

Relationship Between Knowledge Levels and Adolescents' Attitudes about Sex Education

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ABSTRACT

Purpose: This study aims to determine the relationship between the level of knowledge and the attitude of adolescents in class VII and VIII MTS Nu Ciamis. **Methods:** This study used quantitative methods with a cross sectional approach, the sample size was 33 respondents. The sampling method used total sampling technique. The research instrument used a questionnaire that had been tested for validity and reliability with a Cronbach Alpha coefficient value of 0.632. Data were analysed using chi-square. **Results:** the level of respondents about sex education attitudes in the positive category was 15 people (45.5%), and the negative category was 18 people (54.5%). The data shows that the attitude of students in grades VII and VIII has a negative attitude about sex education. **Conclusion:** The results of the study with chi square test analysis showed a p-value of $0.283 > 0.05$, so H_0 was accepted and H_a was rejected. These results indicate that there is no relationship between the level of knowledge and attitude.

Keywords: Adolescents, knowledge, sex education

Introduction

Adolescence is the period between childhood and adulthood. The age of adolescence ranges from 10 to 19 years, children aged 10-12 years belong to the early category, 13-15 years belong to the middle category; and 16 to 19 years belong to the late category (Kristina, Pratiwi and Rumiati, 2022). All behaviors associated with puberty, including rapid and dynamic physical, psychological, intellectual, social, and sexual growth or development, occur during adolescence (Sari et al., 2020; Nurinayah *et al.*, 2022).

Sex education is a multi-faceted educational method that enables students to acquire knowledge related to specific health issues, find personal motivation and insight to take action based on what they know, acquire the skills necessary to maintain and develop sexual health and stay away from sexual problems, and help create an environment that contributes to sexual health (Maimunah, 2019). Adolescents and families are greatly harmed by the lack of knowledge related to sex education because during adolescence they are facing significant

developments, namely cognitive, emotional, social, and sexual development, which occurs from 12 years to 20 years. Low knowledge can be caused by a lack of information from correct data (Sulastri and Astuti, 2020).

The impact of sexual behavior resulting from a lack of knowledge related to sex education can cause negative psychological effects such as feelings of anger, fear, anxiety, depression, and low self-esteem and guilt. Social factors such as pressure from parents, getting pregnant out of wedlock, being ostracized by friends or the community, and dropping out of school. Physical health can affect abortion and the development of sexually transmitted diseases such as HIV or AIDS. Sex education is very important to implement to reduce early sex abuse caused by adolescent actions (Andriani et al., 2022).

According to (World Health, 2020), by 2020, 150,000 adolescents aged 10-19 years will have been affected by sexually transmitted diseases worldwide. Recent data shows that sexually transmitted diseases affect 25% of adolescent girls and 17% of adolescent boys aged 15-19 years. In addition, at least 10 million out-of-wedlock pregnancies and 5.6 million abortions are performed each year among adolescent girls aged 15-19 years. Data collected by KPAI showed that 93.7% of teenagers in junior high school and senior high school have kissed and performed oral sex. This is due to the fault of one important component, which is the lack of sex education in adolescents, so they think if they perform sexual acts is an activity that is commonly done by couples today (KPAI, 2020).

In 2011, a study showed that in the cities of Jakarta, Surabaya, and Bandung, 32% of teenagers had had sexual intercourse, 99% of respondents from a survey conducted in 2016 in elementary, junior high, and high schools in Bandung district said they had seen pornographic movies or pictures, and 1% said they did not have adequate facilities to do so. In the youth survey, 100 respondents said that 63% held hands, 40% kissed, 20% touched sensitive areas, and 2% had sexual intercourse (KPAI, no date). According to the percentage of adolescents, males watched pornography through online media (66.6%) and females (62.3%), while boys (34.5%) and girls (25.5%) were sexually involved or engaged in direct sexual activity. Thus, the number of boys who watched pornography and engaged in direct sexual activity was higher than that of girls. The effects of pornographic media begin with the stages of addiction (addiction), escalation (escalation), desensitization (desensitization), and exit action (imitation of behavior) (Kosvianti et al., 2020; Sukmawati *et al.*, 2023).

