

# *Attitudes towards Sexual Behavior Among High School Students at SMA Negeri 1 Munte*

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**Abstract**— This research aims to determine the adolescents' attitudes towards sexual behavior at SMA Negeri 1 Munte. The approach used in this research is quantitative. The research population used was students of SMA Negeri 1 Munte, with a total research sample of 175 people. The sampling technique used is saturated sampling. Data collection was used using attitudes towards sexual behavior scale in the form of a Likert scale. The scale was distributed directly to research subjects. After the data is collected, it is processed using SPSS. The research results show that the majority of students at SMA Negeri 1 Munte have positive attitude towards sexual behavior. Based on the research results, adolescents' attitudes towards sexual behavior is an important thing that parents and school need to pay attention to. Parents and SMA Negeri 1 Munte need to take action to minimize adolescent sexual behavior considering the many negative impacts of adolescent sexual behavior.

**Keywords**— Sexual Behavior, Attitudes, Adolescent.

## I. INTRODUCTION

Adolescence is a period when a person is between the stages of childhood and adulthood. Changes in an individual's physical and mental condition are easily visible characteristics. Changes in sexual characteristics, such as the growth of larger waists and breasts in girls and mustaches or beards and deeper voices in boys, are among the most visible physical changes. Changes in thinking are also a natural part of maturation. The achievement of individuality is at the center of attention today, as is the development of more logical, abstract and idealistic ways of thinking. In early adolescence, the body undergoes rapid changes associated with puberty. Teenagers also need exposure to the world outside the home, and their friends play an important role in this. Adolescents are socially vulnerable to the strong influence of peer pressure, which is often known as conformity [3]. During this time, teenagers are also more likely to engage in sexual behavior because they develop feelings of attraction to the opposite sex, feelings that are driven by increased sexual hormone activity and the maturation of their bodies (especially their sexual organs) [7].

According to Sarwono, adolescent sexual behavior includes all actions motivated by sexual desire, both with people of the same or different gender. Attraction can lead to a number of sexual behaviors, including flirting, dating, making out, and even having sexual relations with other people. This kind of behavior is suitable for married couples. Today, though, change is being felt there. Some young people today consider sexual advances and other forms of dating to be normal and common. Unwanted pregnancies, abortions, and the spread of HIV/AIDS are just some of the negative outcomes of the risks of sexual intercourse. The effects are not only felt physically, but also emotionally and mentally [8].

Premarital sexual behavior among teenagers is increasing every year, this is in accordance with SDKI data in 2017, there was an increase in premarital sexual relations among teenagers. The increase is 2% for women, while for men the increase is 4.5% to 8%. This sexual behavior is considered by teenagers to be a normal thing to do and is seen as a form of proof of love and

affection when dating. In reality, sexual behavior has health effects, such as the spread of STDs and pregnancy which leads to negative outcomes including dropping out of school, social stigma, and even health problems during the postpartum period [4].

Attitudes towards sexual behavior are views that are good or bad about sexual behavior. A positive or negative attitude can be a predictor of someone carrying out this behavior or not. Breckler & Wiggins argue that a person's attitude towards something is the result of individual experience. This attitude can have an impact on behavior and has a cause and effect relationship that determines individual actions [2].

Yulianto in his research regarding the description of teenagers' attitudes towards premarital sexual behavior, found that teenagers who considered it normal to kiss lips and make out excessively with their partners indicated that these teenagers rated premarital sexual behavior positively. This will also become more normal because they like each other [9]. Sarwono said that sexual problems that arise in teenagers are due to several factors, namely hormonal changes which can increase teenagers' sexual desire due to reading or viewing pornographic books and films as well as inadequate parental guidance in keeping with teenagers' curiosity about sex. The role of schools, teachers and community leaders is also needed in paying attention to adolescent development [8].

Cognitive, affective and conative factors have an influence on the way adolescents view and evaluate sexual behavior. Research conducted by Nelwyn and J. Kenneth revealed that individual cognitive aspects play a role in shaping teenagers' attitudes towards premarital sexual behavior [8].

