

## **THE EXPERIENCE OF DEVIATED REPRODUCTIVE HEALTH BEHAVIORS IN ADOLESCENTS BASED ON THEORY OF PLANNED BEHAVIOR**

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### **ABSTRACT**

The behavior of Indonesian adolescents in free sex freedom from year to year has not decreased, even increasing. Casual sex can increase the rate of unwanted pregnancies and abortions. The purpose of this study was to qualitatively analyze the experience of deviant reproductive health behavior in adolescents based on the theory of planned behavior. This research is a qualitative analysis using the theory of planned behavior approach. This research will be conducted in the lebak wangi area of Serang City in May – June 2023. Data collection was conducted using in-depth interviews and interview guidelines. In testing the validity of the data, researchers use the triangulation method (triangulation). There are 4 main informants, 2 triangulators, and 4 supporting informants. Results: (1) Background factors that have a role to form behavioral beliefs include beliefs in consensual feelings and mutual desire to have free sex between men and women. (2) Subjective norms are formed because some couples want to follow in the footsteps of friends who have already had free sex or are exposed from people closest to them who do have partners who are not halal to have sex with (cheating). (3) Control belief is the experience of peers or personal experiences of having kissed or had such relationships before.

Keywords: adolescent deviant reproductive health behavior; theory of planned behavior; qualitative

### **INTRODUCTION**

The problems of adolescents today are quite complex. One of them is the vulnerability of adolescent behavior that leads to satisfied sexual urges. Teenagers who can control will avoid deviant sexual behavior. Conversely, teenagers cannot control it, so it will fall into sexual deviance, for example rape, pornography, promiscuity and sexually deviant behavior such as excessive fantasies, pedophilia and even LGBT. (Aprianti, 2020)(Khani Jeihooni, 2019) One form of free sex carried out by adolescents is deviant behavior in having sex before marriage or free sex. The behavior of dating adolescents such as kissing, hugging, holding breasts, to having sex is a behavior that is concerning for parents or for society. The behavior of Indonesian adolescents in sexual freedom from year to year has not decreased, even increasing. (Lin, 2021)

Evidence of the increasing number of adolescents who engage in promiscuity is that 85% of adolescents have engaged in sexual behaviors such as: kissing, holding hands, touching, hugging, even having sex. Casual sex can increase the number of unwanted pregnancies. Every year there are about 2.3 million abortions in Indonesia of which 20% are performed by teenagers. In America 1 in 2 children result from adultery, 75% of girls conceive out of wedlock, the day there are 1.5 million sex with prostitutes (Ernianti & Arifin, 2021)(Riski R et al. 2021). In addition, other factors that influence adolescents to commit sexual deviations while dating are environmental factors, both family environment and social environment around the teenager's residence. The family factor as the smallest social unit in society plays a large role in determining the behavior and attitudes of family members. Parents take part in providing knowledge about sex to children. Since children lack an official source of knowledge about sex issues in public spaces, it is not surprising that children who reach adolescence often find out about it from easily available sources. The purpose

of this study was to qualitatively analyze deviant reproductive health behavior in adolescents based on the theory of planned behavior.(Frounfelker, 2021)(Iwaya, 2020)

## METHOD

This research is a qualitative analytical research using a phenomenological study approach, where researchers will explore information about factors that influence deviant reproductive health behavior with analysis of the theory of planned behavior. This research will be conducted in the lebak wangi area of Serang City from May to June 2023. This study used purposive sampling techniques, where researchers select samples that are considered important and can provide the right information that can be trusted. Data collection was conducted using in-depth interviews and interview guidelines. In testing the validity of the data, researchers used the triangulation method (triangulation) and peer discussion (peer debriefing). Informants are grouped into 3, namely: (1) the main informant is a woman or patient who has experienced pregnancy outside marriage or free sex as many as 4 people, (2) triangulators or subjects who will verify the interview results are local village midwives as many as 2 people, and (3) supporting informants are husbands or men of women who have sex outside marriage as many as 4 people. In total, the authors used 10 respondents.

## RESULT AND DISCUSSION

### *Behavioral belief*

Deep *Theory of Planned Behavior*, The emergence of attitudes is based on *belief* along with its evaluation of an object. The background to the emergence of belief or belief in the individual self can come from several results as put forward in the framework of the theory . From the results of this study, part of the background factors that have a role to form (Bosnjak, 2020)*behavioral belief* Among them are such as belief in consensual feelings and the mutual desire to have free sex between men and women.

