

The Dangers of Free Sex Lurking Adolescents in Jayawaras Village, Garut

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Abstract

Sexual behavior carried out before marriage can be at risk of sexually transmitted diseases and unwanted teenage pregnancy, which can lead to abortion and marriage at a young age. The incidence of free sex in adolescents is caused by adolescents who do not understand the impact of free sex on their health and life, lack of guidance from their families, and poor friendships. Another impact of premarital sexual behavior is the risk of being infected with HIV. The purpose of the activity was to increase knowledge and understanding of the dangers of free sex for adolescents. The method used was the lecture method via zoom, poster installation, question and answer, and group discussion. Result of health education activities in RW 03 and RW 13 Jayawaras Village, Tarogong Kidul Regency which was held on Thursday, September 29, 2021 Time: 13.00 WIB (01 pm) until finished. Furthermore, the installation of educational posters in RW 03 and RW 14. In the process of implementing counseling; The participants participated counseling enthusiastically and the counseling was carried out using the online method. The outreach activities were conducive because the community paid attention to the material presented well.

Keywords: Danger, free sex, adolescents

INTRODUCTION

Adolescents' sexual and reproductive health (SRH) especially free sex has been a central focus of public health as the issue contributes significantly to the global burden of sexual health (Lee & Kee-Jiar, 2022). Free sex or premarital sexual behavior/extra-marital intercourse/kinky sex is sexual behavior that is carried out freely before or without a legal marriage bond (Rahadi & Indarjo, 2017). In the wider community, this action is seen as unusual. Generally, the act of free sex is carried out between two people with a sense of mutual love or liking each other. Free sex behavior refers to two people who do not pay attention to the values and norms applied and/or have sexual relations between husband and wife without a clear bond.

Premarital sexual behavior is the impact of promiscuity. Promiscuity is behavior or attitude in socializing that is carried out by individuals or groups of people in an uncontrolled manner and without any norms or rules that are based on social relations. The phenomenon of premarital sexual behavior is quite common in the surrounding environment. Premarital sexual behavior is actually a problem due to shifting norms, values, and cultures prevailing in society (Setyawan et al., 2019).

According to the 2017 RPJMN Survey, adolescents who had had a boyfriend and had had sexual relations had increased in the past year, from 6% to 8% in male adolescents. Research conducted by Oktriyanto (2019) in (Pidah et al., 2021) using secondary data from the 2015 RPJMN Indicator Survey also stated that 7.3% of male adolescents and 2.3% of female adolescents had had premarital sex. Based on research conducted by (Appulembang et al., 2019) with 144 samples of SMA X Palembang students, it was found that 44 students (30.6%) of the subject had had premarital sexual behavior. In addition, research by Rosyana, Kusnanto, & Wahyuni (2012) in (Sari et al., 2018) showed that from 53 students of SMK X Surabaya, 11 students had moderate-high free sex behavior. Adolescent sexual behavior is influenced by many factors, including attitudes, family roles, exposure to information media, living environment and peers (Fadhlullah et al., 2019). In addition, there are predisposing, enabling, and driving

factors for other premarital sexual behavior that make this free sex behavior more and more practiced.

Sexual behavior carried out before marriage is at risk of sexually transmitted diseases and unwanted teenage pregnancy, which can lead to abortion and marriage at a young age. The impact that can occur on free sex affects psychologically, future, and family. There are several reasons why adolescents have free sex before marriage, namely consensual, curiosity and being forced by their partners. The incidence of free sex in adolescents is caused by adolescents who do not understand the impact of free sex on their health and life, lack of guidance from their families, and poor friendships. Another impact of premarital sexual behavior is the risk of being infected with HIV, having feelings of shame, guilt, sin, depression, anger, and aggression (Maryama, 2014).

The emergence of sexuality problems is usually influenced by hormonal changes, thereby increasing libido (sexual desire) in adolescents. Increasing sexual desire in adolescents requires channeling certain sexual behaviors. Istiqomah (2016) in (Yusuf, 2019) showed that the lower the self-control possessed by adolescents, the higher the premarital sexual behavior in adolescents. In Indonesia, 62.7% of adolescents had had sexual relations with the opposite sex and 21% of adolescents who were pregnant out of wedlock had had an abortion (Survey by KPAI and the Ministry of Health in 2013) (Sarwono, 2011) in (Istiqomah & Notobroto, 2017).

Various factors that can influence adolescents in free sex behavior, as evidenced by one of the studies conducted by (Nurhayati et al., 2017), there was a significant relationship between the influence of parents and premarital sexual behavior with $p\text{-value } 0.030 < 0.05$, the role of family had big influence on premarital sexual behavior in adolescents at SMA Negeri 1 Indralaya Utara. With the increase in the incidence of free sex among adolescents, it is caused by high curiosity in adolescents regarding intense socialization of the opposite sex, attitudes and sexual behavior that will trigger adolescents to try free sex behavior. The physiological impact of premarital sexual behavior that is often experienced by adolescents is the occurrence of unwanted pregnancy so they carry out abortion, and sexually transmitted infections such as HIV AIDS, syphilis and so on.