Sexual behavior includes touching, kissing, touching of genitals without intercourse and oral sex without intercourse, and touching genitals (especially by rubbing them against each other with a partner without having intercourse). Purnomowardani and Koentjoro argue that sexual behavior is an outward expression of underlying sexual desire, which is indicated by increasing levels of sexual activity. When people engage in sexual behavior, they act on sexual desires or engage in activities that provide pleasure through the sexual organs. Such as daydreaming, masturbating, holding hands, kissing cheeks, hugging, kissing lips, caressing, and having sexual intercourse (intercourse). Teenagers often struggle with sexuality because they have greater sexual desires despite social pressure not to engage in sexual activity until marriage. However, they reach sexual maturity at a young age [5].

The explanation presented previously shows that there is a positive attitude among teenagers towards sexual behavior. This research specifically focused on high school students. SMA Negeri 1 Munte is the only high school in Munte District, where Munte District is located in the highlands of Karo Regency. Since ancient times, the Karo people or better known as Karo people have had strict customs which have been passed down from generation to generation. One of them, for example, is that when guests come to the house, a girl is required to wear a sarong as a sign of modesty, and also a girl does not just want to have a relationship with a boy, but the girl will test the boy with rhymes or terms to test his intellect. Likewise with politeness, where a girl will really respect older people, especially if that person is already married. This also includes Munte District, which has 22 villages which have had the same norms and customs since ancient times. However, now all the norms regarding this matter have shifted and are almost forgotten by today's young generation, especially teenagers. This is based on preliminary research conducted by researchers based on interviews with the traditional leader in Munte Village named Mr. E. Ginting. He said that teenagers there no longer hesitate to date in front of their parents, holding each other's hands, talking until midnight. For him, this does bother him, but today's young people are immune to criticism or anger from their parents. They will obey for a while but will do it again and again

Negative sexual behavior also occurs at SMA Negeri 1 Munte. In October 2021, there was a case of negative sexual behavior where a teenager decided to stop going to school because she was pregnant. Ironically, based on information from her friend, a school student, she was also impregnated by a driver who was much older than her, where the teenager was 15 years old (in class X), even though according to her friend, she was a good and cheerful child. Based on student information, this year there have been 3 female students who were forced to leave school because they were pregnant. When researchers asked about their attitude regarding the case their friend had experienced, they only said that the friend affected by the case was not very close to them. In this case it appears that there is a lack of concern between them. In this indifference, one side shows their attitude towards the sexual behavior experienced by their friends.

Given the background provided, the researchers investigated adolescents' attitudes towards sexual behavior. The results of this research can provide information and input regarding adolescent attitudes towards sexual behavior. It is hoped that the results of

this research will also increase knowledge and insight for parents and schools regarding adolescent attitudes towards sexual behavior so that they can carry out interventions to minimize adolescent sexual behavior considering the many negative impacts of adolescent sexual behavior.

## II. LITERATURE REVIEW

### 2.1. Attitudes towards Sexual Behavior

According to Azwar, attitudes are formed through social interactions experienced by individuals. Attitudes acquired through personal experience can have a direct impact on behavior. In addition, attitudes and behavior have a cause and effect relationship, meaning that a person's attitude determines his actions [2]. As for attitudes towards sexual behavior, according to Sarwono, every action that is motivated by the desire to carry out sexual acts on the opposite sex is defined as sexual behavior. Sexual behavior can range from attraction to dating to making out to sexual encounters with everything from inanimate objects to other people to fantasies about other people and even oneself [8].

Adolescent attitudes towards sexual behavior include two dimensions, namely personal attitudes and social attitudes. Personal attitudes reflect an individual's acceptance or rejection of premarital sex. On the other hand, social attitudes are influenced by societal norms and rules. For example, if a teenager personally welcomes sexual behavior before marriage but faces societal prohibitions or condemnation, they may adjust their personal attitudes to be in line with social expectations, resulting in an attitude of rejection of sexual behavior [1]. Based on this explanation, researchers can conclude that attitudes towards sexual behavior before marriage include supportive-rejection reactions to various forms of sexual behavior.

## III. METHODOLOGY

The method used in this research is quantitative descriptive. The aim of the research is to determine adolescents' attitudes towards sexual behavior among SMA Negeri 1 Munte students. Data in the research were collected using attitudes towards sexual behavior scale in the form of a Likert scale. The scale was distributed directly to research subjects. The subject population of this research is SMA Negeri 1 Munte students, with a total sample of 175 people. The sampling technique used is non-probability sampling, namely saturated sampling or also called census. After the data has been collected, the data was analyzed using SPSS software.

