

The Phenomenon Of Free Sex And Sexually Transmitted Infections Among Teenagers: Literature Review

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ABSTRACT

This study addresses the phenomenon of risky sexual behavior and sexually transmitted infections (STIs) among adolescents, which is a serious public health problem. Adolescents aged 15-24 years have a high risk of STIs due to unsafe sexual behavior, which is triggered by a lack of sex education and the influence of the social environment. This study used the literature review method to analyze various relevant sources regarding risky sexual behavior and its impact. The results show that risky sex among adolescents has the potential to cause various health problems, including STIs and unwanted pregnancies. Factors influencing this behavior include peer pressure, media influence, and inadequate parental control, which exacerbate the situation. In addition, education on reproductive health is essential to address this issue, as it not only provides knowledge about reproductive organs but also increases awareness of the dangers associated with risky sexual behavior and STIs. Therefore, comprehensive reproductive health education is needed to increase adolescents' awareness of the risks associated with risky sexual behavior and STIs.

Keywords: Free Sex, Sexually Transmitted Infections (STIs), Adolescents

INTRODUCTION

Sexually transmitted infections (STIs) are a serious public health problem, particularly among adolescents. Adolescents aged 15-24 are at high risk of contracting STIs. (Nikmah et al., 2023) This is due to increasingly promiscuous lifestyles and unsafe sexual behavior. Sexually Transmitted Infections (STIs) have quite serious consequences beyond the direct impact of the infection. (Irwan & Nakoe, 2021) The phenomenon of casual sex among teenagers is a major factor in the spread of STIs. The high number of STI cases in Indonesia is clear evidence of the need to address this phenomenon.

Casual sexual behavior refers to activities engaged in by someone driven by sexual desire. This activity can include a variety of acts, such as kissing, touching sensitive areas like the breasts, oral genital stimulation, and even intimate relations outside of marriage. (Bungan et al., 2021).

The lack of knowledge among teenagers about clear and correct sex education has led to the rise of promiscuity among teenagers.(Saripah et al., 2021) Teenagers engage in casual sex with multiple partners and without contraception. These teens are at high risk of contracting sexually transmitted infections, including HIV/AIDS.(Aningsih et al., 2023). In addition, this behavior has many other negative impacts such as unwanted pregnancy (KTD), abortion, the risk of contracting STIs such as genital warts, chlamydia, syphilis, genital warts (condyloma acuminata), genital herpes, gonorrhea, and the risk of contracting HIV/AIDS.(Tarigan et al., 2021) According to a report from the Indonesian Ministry of Health, adolescents are one of the age groups with the highest prevalence of STIs. In Indonesia, the most common STIs are syphilis and gonorrhea.(Novembriany, 2020).