In 2020, the number of early marriage cases in West Java was very high, reaching 9,821 cases (BPS, 2020). According to (Pengadilan Agama Negeri Bogor, 2021), in (Dwipayana et al., 2023) Bogor city has the highest number of cases of early marriage before the age of 19, namely 46 cases, this is based on data on marriage dispensation from 2019 to 2021. Young marriages by underage couples in West Java, especially in the Pangandaran region, increased by 1000% in 2022 (Elda and Martinelli, 2023). According to data from the Ciamis Health Office in 2023 there were 90 HIV cases in Ciamis, adolescents (10-22 years) were ranked second most after adults (35-44 years), based on the biggest risk factor for HIV caused by sexual deviation, one example is MSM (male sex men) (Dinkes Ciamis, 2023).

The results of research by Syahza et al, (2021), show that there is no relationship between attitude and premarital sex. The results of research from Febriyana et al (2022), found that there is a relationship between the level of knowledge and attitudes of adolescents regarding sex education with behavior leading to free sex at SMK Kota Tangerang Selatan in 2021 with a P-value of $0.000 < \alpha 0.05$ and a P-value of $0.007 < \alpha 0.05$.

Researchers have conducted pre-research interviews at MTs NU Ciamis, the results obtained from the teacher's statement that students at MTs NU Ciamis have never been given sex education from teachers or the health department. Therefore, researchers are interested and want to conduct research on "The Relationship between Knowledge Level and Adolescent Attitudes About Sex Education in Classes VII and VIII Mts NU Ciamis".

Methods

Descriptive quantitative method, with a Cross Sectional approach. The population in this study amounted to 42 people. The sample used was 33 people with sampling techniques using total sampling. The characteristics of respondents in this study were VII and VIII MTs NU Ciamis students. Data were analyzed using chi-square. The instrument used used a questionnaire that had been tested for validity and reliability at MTs Al-Ihsan. This research was conducted on March 20, 2024 at MTs NU Ciamis.

Results

A. Univariate Analysis

1) Characteristics Of Respondents Based On Age

Table 1. Age Of Respondent

No	Age	Frequency	Percentage
1.	13 years	16	48,5%
2.	14 years	15	45.5%
3	15 years	2	6.1%
Total		33	100%

Table 1. shows that of the 33 respondents, the majority of students in grades VII and VIII of Mts NU Ciamis are 13 years old as many as 16 students (48.5%).

2) Description Of Respondents' Attitudes About Sex Education

Table 2. Gender Of Respondent

No	Gender	Frequency	Percentage
1.	Male	16	48,5%
2.	Female	17	51,5%
Total		33	100%

Table 2. indicates that most of the adolescents who were respondents in this study were female with 17 people (51.5%).

3) Description Of Respondents' Attitudes About Sex Education

Table 3. Description Of Respondents' Attitudes About Sex Education

No.	Category	Frequency (People)	Presentase (%)
1.	Either	23	69,7%
2.	Simply	10	30,3%
Total		33	100%

Based on table 3. it can be seen that the level of knowledge of respondents regarding sex is mostly in the good category of 23 people (69.7%), 10 people (30.3%) in the moderate category, and 1 person (3.0%) in the poor category. It shows that students in grades VII and VIII at MTs Nu Ciamis have knowledge about sex education in the good category.

4) Description Of Respondents' Attitudes About Sex Education

Table 4. Description of Respondents' Attitudes About Sex Education

No.	Category	Frequency	Percentage
1.	Positif	15	45,5%
2.	Negatif	18	54,5%
Total		33	100%

Based on table 4. it can be seen that the level of respondents about the attitude of sex education in the positive category is 15 people (45.5%), and the negative category is 18 people (54.5%). The data shows that the attitude of seventh and eighth grade students has a negative attitude about sex education.

