

The Relationship Between Knowledge Level And Free Sexual Behavior Among Grade X Adolescents In Vocational High School Development Of Ambarukmo Science 1 Yogyakarta 2024

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ABSTRACT

Background: Free sex is an influence of western culture that is adopted by the community without first being screened. The causative factors are poor association, lack of parental attention which has an impact on reproductive health such as STDs. The importance of sex education will prevent promiscuous sex. The purpose of this study is to ascertain the connection between the degree of knowledge and promiscuous sexual behavior in class X adolescents at SMK Pembangunan Ilmu Ambarukmo 1. **Research Method:** This type of research uses a cross-sectional strategy. The Fisher's Exact Test was used to analyze the data in both univariate and bivariate ways utilizing a population and a sample of 58 adolescents using the total population technique and questionnaire as a data collection instrument. **Results:** The degree of expertise of adolescents with a good level of 49 respondents (84.5%), and a poor level of 9 respondents (15.5%) and never engaged in promiscuous sexual behavior (91.4%) and 5 respondents (8.6%) had committed promiscuous sexual behavior. The results of the Fisher's Exact Test found a p-value of $0.000 < 0.05$. **Conclusion:** There is a relationship between the level of knowledge and promiscuous sexual behavior in class X adolescents at SMK Pembangunan Ilmu Ambarukmo 1

Keywords: Behavior, Free Sex, Knowledge, Teen.

INTRODUCTION

According to the World Health Organization (WHO, 2022) Adolescents are people aged 10-19. Globally, there are approximately 1.2 billion adolescents, representing 18% of the total population. The WHO also recorded 20 million incidents of deviant behavior among adolescents, with 9.5% of these occurring in developing countries. In Southeast Asia, an estimated 4.2 million acts of casual sex occur annually. In Indonesia, approximately 750,000 to 1.5 million incidents occur, with 2,500 of these resulting in death.

Sexual behavior among adolescents in Indonesia is currently a threat. Of the 237.6 million population, 26.67% are young people (aged 10-24). Although casual sex is not accepted, cases of sexual misconduct persist. Data from the National Commission for Child Protection and the Ministry of Health show that 63% of junior high and high school-aged adolescents have engaged in extramarital sex, and of these, 21% have had abortions.

Research from the Yogyakarta Health Office shows that 1,078 junior high and high school students have given birth, with 976 cases related to promiscuity. Bantul accounts for 23% of the cases, Sleman 15%, Gunung Kidul 15%, Kulon Progo 11%, and Yogyakarta 23%. Knowledge levels influence sexual behavior, with well-informed adolescents better understanding sexual behavior.

According to reproductive health data for adolescents aged 14 to 19 years in Sleman Yogyakarta (2020) Of the 19,173 respondents, 92 percent had been in a relationship. Dating activities included: 82% holding hands, 62% kissing, and 10.2% casual sex. The 2018 National Population and Family Planning Agency (BKKBN) recorded that 51% of the 100 respondents had also engaged in casual sex.

The most common social problem in Indonesia is promiscuity among students. One cause is parents' lack of time to supervise and educate their children, as well as the misuse of social media. This behavior is common among adolescents and poses reproductive health risks, such as STIs and HIV/AIDS, and makes them vulnerable to sexually transmitted infections (STIs). Wijaya et al, 2023).

Sex education regarding reproductive health is important for adolescents through formal and informal education to prevent the spread of misinformation (Widiawati et al, 2022).

Schools have attempted to address promiscuity through information services about the dangers of promiscuity. However, the results have been ineffective. Teenagers with high

levels of promiscuity can be provided with alternative support through counseling using various appropriate approaches.(Syamsuddin, 2023).

Based on research byNurhayati et al (2025)., adolescents with low knowledge are 10.6 times more likely to participate in premarital sexual activity compared to adolescents with high knowledge. The study also showed that the lower the knowledge, the higher the likelihood of risky sexual behavior, with 63.3% of respondents having experienced serious risky sexual behavior.(Mardiana, 2022).