WHO has stated that 1 in 20 adolescents will be infected with sexually transmitted infections every year, resulting from risky adolescent sexual and reproductive behavior and the lack of adolescent understanding and knowledge about the risks posed by premarital sexual behavior (Rachmawati et al., 2020). The Ministry of Health of the Republic of Indonesia has designed a program, namely Youth Reproductive Health Services (PKPR) in form of providing counseling services and increasing the ability of adolescents in carrying out Health Education and Life Skills (PKHS). This activity can be carried out optimally if there is a cooperation between sectors such as health centers, hospitals, schools, private organizations, youth NGOs, and other youth associations such as youth organizations (Kemenkes RI, 2015).

Based on the result of an Introspective Survey conducted in Jayawaras Village, Tarogong Kidul Regency, it was found that out of 486 respondents, 21 (3.5%) of them were early adults. After deliberation by the village community with each RW and cadres in Jayawaras Village, the issue of free sex became a concern in one RW and was approved by another RW. Based on research by Senjaya, Hendrawati, & DA Amira (2018) conducted at one of Garut high schools, it was found that out of 100 students, as many as 68% of students had knowledge about free sex in the range of moderate to low and as many as 37% of students had negative behavior on free sex. In addition, research at SMA X Garut on 268 students found that 100 students (37.3%) showed risky sexual behavior (Purnama, Sriati, & Maulana, 2020). Remembering the importance of reproductive health education and to prevent the occurrence of premarital sexual behavior, health education needs to be given especially to adolescents in Jayawaras Village, Tarogong Kidul Regency.

METHOD

The target of this service was adolescent who were in RW 03, and RW 14 in Jayawaras village, Garut regency. Implementation began with the preparation stage. The preparation stage aimed to get support from the administrative aspect of the RT, RW, urban village as leaders and coordinators of government administration in the Jayawaras Village working area and the health cadres in each integrated healthcare center. The preparation stage was completed in one day assisted by students who were taking community status. After being approved by the health center concerned, students would conduct an introspective survey first to find out what were the issues. Based on the result of an Introspective Survey conducted in Jayawaras Village, Tarogong Kidul Regency, it was found that out of 486 respondents, 41 (8.4%) of them were early adults who were in RW 03 and RW 14 was RW with the highest number of early adolescents.

After deliberation from the village community with each RW and cadre in Jayawaras Village, the issue of free sex became a concern in one RW and was approved by another RW, seeing the number of early adolescents as many as 41 people, the large group method was most appropriate to be applied in providing education and training and health promotion activities for adolescents in RW 03 and RW 14. The preparation stage was coordinated with Haurpanggung Health Center to apply for a permit for general condition assessment activities.

The next step was to carry out health education activity through question and answer lectures and video screenings through zoom media about the dangers of free sex. This learning method was intended to make it easier for early adolescents in Jayawaras Village, Garut Regency to understand the material presented. The discussion method was also intended so the early adolescents in Jayawaras understand better so they were unable to avoid free sex behavior. The material presented was discussed together (knowledge exchange) so the early adolescents in Jayawaras village, especially RW 03, and RW 14 understand the material that had been presented.

The next method was playing a video about the impact of free sex behavior. It was hoped that by watching this video, early adolescents in Jayawaras Village could easily remember it and they were able to apply prevention in their daily life. Apart from this method, the service team also used other resources such as brochures. There was a pre-test which was conducted before the start of health education and a post-test immediately after the completion of health education.

RESULT

Based on the result of the Self-Insight Survey conducted in RW 03 and RW 14, Jayawaras Village, Tarogong Kidul Regency, it was found that out of 486 respondents, 41 (8.4%) of them were early adults. Based on report from health cadres and the community in RW 03 and RW 14, the early adolescents who were in the two RWs were very worried about their relationship, so there were requests from health cadres and community leaders to educate early adolescents about the dangers of free sex. Free sex counseling activity was carried out smoothly and there were several obstacles including the online network in RW 03. However, the obstacles that occur could be overcome so that activities could take place according to plan.

The counseling activity was attended by 7 adolescents in RW 03 and 31 adolescents in RW 14 and 8 cadres accompanied during the counseling activity. Adolescents paid attention and were enthusiastic during the activity, which was marked by adolescents asking several questions about free sex. Evaluation of activities was carried out by looking at the result of pre-test and post-test carried out by the adolescents. The pre-test result for RW 03 adolescents who filled in with 5 questions could reach final average score of 68.57 and post-test result of 77.1 so there was a large increase in sex knowledge with an increase in presentation of 8.53%. The pre-test result for RW 14 adolescents who filled in with 5 questions could reach final average score of 80.4 and post-test result of 96.77 so there was a large increase in sex knowledge with an increase in presentation of 16.37%. So it can be concluded that, there was an increase in knowledge of free sex in adolescents.

DISCUSSION

Looking at the process of behavior changes, according to (Sulistiyowati & Setiawati, 2016) premarital sexual behavior needs to be overcome. One of them is by increasing understanding. This effort was carried out in health education which was carried out in RW 03 and RW 14 Jayawaras Village, Tarogong Kidul Regency in the context of preventing free sex behavior.

