

SHORT ARTICLE

The Sexual Behavior's Related Factors of Senior High Schools Teenagers in Bukittinggi 2017

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Abstract

Background: The increasing number of the teenager's sexual behavior in Indonesia is influenced by many factors. The purpose of this study was to determine factors associated with sexual behavior of Senior High Schools in Bukittinggi. **Aims & Objectives:** This study is aimed to determine the factors which are associated with the sexual behavior of high school teenagers in Bukittinggi. **Material & Methods:** This study was a correlation study with the simple random sampling of 360 adolescent. This research was conducted in February to August 2017. Data analysis uses chi-square. **Results:** The results of data analysis of factors related to the sexual behavior of high risk are gender ($p = 0.000$, OR = 0.124), knowledge ($p = 0.000$, OR = 0.392), attitude ($p = 0.000$, OR = 2.529), exposure sources information ($p = 0.000$, OR = 12.405) and peers ($p = 0.000$, OR = 8.711). **Conclusion:** Exposure to sources of information ($p = 0.000$, OR = 8.544) become the dominant factor associated with high-risk sexual behavior of teenagers high schools in the city of Bukittinggi. It is suggested to the schools to provide the student with the extra material about health and sexual behavior in any subjects related to health.

Keywords

Sexual behavior; teenager; the exposure of information sources

Introduction

Adolescence is a transitional period from childhood to adulthood. In adolescence, there will be many changes such as physical, social, and psychological maturity which directly related to the teenager's personality, sexuality and social roles. (1) can be started after the teenagers show the signs of puberty which continues to the sexual maturity, so that their sexual urges increase. In addition, their sexual hormones have already started so it encourages teenagers to commit various sexual behaviors (1). Based on a survey by Youth Risk Behavior Survey (YRBS) in the United States in 2015, 41.2% of

students who sat in the grade 9-12 have had sexual intercourse, 35% of the students has been actively doing it. 30% of the students had sexual intercourse relationship in the last 3 months, 43% of the students do not use condoms during sexual intercourse, 21% of the students had the sexual intercourse after consuming alcohol and drugs (2). Meanwhile, Kesehatan Reproduksi Remaja Indonesia's survey reveals the behavior of unmarried dating teenagers: 35.7% of the teenagers have touch or stimulate their partner, 38.7% have lips kissing, and 75.6% have held their partner's hands (1).

Aims & Objectives

To determine the factors which are associated with the sexual behavior of high school teenagers in Bukittinggi.

Material & Methods

This study was a correlation study with with the number of samples the simple random sampling of 360 adolescent. This research was conducted in February until August 2017. The research uses non-probability sampling with quota sampling method, hence it is resulted 360 samples. The data were analyzed by using chi-square test with 95% confidence level. Multivariate analysis uses logistic regression to determine the relationship of independent variables with the dependent one.

Results and Discussion

The result of the research shows that less than half of the teenagers are in risky sexual behavior (44.7%). 50.4% of the teenagers have fantasized sexual activity, 62.4% have held hands with their partners, 19.1% have hugged, 15% have kissed cheeks, 3.8% have kissed lips, 3,5% have touched their partner's sensitive areas, and 18.5% have stimulated their own genitals.

Table 1: That male sexual behavior is higher than females. The difference between boys and girls sexual behavior is caused by their biological and social factors (3, 4). Male biological factors increase easily and they easily get an erection and orgasm compare to female's, meanwhile male social factors tend to be wider than female's (5, 6)

In addition, boys are more interested to the opposite sex in order to get a gratification of sexual needs, because the boys show sexual interest better than girls because for the boys love is sex. Meanwhile, in sex, women tend to excavate aspects of personality (7-9).

Unmarried boys are more likely to be sexually active than unmarried girls. They may also agree to the sexual intercourse and tend to have more opportunities to engage in it. (15) Boys are also more likely to have more than one partner than women. Parents and communities also tend to be more protective to girls, hence they are more obedient to the rule of law (10, 11).