Based on a survey at SMK PI Ambarukmo 1, there are 3 classes. In class X, there are 58 students aged 15-16 years, consisting of 34 girls and 24 boys. In class XI, there are 23 students aged 16-17 years, with 13 girls and 10 boys. In class XII, there are 24 students aged 17-18 years, consisting of 14 girls and 10 boys. The questionnaire on casual sex showed that 8 out of 11 students did not understand the concept. This study is entitled The Relationship between Knowledge Level and Casual Sex Behavior in Adolescents in Class X SMK Development of Science Ambarukmo 1.

METHOD

This study was designed as a cross-sectional study. This study involved 58 10th grade students from SMK Pengembangan Ilmu Ambarukmo 1. The sampling method used was Total Sampling.

The location of this research was conducted at SMK Pengembangan Ilmu Ambarukmo 1, Sleman Yogyakarta, the research time was August 2023 - February 2024.

This study used a questionnaire, taken from Suherni's 2020 research entitled Level of knowledge about free sex among adolescents at Muhammadiyah Kasihan Junior High School, Bantul, Yogyakarta.

Bivariate analysis was performed using Fisher's Exact Test. This study underwent an ethical feasibility evaluation process by the Health Research Ethics Commission of STIKES Guna Bangsa Yogyakarta and was declared to have met ethical requirements under the approval number 026/KEPK/V/2025.

RESULTS AND DISCUSSION

Univariate Analysis

a. Respondent characteristics

The results of the study showed that the respondents were aged as follows:

Table 1. Age in Grade X Adolescents at Ambarukmo 1 Science Development Vocational School, Yogyakarta

No	Age	Amount	Percentage (%)
1	15 years	26	44.8
2	16 years	32	55.2
Amount		58	100.0

Source: Primary Data 2024

Based on table 1, most of the respondents, 32 people or 55.2%, were 16 years old, according to the table of characteristics of adolescent age.

Table 2. Gender in Grade X Adolescents at Ambarukmo 1 Science Development Vocational School, Yogyakarta

No	Gender	Amount	Percentage (%)
1	Man	24	41.4
2	Woman	34	58.6
Amount		58	100.0

Source: Primary Data 2024

Based on table 2, as many as 34 people (58.6%) of the respondents were female, according to the gender characteristics table.

b. Level of knowledge about free sex among class X adolescents at Amabrukmo 1 Science Development Vocational School

The results of the study show that respondents have the following knowledge about free sex:

Table 3. Level of Knowledge of Free Sex among Grade X Adolescents at Ambarukmo 1 Science Development Vocational School, Yogyakarta

No	Knowledge	Amount	Percentage %
1	Good	49	84.5
2	Not good	9	15.5
Amount		58	100.0

Source: Primary Data 2024

Based on table 3, it can be seen that of the 58 respondents, almost all of them have a level of knowledge that is classified as good, namely 49 respondents (84.5%), while only a small portion have a level of knowledge that is classified as poor, namely 9 respondents (15.5%).

c. Free sexual behavior among class X adolescents at Ambarukmo 1 Science Development Vocational School

Based on the research results, it is known that the sexual behavior of respondents is as follows:

Table 4. Free Sexual Behavior in Class X Adolescents at Ambarukmo 1 Science Development Vocational School, Yogyakarta

Source: Primary Data 2024

Based on table 4, it can be seen that of the 58 respondents, almost all of them, namely 53 respondents (91.4%), had never engaged in casual sex, while only a small proportion, namely 5 respondents (8.6%), had done so.

1. Bivariate

After completing the next step is to conduct that connects the

variables with the dependent (bound) variables, in order to evaluate the relationship

No	Free Sex Behavior	Amount	Percentage %
1	Once	5	8.6
2	Never	53	91.4
Amount		58	100.0

Analysis Results

univariate analysis, the a bivariate analysis independent (free)

between knowledge about free sex and free sex behavior among class X adolescents at SMK Pembangunan Ilmu Ambarukmo 1, Yogyakarta. The results of this analysis are presented using a statistical test, namely the Fisher's Exact Test.

