



**THE RELATIONSHIP BETWEEN KNOWLEDGE OF REPRODUCTIVE HEALTH AND ADOLESCENTS ATTITUDES TO PREMARITAL SEXUALITY**

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**ABSTRACT**

Adolescents who do not understand reproductive health will more easily develop negative views about premarital sex. This can influence casual sexual behavior. Previous studies confirmed that school educational institutions had conducted sexual education outreach with students during the introduction period to the school environment. However, school educational institutions do not know about the behavior of students outside the school area. Objective: The aim of this research was to find out whether there was a correlation between premarital sexual attitudes and reproductive health knowledge at SMK 1 Juwiring, Klaten Regency. Method: This cross sectional analytical observational study involved 90 respondents selected using stratified random sampling. In the following research, insights related to reproductive health are the independent variable and teenagers' premarital sexual attitudes are the dependent variable. Results: After data was collected through a questionnaire, the relationship was tested using the chi-square test with the result  $p\text{-value}=0.037$  ( $\alpha<0.05$ ). Conclusions: The research results confirm that knowledge related to reproductive health and premarital sexual attitudes of adolescents are correlated with each other.

Keywords: adolescents; attitudes; knowledge; premarital sexual; reproductive health

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**INTRODUCTION**

Attention to the welfare condition of the adolescent reproductive system is vital because they are the generation that will inherit the country. The adolescent phase is a transition period from childhood to adulthood which contains transformations related to the body, mind, psychosocial and socioemotional (Nabila, 2022). Adolescence begins from ages 12 to 18, characterized by mature physical and intellectual development. Adolescents begin to experience physical changes related to biological sexual maturity (Gaol & Stevanus, 2019). Based on data from UNICEF in 2021, Indonesia's population is 270,203,917 people. The population of teenagers is 46 million or around 17% of the total population of Indonesia with the age group 10-14 years amounting to 51%, while the age group 15-19 years amounting to 49% (UNICEF, 2021).

Teenagers as the nation's successors must be prepared to be physically, spiritually, mentally and spiritually healthy. One of the physical health is reproductive health. The health of the reproductive system is very important for men and women. However, in Indonesia, talking about reproductive topics is still considered taboo because teenagers are considered not old enough to understand it. This makes teenagers confused and lacks understanding about what is and is not permitted to maintain their reproductive health. Teenagers become less sensitive and ignore their changing physical conditions and require special care (Galbinur & Defitra, 2021). This lack of understanding of reproductive health causes teenagers to get lost and be negatively influenced by their peers. Adolescents are at greater risk of abortion, young maternal deaths, acts of violence, and the spread of sexual diseases, including HIV/AIDS, as

well as the social impacts of exclusion from educational institutions, early marriage, and poverty (Vongxay et al., 2019). The problems that will be faced, namely early pregnancy, early marriage, and high abortion rates, have a negative impact on adolescent reproductive health. Sexually transmitted diseases become a threat if you do not pay enough attention to the health of the reproductive system. Gonorrhea, trichomoniasis, chlamydia, syphilis, and HIV are examples of sexually transmitted diseases. Adolescent problems related to reproductive health stem from a lack of understanding, awareness and knowledge needed to achieve optimal reproductive health (Atik & Susilowati, 2021). Adolescent pregnancy is generally an unwanted pregnancy, a condition that involves significant biological, psychological and social burdens, which have an impact on the health of the child and mother (Ramírez et al., 2022).

The 2017 Survei Demografi Kesehatan Indonesia (SDKI) confirmed that 80% of women and 84% of men revealed their dating experiences. The 15-17 year old age group experiencing their first relationship consists of 45% girls and 44% boys. The average person says they do a variety of activities while dating. 64% of women and 75% of men held hands, 17% of women and 33% of men hugged, 30% of women and 50% of men kissed, and 5% of women and 22% of men touched/groped. Also, 8% of men and 2% of women have sex. Among individuals who had intimate relations before marriage, 59% of women and 74% of men said that they had their first sexual activity at the age of 15 to 19 years. Among individuals who have had intimate relations, 19% experience an unexpected pregnancy. The greatest incidence occurs at the age of 17 years. Survei Kinerja Akuntabilitas Program (SKAP) collects data on teenagers who have sexual relations before marriage. In the Central Java region, around 1.9% of male adolescents have been involved in premarital sexual activity, compared to only 0.4% of female adolescents (Fajarningtiyas et al., 2019).

In Indonesia, as many as 4.5% of male teenagers and 0.7% of female teenagers aged 15 to 19 years admit to having had intimate relations before marriage. Among 15 and 19 year olds, most teens began their first romantic relationship between the ages of 15 and 17. Among 33.3% of teenage girls and 34.5% of teenage boys aged between 15 and 19 years, they started meeting when they were under 15 years old. At this age, there are concerns that they lack the skills needed for daily life and therefore have the potential to engage in unhealthy dating behavior, including premarital sexual activity (Kemenkes, 2018).