5) Description Of Respondents' Knowledge Based On Gender

Table 5. Description Of Respondents' Knowledge Based On Gender

Knowledge	Gender		Total
	Male	Female	
Simply	7 (70,0%)	3 (30,0%)	10 (100%)
Either	9 (39,1%)	14 (60,9%)	23 (100%)
Total	16 (48,5%)	17 (51,5%)	33 (100%)

Based on table 1.5, it can be seen that the knowledge of respondents based on gender, namely women are in the sufficient category 3 people (30.0%) and the good category 14 people (60.9%) while the majority of men are in the good category 9 (39.1%) and sufficient 7 (70.0%).

6) Description Of Adolescent Attitudes Based On Gender

Table 6. Description Of Respondents' Attitudes Based On Gender

No.	Category	Frequency	Percentage
1.	Positif	15	45,5%
2.	Negatif	18	54,5%
Total		33	100%

Based on the table above, the majority of female students are in the positive category as many as 10 (66.75%) people while men are in the negative category 11 (66.1%).

B. Bivariate Analysis

Table 7. Results Of Chi Dquare Test Analysis Of The Relationship Between Knowledge Level And Adolescents' Attitudes About Sex Education

Knowledge	Attitude		Total	P value
	Positif	Negatif		
Simply	3 (30,0%)	7 (70,0%)	10 (100%)	
Either	12 (52,2%)	11 (47,8%)	23 (100%)	0,283
Total	15 (45,5%)	18 (54,5%)	33 (100%)	

The results of the cross tabulation in table 7. show that of the 33 respondents with good knowledge, 12 respondents had a positive attitude (52.2%) and 11 respondents had a negative attitude (47.8%). And of the 3 respondents with sufficient knowledge category had a positive attitude (30.0%) and 7 respondents had a negative attitude (70.0%).

The results of statistical tests using the Chi Square test obtained a p value of 0.283, when compared with the α value (0.05) then the p value is greater than the α value (0.283 > 0.05) then H_0 is rejected which means there is no relationship between the level of knowledge with adolescent attitudes about sex education in classes VII and VIII MTs Nu Ciamis.

Discussion

1. Adolescents' Knowledge About Sex Education

Based on the results of this study, it is known that the students who were respondents in this study, the highest results were in the good category as many as 30 people (90.9%), the moderate category was 3 people (9.1%), and the less category was 1 person (3.0%). This can be caused by the high curiosity of adolescents. This is supported by Notoatmodjo's theory that knowledge is the result of a person's curiosity about sensing or objects (Notoatmodjo, 2010).

Most of the 16 people who answered, or 48.5 percent, were 13 years old. One of the factors that influence knowledge is age, according to Notoatmodjo (2010). Adolescents in

this phase tend to need many friends because of their desire to be “narcissistic” (self-love), i.e. liking friends who have characteristics that match their own. Moreover, they are still confused about making choices (Putri, 2022).

Based on the characteristics of the respondents, it shows that the most respondents are female 17 people (51.5%) with a good knowledge category of 14 (60.9%) and 16 men (48.5%) with a good knowledge category of 9 (39.1%). According to research conducted (Ezer et al., 2019) gender plays a role in knowledge related to STIs and HPV. Women's higher level of interest in sexual health and sexuality may be the cause of women's better knowledge Nsuami et al., (2010). Research conducted by Fonte et al., (2018), women have better knowledge than men. This is due to differences in the tendency of respondents to obtain information. Another theory says gender does not affect knowledge that (Notoatmodjo, 2010).

According to Ismayanti et al (2021) theory, most people believe that sex education only discusses vital organs and various positions for sexual activity. However, by teaching adolescents about the changes that occur to them as they mature, the dangers of having sex will be easier to avoid and not have sexual intercourse (Ismayanti et al., 2021). Burhan argues that knowledge is useful for adolescents during their developmental period, especially with regard to sex education because this knowledge shapes the attitudes that will be formed by adolescents can affect good behavior in the future (Febriyana et al., 2022).