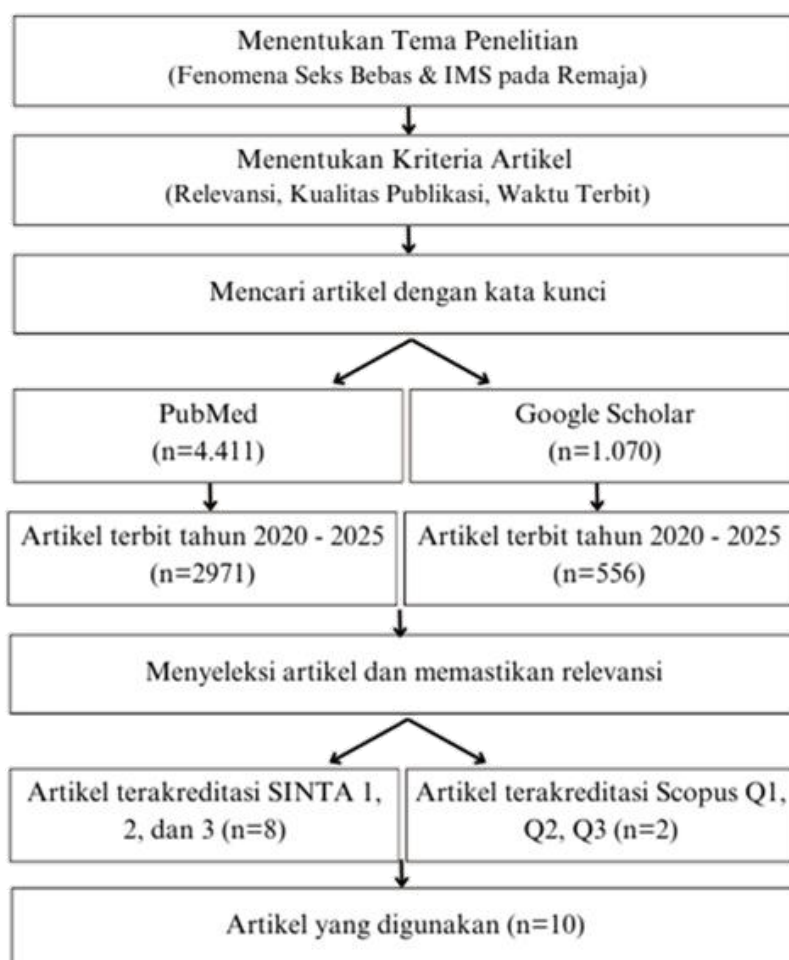
STIs are a group of infectious diseases transmitted through sexual contact. STIs can be caused by bacteria, viruses, fungi, protozoa, or ectoparasites.(Agustini & Damayanti, 2023) STIs are a global threat, with eight major pathogens contributing to the high number of cases, four of which are curable: syphilis, gonorrhea, trichomoniasis, and chlamydia. Every day, more than one million people worldwide are infected with STIs, with an estimated 357 million new cases occurring annually in the 15-49 age group.(Chellyadiza et al., 2024) The data also revealed that the HIV prevalence among adolescents aged 15-19 years reached 3.1 per 36,902 people, reflecting the increasing risk among young people. This situation is exacerbated by reports that 2,032 new cases of HIV/AIDS were recorded in 2022, with 15% of these deaths due to HIV/AIDS.(Darmawan et al., 2024).

This phenomenon of promiscuity is inextricably linked to the influence of social interactions, social media, and increasingly permissive social norms. Furthermore, environmental factors such as easy access to pornographic content and weak parental control contribute to the situation. The importance of reproductive health education is a strategic step in addressing this problem. Reproductive health education for adolescents not only provides knowledge about reproductive organs but also the dangers of promiscuity, such as sexually transmitted infections and unintended or high-risk pregnancies.(Azwar, 2015) By increasing adolescents' knowledge and awareness of the dangers of STIs and casual sex, it is hoped that the prevalence of STIs among adolescents will be reduced.

Based on the description above, this research aims to reduce the occurrence of the phenomenon of free sex and various sexually transmitted infections resulting from this behavior.

METHOD

This study used a literature review method. The data used in this study were sourced from journal articles relevant to the theme of the phenomenon of promiscuity and sexually transmitted infections (STIs) among adolescents. Data sources were selected based on criteria including topic relevance, publication quality (journals indexed in Sinta 1, Sinta 2, Sinta 3, Scopus Q1, Scopus Q2, and Scopus Q3), and publication time within the last 5 years (2020-2024). Data searches were conducted through online databases such as PubMed and Google Scholar using keywords such as "promiscuity," "sexually transmitted infections (STIs)," "Sexually Transmitted Infection (STI)," and "risky sex behavior."



No	Author Name, Year	Title	Method	Population	Research result
1	Carolina JG Kampman, Jeannine LA Hautvast, Femke DH Koedijk, Mariëke EM Bijen, Christian JPA Hoebe 2020 https://pmc.ncbi.nlm.nih.gov/articles/PMC752920	Sexual Behavior and STI Testing among Dutch Swingers: A Cross-Sectional Internet Based Survey Performed in 2011 and 2018 Q1 PLOS ONE	Two cross-sectional studies were conducted using the same internet survey in 2011 and 2018. The results showed that condom use decreased for all types of sexual intercourse.	2011: Of the 2152 participants who started the survey, 1173 completed it (54.5%). 2018: Of the 1478 participants who started the survey, 1005 completed it (68.0%). The average age of participants increased from 43.4 years in 2011 to 46.5 years in 2018. Education levels also increased to 59% in 2018 compared to 50% in 2011.	Condom use decreased for vaginal (73% vs. 60%), oral (5% vs. 2%), and anal (85% vs. 75%) sex between 2011 and 2018. STI positivity reports increased from 23% in 2011 to 30% in 2018. STI testing rates remained consistent at around 65% in both years. Significant factors that influence IMS testing include Gender (women are more likely to be tested), High frequency of swinging (>12 times a year), swinging at home, notification from partner about STI testing, perception that STI testing is important.