Table 5. Analysis of the Relationship between Knowledge and Free Sex Behavior at Ambarukmo 1 Science Development Vocational School, Yogyakarta, 2024

No.	Teenage Knowledge	Free Sexual Behavior in Adolescents			<i>p-value*</i>	
		Never	Once			
		Amount	%	Amount		%
1	Good	49	100	0	0	
2	Not good	4	44.4	5	55.6	0,000
Total		53	91.4	5	8.6	

Table 5 shows that all respondents with a good level of knowledge, namely 49 adolescents (100%), had never engaged in casual sex. Meanwhile, none of the respondents with a poor level of knowledge reported ever engaging in casual sex, with 0 respondents (0%). The p-value obtained was 0.000.

The results of the bivariate analysis, conducted using the Fisher's Exact Test, showed a p-value of 0.000, which is smaller than $\alpha = 0.05$. Therefore, the alternative hypothesis (H_a) is accepted, which indicates that there is a relationship between knowledge and free sex behavior of class X adolescents at SMK Pengembangan Ilmu Ambarukmo 1.

DISCUSSION

A. Univariate Analysis

1. Respondent characteristics

Nearly half of the respondents (26 people) were 15 years old, and the majority (32 people) were 16 years old. Nearly half of the respondents (24 people) were male, and the majority (34 people) were female, and the majority (58.6%).

2. Level of knowledge of free sex at SMK Pengembangan Ilmu Ambarukmo 1, Yogyakarta.

The level of knowledge of free sex among teenagers at Ambarukmo 1 Science Development Vocational School shows that of the 58 respondents, almost all teenagers have good knowledge, namely 49 people (84.5%), and 9 people (15.5%) have poor knowledge.

This study shows that research Samsuni et al (2023) entitled "The relationship between knowledge and attitudes of adolescents towards premarital sexual behavior at State Senior High School 106 Jakarta" which shows students' understanding of premarital sex: adequate knowledge 41 respondents (51.2 percent), insufficient knowledge 39 respondents (48.8 percent), good and bad attitudes are equal, and good behavior 56 respondents (70%), while insufficient knowledge 24 respondents (30%) (Samsuni et al, 2023).

Teenagers' knowledge about sexual behavior is influenced by various factors, including lifestyle and social interactions. Many students answered correctly because they had been taught at school and at home about good and bad social interactions.

Several respondents indicated sufficient and insufficient information regarding promiscuous sexual behavior. This may be due to a lack of accurate information or limited knowledge about reproductive health. Parents at home also rarely provide accurate information because they consider discussing promiscuous sexual behavior taboo.

Based on the description above, researchers assume there is a relationship between knowledge about the dangers of casual sex and casual sexual behavior among adolescents, as respondents with lower levels of knowledge engage in high-risk sexual behavior. The lower or worse a teenager's knowledge, the higher the likelihood of engaging in high-risk sexual behavior.

3. Free sexual behavior at Ambarukmo 1 Science Development Vocational School, Yogyakarta.

The results of the study stated that of the 58 respondents, almost all teenagers had never engaged in promiscuous sexual behavior, as many as 53 people (91.4%), and a small number of teenagers had engaged in promiscuous sexual behavior, as many as 5 people (8.6%).

According to Priliana, (2020), which found that 163 respondents (54.3%) had a low peer influence. Information about reproductive and sexual health from peers served as a primary driver in shaping adolescents' attitudes toward their partners. Peer support (peer pressure) was a motivating factor and contributed to the formation of adolescents' self-identity in

social interactions, particularly when starting a romantic relationship with a partner of the opposite sex.

Sexual behavior encompasses all actions triggered by sexual urges, whether performed individually, with partners of the opposite sex, or with partners of the same sex. Students already understand this through school instruction and explanations from guidance counselors.

