

## The Adolescents Overview with Healthy Sexual Behavior in the Risky Environment

Sitti Nur Djannah

Faculty of Public Health, Universitas Ahmad Dahlan, Indonesia

---

### Article Info

#### Article history:

Received Feb 9, 2017

Revised Aug 21, 2017

Accepted Aug 30, 2017

---

#### Keyword:

Adolescent  
Risky environment  
Sexual behaviour

---

### ABSTRACT

Teens today have experienced a shift in morality, thought and behavior patterns because they are influenced by foreign cultures. This is due to lack of progress, especially in the field of transport and telecommunications that are spreading globally at youth culture. Negative attitudes towards adolescent health, such as sexual activity also tend to increase. Youth association X in Yogyakarta which is a group of teenagers in the field of traditional dance, *jathilan*, is identified as a group of young adults at risk of premarital sex. They almost have a close friend (dating) and have intercourse, which is interesting to explore. Luckily, there are five teenagers still can maintain healthy sexual behavior. The purpose of research was to know the description of personal factors and external factors that influence adolescents to be able to retain healthy sexual behavior in a risky environment in youth association X. Based on in-depth interviews with five teenagers who declares themselves not dating and a group leader community of Youth Association X. It was shown that an overview that affects teens still behave in a healthy sex despite being in a risky environment is an overview of personal where young people have the ability to hold back emotions, ideals and religiosity attitudes. The picture of the external consists of a family function where parents do remind norms and religion as well as the ability of adolescents to maintain away from the influence of friends to behave deviate.

Copyright © 2017 Institute of Advanced Engineering and Science.  
All rights reserved.

---

### Corresponding Author:

Sitti Nur Djannah,  
Faculty of Public Health,  
Ahmad Dahlan University,  
Prof. Dr. Soepomo street, Janturan Umbul Harjo Yogyakarta, Indonesia.  
Email: njannahsitti\_fkmuad@yahoo.com

---

## 1. INTRODUCTION

The development of the era makes the progress in the fields of transport and telecommunications, which spread globally in youth culture, led to many changes that occur in adolescence. They experienced a shift in morality, thought and behavior patterns because they have been influenced by foreign cultures. Negative attitudes towards adolescent health, such as sexual activity tend to increase [1].

KRR IDHS 2012 survey results show that about 9.3% or about 3.7 million teens claimed to have had sexual intercourse before marriage, while the results of IYARHS 2007 were only about 7%, or about 3 million teenagers. Thus, during the period 2007 to 2012, the increased cases of teenagers who had sexual intercourse were 2.3% [2]-[3].

Factors Affecting Sexual Behavior Prenuptial on Youth, indicating that individual factors (among religiosity), family factors (i.e. parent-children), and factors outside the family (the negative pressure of peers and media pornography) all significantly affect sexual behavior premarital in adolescents [4]. The fact is in accordance with the results of the research team PSW UGM (2006) about the influence of peers, that there are respondents who expressed premarital sexual behavior carried out for evidence of love and for the environment [5].

One of the districts in the city of Yogyakarta, namely in Wirobrajan has been found a group of teenagers at risk of premarital sex, namely the society of Youth Association X. Based on the results of interviews conducted with the educator of Turonggo Wiro Budoyo (TWB), there are 47 active young members in this *jathilan* art association. Teenage members of the Society of TWB almost have a close friend (dating). From 47 informants, there are 32 teenagers who have had sex. Teens of TWB Society members who perform other reproductive behavior, including touching sensitive organ are around five people, two people kissing, three people cuddling and holding, as well as five people do the behavior of masturbation and states are not going out.

Based on the description of the behavior of adolescents, it can be concluded that the environmental group Society of Youth Association X Yogyakarta is a risky environment to behave marital sex in adolescents. Environment is the main source of the most influence on teen behavior, other than that there is the influence of peers who are doing most sexual behaviors that could provide an example for friends to behave deviate [1]. Nonetheless, there are five members of the teenagers who stated are not going out so it can be said that these teens behave healthy sex. It is of interest to researchers to describe the factors that influence adolescents for healthy sexual behavior in community of Youth Association X.

## 2. METHOD

This research used a qualitative research design, by looking at the phenomenon of the description of the factors that influence the healthy adolescent sexual behavior in the environment at risk. The subjects of this research were five teenagers who stated are not going out in Youth Association X by conducting in-depth interviews. The overview seen is a personal and external overview that influences adolescents to stay healthy sexual behavior in the risky environment.