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2	<p>Ai Kusmi ati, Asyiah, Ristina Siti Sundari, Febri Fajar Pratama</p> <p>2021</p> <p>https://ejournal.undiksha.ac.id/index.php/JISH/article/view/32756/19112</p>	<p>The Relationship Between Drug Abuse and Free Sex with Sexually Transmitted Infections in Tasikmalaya</p> <p>S2</p> <p>Journal of Social Sciences and Humanities</p>	<p>A quantitative approach with a cross-sectional design was used. Data were collected through questionnaires distributed to eligible respondents. Data analysis was conducted to examine the relationship between the independent variables (drug abuse and promiscuous sexual behavior) and the dependent variable (STI incidence).</p>	<p>Individuals in Tasikmalaya at risk of STIs were selected using purposive sampling, with specific inclusion criteria, such as age, history of drug abuse, and sexual behavior. The sample size used in this study was 100 respondents.</p>	<p>The analysis results show a significant relationship between drug abuse and promiscuous sexual behavior with the incidence of STIs such as HIV/AIDS, Syphilis/Gonorrhea, Hepatitis C and Genital Herpes in the high category (67.2%) with a very significant correlation value at 0.629 in Tasikmalaya. Respondents involved in drug abuse and promiscuous sex have a higher risk of being infected with STIs compared to those who do not engage in such behavior.</p>
3	Rifzul	Media Access	This study used a	The population in	The results of the study

	<p>Maulina, Zainal Alim 2020</p> <p>https://www.researchgate.net/publication/39145357_Media_access_and_premarital_sexual_behavior_risk_of_sexually_transmitted_STIs_in_high_school_students_in_Malang_Regency_Sinta 4 Journal of Health Sciences</p>	<p>and Premarital Sexual Behavior Risk of Sexually Transmitted Infections (STIs) Among High School Students in Malang Regency</p> <p>Sinta 4 Journal of Health Sciences</p>	<p>cross-sectional design. The variables studied included respondent characteristics (age and gender), parental attitudes, peer attitudes, and media access. The instrument used was a questionnaire that had been tested for reliability and validity. Data were analyzed using univariate, bivariate (chi-square), and multivariate (logistic regression) analyses.</p>	<p>this study consisted of 318 male high school students from two schools in Malang Regency.</p>	<p>showed that variables related to premarital sexual behavior at risk of STIs in male respondents were age (p=0.047), parental attitudes (p=0.014), and media access (p=0.03). The variable that most influenced sexual behavior at risk of STIs was media access, with an odds ratio (OR) of 2.378. This means that male respondents with high levels of media access were 2.3 times more likely to engage in sexual behavior at risk of STIs than those with low media access. This study suggests that parents provide positive guidance to their children to help them behave in accordance with religious values.</p>
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4	Nurilig n Abebe Moges, Olubuk ola Adepo nle Adesin a, Michae l A Okunlo la, Yeman e Berhan e, Joshua Oduna yo Akinye mi	Risky Sexual Practice, Sexually Transmitted Infectionand Associated Factors among Newly Diagnosed HIV-Positive People in Northwest Ethiopia Q1 HIV/AIDS – Research and Palliative Care	A cross- sectional study was conducted using questionnaires to interview patients over a 7- day period. Data were entered into EpiData and exported to SPSS for analysis. Two separate logistic regression models were used for sexual practices.	745 newly diagnosed HIV patients.	The prevalence of risky sexual behavior and STIs among newly diagnosed HIV-positive individuals was 15.8% (95% CI: 13.1– 18.4) and 6.6% (95% CI: 4.8–8.5), respectively. Although no factors were statistically significantly associated with STIs, having two or more lifetime sexual partners (AOR = 3.19; 95% CI: 1.57–6.49) and frequent alcohol use (AOR = 3.10; 95% CI: 1.34–7.19) were associated with risky sexual practices. Risky sexual behavior and STIs were found to be low among newly identified HIV patients. Factors associated with risky sexual behavior did not explain the diagnosis of STIs using the syndromic