Siti Katrimah provided further information regarding the situation of youth in Klaten. According to him, until 2019, there were as many as 400 cases of teenage pregnancy in Klaten Regency. In Juwiring District, 22 cases were detected, while in June 2019 there were 143 cases of early marriage recorded in Klaten Regency, and of this number, 4 people were reported to have come from Juwiring District. Rahayu Purwaningsih as Director of SPEK-HAM (Solidaritas Perempuan Untuk Kemanusiaan Dan Hak Asasi Manusia) also provides information regarding the high number of abortions in Klaten Regency, whether carried out without planning or with planning. In 2016, 471 cases were recorded, meanwhile, in 2017, 508 cases were recorded, related to shamanic massage practices or drug use. In 2018, the abortion rate did not change, reaching 442 cases. Abortion by curettage can cause infection, it should not be practiced using this method. Some health services have switched to safer curettage methods. In 2016, Klaten Regency recorded 136 cases of teenage pregnancy, 77 of whom gave birth. In 2017, nearly 300 teenage girls became pregnant and 209 teenagers gave birth. In 2018 there were 158 cases of teenage pregnancy which resulted in 125 births, the remaining 400 female students experienced unwanted pregnancies (SPEK-HAM, 2019). Adolescents' understanding of reproductive health and how to care for themselves regarding the level of risk to reproductive health tends to be low and requires extra attention. Based on

this background, researchers want to analyze the relationship between the level of knowledge about reproductive health and premarital sexual attitudes of teenagers at SMK 1 Juwiring, Klaten Regency.

**METHOD**

This research uses a cross-sectional methodology and a quantitative analytical observational design. Each subject is observed simultaneously and only once. This research was carried out at SMK 1 Juwiring, Klaten Regency with a sample size of 90 people selected using the stratified random sampling method. To take a sample, the population is divided into strata, a random sample is selected from each stratum, and then combined to calculate population parameters (Ulya et al., 2018). Surveys are the most common primary data collection method used in research. The following research uses a questionnaire measuring tool to obtain information from respondents selected based on certain criteria. Questionnaires, also known as questionnaires, are data collection methods that use various types of questions related to the research topic (Prawiyogi et al., 2021). For validity and reliability, the following research utilizes a questionnaire which has been tested previously. The results of the reliability test showed that the Cronbach's Alpha score on the knowledge questionnaire was 0.949 and on the attitude questionnaire 0.937. The knowledge and attitude questionnaire was declared reliable because the Cronbach Alpha score was >0.7. The research aims to analyze the relationship between variables, especially reproductive health knowledge and premarital sexual attitudes of adolescents, based on a significance level of  $p < 0.05$ . For this reason, the data analysis techniques used in the following research are univariate and bivariate analysis as well as inferential techniques using the chi-square statistical test. Researchers ensure that the data collected is reliable, valid, and protects respondent privacy by ensuring respondent consent, anonymity, security, and privacy. This research has passed the ethical test with No : 1.577/VI/HREC/2024.

**RESULT**

Table 1.  
Distribution of Knowledge of Adolescent about Reproductive Health

Knowledge	f	%
Good	9	10.0
Enough	58	64.4
Less	32	25.6
Total	90	100

It can be seen in table 2 that the number of respondents SMK 1 Juwiring was 90 respondents. Based on knowledge, the majority of respondents had enough knowledge, 58 respondents (64.4%), good 9 respondents (25.6%), and less than 32 respondents (10.0%).

Table 2.  
Distribution of Attitudes of Adolescent about Premarital Sexual

Attitudes	f	%
Good	1	1.1
Enough	87	96.7
Less	2	2.2
Total	90	100

Table 3 explains that the number of respondents at SMK 1 Juwiring was 90 respondents. Based on the attitude of the majority of respondents, 87 respondents (96.7%) had a enough attitude, 2 respondents (2.2%) had a less attitude and 1 respondent (1.1%) had a good attitude.

Table 3.  
Cross-tabulation of the relationship among adolescent knowledge about reproductive health and premarital sexual attitudes

Knowledge	Attitudes						Total	P-value	
	Good		Enough		Less				
	f	%	f	%	f	%			
Good	0	0	23	26	0	0	23	26	0,037
Enough	0	0	56	62	2	2	58	64	
Less	1	1	8	9	0	0	9	10	
Total	1	1	87	97	2	2	90	100	

Based on the table above, it can be seen that if knowledge is good then it shows the results of good premarital sexual attitudes in the number of 0 respondents (0%), enough in the number of 23 respondents (26%), less in the number of 0 respondents (0%) with a total percentage of 26% for category of good level of knowledge regarding premarital sexual attitudes. Then, in the enough level of knowledge category, the premarital sexual attitude results were good for 0 respondents (0%), enough for 56 respondents (62%), and less for 2 respondents (2%) with a total percentage in the enough level of knowledge category for premarital sexual attitudes of 64%. Furthermore, the level of less knowledge shows the results of premarital sexual attitudes in the form of a good category of 1 respondent (1%), enough 8 respondents (9%), and less 0 respondents (0%) with a total percentage in the category of less knowledge of attitudes. premarital sexual intercourse by 10%. Thus, the total percentage in the results of this bivariate analysis is 100% for 90 respondents.