### *Behavioral belief*

1. *Saya melakukan hubungan badan itu karena ya diajak pacar saya bu, dia minta bukti cinta dan saya juga pingin ngeyakinin diri saya kalau dia itu bener cinta sama saya (Main Informant Mrs. L 18 years old).*

I had sex at the invitation of my boyfriend, my girlfriend asked for proof of love and I also wanted to convince myself that he really loved me

*Namanya lelaki bu, yah kadang khilaf gitu kalau lagi berdua, saya ngajak dan dia.nya mau,, kalau saya kan emang bener yakin cinta sama dia bu (Main Informant Husband Mrs. L / Mr. S. 18 years).*

I as a man sometimes cannot control myself when I am with my lover, I invite him and he agrees so there is no compulsion because I love my lover *Saya waktu itu gatau yah bu kaya emang pingin nyoba dan emang pingin ngebuktiin aja kalau saya bener cinta sama dia, dan kayaknya saya yakin aja gitu kalau saya mah emang mau terus pacaran sama dia,, saya ga kepikiran kalau bakal hamil (Supporting Informant Mr. W age 19 years).*

I just wanted to try and prove that my boyfriend loved me, and I sure wanted to continue to have a love affair with him, I didn't think I would end up getting pregnant.

*Dipaksa bu sama dia, ya gimana ya awalnya mah ga mau bu, tapi ya gitu bu,, saya gatau kalau ternyata bakal jadi,, sebenarnya mah udah lebih dari sekali bu,, yang awalnya gak kenapa kenapa itu kali saya jadi gampangin (Main Informant Wife of Mr. W / Mrs.L age 19 years).*

I was forced to bus ama her, indeed at first I did not want to and I did not think that I would get pregnant. Actually, I have had sex more than once and initially there was no pregnancy, maybe it was wrong for me to take it for granted and do it again so that now I am pregnant.

Indeed, most of the free sex by teenagers is based on their will, although some are initially forced but in fact they do it consciously and I have heard no confession from the perpetrators who did it under the influence of alcohol. They all said they were aware of his actions because they were based on feelings of love. (**Triangulator midwife village 1**)

*Awalnya mah bu ga sengaja itu saya sama pacar saya niatnya mah pengen ciuman biasa aja yak arena saya cinta,, gatau kenapa jadi ya begitu, trus ini hamil mah ga disangka sangka soalnya kan emang ga siapin kondom atau apa, ya salah sih saya emang tetep.. (Main Informant Mr. K's Wife / Mrs.K age 19 years).* This incident was started by accident, my girlfriend and I originally intended to kiss because we love each other. But eventually we had sex and I got pregnant. Indeed, however, what I did was wrong.

*Ore niat bu awale malah, niat ciuman doang, tapi kitane kebawa nafsu lah suka sama suka bu. Khilaf bebarengan lah (Supporting Informant Mr. K age 21 years).*

At first we only intended to kiss, but we were carried away by lust because we loved each other so it could be said to be a khaltalifan together.

*Saya ngelakuin hubungan itu karena saya yakin pacar saya cinta sama saya bu, saya udah lama pacarana sama dia dan emang kemarin kami kelewatan sih bu, tapi ya dia tanggung jawab (Main Informant Mrs. K Age 19 years).* I had sex with my boyfriend because I was sure he loved me. However, we overdid it and crossed the line, but thank goodness he was responsible.

*saya ngelakuin itu ga ada yang awal ngajak bu, ya gitu aja berdua karena saling suka juga dan saya juga emang niat nikahin dia jadi saya bertanggung jawab (Supporting Informant of Mrs. K's husband Age 21 years).* I did the relationship consensually without coercion or invitation from either party, indeed I love my girlfriend and will be responsible. Teenagers who engage in deviant kespro behavior do admit that their intentions are sometimes only kissing or hugging but even having sex. Actually, it is their dating habits that are no longer good. (**Village Midwife Triangulator 2**)

### **Normative Belief**

In this study, subjective norms are formed because some couples want to follow in the footsteps of friends who have already had free sex or are exposed from their closest people who do have partners who are not halal to be invited to have a relationship (cheating).

*Ada sih bu temen itu yang ngasih tau hubungan gitu aman dan katanya enak, ya saya ga tau kalau saya hamil dan dia masih aman-aman saja (Main Informant Mrs. L 18 years old).*

I once got advice from my friend that having sex with my boyfriend is good and safe, but I didn't think I was pregnant but my friend is still safe.