	2020 https://www.tandfonline.com/doi/full/10.2147/HIV.S267215				approach.
5	Christine M Khosropour, David M Coomes, Lindley A Barbee 2023 https://link.springer.com	Frequency and Combination of Sequential Sexual Acts that may Lead to Sexually Transmitted Infections at Different Anatomic Sites Within the Same Person Q1	This study used a cross-sectional design, in which researchers recruited individuals assigned male at birth and reported sexual intercourse with men (MSM) but no receptive anal sex (RAS) in the past two years.	The study population consisted of 210 MSM individuals enrolled during a 16-month recruitment period. Participants were recruited in-person at the Sexual Health Clinic in Seattle, Washington, between December 2019 and September 2021, and online from July 2021 to	The results showed that the median number of sexual acts reported at the last sexual encounter was 4 (interquartile range 3–5), the most commonly reported sexual acts being kissing (83%), receiving oral sex (82%), and engaging in insertive anal sex (65%). There was substantial variation in the order of reported sexual acts, with no unique order reported by more than 12% of the population. Approximately 90% of participants reported a sequence of behaviors that

	m/artic le/10.1 007/s1 0508- 022- 02486- 2	Archives of Sexual Behavior		September 2021.	could lead to the transmission of gonorrhea or chlamydia in themselves (respondent or partner); the most common combination was kissing followed by receiving oral sex (64% reported).
6	Oluwatobi Abel Alawode, Hassan Ogunwemimo, Miracle Eunice Boluru Abayomi Folurunsho Awoley	Age at Sexual Debut and Multiple Sexual Partnerships among Adolescents in Nigeria: An Assessment of the Mediating Role of the Knowledge of Sexually Transmitted Infections Q2 adolescents	This study used the 2018 Nigerian Demographic and Health Survey, with a total sample of 3,215 adolescents. The analysis methods used were chi-squared to test associations and binary logistic regression.	The study population consisted of adolescents in Nigeria who were at risk of risky sexual behavior, particularly those involved in multiple sexual partnerships.	The study results indicate a strong inverse relationship between age at first sexual intercourse and multiple sexual partnerships among adolescents in Nigeria. Adolescents who first had sexual intercourse at an older age (15 years and above) were significantly less likely to engage in multiple sexual partnerships compared to those who initiated sexual intercourse at an earlier age (≤ 14 years). Furthermore, the interaction between age at sexual debut and knowledge about HIV and STIs significantly reduced adolescents' engagement in MSP. The study recommends improved

	https:// www. mdpi.c om/267 3- 7051/1/ 4/32				awareness campaigns and appropriate reproductive health services for this population group.
7	A. Skaletz - Rorowski, A. Potthoff, S. Nambiar, J. Wach, A. Kayser, A. Kasper, N. H. Brockmeyer 2020	Age Specific Evaluation of Sexual Behavior, STI Knowledge and Infection among Asymptomatic Adolescents and Young Adults Q1 Journal of Infection and Public Health	This study used a cross-sectional study which was monocentric, open, and prospective. A comparative analysis of sexual behavior and knowledge about sexually transmitted infections (STIs) was conducted using a 21-item questionnaire at the WIR-Center for Sexual Health and Medicine. The prevalence of chlamydia and	The population in this study consisted of 268 subjects who were adolescents and young adults with an age range of 14 to 30 years. The subjects were divided into three age groups: I (14–19 years, n = 42), II (20–25 years, n = 147), and III (25–30 years, n = 79).	The results showed statistically significant differences in relationship status, sexual contact, and number of lifetime sexual partners among the three age groups. Although more than 95% of participants were aware of HIV across all age groups, awareness of non-HIV STIs was consistently lower in group I. Awareness of trichomonas, mycoplasma, and candida in particular was less than 50% across all age demographics. Chlamydia screening remained low, although current chlamydia infection rates in groups I, II, and III were 7.1%, 5.4%, and