## DISCUSSION

Respondents have diverse knowledge. Based on the research results, it was found that 9 respondents had good knowledge (10.0%), 58 respondents had enough knowledge (64.4%), and 32 respondents had less knowledge (25.6%). The following research findings are in accordance with the findings of Undaryati (2019) which confirms that teenagers who attend high school have a good level of knowledge. Because social media can be used to improve reproductive health thanks to advances in information technology, most respondents have sufficient knowledge. This is in accordance with Amelia (2020) findings that people's understanding of reproductive health increases through the use of internet social media. Adolescents' knowledge about reproductive health is very important, not only learning about reproductive system disorders, but also learning all things related to reproductive health. This is in accordance with the definition of reproduction according to the World Health Organization (WHO), meaning that the physical, mental and social condition is intact, and there are no diseases and abnormalities in all aspects of the reproductive system, its functions and processes.

Adolescents experience a period of physical and emotional development that leads to sexual maturity, according to research by Deshmukh & Chaniana (2020). Therefore, understanding of reproductive organs, sexuality and contraception must be improved during this time. According to this research, the younger generation in India is increasingly caught in the clash between Western and orthodox cultural influences. Adolescents who do not know about reproductive health can engage in unsafe sexual acts and are at risk of sexually transmitted diseases, unwanted pregnancies and even abortion. This study shows that to reduce their involvement in premarital sex, teenagers need adequate information regarding reproductive health. Factors which can have an impact on attitudes are based on Anwar's ideas (2005), attitudes are caused by personal experience, individual impacts that are considered crucial, and cultural impacts. Strong and emotionally impactful personal experiences are more likely to shape attitudes. Thus, attitudes tend to form more easily when personal experiences occur in the context of evoking emotional responses. Usually, someone has a similar attitude

towards people who are considered to have an influence in their life. Culture plays an important role in shaping individual attitudes towards various issues. Culture indirectly forms the basis of our attitudes by giving color to individual experiences in their society. Therefore, culture influences the attitudes of individuals raised in that culture (Mandasari & Muhlisin, 2020).

Attitudes regarding premarital sex are influenced by internal and external factors. This is in accordance with Sari's ideas in her findings (Purnama et al., 2022), confirming that internal and external factors greatly influence premarital sex. Internal factors refer to stimuli that originate from the individual, for example reproductive hormones. Reproductive hormone activity encourages individuals to carry out sexual acts to achieve satisfaction. Meanwhile, external factors refer to the individual's external stimuli and trigger sexual acts. External encouragement can come from dating experiences, information about sex, masturbation experiences, magazines and pornography. This is in accordance with the findings of Sari et al (2022), that one of the internal factors is knowledge. Meanwhile, parenting patterns, the impact of friendship, socio-economic situation, and the environment are external aspects which have an impact on attitudes toward premarital sexual acts.

This research confirms that there is a significant relationship between knowledge about reproductive health and attitudes towards premarital sex among teenagers at SMK 1 Juwiring, Klaten Regency, with a p-value of 0.037. The research results indicate that the relationship is negative, where an increase in knowledge is followed by a decrease in positive attitudes towards premarital sex, and vice versa. These findings are consistent with research Widyaningrum & Muhlisin (2024), that adolescent attitudes and the level of information related to reproductive health are related. On research Raudhati & Novianti (2019), There was a significant correlation between reproductive health knowledge and adolescent actions related to premarital sex with a p value of 0.009. In line with research Handhika et al. (2017), There is a correlation between the level of knowledge of adolescents regarding reproductive health and their attitudes towards premarital sexual activity, based on significant findings regarding the level of reproductive awareness and premarital sexual attitudes. On research Nursanti et al. (2022), explains that reproductive health knowledge has an impact on teenagers' premarital sexual attitudes.

Adolescents' views on premarital sex are greatly influenced by their knowledge regarding reproductive health. Teenagers who have more understanding about this behavior tend to view it more positively, while teenagers who have less awareness are more likely to engage in risky sexual behavior. This is in accordance with research findings Nurlaeli & Rakhmawati (2022), The stronger the adolescent's knowledge about reproductive health, the lower the adolescent's propensity for risky sexual behavior, and conversely, the lower the adolescent's knowledge about reproductive health, the higher the propensity for risky sexual behavior. This is also supported by research Kurniati (2021), There is a significant relationship between the level of knowledge of adolescents about reproductive health and their attitudes towards premarital sex. Additionally, research Adnin & Intan (2024) also emphasized that the better their knowledge regarding reproductive health, the more positive their attitude towards premarital sex. Conversely, the lower the insight, the more negative the attitude that is formed. Teenagers' sexual behavior before marriage is now considered very crucial. Negative premarital sexual behavior can increase the risk of problems such as unwanted pregnancy, HIV/AIDS, cervical cancer, and others.

## **CONCLUSION**

The majority of teenagers have a positive attitude towards premarital sex and the majority of students have adequate knowledge regarding reproductive health. This confirms that

adolescents' attitudes towards premarital sex are positively correlated with their level of knowledge about adolescent reproductive health. Adolescents at SMK 1 Juwiring, Klaten Regency have premarital sexual attitudes which correlate with their knowledge about reproductive health with  $p\text{-value}=0.037$ .

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