## IV. RESULTS

In this research, based on the results of descriptive tests, a description of the research subjects can be found. This description is based on the gender, age, and students' attitudes towards sexual behavior. In table 1, description of the subjects based on gender can be seen.

TABLE 1. RESEARCH SUBJECTS BASED ON GENDER

Gender	Total	Percentage (%)
Male	79	45,1
Female	96	54.9
Total	175	100

Based on the table above, it can be seen that the grouping of subjects based on gender that mostly filled the scale according to the research category was female, namely 96 people with a percentage of 54.9%, while men were 79 people with a percentage of 45.1%. In this study, female respondents were the majority of respondents. In the next table, the general description is categorized based on age categories. The description of the subject based on age, can be seen in Table 2.

TABLE 2. RESEARCH SUBJECTS BASED ON AGE

Age	Total	Percentage (%)
15 Years	50	28,6
16 Years	70	40
17 Years	45	25,7
18 Years	10	5,7
Total	175	100

Based on table 2, it can be seen that the ages of the respondents vary, but all of them are in their middle teens, namely 15-18 years old. It can be seen that there are 50 people aged 15 years or around 28.6%, aged 16 years there are 70 people or 40%, aged 17 years there are around 45 people or around 25.7% and aged 18 years there are 10 people or around 5.7 %. The results can be seen that students aged 16 years are the most dominant.

In Table 3, an overview of the categorization of students' attitudes towards sexual behavior can be seen. The categorization of attitudes towards sexual behavior consists of low, medium and high. The following are the results of the categorization of students' attitudes towards sexual behavior.

TABLE 3. CATEGORIZATION OF STUDENTS' ATTITUDES TOWARDS SEXUAL BEHAVIOR

Categories	Total	Percentage (%)
Low	20	11,4
Medium	72	41,2
High	83	47,4
Total	175	100

Based on the categorization results above, the results showed that respondents generally had an attitude towards sexual behavior in the high category, namely around 47.4% or 83 students. In the medium category, namely 41.2% or 72 students. Finally, in the low category there are 20 students or around 11.4%.

## V. DISCUSSION

The results of this study show that the majority of subjects are female. Meanwhile, the majority of subjects are 16 years old. Furthermore, this research also shows the students' attitudes towards sexual behavior. The majority of students' attitudes towards sexual behavior is high and it means that the majority of students at SMA Negeri 1 Munte react positively towards sexual behavior. Based on this, it can be seen that there are problems related to adolescents' attitudes towards sexual behavior among SMA Negeri 1 Munte students.

One of the causes of adolescents' attitudes towards sexual behavior can be due to low moral reasoning in adolescents. This is because individuals with higher levels of moral reasoning tend to have more negative attitudes toward premarital sexual behavior. Adolescents who have lower levels of moral reasoning may be more accepting of such behavior. In addition, moral reasoning is associated with the decision-making process regarding sexual behavior, which reflects the quality of interpersonal relationships desired by individuals and thus greatly determines their attitudes towards sexual behavior [6].

## VI. CONCLUSION

Adolescents' attitudes towards sexual behavior is an important thing that parents and school need to pay attention to. This is because adolescents' positive attitudes towards sexual behavior can have negative consequences. Therefore, parents and school need to take action to minimize adolescent sexual behavior considering the many negative impacts of adolescent sexual

behavior.

The action that parents can take is to invite teenagers to discuss and exchange opinions regarding knowledge about how to behave towards sexual behavior in order to enforce religious rules, legal rules and social rules when teenagers are in relationships with the opposite sex so that teenagers do not behave beyond the norm. On the school side, to increase compliance with religious, legal and social norms regarding sexual behavior among teenagers, schools can collaborate with parents to develop joint coaching programs. These programs should focus on stimulating adolescents' moral reasoning and emphasizing appropriate behavior in relationships with the opposite sex. Aligning the rules and guidelines applied at school with those applied at home, teenagers' moral reasoning and attitudes towards sexual behavior can be improved in a positive direction.

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