

Overview of Premarital Sex Behavior in Adolescents in Kupang Regency

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Abstrak- Remaja merupakan masa peralihan dari anak-anak ke dewasa yang meliputi dari semua perkembangan yang dialami sebagai persiapan memasuki dewasa awal. Seks pranikah sangat marak terjadi pada kalangan remaja dikarenakan kurangnya terpenuhi bimbingan dan penerangan dengan benar, dikhawatirkan mereka memiliki anggapan yang salah mengenai masalah-masalah yang berkenaan dengan seks dan akan lebih berbahaya jika keadaan seperti ini dibiarkan secara terus menerus maka perilaku seks pranikah akan menjadi sesuatu hal yang biasa bagi remaja. Penelitian ini bertujuan untuk mengetahui gambaran perilaku seks pranikah pada remaja di Kabupaten Kupang. Metode penelitian yang digunakan adalah penelitian kualitatif deskriptif. Pengumpulan data dilakukan dengan teknik wawancara menggunakan pedoman wawancara. Subjek dalam penelitian ini diambil berdasarkan kriteria tertentu dengan menggunakan teknik *purposive sampling Technique*. Partisipan dalam penelitian ini adalah 5 orang remaja yang berusia 17-19 tahun. Hasil penelitian ini menunjukkan bahwa perilaku seks pranikah pada remaja sudah menjadi hal yang umum. Alasan remaja melakukan seks pranikah dikarenakan rasa ingin tahu yang tinggi dan rasa sayang dan takut kehilangan. Remaja sudah melakukan serangkaian tahapan seks pranikah seperti berpegangan tangan, berciuman, oral seks, dan berhubungan badan. Faktor-faktor yang mempengaruhi remaja melakukan seks pranikah antara lain; adanya pengaruh media sosial, teman sebaya, dan memiliki hubungan yang tidak harmonis dan kurang perhatian dari orang tua.

Kata kunci: Perilaku, Remaja, Seks Pranikah

Abstract -Adolescence is a transitional period from children to adults which includes all the development experienced in preparation for entering early adulthood. Premarital sex is very prevalent among teenagers because of the lack of proper guidance and information, it is feared that they have a wrong assumption about problems that are pleasing to sex and it will be more dangerous if such a situation is allowed continuously, then premarital sex behavior will become something common for teenagers. This study aims to find out the description of premarital sex behavior in adolescents in Kupang Regency. The research method used is descriptive qualitative research. Data collection was carried out using interview techniques using interview guidelines. The subjects in this study were taken based on certain criteria using the purposive sampling technique. The participants in this study were 5 adolescents aged 17-19 years. The results of this study show that premarital sex behavior in adolescents has become common. The reason teenagers engage in premarital sex is because of high curiosity and affection and fear of loss. Teenagers have done a series of stages of premarital sex such as holding hands, kissing, oral sex, and having sex. Factors that influence adolescents to have premarital sex include; the influence of social media, peers, and having disharmonious relationships and lack of attention from parents.

Keywords: Behavior, Adolescents, Premarital Sex

1. INTRODUCTION

Adolescence is a transitional period from children to adults which includes all the development experienced in preparation for entering early adulthood. In adolescence, there is growth psychologically, physically, and intellectually (Aziz & Purnama, 2022). The growth and development of these adolescents also includes sexual development which is characterized by their interest in matters related to sex. This encourages teenagers to start exploring and finding out things related to sexuality.

Sexuality is one of the social phenomena that is hotly discussed. This phenomenon is often found in teenagers because at this time teenagers have a very big desire, especially in sexuality issues. This curiosity often makes teenagers often fall into sexuality problems. This problem is premarital sex which has a great influence on the preparation of teenagers in welcoming their future.

Premarital sex is very prevalent among teenagers due to the lack of proper guidance and information, it is feared that they have a wrong assumption about problems that are pleasing to sex and will be more dangerous. If this situation is allowed continuously, premarital sex behavior will become a common thing for teenagers.

The rise of premarital sexual behavior among adolescents in modern times is a problem that needs to be considered because the impact will be detrimental to themselves. The high rate of premarital sex among adolescents is a serious threat to the family, society, and nation, including an increased risk of transmission of sexually transmitted diseases such as HIV/AIDS (Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome) (H. Astuti, 2015).