Table 2: This study reveals that teens who have risky sexual behavior is in normal puberty (45.3%). The results of chi-square statistical tests p value = 0.379, indicates that there is no significant relationship

between puberty and high schools teenager's risky sexual behavior.

Age belongs to the significant factor which can influence teenager's activities. Development of age increases their sexual organs, even though it is not necessary on maturity development (12).

The more mature a teenager, the more he can use his logic independently. It is in line with their intellectual and cognitive development. In this stage, teenager starts to enter their formal usage of logic thinking gradually to prevent daily problems (13). One of the tasks of adolescent development is the maturity of conscience, morality and noble values, so as to analyze their problem by looking at the different angle of their point of view (14).

This study reveals no correlation between puberty to their sexual behavior, similar with the WHO study (2004) which shows that puberty was considered as an early sign of youthfulness, but currently it cannot being considered as the major benchmark, due to the age of puberty is slowly getting early, a children aged 10 years or less experienced early puberty (15). Peer influence or poor parental supervision makes teenagers free to do what they want without considering the cause and effect that will arise. Thus, the factor of puberty has no significant association with adolescent risky sexual behavior and cannot be used as a benchmark for adolescent risky sexual poses (16, 17).

Table 3: It is showed that teenagers with high level of knowledge (52.3%) have a risky sexual behavior compared to respondents with a low knowledge level. The results of chi-square statistical test p value = 0.000 and OR = 0.392, shows that teenagers who have a high knowledge level is 0.39 times risky of sexual behaviors than the low ones.

The results of this study contrasts the earlier statement, the assumption is because for those who are knowledgeable seem aware of the risks and impacts caused by the risky sexual behavior. But in reality, behavior is not only influenced by knowledge, there are many other things outside the individual matters, they are environment, social, and exposure to information sources (18).

In addition, family factors also affect, the pattern of parenting will affect the character of the child. The relationship between parents and the children will also affect the behavior of teenager and will be carried over to the advanced point in their development (19, 20).

Table 4: It is shown that more than half of the respondents who have risky sexual behavior have negative attitude (57.0%). The results of chi-square statistical tests p value = 0.000, and the value of OR = 2.684, reveals that teenagers who have a negative attitude is 2.6 times more risky than teenagers who have a positive attitude.

Attitude is a predisposition to be responded, which can derive their behavior, acquired through learning. Attitude is one of the domains that determine behavior (21). The statement is in accordance with the results of this study, where teenagers who have a negative attitude tend to have a risky sexual behavior (22).

Teenager's attitudes are also influenced by their environment, those who live in the areas which support bad sexual behavior will influence their sexual behavior. According Minddlebrook, a strong impression can be the basis of action attitude, the experience of the individual. The attitude will be easily formed when the emotional factors seen in the experience. The experience will last deeper and longer if the situation is so emotional (21, 23).

Attitudes are also related to the teenager's knowledge, the higher their knowledge, the more positive their attitude. Factors that influence the formation of a positive or negative attitude is the personal experience because something which happened to someone will come to help and influence their general total comprehension. People tend to have an attitude that conformation or in line with others that are considered important (24).

Table 5: Research shows that respondents who have risky sexual behavior are highly exposed to sexual information source (76.3%). The results of chi-square statistical tests p value = 0.000, and the value of OR = 12.405, means that teenagers which exposed to sexual information resources is 12.4 times risky to have sexual behavior.

Teens tend to curious, they tend to try and emulate things which steal their attention. Hormonal development of teenagers is triggered by the exposure of pornography from various media which brought curiosity and provoke their desire to have sexual experiment (25, 26).

The teenagers who are exposed to sexual information sources can cause problems for themselves and others. It is caused by the free and easy access of the information. As the means of information and communication, various forms of mass media such as the internet, television, radio,

newspapers, magazines, and others have great influence in forming teenager's opinion. In the submission of information as the main task, the media also brings a message that contains suggestion which can derive someone's opinion (27). Teenagers are more easily influenced media in risky sexual behavior than adults due to teenagers tend to imitate the scenes they view. The possible effect of exposure to sexual information is to encourage and stimulate them to practice every scene they view. That condition causes their behavior to be more permissive to the existing norms (28, 29).

