



Sexual Behavior in Teenagers Who Are Dating (Case Study of Junior High School “X” in Samarinda)

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Abstrak

Masa remaja adalah masa peralihan dari masa anak-anak ke masa dewasa diperkirakan usia 13-16 tahun. Perubahan secara psikologis menimbulkan dorongan seksual dalam diri remaja. Survei kesehatan reproduksi oleh Badan Kependudukan dan Keluarga Berencana Nasional (BKKBN) tahun 2019, sekitar 92% remaja yang berpacaran, saling berpegangan tangan sampai berciuman sekitar 82%, dan 63% remaja yang berpacaran saling meraba. Penelitian ini bertujuan untuk mengetahui perilaku seksual remaja yang berpacaran di SMP “X” Kota Samarinda. Penelitian ini merupakan penelitian kualitatif dengan desain penelitian studi kasus dan pendekatan deskriptif yang menggunakan metode wawancara mendalam. Teknik pengambilan sampel menggunakan teknik purposive sampling yang dilaksanakan di Kota Samarinda pada 25 Mei - 25 Juli tahun 2023. Hasil penelitian ini menunjukkan bahwa ditemukan bahwa faktor individu berupa pengetahuan, sikap, usia dan jenis kelamin mempengaruhi perilaku seksual remaja yang berpacaran. Bentuk perilaku seksual remaja yang berpacaran di SMP “X” Samarinda yaitu berpegangan tangan, membelai rambut, berpelukan dan berciuman.

Abstract

Adolescence is a transition period from childhood to adulthood estimated at 13-16 years of age. Psychological changes cause sexual urges in adolescents. A reproductive health survey by the National Population and Family Planning Agency (BKKBN) in 2019, around 92% of adolescents who are dating, hold hands to kiss around 82%, and 63% of adolescents who are dating touch each other. This study aims to determine the sexual behavior of adolescents who are dating at SMP "X" Samarinda City. This research is a qualitative study with a case study research design and a descriptive approach using an in-depth interview method. The sampling technique used a purposive sampling technique which was carried out in Samarinda City on May 25 - July 25, 2023. The results of this study indicate that individual factors in the form of knowledge, attitudes, age and gender influence the sexual behavior of adolescents who are dating. The forms of sexual behavior of adolescents who are dating at SMP "X" Samarinda are holding hands, stroking hair, hugging and kissing.

INTRODUCTION

Adolescence, often referred to as a period of searching for identity, is a transitional phase from childhood to adulthood. Adolescence is divided into three stages: early adolescence, middle adolescence, and late adolescence. Early adolescence is estimated to be synonymous with junior high school (SMP), occurring at the age of 12-16 years. During this period, adolescents experience physical, sexual, cognitive, emotional, and psychosocial maturity. They also progress toward social and economic independence, identity formation, acquisition of skills for adult life, and the ability to negotiate with those around them (Kusumaryani, 2020).

One of the intriguing aspects of personal development for early teenagers is their romantic journey. During this time, teenagers begin to show interest in the opposite sex, characterized by increased communication and emotional closeness. Besides getting to know each other, teenagers who are interested in someone often initiate a more than friendship relationship, known as dating. Dating is a common behavior among teenagers, and some view not dating or lacking a partner as stigmatizing or outdated. Many teenagers, however, are unaware of the negative consequences associated with dating behavior. Dating behavior can escalate into sexual contact, including touching, kissing, engaging with sensitive areas, and even sexual intercourse (Crapo, 2021).

Sexual behavior encompasses all actions driven by sexual desire, whether involving the opposite sex or the same sex. Such behavior can take various forms, including attraction, dating, making out, intercourse, and other activities aimed at sexual satisfaction. Consequently, sexual

behavior extends beyond sexual relations. Commonly practiced forms of sexual behavior include touching, hugging, kissing, necking, petting, and intercourse. The impact of sexual behavior, especially on teenagers, includes physical risks such as early pregnancy, sexually transmitted infections (STIs), HIV and AIDS, and other dangers. STIs are diseases transmitted through sexual intercourse (Fauziyah et al., 2021). Thus, health education is necessary to enhance teenagers' knowledge, understanding of health issues, and decision-making based on the provided health information (Hendriani, 2019).