Premarital sex activity among adolescents and students from year to year has never decreased, in fact, it continues to increase. Many cases occurred in various regions, especially in East Nusa Tenggara. As quoted by EkoraNTT. The pregnancy rate of adolescents aged 15-19 years in East Nusa Tenggara Province (NTT) reached 20.4 percent as of 2022. In each year, there is a potential for adolescent girls to get pregnant 20.4 per 1000 girls aged 15-19 years, there are 20 people who are pregnant. The cause of the increase in the pregnancy rate in adolescents in East Nusa Tenggara is due to premarital sex (<https://ekoranntt.com/2022/10/10/angka-kehamilan-remaja-di-ntt-capai-204-persen/>, accessed May 4, 2023). It is undeniable that premarital sex activities are a problem that is widely discussed in East Nusa Tenggara Province, especially in Kupang Regency.

In addition, this phenomenon is supported by data from PKBI (Indonesian Family Planning Association) regarding the Results of the Rapid Survey of Adolescent Dating Behavior in Kupang Regency in 2021 showing that the age range of adolescents starts dating at the age of 15-23 years. At that age about 10.4 - 27.1% have had sex. In this case, teenagers usually have sex most often at home or in boarding houses. According to the data, about 56% have sex without using a condom and about 75% often change partners.

The above phenomenon shows that the problem of premarital sex behavior among adolescents continues to grow. Many teens get caught up in premarital sex behaviors because of the various influences they receive. Premarital sex behavior is indeed visible but if this is done repeatedly it can cause negative impacts that occur if adolescents have premarital sex, namely psychological impacts (feelings of fear, anxiety, and can also become depression), physiological impacts (unwanted pregnancies that end up being abortions for women), social impacts (dropping out of school in adolescent girls because they are pregnant and under pressure from the surrounding environment), and physical impact (where adolescents can be infected with sexually transmitted diseases and increase the risk of contracting HIV/AIDS) (Sinaga et al., 2015). Premarital sex can have a very detrimental impact on adolescents' lives both in the present and for their future.

2. RESEARCH METHODOLOGY

The method used in this study is a descriptive qualitative research method. The participants in this study were 5 adolescents. Participant recruitment was carried out using the informant determination technique Purposive Sampling Technique with several criteria, such as: 1) Adolescents aged 17-19 years; 2) Unmarried; 3) Domiciled in Kupang Regency; 4) research participants as evidenced by the approval of the signing of the informed consent.

Participant data was collected using a face-to-face in-depth interview method, with open-ended questions that had been prepared by the researcher. The results of the participants' interviews were then analyzed using the Miles and Huberman data analysis techniques which included data reduction, data presentation, and data verification. The data that has been analyzed is then tested for validity using source triangulation and member checks.

3. RESULTS AND DISCUSSION

This study uses a descriptive qualitative method with a total of 5 participants. Based on the results of research and theoretical studies, the researcher discussed 4 indicators related to premarital sex behavior in adolescents in Kupang Regency.

Reasons for Premarital Sex

Adolescence is a time full of turmoil, a time full of various introductions of new things as provisions to fill their lives. In adolescence, there tends to be behavioral changes. The high incidence of premarital sex in adolescents is based on various reasons that make adolescents fall into premarital sex behavior. As the participants expressed that as teenagers, of course, there are reasons for committing premarital sex behavior. This can be caused when dating adults do adult things and also curiosity about sex is also the reason for participants to have premarital sex. The reasons are the same as those expressed by the DT, JM, SN, and PM participants:

"Curiosity and also a desire from oneself to do" (DT Participant)

"Because I have curiosity. I'm curious about it, because the cake from a friend of yours is so it makes me want to try it." (JM Participant)

"The reason for that is because they have curiosity, they want to know what sex tastes like." (SN Participant)

"The reason I was so excited was that I was so excited to do this because I wanted to do it." (PM Participant)

GB said that the reason for doing premarital sex behavior was because of affection and fear of losing to the partner so that they engaged in premarital sex behavior. In an interview GB said that:

"The reason is because I am afraid of losing him and my dear. Finally I dare to do it. (GB Participant)

Based on the results of interviews with 5 participants on the indicator of reasons for having premarital sex, 4 of them had premarital sex for reasons of high curiosity and 1 participant had a reason to have premarital sex due to affection and fear of losing a partner.