	https://www.sciencedirect.com/science/article/pii/S1876034120304408?via%3Dihub		gonorrhea infections was assessed using the Cepheid Xpert® CT/NG assay.		11.4%, respectively. This study demonstrates demographic gaps in knowledge of the most common STIs other than HIV and recommends improvements in education, screening, and vaccination programs for STIs among younger demographics.
8	Luz Marina Llanga rí-Arizo, S Tariq Sadiq, Cynthia Márquez, Philip Cooper, Martin Furegato, Liqing	Sexually Transmitted Infections and Factors Associated with Risky Sexual Practices among Female Sex Workers: A Cross Sectional Study in a Large Andean City Q1	This study used a cross-sectional approach among female sex workers (FSWs) who consulted at a primary health care center in 2017. Data were collected using a questionnaire to identify risky sexual practices and potential risk factors. Logistic regression was used to analyze the association between RSP	The population in this study consisted of 249 female sex workers (FSWs) recruited at primary health centers in Ecuador during 2017.	Of the 249 FSWs, 22.5% had had RSP at least once during their employment. Of those who reported having unprotected vaginal sex in the past three months, 25.5% had had at least one other type of RSP. A total of 17.6% (95%CI 13.3–22.8) had at least one active STI, with a prevalence of coinfection of 2.4% (95%CI 1.1–5.2). In multivariate analysis, RSP was associated with age (aOR 1.06; 95%CI 1.02–1.10), membership in an FSW association (aOR 3.51; 95%CI 1.60–7.72),

	Zhou, Luisa Aranha, Miguel Martín Mateo, Natalia Romer o-Sandoval 2021 https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0250117	PLOS One	and risk factors. Furthermore, STI prevalence was estimated using real-time PCR testing on vaginal swabs for four STI-causing pathogens (Neisseria gonorrhoeae, Trichomonas vaginalis, Chlamydia trachomatis, and Mycoplasma genitalium).		and self-reported history of a previous STI diagnosis (aOR 3.43; 95%CI 1.28–9.17).
9	Jhosun y Perez-Fernan	Association between Early Sexual Initiation and	This study used cross-sectional analysis with secondary data	The population in this study consisted of 31,028 women of	The analysis found that 11.3% of respondents reported experiencing an STI in the past 12 months,

<p>dez, Diego O Arroyo - Velasc o, Mariell a R Huama n, Sarai G Chavez - Bustam ante, Anita P Llamo- Vilcher rez, Carolin a J Delgad o- Flores, Carlos J Toro- Huama nchum o</p>	<p>Sexually Transmitted Infections among Peruvian Reproductive -Age Women Q1 Front Public Health</p>	<p>from the 2018 Peruvian Family Demographic and Health Survey. The exposure variable analyzed was Early Onset of Sexual Intercourse (EOSI). To evaluate the desired association, gross and adjusted prevalence ratios (aPR) were calculated using a general linear model with a Poisson family model and a logarithmic link function.</p>	<p>childbearing age in Peru.</p>	<p>and 20.2% of participants had an EOSI. After adjusting for potential confounding factors, EOSI was found to be associated with STI (aPR: 1.27; 95% CI: 1.08-1.50; p = 0.005). Stratified analysis by area of residence and number of sexual partners showed that this association persisted in women living in urban areas (aPR: 1.36; 95% CI: 1.11-1.66; p = 0.003) and those without a history of multiple sexual partners (aPR: 1.27; 95% CI: 1.08- 1.51; p = 0.005), as well as those in the middle (aPR: 1.42; 95% CI: 1.03-1.97; p = 0.034) and highest (aPR: 2.12; 95% CI: 1.33-3.39; p = 0.002) wealth quintiles. This study concludes that EOSI is associated with STIs among women of reproductive age in Peru, particularly in women living in urban areas and without a history of multiple sexual partners, as well as those from the</p>
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	2023				middle to high wealth quintiles. It is recommended to implement preventive measures against EOSI and provide appropriate sexual health counseling for women with EOSI.
	https://pmc.ncbi.nlm.nih.gov/articles/PMC10544918/				
10	Bangon Thepthien, Celyn 2022	Risky Sexual Behavior and Associated Factors among Sexually-Experienced Adolescents in Bangkok, Thailand: Findings from a School Web-Based Survey Q1 Reproductive	This study used a cross-sectional survey using an internet-based application in schools in Bangkok from November 2020 – February 2021. Schools were selected using simple random sampling, and students were systematically selected with an equal number of boys and girls. Analysis was	The study population consisted of 872 sexually active participants, with an average age of 15.6 years. Of the total participants, 66.9% were vocational students, 42.1% were male, and 57.9% were female. Sixty-nine percent of the participants engaged in risky sexual behavior.	Multivariate logistic regression analysis identified several factors significantly associated with risky sexual behavior, namely smoking (AOR = 1.79; 95% CI 1.12–2.88), using marijuana (AOR = 2.84; 95% CI 1.23–6.56), gambling (AOR = 1.81; 95% CI 1.28–2.55), having sex without contraception (AOR = 2.74; 95% CI 2.91–3.93), having a history of childhood sexual abuse (AOR = 1.60; 95% CI 1.03–2.56). This study suggests that in designing and implementing sexual risk prevention programs
	https://reproductive-health-journal.biomedcentral.com/articles/10.118				