## 3. RESULTS AND ANALYSIS

### 3.1. Overview personal

Based on in-depth interviews conducted with five teenage members of Youth Association X that have healthy sexual behavior, there are some features of personal factors that cause teenagers do not do things that encourage them to have sex, including the capability of stoic teenager in controlling anger, the achievement of the ideals and attitudes in terms of religious practices.

#### 3.1.1. Ability to withstand emotional

Here is the interview of teenagers who survived did not perform courtship and sex related to personal overview of teens that have been able to withstand the emotions well, this is in accordance with the results of interviews conducted, as follows:

*"I have experienced uncontrolled anger that is fight .."* (informant 1)

*"..No, I rarely get angry. If there is a problem then doing a furious fights later parents become involved"* (informant 2)

*".. can withstand the emotion, there is no need to be angry and acts beyond the bounds .."* (informant 3 and 4)

*"I hopefully get wudu then do prayers ...."* (informant 5)

Based on the results of these interviews 4 of 5 informant has the ability to hold back your emotions. Their ability to hold his temper can make teenagers able to control the behavior that deviates from the norms of society, one of them in sexual and reproductive behavior in the presence of mutual respect among their peers included in the association dating. The first informant had have inability to hold back the emotions but he was still able to maintain sexual behavior, this happens because there are examples of peers who have experienced a pregnancy outside of marriage and issued by the school, so she still consider the school as an achievement ambition. This is consistent with the results of the interview as follows:

*".. there is a junior high school friend who was pregnant and was expelled from school, so I avoid courtship behavior that encourage us to have intercourse .."* (informant 1)

#### 3.1.2. Achieving the dream

Following interviews with a personal picture adolescents with respect to achieving the dream:

*"..... I want to be successful, so I prioritize studying first for the future .. to make my parents happy .."* (informant 1)

*"my dream for the future .... in accordance with IQ test results, I was told to get in the mechanical engineering, so that I want to be a mechanic, that is why I prepare to study in order to succeed ...."* (informant 2)

"... I want to be a lecturer, entrepreneur and a teacher of the Koran ... so I had to read a lot of books, going to school seriously unlike my friends who are lazy..."(informant 3)

"... I want to work in the electronics field, now I help my family, rather than going out there is no use .... "(informant 4)

"... I study first because I want to be a pilot in the future ... "(informant 5)

Those statements showed adolescents who have healthy sexual behavior already have dreams to achieve by pushing away from things that are not useful in the association.

### 3.1.3. Religiosity attitude

Overview religiosity attitude is by doing daily prayer for TWB community teenagers who behave healthy sex, as follows:

"..Insyaallah I do prayer, like my parents are always praying, but there are also forgetfulness ..."(Informant 1, 2)

".. InsyaAllah I do prayer, I always try to pray five times I also learn religion in Muhammadiyah .."(Informant 3)"

"..Insyaallah prayer, like my parents are always pray, I am happy to teach the Koran because science is better shared for others ... "(informant 4)"

"... Yes, InsyaAllah ... I have been taught religion by my mother since childhood.. religion is essential for life ... (Informant 5)

Based on the results of interviews, it is obtained that teenagers who have healthy sexual behavior has been practicing as a gesture of worship and targeting the parents as their example. There are three active teenagers in the field of religion even one teenager who is a teacher of the Koran. It is supported by the statement of the chairman of the group of community of Youth Association X explaining that youth who behave healthy sex is a teenager who has an active religious parent and teens who are active in the mosque's activities so that they do not engage in activities outside the limits, such as drinking alcohol, smoking and sex. This is consistent with the results of the interview as follows:

"... both parents are active in religious activities, and they are the mosque caretaker and teacher of the Koran, so they reflect good attitude ...."(Chairman of the TWB association)

Then, based on interviews with the head of the community of Youth Association X, it is found that teens that refused to go out cannot be influenced by their friends to do the things that are deviant, as follows:

"... ..some teenagers refuse to drink and go out when gathering with some bad people (Chairman of Youth Association X)

## 3.2. External overview

Based on in-depth interviews, conducted in five young members of the community of Youth Association X behave a healthy sex who are at-risk environments, external factor found that the influence of family function, namely as protection in reminding parents about the norms and religion, in addition to the principles and capabilities of teenagers who are not affected by the trend and force your friends to lovers.