Forms of Premarital Sex Behavior

In doing premarital sex, of course, there is a form of premarital sex behavior. As a teenager, of course, try adult things so that in doing premarital sex behaviors can practice in forms of premarital sex. DT and JM participants said that the forms of premarital sex behavior carried out include:

"Yes, hugging, holding hands, sometimes even kissing." (DT Participant)

"Holding hands, kissing, and cuddling." (JM Participant)

Meanwhile, GB, SN, and PM participants said that in establishing a dating relationship, they had done oral sex and reached the stage of intercourse.

"That's it, sister, having sex and having oral sex, that's it." (GB Participant)

"For sexual activity, you have to go to the stage of having sex." (SN Participant)

"It's already reached the stage of intercourse." (PM Participant)

Based on the results of interviews with 5 participants, the indicators of premarital sex behaviors showed that participants had carried out a series of stages of premarital sex behavior. Such as holding hands, hugging, kissing, oral sex, and having sex.

Factors That Affect Premarital Sex

Many factors can influence adolescents to have premarital sex, such as the environment and social media, which make adolescents fall into premarital sex behavior. DT and JM participants said that:

"You look at it from social media, open *tiktok*, *instagram*, reels, and then it's the thing that you watch that makes you want to trigger to try. Continuing to see the people around you or your closest friends also makes you feel like it's a normal thing to do." (DT Participant)

"Because it is affected by the surrounding environment, many people do so, continue from social media and *TikTok*." (JM Participant)

SN and JM participants said that the influence of friends and also frequent viewing of porn videos were the main factors underlying premarital sex and the influence:

"That factor is because of a friend who told me that he had a girlfriend, and he kept watching porn videos, so I was finally provoked to do that." (SN Participant)

"The factor that drives beta is because beta is usually beta beta heard from friends who have done this anyway so beta is curious and willing to try" (PM participant)

In contrast to the four previous participants, GB said that the lack of harmony and attention from parents made GB seek attention from his partner in an interview saying that:

"Because my parents like cakes at home anyway, so I don't get enough attention, that's why I get attention from my boyfriend. Continuing from social media, I'm sorry, ee you're a porn video cake, so that's one of the things that makes me do it and I'm carried away by the lust of continuing with you have a long-term relationship status." (GB Participant)

Based on the results of interviews with 5 participants on indicators of factors that affect premarital sex, there are factors including; There is an influence from social media, the surrounding environment such as peers, and adult viewing. One participant had disharmonious relationships and lack of attention from parents.

Attitude

Attitude is a reaction to a conditioned social stimulus response. Attitudes are feelings, beliefs, and behavioral tendencies that are relatively fixed. Attitudes towards premarital sex behavior are divided into two, namely:

a) Positive Attitude

The results of the interviews were related to adolescents' positive attitudes towards premarital sex behavior. As DT, JM, SN and PM admit:

"According to beta, premarital sex is the behavior of teenagers who are encouraged by their own desire to try something with the opposite sex." (DT Participant)

"If I think it's normal. You see, there are a lot of people who do what else at this age." (JM Participant)

"In my opinion, it's common, because a lot of people do it even though it smells negative, but what I see from beta is that I have a lot of friends who do it and in the neighborhood it's become a common thing." (SN Participant)

"Now I see it as a bad and negative thing, but ketong pung among teenagers, young people, now ketong pung curiosity is big to make ktong want to find out if it's a bad thing, so ktong ju wants to feel it." (PM Participant)

b) Negative Attitudes

The results of the interviews were related to adolescents' negative attitudes towards premarital sex behavior. As GB admits:

"Actually, what I know is that I actually know that it's okay if you do it, you will definitely think about going around (suicide), you want to die, and the second thing that I am most afraid of is that it's an infectious disease." (GB Participant)

Based on the results of interviews with 5 participants on attitude indicators. Adolescents' attitudes towards premarital sex behavior are divided into two, namely positive attitudes and negative attitudes. A positive attitude can be seen from the opinion that premarital sex behavior is now common among teenagers and sexual desire from oneself. Negative attitudes of premarital sex behavior among adolescents are, for example, having suicidal thoughts and disease transmission.

Discussion

This study aims to find out the Description of Premarital Sex Behavior in Adolescents in Kupang Regency. This study uses a descriptive qualitative method with a total of 5 adolescents aged 17-19 years. The results of the study found 4 indicators, namely; Reasons for having premarital sex, forms of premarital sex, factors that affect premarital sex behavior control.