*Lelaki mah bu tanpa diajarin juga emang kita ada naluri, tapi kalau yang nyuruh mah ga ada bu apalagi pengalaman mah belum saya juga. Tapi ada sih abang-abangan lah gitu nanyain udah pernah "gituan belum?" dan nyerita aja dia.nya yaga niat nurutin tapi jadi penasaran gitu bu (Main Informant Husband Mrs. L / Tn S. 18 years).*

As a man, the instinct to relate must exist without having to be taught or invited. However, there is a known person who I assume kaka ever asked me if I had ever had sex? He just told me but I became curious

*sebenarnya mah bu kalua perkara hubungan gelap gitu mah jangankan saya yang ga punya keluarga, yang udah punya keluarga aja banyak, nyelingkuh gitu mah bu kalua di keluarga saya ya ada yg kaya bgtu jadi say amah nyari yang bener-bener sayang aja sama saya, tapi emang saya juga salah bu. (Supporting Informant Mr. W age 19).*

Actually, deviant sexual behavior has occurred a lot, even in people who already have a "legitimate" partner. Infidelity also happens in my extended family, so I feel like if anyone really loves me, that's fine. But indeed I admit I was wrong.

*Saya mah ga ada disuruh orang lain bu, Cuma emang temen saya sama pacar saya pernah ngasih video yang begituan (Main Informant Mr. W's Wife / Mrs.L age 19 years).*

I wasn't instructed by anyone, only my friend and my boyfriend had shown me pornographic videos. Many sex or porn videos circulate among teenagers. So it's actually like a snowball that keeps getting bigger because they sometimes tell each other stories (**Triangulator midwife village 1**) keluarga saya juga runkad bu, jangankan ngasih perlindungan saya aja masih kurang disayang. Jadi ya kalau orangtua marah kadang saya juga salah sih bu malah ngebantah dan balikin keadaan, Cuma emang saya senang ada yang cinta sama saya waktu itu jadi saya mau aja diajak gitu. (**Main Informant Mr. K's Wife / Mrs.K age 19 years**).

My family was also not harmonious and could not give me protection or affection. If my parents are angry, I sometimes argue with it, I'm wrong, it's just that I'm happy when someone loves me so much that I obey to have sex.

*Bapak kite geh rabine wakeh,, hehehe enggak diajarin tapinya bu, cuman ya gitu lah saya juga pingin nyoba soalnya temen saya juga pernah cerita gitu bu, kayanya aman dan enak, yah takdirnya malah hamil (Supporting Informant Mr. K age 21 years).*

My father also had several wives, but I was never taught or advised to do this by him. Only my friend ever told me about his relationship with his girlfriend, I thought about doing it and my destiny was even my girlfriend got pregnant. Teman saya ada sih yang pernah ngomong kalau emang cinta yaudah terserah, gitu bu, dia juga kadang sama pacarnya ciuman berduan gitu-gitu lah (**Main Informant Mrs. K Age 19 years**).

A friend once told me that if I love my boyfriend it's up to me. But he has sex with his girlfriend and is as safe as kissing and being alone.

*saya mah ga ada yang nyuruh Cuma sering cerita sama temen tongkrongan adalah bu,, ya gitu deh, saya Cuma pengen tau enaknyanya dan harapan saya pacar saya tetap sama saya (Supporting Informant of Mrs. K's husband Age 21 years).*

No one told me to do that, only my social friend who I couldn't name did tell me that he often did that. My hope is I just want to feel that connection and for my boyfriend to stay with me Some teenagers who experience pregnancy out of wedlock, kissing, or having sex usually have heard stories from the closest people, they hope and are curious about the pleasure of the relationship because they also sometimes lack supervision and family affection (**Village Midwife Triangulator 2**)

### ***Control belief***

*Control belief*, which is an individual's belief based on past experience, in this study the strongest reason related to *control belief* is the experience of peers or personal experience of having kissed or had a relationship before. *Saya kalau ciuman pernah bu udah dari 1 bulan pacaran (Main Informant Mrs. L 18 years old).*

I kissed my boyfriend since 1 month of dating. *Namanya lelaki bu, kalau pegang-pegang mah ya dari awal pacarana, kalau ciuman gtu ya belum lama dari hubungan lah (Main Informant Husband Mrs. L / Mr. S. 18 years).*

I as a man if I only touch my boyfriend's body from the beginning of dating, if I kiss before that intercourse

*Kalau sama pacar yang dahulu mah ga sampai hubungan badan bu paling Cuma pegang-pegang atau ciuman (Supporting Informant, Mr. W, age 19 years).*

If you are with a girlfriend who has never had sex before, only to kiss. *Dipaksa bu sama dia, ya gimana ya awalnya mah ga mau bu, tapi ya gitu bu,, saya gatau kalau ternyata bakal jadi,, sebenarnya mah udah lebih dari sekali bu,, yang awalnya gak kenapa kenapa itu kali saya jadi gampangin (Main Informant Wife of Mr. W / Mrs.L age 19 years).*

I was forced by her, I didn't want to at first and I didn't think I would get pregnant. Actually, I have had sex more than once and initially there was no pregnancy, maybe it was wrong for me to take it for granted and do it again so that now I am pregnant.