The mass media become the biggest contributor to personal destruction and teenager behavior in modern times today, everything can be accessed easily. Pornography can be accessed in seconds, which would give impact to them. Reading, seeing, and watching things the matter of pornography motivates teenagers to imitate or practice it. It can be concluded that risky sexual behavior can be affected by exposure to medium sexual information/high pornography (30, 31).

Table 6: It is shown that more than half of the respondents of sexual behavior are influenced by their peers (72.7%). The results of chi-square statistical tests p value = 0.000, OR = 8.544 which means that teenagers who are influenced by their peers are 8.5 times more likely to have risky sexual behavior.

Teenagers are more comfortable and open to discuss the issues of sexual behavior with their peers rather than their parents. Their reason is simple, peers tend to be able to keep their secret, more open in discussing opposite sex friends, able to solve the problems they faced with their parents/family (32). The more misinformation they received from peers the greater the risk of sexual behavior might occur. A strong negative influence from their peers and a weak self-defense can make the teenagers to be easily influenced (33).

Sexual problem information is important for teenagers because it is in active sexual potency. It will be harmful for the teenagers if they do not have the right knowledge and information. Therefore, teenagers should be provided with reliable and justiciable information (34, 35).

The right resources can be from parents, teachers or health workers. Providing the teenagers with advice and counseling about sexual behavior can prevent them from risky sexual behavior. Besides, the communication between parents and the children

has an important role for the risky sexual behavior. Parents provide important information and values to their children to protect them from peer influences (36).

Based on [Table 7](#): it is obtained a bivariate analysis, the variables that qualify p value <0.25 and entered as a multivariate candidate are gender, level of knowledge, attitudes, exposure sources information, and peers.

Based on [Table 8](#), the result obtained from multivariate analysis shows exposure to information sources contribute more to the occurrence of teenager's sexual behavior with a value of p = 0.000 and OR = 6.348 value. The next results of the analysis explain that teenagers who are exposed to information sources is 6.3 times more risky than the gender, level of knowledge, attitudes and peers.

For teenagers, the mass media is used to spend their spare time to find the values of life that sometimes does not fit the reality. As a result, teens will absorb those values and affect their behavior and daily lifestyle (37).

Teenager's errors in the risky sexual behavior and free sex do not come entirely from their own. A supportive climate enables teenagers to be affected for violent action. Loose tolerance from the society and advance information and technology also cause many teenagers to do risky sexual behavior (38).

Once someone attracted to pornography then he/she will try to even want to always get the material. Pornography last enough that will cause addiction to the teenagers and it will increase their demand for heavier, more explicit, more sensational and more distorted sex material (39).

Mass media is the most important source of sexual information than parents and peers, because it gives a better picture of their needs of sexuality. Mass media both printed and electronic displays pornographic texts or images which can cause imagination and stimulate someone to try to imitate the scene (40).

Conclusion

The researcher found that nearly half of respondents have a risky sexual behavior. The bivariate analysis shows a significant relationship between gender, level of knowledge, attitudes, exposure to information, and peers with sexual behavior. On multivariate analysis, exposure to sources of information becomes the dominant factor which

causes a risky sexual behavior for Senior High Schools Teenager's in Bukittinggi.

To prevent the more occurrence of risky sexual behavior on teenagers, it is advisable for the school to add the material about health and sexual behavior education in any subjects related to health, hence teenagers can understand their knowledge more as a whole, and can be responsible in behaving.

Authors Contribution

All authors have contributed equally in this study.