	<p>6/s129-78-022-01429-3</p>	<p>Health</p>	<p>conducted using multivariate logistic regression to evaluate associations and control for confounding variables. Indicators of risky sexual behavior included: (1) Not using a condom; (2) Having more than one sexual partner; (3) Having sex in exchange for money or goods; and (4) Having sex without consent.</p>		<p>for adolescents in educational settings, it is important to highlight the role of substance abuse related to risky sexual behavior.</p>
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DISCUSSION

Sexually Transmitted Infections (STIs) are an important topic to understand in order to unravel the phenomenon of casual sex among adolescents. Adolescents have varying views and perceptions about casual sex, influenced by personal experiences and relationships with their surroundings. The risk of STIs arises when unsafe sexual activity or casual sex occurs, and these relationships often begin during adolescence. (Thepthien & Celyn, 2022). Adolescence is a time when a person has a great sense of curiosity. (Maulina & Alim, 2020), changes in preferences, experiences, desires, behavior and sexuality greatly determine how teenagers respond to free sex. (Alawode et al., 2021) In some cases, casual sex is seen as a manifestation of love and trust in one's partner, while in others, this behavior is carried out due to peer pressure or the inability to refuse a partner's invitation.

For some teenagers, casual sex is often considered a normal part of romantic relationships. They perceive sexual intercourse as a way to strengthen their relationship with their partner, even though some may be aware of the potential risks, such as premarital pregnancy or STIs. Teenagers in romantic relationships tend to ignore the negative consequences of casual sex, partly because they are driven by deep feelings of love. (Nadiarenita & Hidayah, 2018) However, there are also groups of teenagers who view casual sex as something wrong or a violation of norms, but they still do it because of social influence or curiosity.

Although information about STIs is quite widespread, not all teenagers are well aware of the dangers they pose. Some understand that STIs are a real risk, but feel that they only affect "other people" and not themselves. This is supported by research conducted by Rahmadhanti & Achdiani (2025), which suggests that a lack of knowledge about STI prevention and personal hygiene contributes to the high incidence of STIs. Lack of adequate sexual education is often cited as a reason for not taking preventative measures, such as using condoms or seeing a doctor regularly.

In general, adolescents' perceptions of casual sex and STIs are heavily influenced by various psychological and social factors. A lack of understanding of the risks and consequences of these behaviors leads them to make decisions without considering the long-term impact. This perception also serves as a foundation for further understanding the factors contributing to casual sex among adolescents.

The phenomenon of casual sex among adolescents cannot be separated from various contributing factors. These factors influence each other, encompassing both social and

psychological aspects. By understanding these causes, more effective preventative measures can be designed to reduce the number of cases of casual sex and STIs among adolescents.