### 3.2.1. Family Function

The family functions in adolescents' healthy sexual behavior, according to the interview results as follows:

"... The family also influence becomes the example for me ... so that I can become a better person than parents, so I do not want to make embarrassed parents and set an example for my sister as well ..."(informant 1)"

"... my family reminds me so I do not want to embarrass my mother, myself, and my friends by having a child when I am still a kid ... "(informant 2)"

"... Parents tell me to focus; they say I am not allowed to go out whenever I am still a school student ... "(informant 3)

"... my father gives me advice not to make friends with bad and drunk people, I am not allowed to imitate their acts, I have to work first before going out with someone in order not to ask money from parents. ... "(informant 4)

"..my parents reminds me of a great sin if I do sex freely outside marriage, self-esteem is lost, I will be isolated and might get HIV as well ... "(informant 5)

Based on the results of interviews conducted with teenagers having healthy sex on community of group, it is obtained a family overview that does guidance to their children to stay away from deviant behavior.

### 3.2.2. Influence of peers

The description of the influence of peers in influencing reproductive and sexual behavior in TWB adolescents who behave healthy sex, based on the interview as follows:

*"Some friends ask me to drink then I saw pornography in internet from my friend .." (informant 1)*

*"..I know about smoking and drinking from my friends and there is also free sex and pornography ..." (informant 2)*

*"my friends love to show me pornography .." (informant 3)*

*"My friend once showed me pornography but I did not see it .... My friends are also smoking and drinking .." (informant 4)*

*"my friends usually influence us to get lovers.."(informant 5)*

Based on the results of in-depth interviews, it was shown the influence of peers in influencing sexual behavior. The Youth Association X members of the community who behave healthy sex or that states are not going out to say that they got the influence from their surroundings. The overview of the ability of adolescents to maintain the self that is not affected by peers, based on the interview as follows:

*"... I avoid the influence because I have more good friends ... I am picky and join the study of religion ..." (informant 3)*

*".... I have not accessed pornography before. Once my friend gave it, but I did not see it ... it is not good in religion ..." (informant 4)*

*"... I am afraid of religion and study for the future first, some friends like to watch porn in school from their phone and I stay away from them..." (informant 5)*

Based on the interview in depth picture of the ability of adolescents who behave healthy sex, there are three of five teenagers behave in a healthy sex life. They have a strong principle and are capable in choosing friends. So, they are not to be affected in deviant behavior, and there is the ability of religiosity.

### 3.3. Discussion

Overview of personal and external factors relating to the behavior of a healthy sex in adolescents Society of Youth Association X, there is the ability to withstand the emotions, the achievement of the dreams and religiosity attitudes, while the overview of the external associated with the behavior of a healthy sex is because of their family function or a parent who always remind teen-related norms, religion and liveliness parents in worship and religious organizations. As well as the teen's ability to defend the principle by not following the trend of going out and force a friend to do the deviate.

Teens that are able to control themselves mean they are able to control the urge or desire within him so that behavior can be controlled [6]. The inability to control in a person means he does not have the ability to prepare, guide, organize and direct forms of behavior that can lead people toward the negative consequences [7].

This is according to research Khairunnisa (2013) which explains that there is a relationship between self-control and premarital sexual behavior [8]. Low self-control makes teens are not able to organize and direct its behavior so that it appears the action is not controlled [9]. In addition, research conducted by Pawestri (2012) showed a significant relationship between self-concept and self-control sexual behavior in students [10]. Guloman (1995) in Ugoji (2014) also states that teens that are able to control emotions will be able to handle the pressure problems that they found. They are also able to avoid the influence from their friends such as the temptation to drink alcohol, drugs and sexual behavior [11].

This is consistent with the phenomenon that occurs in adolescents' Youth Association X. They state that they are not going out, they were able to control emotions when getting angry like twist to silent or ablutions, then adolescence is also able to not be affected by his or her friends to do things distorted. Despite being in the environment at risk by the behavior of peers who are already having sex, young members of the community who behave sexually Youth Association X claimed to maintain healthy behavior because they want to achieve your goals. Adolescents with a healthy sexual behavior have ideals suda obviously like wanting to be teachers, soldiers, pilots, so they claimed should focus on learning, not smoking and not doing things that are not useful. Thus these teenagers have aspired to be achieved that can inspire to attempt to achieve so that they behave away from things that are not useful in the association. Adolescent developmental task that must be gone through one of them is able to think in a more mature and rational, and has a more mature consideration in resolving the problem. They should be able to develop cognitive and moral standards that can be used as a guide and ensure consistency in decision making and action. In other words, teens should be able to have the intellectual and the conception is needed to determine the behavior and ideals of her in the future [4]. Teenagers should be able to set goals and massively to defend and try to make it happen, in order to avoid negative effects on the environment [12]. Adolescents who behave healthy sex besides having clear ideals they are also able to develop and take advantage of its ability to join religious activities. As one of the teenagers who become teacher of the Koran in his village.