Soetjiningsih (2011) defines premarital sexual behavior as any sexual behavior that is driven by sexual desire with the opposite sex that is carried out before marriage. There are several factors that affect premarital sexual behavior (Ramadhan et al., 2023) are knowledge, the role of parents, peer influence, and social media exposure. Psychologically, the form of premarital sexual behavior of adolescents is basically something normal followed by a peak of satisfaction and then ends with calming down (Aziz & Purnama, 2022). Sexual behavior carried out by adolescents can be practiced in the form of *Touching* namely touching activities such as handholding, hugging, and embracing, *Kissing* i.e. the activity of two human lips or partners in contact with each other triggered by sexual desire, *Necking* that is, the activity of making out with another person or partner but not to the point of attaching the genitals, usually only done by hugging, holding the breast or doing *Oral* sex on the genitals but not having intercourse, *Petting* is a making out activity that is carried out with the opposite sex or a partner by attaching the genitals, which is usually rubbing the genitals but has not had intercourse, and *Intercourse* is sexual activity by having sex, which is the union of two people of different sexes, characterized by a male genitalia that erects into the female genitals to get the satisfaction of sexual desire. According to Sarwono (2000), attitude can be defined as the readiness of a person to act in a certain way towards certain things. This attitude can be positive, it can also be negative. In a positive attitude, the tendency of action is to approach, like, and expect a certain object. While in a negative attitude, not liking certain objects.

Reasons for Premarital Sex

Lately, dating has become prevalent among teenagers, so it's not surprising that a teenager is engaging in premarital sex and premarital sex behavior. It is considered commonplace, some teenagers say that it feels strange if they do not have sex with their partner when dating. In adolescence, curiosity about sexual problems is essential in the formation of a more mature relationship with the opposite sex. The maturation of sexual function arises the urge and desire to engage in premarital sexual behavior. Participants stated that a great sense of curiosity and high sexual desire resulted in them engaging in premarital sexual behavior. Santrock (2007) states that adolescents will associate love with sexual relations. Adolescents have the view that dating is an attachment of 2 lovebirds in a sense of love and affection shown by a willingness to make physical contact. Aziz & Purnama (2022) Research shows that premarital sexual behavior in adolescents tends to try because of their high curiosity with sex, so this is the reason why adolescents engage in premarital sex behavior. Participants also said that affection and fear of losing their spouse were also reasons for premarital sex behavior. Habte et al (2018) in a study showed that premarital sex is considered right if the people involved love each other or are attached to each other. Anna (2010) Research shows that the main reason teenagers are sexually active is because they are in love.

Factors That Affect Premarital Sex Behavior

Many factors can affect premarital sex behavior. Environmental influences play an important role in the occurrence or change of a behavior pattern. The role of the environment such as parents has a great influence on shaping adolescent behavior. Participants stated that the factor that influenced them to engage in premarital sex behavior was the lack of parental role in paying attention to adolescents. Anna (2010) In his research, it shows that adolescents who engage in premarital sex behavior receive less attention from their parents. Behavior done in connection with sex is appropriate or not, it doesn't even matter if the child engages in premarital sex behavior. The role of parents who fail to instill sex education from an early age in their children. In fact, there are still many parents who are busy and do not have free time for their children. The failure of the family's function in carrying out its role is the beginning of triggering adolescents to do things that deviate from premarital sexual behavior as a form of children's venting to parents so that children make themselves free and as if there are no rules about how children should behave.

Teenagers need peers in carrying out their social lives. The role of peers plays an important role in the development of adolescent behavior. Peer interaction can predict the variables of premarital sexual behavior intention. Participants said that peer influence due to exchanging information or telling each other about their experiences of premarital sex was significantly related to sexual behavior. Lestari and Lindayani (2024) in their research show that peers have a direct influence on sexual behavior because with the support of peers by influencing, providing information and providing support, it will affect adolescents' behavior in sexual behavior. These results are in line with the research of Pratiwi et al., (2018) which found that the factors that affect adolescents' premarital sexual behavior are peers. The greater the support from peers, the more likely they are to have risky premarital sexual behavior in adolescents, because peers are also one of the sources of information about sex that is quite significant in shaping adolescents' sexual knowledge, attitudes and behaviors.