Pressure from the social environment, particularly peers, is a major trigger for casual sex among adolescents. During this developmental phase, adolescents tend to seek recognition and acceptance from their social group, making them more susceptible to adopting peer behavior even if it conflicts with their personal values or norms. This is supported by research. Imagine (2024), that social pressure and peer pressure are significant factors in encouraging promiscuity among adolescents. The desire to be accepted drives adolescents to adopt behaviors they may perceive as the norm within their circle of friends. Furthermore, increasingly permissive norms regarding sexual behavior in some communities also contribute to this phenomenon.

Curiosity and a desire for self-exploration are also major factors. Teenagers who lack adequate education often seek answers through less reliable sources, such as peers. This leads to misconceptions, such as romanticizing promiscuous sexual behavior. Full Moon (2020) Some factors that contribute to teenagers engaging in casual sex include internal factors such as mutual affection, proof of love, and curiosity. Furthermore, teenagers with emotional issues such as low self-esteem or childhood trauma are more likely to engage in casual sex as a way to seek validation or escape from problems. Research conducted by Anwar et al., (2019), explains that some teenagers admit that this social interaction gives them new experiences, satisfies their curiosity, and fulfills or vents hidden desires.

Research conducted by Thepthien & Celyn in 2022 explained several factors that were significantly associated with risky sexual behavior, namely smoking (AOR = 1.79; 95% CI 1.12–2.88), using marijuana (AOR = 2.84; 95% CI 1.23–6.56), gambling (AOR = 1.81; 95% CI 1.28–2.55), having sex without contraception (AOR = 2.74; 95% CI 2.91–3.93), and having a history of sexual abuse in childhood (AOR = 1.60; 95% CI 1.03–2.56). This study shows that in planning and implementing a risk prevention program for adolescents at risk of free sex in educational settings, it is important to highlight substance abuse related to risky sexual behavior. Meanwhile, according to research conducted Moges et al., (2020), having two or more lifetime sexual partners (AOR = 3.19; 95% CI: 1.57-6.49) and frequent alcohol use (AOR = 3.10; 95% CI: 1.34-7.19) were factors associated with risky sexual practices.

Furthermore, media, especially social media, has a significant influence in shaping adolescent sexual behavior. Exposure to sexually explicit content through films, advertisements, or online platforms can change adolescents' perspectives on sex. According to research conducted by Maulina & Alim (2020) showed that the variables associated with premarital sexual behavior

at risk of STIs in male respondents were age ($p=0.047$), parental attitudes ($p=0.014$), and media access ($p=0.03$). The variable that most influenced sexual behavior at risk of STIs was media access, with an odds ratio (OR) of 2.378. This means that male study participants with high levels of media access were 2.3 times more likely to engage in sexual behavior at risk of STIs than those with low media access.

These various causal factors indicate that the phenomenon of casual sex among adolescents is not caused by a single factor, but rather by a combination of social, psychological, and other factors, such as media use and unhealthy habits like drug and alcohol use. A deeper understanding of these factors can form the basis for more effective and comprehensive prevention efforts.

Casual sex among teenagers carries a number of negative impacts, particularly on physical and mental health. These impacts are often not recognized by teenagers until the health problems become serious. Understanding these health impacts is crucial to providing a realistic picture of the risks that can arise from this behavior.

One of the most common health impacts is an increased risk of STIs such as gonorrhea, syphilis, chlamydia, and HIV/AIDS. According to data from the World Health Organization (WHO), more than 1 million people aged 15-49 contract STIs each year.(WHO, 2024). According toKampman et al. (2020), STI positivity reports increased from 23% in 2011 to 30% in 2018. However, condom use decreased for vaginal sex (73% vs. 60%), oral (5% vs. 2%), and anal (85% vs. 75%) between 2011 and 2018. STI diseases that often occur in the community include gonorrhea, syphilis, chlamydia, condyloma, bacterial vaginosis, and others.(Tuntun, 2018).

Based on research conductedKhosropour et al. in 2022, most study participants reported having engaged in sex that could potentially transmit gonorrhea or chlamydia, either through themselves (as the recipient) or their partner (as the provider). The results showed that the median number of sexual acts reported in the last sexual encounter was 4 (interquartile range 3–5), the most commonly reported sexual acts being kissing (83%), receiving oral sex (82%), and insertive anal sex (65%). There was substantial variation in the order of reported sexual acts, with no unique order reported by more than 12% of the population. The most common combination was kissing followed by receiving oral sex (64% reported).