The results of this study are comparable to research by Egy Pratama (2014), which involved 136 respondents. The results of data analysis showed that most respondents (84.6%) had good knowledge, a small proportion of respondents (15.4%) had sufficient knowledge, and none were lacking (Pratama et al., 2014). The level of knowledge is influenced by various factors, one of which is social media, which also affects a person's level of knowledge. Social media enters into teenagers' lives and shapes the way they think and interact in different ways, especially in terms of education, by offering various aspects. Nonetheless, negative consequences can arise as a result of social media misuse. One of the negative consequences is that adolescents spend a lot of time studying, which causes their grades to decrease (Hakim & Kadarullah, 2016).

Based on observations during the study, one of the factors that caused good knowledge in adolescents was due to social media factors, indicated by several students who had read about sex education on TikTok social media. In this study, some students have gadgets and social media, the average student has 2 to 3 social media applications such as Instagram, TikTok and Facebook, making it easier for students to obtain information. So the results of this study found that students' knowledge of sex education is in the good category.

2. Adolescent's Attitude About Sex Education

Based on the results of univariate analysis, it was found that the level of respondents about the attitude of sex education in the positive category was 15 people (45.5%), and the negative category was 18 people (54.5%). This shows that the attitude of seventh and eighth grade students has a negative attitude about sex education. The results of research by Puspasari Putri et al. (2022) are in line with the results of this study, which found that 25% or 53.2% of respondents had a poor attitude. Based on gender, women have more positive attitudes than men, namely 10 (66.7%) people. This may be due to the fact that girls are more open to getting information about sexuality and it is usually easier for women to seek knowledge related to sexuality.

According to Notoatmodjo (2007), attitude is a form of a person's closed reaction to a certain stimulus or object. This response includes opinions and related emotions, such as happy or unhappy, agree or disagree, and good or bad. According to A. P. Ariani (2014), there are a number of variables that influence how a person behaves towards their subject.

These include one's own experiences, the influence of other people one feels are important, the media, educational institutions, religion, and emotions. In addition, these institutions provide a sense of what is good and bad, which can be received from education and religious institutions, as well as from the teachings they provide. A person's religious and moral concepts will influence how they act towards certain things (A. Ariani, 2014).

Attitude means not yet taking action, but rather a tendency to behave or act (Notoatmodjo, 2010). An unfavorable attitude needs to be changed, one of the things that can be done to change it is to provide knowledge, such as health education. It is hoped that if knowledge is good, then the student's attitude will be good (Simanjuntak, 2021). Attitudes consist of positive attitudes and negative attitudes. A positive attitude shows a person's feelings towards positive things and provides useful information. Negative attitudes, on the other hand, are attitudes that must be avoided because they will lead a person to problems and failures (Febriyana et al., 2022; Noviati *et al.*, 2024).

Based on the research found that students' attitudes are in the negative category, this can be influenced by the influence of the closest people such as friends, family, environment and others. Associations with peers can affect adolescents' attitudes about sex education. From the results of this study, researchers suggest that teachers or parents guide adolescents so that adolescents can have a better attitude about sex education.

Conclusion

Based on the results of the research that has been done, the conclusion is that there is no relationship between the level of knowledge and the attitude of adolescents about sex education in classes VII and VIII MTs NU Ciamis. The results of the study with the chi square test analysis showed a p-value of $0.283 > 0.05$, so H_0 was accepted and H_a was rejected. These results indicate that there is no relationship between the level of knowledge and attitude.

Suggestion

Knowledge enhancement through workshops for adolescents needs to be developed. For future researchers, it is necessary other factors that influence adolescents' knowledge and attitudes about sex education, such as peer groups, which are the main supporters of adolescents.

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