With the development of various technologies, both electronic and print, humans spread any culture that sometimes reflects values that are different from its use. For example, about the freedom of sexual impressions and is very clear without censorship. The rise of information and negative impressions makes teenagers tend to imitate or try new things to answer their curiosity. Participants said that watching videos and information on social media had a great influence on premarital sex behavior in adolescents. This can be interpreted that the more social media develops and the easier access to find sexual things, the more adolescents have a tendency to behave premarital sex. Pratiwi et al., (2018) in their research

showed that adolescents who access and contact with pornographic media have a tendency to behave noisy premarital sex. This is because media impressions, both print and electronic media, contribute significantly to the emergence of premature sexual maturity. Teenagers who often exploit sex in video clips, social media, magazines, and television turn out to encourage teenagers to engage in premarital sexual activity.

Forms of Premarital Sex Behavior

Psychologically, the form of premarital sexual behavior of adolescents is basically something normal followed by a peak of satisfaction and then ends with calming. Sexual behavior carried out by adolescents can be practiced in various forms. In the interview, participants stated that the forms of sexual behavior that were carried out usually started from *Touching* namely touching activities such as handholding, hugging, and embracing. The next stage is to perform a form of sexual behavior *Kissing* namely the activity of two human lips or couples touching each other, *Necking* that is, the activity of making out but not sticking to the genitals, usually only done by hugging, holding the breast or doing *Oral* sex on the genitals but not having intercourse, last *Intercourse* is sexual activity by having sex, which is the union of two people of different sexes, characterized by a male genitalia that erects into the female genitals to get the satisfaction of sexual desire. Dewi, R., & Junizar, J. (2023) in their research stated that the diversity of sexual behaviors carried out by adolescents when they are with their partners, some start from kissing where this happens when adolescents and their partners often go out and eat, so that the togetherness of those who always want to meet their partners, results in the emergence of the urge to do sexual behavior starting from kissing on the forehead, on the cheek until kissing on the lips passionately. Then there are some teenagers who also engage in sexual behavior not only by kissing, hugging in a quiet place, but even making out until the happiness of sensitive areas, such as groping the partner's breasts and genitals with a full erotic. However, there are some teenagers who have dared to engage in sexual behavior to have a relationship like a legitimate husband and wife.

Adolescents have committed sexual behavior to intimate relationships. They are no longer shy to commit such unnatural behavior. This happens because free association carried out by adolescents, lack of control from the family, peer influence, and also media exposure also play an important role in this.

Attitude

Attitude is an evaluation or reaction of feelings. A person's attitude towards an object is a feeling of support or partiality or a feeling of not supporting or not being attractive to that object (Berkowitz in Azwar, 2013). Many factors can affect a person's attitude in shaping premarital sex behavior, such as, personal experiences, other people who are considered important, mass media, and the environment. Participants stated that participants already understood that premarital sex behavior is a negative thing, but there are attitude factors that encourage adolescents to engage in premarital sex behaviors and generally premarital sex behavior in the adolescent environment which results in forming attitudes and behaviors, making premarital sex behavior a behavior that is considered common among adolescents. In this case, adolescent attitudes have a great influence on shaping premarital sex behavior in adolescents. Tinah, S. R. D. H. & (2010) in his research stated that premarital sexual behavior is a common thing due to encouragement from the environment and various other factors. Thus, it can be concluded that the environment has a great influence on the formation of premarital sexual behavior.

4. CONCLUSION

Based on the results of the research that has been conducted, it can be concluded that premarital sex behavior has become a common phenomenon among adolescents, including adolescents in Kupang Regency. The reason teenagers engage in premarital sex is because of curiosity and dating behavior, affection and fear of losing a partner that makes teenagers engage in premarital sex behavior. Factors that affect premarital sex behavior based on the results of research include family dysfunction, this triggers them to behave freely and even violate norms in society, because they feel that no one pays attention or prevents it. The influence of the media is growing and the rise of negative information and impressions makes teenagers tend to imitate or try new things to answer their curiosity so that the media has a great influence on premarital sex behavior. Peers have a direct influence on sexual behavior because with peer support by influencing, providing information and providing support, it will affect adolescents' behavior in sexual behavior. Adolescents have done a series of forms of sexual behavior such as holding hands, hugging, kissing, oral sex, and having sex. Adolescents' attitudes towards premarital sex behavior are divided into two, namely positive attitudes and negative attitudes. A positive attitude can be seen from the opinion that premarital sex behavior is now commonplace among teenagers. Negative attitudes of premarital sex behavior among adolescents are, for example, having suicidal thoughts and disease transmission.

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