According to sources in the community of Youth Association X chairman said that three out of five teenagers who behave sexually healthy is a mosque youth active in the field of religion. Besides these teenagers also melaksanakan prayer five times a reflection of one's religiosity. This is according to research Khairunnisa (2013) that Religiosity proved to have a significant relationship to premarital sexual behavior with  $p > 0.05$ . Religiosity demonstrated through religious worship, such as the running of religious values and avoids behaviors that are prohibited by their religion [8]. Aini (2011) also stated that there was a significant negative correlation between the level of understanding of religion (religiosity) with sex behavior in adolescents, where the higher-level understanding of religion (religiosity), then the lower the free sex, and vice versa [13]. Another study by Andisti and Ritandiyono (2008) get the result that the higher the religiosity the lower the free sexual behavior, and conversely the lower the religiosity the higher the free sex behavior [14].

Religiosity or religious affiliations are into a fortress and the norm for someone to act. A person with a low level of religiosity is not his religion well, so it could have been someone behaves in accordance with the teachings of his religion. Ugoji (2014) also find that involvement in religious institutions can increase the likelihood of teens to have colleagues who have attitudes toward premarital sex limit. This is because teenagers are active in the field of religion will increase contact with adults who may be influential in monitoring them to delay sexual intercourse [11].

This is in accordance with the opinion of the chairman of the community of TWB stating that teenagers who behave healthy sex always refused when invited for a drink and going out, because they will always keep their behavior as religious teenagers. Santrock (2007) also argues that religion is influential in the development of sexual activity in adolescents. Teens who frequently visited religious services are more likely to hear advice to abstain from sex. The involvement of the youth in a religious organization may also increase the chances that they will make friends with teens who have an attitude that does not approve of premarital sex [1]. This occurs in adolescents of TWB who can maintain healthy sexual behavior, although they are risky. These teens were active in religious activities as a teacher of the Koran and parents become a role model in religious activities.

Teens who behave healthy sex also stated that parents act as a factor of protection to keep reminding them about the norms and religion, in addition the desire adolescents to comply with any advice from her parents. Parental protection functions and provides advice and religious role model to teenagers. Parents, for example should have good communication and closeness with teenagers that will affect young people's behavior.

This is in line with research Setyadani (2013) which states that the lack of attention from the family and the absence of *figure* a role model is a thing that encourages teens to have sex before marriage. Parents who do not establish communication and provide education and direction could plunge their child on wrong things [15]. Ola Dipupo (2014) stated that parental involvement is very important for development and formation of behavior on adolescents [16].

Research Verona (2011) also stated that sexual behavior is more common among adolescents who do not have a close relationship with their parents. This is related to the proximity of mutual maintain and respect between parents and teenagers. The role of parents is to set rules and discipline for their children. Their closeness between parents and teens can create a feeling of mutual respect and love, while teenagers who are having tensions with parent against the other can lead to depression which can cause teens to find friends who are free and are sexually active, causing the affected teenagers to engage in sexual activity [17].

This is consistent with the results of in-depth interviews conducted on one of the teenage members of TWB which states that he is reluctant to commit sexual behavior in adolescents for fear of embarrassing parents in case of pregnancy. This result is supported by the results of research Mubarakah (2015) which states that adolescents who have the attitude to refuse the premarital sexual behavior both on young women and men have a trigger factor of trust which is *significant others* about the need to avoid triggering factors and to strengthen self-control either in the internal or external factors [18].

The teenagers who behave healthy sex felt their parents are active and participate in religious organizations, do the practice of obligatory prayers and *sunnah tahajud*, and give advice. Therefore they try to keep the sake of their family and do not do sexual behavior that deviates from the norm.

They also are not forced to perform sexual behavior as this group said they do not have a close friend who thinks free sexual behavior. They are able to perform self-limiting and have been able to determine a good and useful behavior. They only gathered with friends to discuss or in an event. This is according to research Rosdarni (2015) which states that adolescents who have low self-efficacy are likely to behave in premarital sexual 1.71 times compared to teens who have a high efficacy. This is because teenagers cannot resist premarital sexual risk behavior [19]. Arumsari (2016) in her study also states adolescences that are able to control themselves are capable of organizing itself towards more positive. It is different from teens

who cannot control themselves will have trouble in adjusting to the environment so that individual will have negative effects [20].

Their ability to not be affected to the activities performed his friends due to the attention of parents who always remind teens about the norms and religion. Parents in these adolescents also gave a model or train teens in terms of establishing relationships with peers, and thinking to sort out which is good and bad influences [1]. So that occurs in adolescents community TWB who behave sexually healthy, where teenagers who do not want to imitate the behavior of their negative peers as drinking because teenagers have thoughts and guidance of parents who counseled not to follow things that are negative because it can harm themselves and always follow the teachings of religious norms.