Meanwhile, according to the results of the researchPerez-Fernandez et al. in Peru in 2023, A total of 11.3% of respondents reported being diagnosed with or experiencing symptoms of an STI in the past year, and 20.2% of participants experienced EOSI (Early Onset of Sexual

Intercourse or first sexual experience before age 15). This study found that EOSI was associated with a higher risk of contracting an STI (aPR: 1.27; 95% CI: 1.08-1.50; $p = 0.005$). Stratified analysis by area of residence and number of sexual partners showed that this association persisted among women living in urban areas (aPR: 1.36; 95% CI: 1.11-1.66; $p = 0.003$) and those without a history of multiple sexual partners (aPR: 1.27; 95% CI: 1.08-1.51; $p = 0.005$), as well as those in the middle (aPR: 1.42; 95% CI: 1.03-1.97; $p = 0.034$) and highest (aPR: 2.12; 95% CI: 1.33-3.39; $p = 0.002$) wealth quintiles. These results suggest that the incidence of STIs among study participants was quite high, especially in certain groups.

In addition, research conducted by Asyiah et al. (2021) showed a significant relationship between promiscuity and drugs, those involved in drug abuse and promiscuity have a higher risk of being infected with STIs compared to those who do not use them. The results of the study describe the incidence of STIs such as HIV/AIDS, syphilis/gonorrhea, hepatitis C and genital herpes in the high category (67.2%) with a correlation value of 0.629 in Tasikmalaya.

In addition to the physical impacts, casual sex also has psychological consequences that are no less serious. Psychological impacts such as guilt, anger, sadness, regret, shame, loneliness, feeling helpless, confusion, stress, self-loathing and hatred for the other person involved, unclear fear, insomnia, loss of concentration, depression, hopelessness, anxiety, self-doubt, and fear of God's punishment are all mental burdens that teenagers who engage in casual sex may experience. (Putri et al., 2021) The resulting health impacts not only affect the physical body but also the overall psychological well-being of adolescents. Therefore, education and access to adequate health services are essential to prevent and address these risks.

Preventing promiscuity and STIs among adolescents is a crucial step in reducing the negative impacts of these behaviors. The best approach to effective prevention involves education, supervision, and access to health services, with support from all parties, including families, schools, and the government. One comprehensive effort the government can undertake is to provide effective education. This education should include an understanding of healthy relationships, the consequences of sexual behavior, and the importance of protection, such as condom use. (Puspitasari et al., 2024) This educational program should begin early with an age-appropriate approach, both at school and at home.

Parents also play a crucial role in shaping adolescents' attitudes and behaviors toward sexual activity. Open communication between parents and children can prevent adolescents from seeking information from untrustworthy sources, such as social media or peers. Research shows that a lack of parental attention and awareness in providing sex education to adolescents

can reinforce the emergence of deviant behaviors, including promiscuity.(Maulida & Safrida, 2020)Parents can act as primary educators, providing moral values and information about the risks and prevention of STIs.

Easy access to youth-friendly health services is also a crucial part of prevention efforts. Adolescents need to be provided with the opportunity to consult about reproductive health without fear. Furthermore, technology and media can be used as effective educational tools. Social media platforms, health apps, and online campaigns can be used to disseminate information about the risks of casual sex and how to prevent STIs. Prevention efforts involving education, family involvement, access to health services, and the use of technology are strategic steps to reduce the prevalence of casual sex and STIs among adolescents. Collaboration between individuals, families, schools, and the government is necessary to create an environment that supports adolescent sexual health comprehensively.

CONCLUSION

The phenomenon of casual sex among adolescents is a complex issue influenced by various social and psychological factors. The high number of STI cases in Indonesia demonstrates the need for serious attention to adolescent sexual behavior. This study emphasizes the importance of reproductive health education as a strategic step to reduce the prevalence of STIs and the negative impacts of casual sex. The public and policymakers are expected to take effective preventive measures to protect adolescents from the serious health risks associated with unsafe sexual behavior.

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