The name is intercourse I don't think it is possible to do it immediately if it was not previously started by other deviant things such as holding hands, holding girlfriend's limbs, or kissing. **(Triangulator midwife village 1)** *Awalnya mah bu ga sengaja itu saya sama pacar saya niatnya mah pengen ciuman biasa aja yak arena saya cinta,, gatau kenapa jadi ya begitu, trus ini hamil mah ga disangka sangka soalnya kan emang ga siapin kondom atau apa, ya salah sih saya emang tetep. (Main Informant Mr. K's Wife / Mrs.K age 19 years).* This incident was started by accident, my girlfriend and I originally intended to kiss because we love each other. But eventually we had sex and I got pregnant. Indeed, however, what I did was wrong.

*Ore niat bu awale malah, niat ciuman doang, tapi kitane kebawa nafsu lah suka sama suka bu. Khilaf bebarengan lah (Supporting Informant Mr. K age 21 years).*

At first we only intended to kiss, but we were carried away by lust because we loved each other so we cannot control ourself together at the time. *Saya ngelakuin hubungan itu karena saya yakin pacar saya cinta sama saya bu, saya udah lama pacarana sama dia dan emang kemarin kami kelewatan sih bu, tapi ya dia tanggung jawab (Main Informant Mrs. K Age 19 years).*

I had sex with my boyfriend because I was sure he loved me. However, we overdid it and crossed the line, but thank goodness he was responsible.

*Kalau pacarana mah bu emang jaman sekarang mah kan pegang-pegang gitu bu, ciuman pelukan gitu, ya kemaren aja saya khilaf. Saya salah gimana pun juga. (Supporting Informant of Mrs. K's husband Age 21 years).*

I think there are many dating styles nowadays and will definitely hold hands, hug, and kiss. However, I was wrong no matter what. Past experiences definitely make them dare to have sexual intercourse surely it can happen to one or both. **(Village Midwife Triangulator 2)**

The results of this study are in line with those stating that statistical tests using SEM state that (Fatah, 2015) *behavioral belief, normative, and control belief* has a significant influence on sexual behavior intentions among adolescents. In addition, a study (Purnama, 2020) entitled "Factors causing free sex in adolescents" states that the reason for perpetrators to have sexual relations or free sex outside marriage comes from several factors, namely internal factors because the perpetrators like each other, evidence of love, and curiosity. Factors of premarital sexual behavior, namely: Improper social control, too romantic relationships, puberty, frequency during relationships, lack of education delivered by parents cause children to be not well educated, lack of control and supervision and love (Hanifah, 2022).

Research (Fuady, 2020) states that the family as a sexual regulation means that regulating sexual relations between father and mother must be orderly according to the norms that apply in society, namely through official and legal marriage. Therefore, the child born to him is recognized by society as a legitimate child based on legal patterns and raised by his mother's father in the home environment. Therefore, the family acts as a safe place to reproduce or teach about sexuality. The family is the smallest social group in social life consisting of fathers, mothers, children and other relatives. The formation of a family due to the cooperation of the marital relationship of husband and wife. Home as a place for social interaction between family members. Each family member acts and interacts socially according to their status and social role .(Fatah, 2015)

In addition, deviant sexual behavior can also be caused by patterns *Attachments* which is divided into (1) Secure, individuals are easily close to others and can be dependent; (2) *Anxious*, always willing to do all the will of the partner; (3) *Avoidant*, No dependence on others. An individual or couple who is stuck in an unhealthy and tendencied relationship *anxious attachment*, then he will do everything so that his partner does not go with one way that is done is to meet the sexual needs of his partner. Factors that cause individuals to perform anxious actions can occur for reasons of pleasure and compulsion. Anxious attachment patterns will be dangerous if a relationship that carries out sexual activities is based on compulsion. (Hanifah, 2022).

## **CONCLUSION**

Based on TPB theory the reasons for deviated reproductive health behavior is (1) Background factors that have a role to form behavioral beliefs include beliefs in consensual feelings and mutual desire to have free sex between men and women. (2) Subjective norms are formed because some couples want to follow in the footsteps of friends who have already had free sex or are exposed from people closest to them who do have partners who are not halal to have sex with (cheating). (3) Control belief is the experience of peers or personal experiences of having kissed or had such relationships before.

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