#### 4. CONCLUSION

Personal and external overview of teenage members of Youth Association X who have reproductive behavior and healthy sexuality is influenced by major external factors, namely setting up and functioning of families, especially in terms of religiosity and peer selection and achieving goals by learning. Personal factors consist of the ability to hold the emotion and the achievement of the ideals also religiosity attitude in adolescents.

It is expected that parents are able to provide, advice and become a role model to teenagers, care and constantly remind adolescents in relation to norms and religion so that they are able to control themselves and set goals through their dreams and avoid deviant behaviors including premarital sexual behavior.

#### REFERENCES

- [1] J. W. Santrock, "Adolescence," Erlangga, Jakarta, 2007.
- [2] BKKBN, "The Division of the Material Helps Teenagers Recognize Himself, Directorate of Adolescence and Protection of Reproductive Rights," Jakarta Timur, BKKBN, 2008.
- [3] BKKBN, "Indonesia Demographic and Health Survey 2012," Jakarta, BKKBN, 2013.
- [4] Soetjningsih, "Grow youth and the problem," Jakarta, CV Agung Seto, 2010.
- [5] Research Team PSW UGM, "Teen Profile in Yogyakarta Special Region: Case Studies and Reproductive Health Policy of Adolescents," Yogyakarta, Cooperation with Ministry of Women Empowerment, 2006.
- [6] S. W. Sarwono, "Adolescent Psychology," Jakarta, Rajawali Press, 2013.
- [7] M. N. Ghufuron and R. Risnawita S., "Psychological Theories," Jogjakarta, Ar-Ruzz media, 2010.
- [8] A. Khairunisa, "Religiosity and Self-Control Relationships with Sexual Behavior of Adolescents in MAN 1 Samarinda," *Journals of psychology*, vol/issue: 1(2), pp. 220-229, 2013.
- [9] G. C. Runtukahu, *et al.*, "Relationship of Self Control with Smoking Behavior of Youth among SMKN 1 Bitung," *Journal of e-Biomedik (ebm)*, vol/issue: 3(1), pp. 84-92, 2015.
- [10] Pawestri, *et al.*, "Knowledge, Attitudes and Adolescent Behavior on Premarital Sex," *Journal of Maternity Nursing*, vol/issue: 1(1), pp. 46-54, 2013.
- [11] F. N. Ugoji, "Determinants of Risky Sexual Behaviours among Secondary School Students in Delta State Nigeria," *International Journal of Adolescence and Youth*, vol/issue: 19(3), pp. 408-418, 2014.
- [12] Suwarti and T. Pinandita, "Description of Sex Adolescent Behavior in Purwokerto," *Sainteks*, vol/issue: 9(2), pp. 56-61, 2014.
- [13] L. N. Aini, "Religion Relationship Relation with Free Sex Behavior in Teens at SMAN 1 Bangsal Mojokerto," *Journal of Nursing*, vol/issue: 1(1), 2011.
- [14] Andisti M. A. and Ritandiyono, "Religiosity and Free Sex Behavior in Early Adulthood," *Journal of Psychology*, vol/issue: 1(2), pp. 170-176, 2008.
- [15] A. S. Setyadani, "Reproductive Health Behavior on Street Children with Active Sex in Semarang City," *Journal of Public Health*, Vol/issue: 9(1), pp. 30-36, 2013.
- [16] O. B. O. Oladipupo and Viatonu O, "Influence of Family Characteristics and Cultural Norms on Pre-Marital Sex Among Secondary School Students in Ojo Local Government Area of Lagos State Nigeria," *European Scientific Journal*, vol/issue: 10(5), pp. 231-242, 2014.
- [17] A. P. Verona, "Explanations for religious influence on adolescent sexual behavior in Brazil: direct and indirect effects," *Revista Brasileira de Estudos de População*, vol/issue: 28(1), pp. 187-201, 2011.
- [18] K. Mubarakah, "Initiation Process of Sexual Behavior Pranikah to Students in the city of Semarang," *Healthy Journal*, vol/issue: 1(1), pp. 37-42, 2015.
- [19] Rosdarni, *et al.*, "The Influence of Personal Factors on Premarital Sexual Behavior in Adolescents," *Journal of National Public Health*, vol/issue: 9(3), pp. 214-221, 2015.
- [20] C. Arumsari, "Individual Counseling with Symbolic Modeling Techniques on Enhancing Self-Control," *Counseling journal Gusjigang*, vol/issue: 2(1), pp. 1-11, 2016.