%), while the majority of them had high sexual behavior, namely 45 respondents (60%). Research shows that there is a correlation between social media use and adolescent sexual behavior at SMA Darussalam Medan, with a p value obtained of 0.044. The risk of adolescent sexual behavior caused by exposure to the use of social media sites is 0.138 times.

REFERENCES

- Akmal, D., & Widyaningrum, A. R. (2020). PENGARUH PENGGUNAAN MEDIA SOSIAL TERHADAP PERILAKU SEKSUAL PADA REMAJA. In *Prosiding Forum Ilmiah Tahunan (FIT) IAKMI*.
- Anderson, S., & Asmiyati, A. H. (2021). Gambaran Pengetahuan Remaja Tentang Perilaku Seksual Pranikah Di Sekolah Menengah Atas. *Jurnal Medika Utama*, 2(02), 439-447.
- Ansyah, R., & Winarti, Y. (2019). Hubungan Paparan Media Sosial Facebook dengan Perilaku Seks Bebas pada Remaja di SMA Negeri 5 Samarinda. *Borneo Studies and Research*, 1(1), 126-131.
- Aprisyte, A., Sudirman, S., & Yani, A. (2019). Perilaku Seksual Remaja Dalam Mengakses Media Sosial (Pornografi Sex Chat) Di Sma Negeri 3 Palu. *Jurnal Kolaboratif Sains*, 2(1).
- Banun, F. O., & Setyorogo, S. (2013). Faktor-faktor yang berhubungan dengan perilaku seksual pranikah pada mahasiswa semester V STIKes X Jakarta Timur 2012. *Jurnal Ilmiah Kesehatan*, 5(1), 12-19.
- Databoks (2018) 2018 , *Jumlah Penduduk Indonesia Mencapai 265 Juta Jiwa*.
- Idris, F. P., Gafur, A., Asrina, A., & Radjung, M. M. (2023). Hubungan peran media sosial dengan Perilaku Seks Pranikah Remaja Desa di Kabupaten Banggai Laut Provinsi Sulawesi Tengah tahun 2022. *Afiasi: Jurnal Kesehatan Masyarakat*, 8(1), 423-430.
- Lestari Nurul Aulia, D. (2021). Penggunaan Media Sosial Dengan Perilaku Seksual Remaja. *Jurnal Kebidanan Malahayati*, 7(2), 303–309.
- Mahendra, D., Jaya, I. M. M., & Lumban, A. M. R. (2019). Buku Ajar Promosi Kesehatan. *Program Studi Diploma Tiga Keperawatan Fakultas Vokasi UKI*, 1–107.
- Merentek, V. G., Tucunan, A. A., & Rumayar, A. (2021). Hubungan media internet dan peran keluarga dengan perilaku seksual remaja di SMA Negeri 1 Motoling Barat tahun 2020. *KESMAS: Jurnal Kesehatan Masyarakat Universitas Sam Ratulangi*, 10(3).
- Nababan, S. (2020). Perilaku Pacaran dan Faktor-Faktor yang Mempengaruhi Seks Pranikah pada Remaja di Sikka Flores. *Bali Medika Jurnal*, 7(2), 224–233.
- Nanda Sagita Putri, N. (2018). *HUBUNGAN PENGGUNAAN MEDIA SOSIAL TERHADAP PERILAKU SEKSUAL REMAJA PUTRI DI SMKN 8 SURABAYA* (Doctoral dissertation, Universitas Airlangga).

- Notoatmodjo, S. (2011) *Kesehatan Masyarakat Ilmu dan Seni. Jaka: Rineka Cipta.*
- Nuraeni, S., Nainar, A. A. A., & Hikmah, H. (2021). Hubungan Penggunaan Situs Media Sosial Dengan Perilaku Seksual Remaja Di Sman 14 Kota Tangerang. *Jurnal JKFT*, 6(2), 31-38.
- Patmasari. (2017). *Pengaruh Teman Sebaya terhadap Perilaku Siswa . 2*, 1–67.
- Pontoan, S. T. (2015). Hubungan Antara Pengetahuan Siswa, Peran Orang Tua Dan Peran Media Massa Dengan Perilaku Seks Pranikah Siswa SMK Negeri 1 Atinggola. *JIKMU*, 5(4).
- Puspita, I. A., Agusybana, F., & Dharminto, D. (2020). Hubungan Penggunaan Media Sosial dan Peran Teman Sebaya dengan Perilaku Seksual Berisiko di SMK Kota Surakarta. *Jurnal Kesehatan*, 7(3), 111–118.
- Riskedesdes RI. (2013). *Kesehatan Reproduksi Remaja. Jakarta : Salemba Medica.*
- Tripayana, I. N. D., Sanjiwani, I. A., & Nurhesti, P. O. Y. (2021). Hubungan Paparan Media Pornografi dengan Perilaku Seksual Pranikah pada Remaja. *Coping: Community of Publishing in Nursing*, 9(2), 143-150.
- Ulung, A. T., Rahma, R., & Seweng, A. (2022). HUBUNGAN PERAN INTERNET DENGAN PERILAKU SEKSUAL REMAJA PADA MASA PANDEMI: The Relationship Between the Internet and Adolescent Sexual Behavior Amidst the Pandemic Era. *Hasanuddin Journal of Public Health*, 3(1), 47-55.
- Sajidalloh, F. N., Chairani, R., & Anwar, S. (2022). Analisa Demografi, Perilaku Seksual, Teman Sebaya Terhadap Seks Online (Sexting) Pada Remaja Pertengahan Di Kota Tangerang Selatan: Analysis Of The Relationship Between Demography, Sexual Behavior, Peer To Online Sex (Sexting) In Middle Schools In South Tangerang City. *Quality: Jurnal Kesehatan*, 16(1), 48-54.
- Samosir, D. M. C. N. (2021). Kontrol Sosial dan Intensitas Penggunaan Internet Pada Perilaku Seks Sebelum Menikah Pada Remaja. *Psikoborneo: Jurnal Ilmiah Psikologi*, 9(1), 147-154.
- Sarwono, S.W. (2019). Psikologi remaja. Perkembangan Psikologi Remaja. Depok : Rajawali Pers.
- Syafitriani, D., Trihandini, I., & Irfandi, J. (2022). Determinan perilaku seks pranikah pada remaja (15-24 tahun) di Indonesia (analisis SDKI 2017). *Jurnal kesehatan komunitas (Journal of community health)*, 8(2), 205-218.
- Verawati, B., & Sriwahyuni, K. (2020). Hubungan Akses Media Pornografi dengan Perilaku Seksual Remaja di Kabupaten Sleman. In *Prosiding Seminar Nasional Multidisiplin Ilmu* (Vol. 2, No. 1, pp. 7-11).