To prevent children from falling into promiscuity or free sex, parents must start providing sexual education to their children from an early age. This is one form of parenting that is important to do. In addition, some of the following ways can be done to prevent children from falling into promiscuity: starting a topic of conversation about sex. When watching TV or watching videos, parents need to be open when listening to and answering questions asked by their children. If there are problems in answering their curiosity, parents can seek information from trusted sources, for example from doctors, and continue the discussion on other occasions. According to Singgih, D. Gunarsa in (Faswita & Suarni, 2018) the delivery of sexual education materials should ideally be given first by their own parents. Provide an understanding of the dangers of promiscuity. Provide understanding to adolescents about the dangers of promiscuity/free sex which can lead to pregnancy out of marriage and sexually transmitted infections. Discuss this wisely and avoid being intimidating. Zuhra in (Prastiwi, 2016) stated that sexual education can reduce or prevent indiscriminate sexual behavior which also means reducing the transmission of diseases due to free sexual intercourse.

Support adolescents in positive activities. Supporting adolescents to do positive activities that they enjoy will make them more confident and self-respect. This will also reduce the possibility of adolescents to fall into promiscuity. Parents must support their children in positive things such as positive activities to avoid free sex and invite adolescents to channel their energy and time for positive things (Rinta, 2015). Also apply a curfew. Forbid adolescents to come home late at night, and give them good understanding. Provide clear boundaries for children in interactions with the opposite sex. Always monitor the activities carried out by children without seeming to disturb or interfere with their activities or relationships. Also be aware of the influence of television, music, movies, or other types of entertainment. Parents can provide them with a schedule for accessing supervised entertainment. (Sumbogo, 2018) Too much time is spent doing activities outside the home that are less useful, opening up opportunities for bad influences to enter.

In the process of implementing counseling for early adolescents in RW 03 and RW 14 Jayawaras Village, Garut Regency, the participants seemed excited when the material was given. Counseling was carried out using an online method via zoom. The counseling activity went well where the participants paid attention to the material presented well. Events activities were carried out actively from two directions, both from presenters and participants with the subject of free sex problems that lurking adolescents, so adolescents avoid free sex behavior by providing correct understanding of free sex, promoting more positive activities for adolescents, for example the youth mosque, reprimanding their sons and daughters if they do behavior that is not in accordance with applicable norms. Also the need to reduce activities outside the home that are less useful.

CONCLUSION

The dangers of promiscuity that lead to free sex by adolescents cannot be taken lightly. To prevent this, education about the dangers of free sex is very necessary to prevent early adolescents from having free sex. Of course, the role of parents needs to be improved as well to accompany adolescents and provide understanding and motivation to them about the importance of self-respect. Divert attention adolescents from the dangers of promiscuity with variety of positive activities and hobbies. This counseling was very useful for adolescents as well as parents and cadres in dealing with adolescents.

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APPENDIX



Figure 1. Providing education about free sex to the community

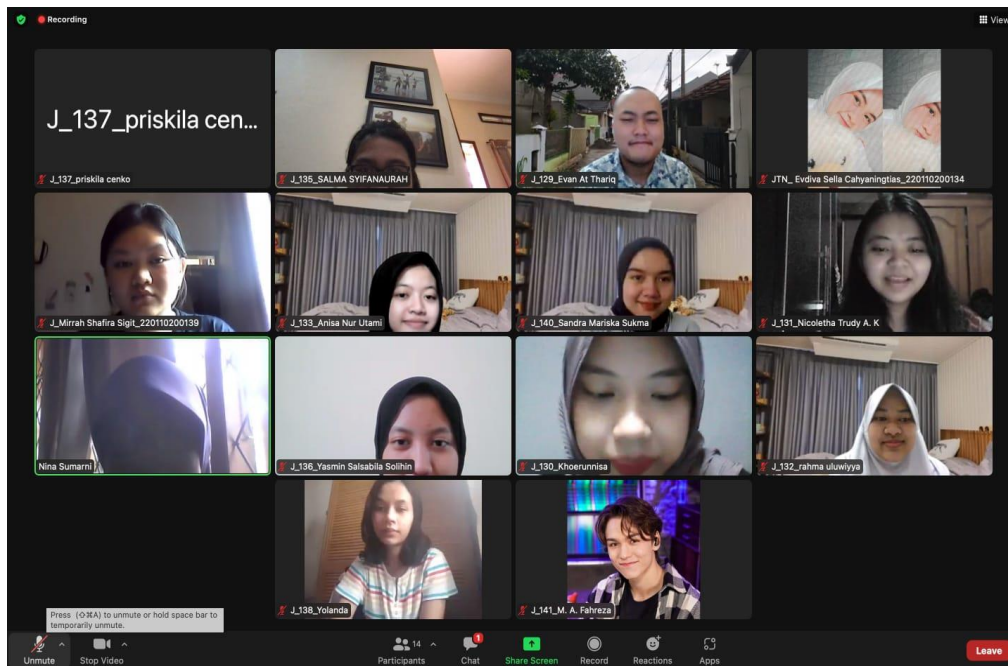


Figure 2. Providing education about free sex to the community