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Tables

TABLE 1 RELATIONSHIP OF GENDER AND SENIOR HIGH SCHOOLS TEENAGER’S SEXUAL BEHAVIOR IN BUKITTINGGI 2017

Gender	Sexual Behavior				Total		OR (95% CI)
	Not at Risk		At risk		f	%	
	f	%	f	%			
Man	36	25.9	103	74.1	139	100	0.124
Women	163	73.8	58	26.2	221	100	
Total	199	55.3	161	44.7	360	100	

TABLE 2 THE RELATIONSHIP OF PUBERTY AND SENIOR HIGH SCHOOLS TEENAGER’S SEXUAL BEHAVIOR IN BUKITTINGGI YEAR 2017

Puberty Age	Sexual Behavior				Total		OR (95% CI)
	Not at Risk		At risk		f	%	
	f	%	f	%			
Early Puberty	13	65.0	7	35.0	20	100	1.53
Puberty Normal	186	54.7	154	45.3	340	100	
Total	199	55.3	161	44.7	360	100	

TABLE 3 THE RELATIONSHIP OF KNOWLEDGE LEVEL AND SENIOR HIGH SCHOOLS TEENAGER’S SEXUAL BEHAVIOR IN BUKITTINGGI 2017

Knowledge level	Sexual Behavior				Total		OR (95% CI)
	Not at Risk		At risk		f	%	
	f	%	f	%			
High	113	47.7	124	52.3	237	100	0.392
Low	86	69.9	37	30.1	123	100	
Total	199	55.3	161	44.7	360	100	

TABLE 4 THE RELATIONSHIP OF ATTITUDE AND SENIOR HIGH SCHOOLS TEENAGER’S SEXUAL BEHAVIOR IN BUKITTINGGI 2017

Attitude	Sexual Behavior				Total		OR (95% CI)
	Not at Risk		At risk		f	%	
	f	%	f	%			
Positive	128	65.6	67	34.4	195	100	2,529
Negative	71	43.0	94	57.0	165	100	
Total	199	55.3	161	44.7	360	100	

p = 0.000

TABLE 5 THE RELATIONSHIP OF THE INFORMATION SOURCE RESOURCES AND SENIOR HIGH SCHOOLS TEENAGER’S SEXUAL BEHAVIOR IN BUKITTINGGI 2017

Information Exposure Source	Sexual Behavior				Total		OR (95% CI)
	Not at Risk		At risk		f	%	
	f	%	f	%			
Low	162	79.4	42	20.6	204	100	12,405
High	37	23.7	119	76.3	156	100	

Total	199	55.3	161	44.7	360	100
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p = 0.000

TABLE 6 PEER RELATIONS WITH SENIOR HIGH SCHOOLS TEENAGER’S SEXUAL BEHAVIOR IN BUKITTINGGI

Peer Influence	Sexual Behavior				Total		OR (95% CI)
	Not at Risk		At risk		f	%	
	f	%	f	%			
Small	157	76.2	49	23.8	206	100	8,544
Big	42	27.3	112	72.7	154	100	
Total	199	55, 3	161	44.7	360	100	

TABLE 7 DOMINANT FACTORS ASSOCIATED WITH SENIOR HIGH SCHOOLS TEENAGER’S SEXUAL BEHAVIOR IN BUKITTINGGI 2017

Variables	p value
Gender	0,000
Puberty Age	0.379
Knowledge level	0,000
Attitude	0,000
Exposure to Information Resources	0,000
Friends of the same age	0,000

TABLE 8 RESULTS OF MULTIVARIATE LOGISTIC REGRESSION ANALYSIS FACTORS ASSOCIATED WITH SENIOR HIGH SCHOOLS TEENAGER’S SEXUAL BEHAVIOR IN BUKITTINGGI 2017.

Step	Variables	p	Exp (B)	95.0% CI for EXP (B)	
				Lower	Upper
1	Gender	0.002	0.374	0.204	0.686
	Knowledge level	0.135	0.629	0.343	1.155
	Attitude	0.030	1,864	1.064	3,268
	Exposure to Information Resources	0,000	6.025	3.355	10,819
	Friends of the same age	0,000	3.892	2,212	6,848
2	Gender	0.002	0.388	0.213	0.709
	Attitude	0.026	1.891	1,081	3,306
	Exposure to Information Resources	0,000	6,348	3,549	11,352
	Friends of the same age	0,000	4,170	2,385	7,291