According to Ratnasari, (2022) Sexual behavior encompasses all acts triggered by sexual urges, whether performed individually, with a partner of the opposite sex, or with the same sex. These acts can range from emotional attraction to dating, flirting, and intimate relations. The object of this sexual behavior can be another individual, the imagination, or oneself.

Research by Rosmi Eni (2022), highlighted that a lack of knowledge about reproductive health and self-control significantly contributes to risky sexual behavior among adolescents. This behavior can lead to serious consequences such as unwanted pregnancy, abortion, sexually transmitted infections, and HIV/AIDS. Appropriate education can increase understanding and prevent such behavior.

In this study, researchers allowed respondents to ask questions if anything was unclear to obtain clear information about the questionnaire. The results indicate that information provision needs to be improved to increase respondents' knowledge about sexual behavior, which is expected to reduce adolescent sexual behavior that can potentially lead to premarital pregnancy and abortion.

Based on the explanation above, researchers assume that there is promiscuous sexual behavior among teenagers, where 8.6% of them have been involved in this behavior.

B. Bivariate Analysis

1. Analysis of the Relationship between Knowledge and Free Sex Behavior at Ambarukmo 1 Science Development Vocational School, Yogyakarta.

The results of the study illustrated a correlation between the level of knowledge and unsafe sexual behavior. Fisher's Exact Test produced a p-value = 0.000, which indicates the rejection of the null hypothesis (H_0) and the acceptance of the alternative hypothesis (H_a), so it can be concluded that there is a relationship between knowledge about free sex and

unsafe sexual behavior among class X adolescents of SMK Pengembangan Ilmu Ambarukmo 1, Yogyakarta.

Casual sex is an act driven by sexual desire, involving touching, kissing, hugging, and rubbing sensitive areas. It culminates in sexual intercourse that occurs without any commitment between the two people. This is the basis of casual sex in society (Fitriana et al, 2022).

Based on research results Nurhayati et al (2025), adolescents with limited knowledge are 10.6 times more likely to engage in premarital sexual behavior compared to adolescents with better knowledge. Respondents with less knowledge have 63.3% of high-risk sexual behavior. The lower the knowledge, the higher the risk of high-risk sexual behavior. (Mardiana, 2022).

Based on research by Febriyana et al (2022), there is a correlation between adolescents' level of understanding of sex education and behavior that tends towards promiscuity, with a p-value of 0.000 (<0.05). Various factors influence adolescent sexual behavior, including dating, puberty, opportunities for premarital sex, mass media, lack of information, ineffective communication with parents, and a lack of moral and religious ethics.

Research conducted by Siti Chodijah, et al, (2024) A study in the Journal of Midwifery Science found a significant correlation between adolescent knowledge and attitudes and premarital sexual behavior at SMA Negeri 3 Pulau Rimau. This study indicates that increasing knowledge and positive attitudes can play a role in reducing premarital sexual behavior among adolescents.

Based on the description above, researchers assume there is a relationship between understanding the risks of casual sex and adolescent sexual behavior. Adolescents with limited knowledge are more likely to engage in risky sexual behavior. Lower levels of knowledge in adolescents are associated with an increased likelihood of engaging in unsafe sexual behavior. Several factors influence adolescents' decisions to engage in sexual intercourse, including dating relationships, age at puberty, and opportunities to engage in premarital sexual behavior.

Teenagers engage in casual sex due to a lack of knowledge from parents and information from educators and health professionals about sex education. Parents play a crucial role in monitoring adolescents' social relationships and managing their social lives. Law No. 61 of 2014 emphasizes the importance of health services to prevent risky sexual behavior.

CONCLUSION AND SUGGESTIONS

Based on research on 10th-grade adolescents at SMK Pengembangan Ilmu Ambarukmo 1 Yogyakarta, it can be concluded that: 55.2% of adolescents are 16 years old and 58.5% are female. The level of knowledge about free sex is 84.5% good, and 91.4% have never engaged in free sex. There is a relationship between knowledge and free sex behavior of 0.000.

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