In 2018, the World Health Organization (WHO) reported that approximately 16 million teenagers aged 15-19 and 2.5 million under 16 give birth every year, with around 3.9 million teenagers aged 15-19 undergoing unsafe abortions due to risky sexual behavior. The same holds for East Kalimantan Province, where promiscuous sexual behavior is a significant contributor to HIV/AIDS. Samarinda, its capital city, has the highest teenage population compared to other cities, with the AIDS Control Commission (KPA) of Samarinda City reporting 515 confirmed HIV/AIDS cases in 2019. The data also indicates a teenage pregnancy rate of 0.18% in East Kalimantan in 2020 (East Kalimantan Health Office, 2020).

The term Adolescent (Adolescence) is the age period between 10 and 19 years which is a continuation of physical, cognitive, behavioral and psychosocial changes and is characterized by an increase in the level of individual autonomy, a growing sense of identity, self-esteem and independence progressively towards maturity. Meanwhile, the term Youth refers to more mature teenagers aged 15-24 years. Referring to the merger of the two groups,

there is the term Young People, namely teenagers aged 10-24 years. These two terms reflect the further development and maturation of individuals during the period above 18 years and before entering adulthood (UNESCO, 2015; Indonesian Ministry of Health & UNFPA, 2017).

The World Health Organization defines adolescents conceptually as stated in three criteria, namely biological, psychological and socio-economic, so that the complete definition reads as follows: (1) An individual develops from the time he first shows his secondary sexual signs until he reaches sexual maturity (2) Individuals experience psychological development and identification patterns from childhood to adulthood. There has been a transition from the socio-economic dependence that the person concerned has experienced to a relatively more independent situation (Pramoto et al, 2022).

Adolescence is a time of change. Adolescence is divided into three overlapping biopsychosocial phases of an epigenetic nature, each of which leads to the next stage. On average, girls precede boys into each phase. Each individual's development has unique characteristics and characteristics according to the age of development so that there are behaviors that are considered bad or inappropriate behavior that are actually normal behavior for a particular phase.

According to Sugianto (2013) dating is a relationship that is built on commitment, starting from a feeling of 'love' to have all the potential that a partner has, while moving towards a more serious level, serious about marriage or even serious about separating. Dating is carrying out a relationship where two people meet and do a series of activities together in order to get to know each other.

Behavior is an activity or activity of an organism. Human behavior is essentially the action or activity of humans themselves. Health behavior cannot be separated from the use of health services. Several health sociology studies that review health services are presented by several concepts of health behavior that are usually carried out by people in their efforts to seek a healthy state. Health in sociological studies reviews various health problems as the impact of the existing medical system in society. Sociology tries to see that human behavior cannot be separated from social regulations. Based on this explanation, there needs to be careful attention to models of human behavior in relation to health (Notoatmodjo, 2017).

According to Sarwono (2019) sexual behavior is any behavior that is driven by sexual desire, whether with the opposite sex or the same sex. This form of behavior can be of various types, such as feelings of attraction, dating, flirting, sexual intercourse and various activities that lead to sexual satisfaction. Sexual behavior is behavior that occurs due to sexual urges or activities to obtain satisfaction or pleasure from the sexual organs through various behaviors such as holding hands, fantasizing, hugging, kissing and even sexual intercourse.

Based on initial interviews, including one with a Scout extracurricular trainer, it was revealed that in 2016, an incident involving sexual behavior occurred when a female student engaged in sexual relations (intercourse) near the school with a significantly older man due to mutual attraction. This incident tarnished the school's reputation, leading to a two-week suspension for the female student. Additionally, another incident involving sexual behavior was discovered in 2020

when two students were caught kissing at school, prompting intervention by the school's guidance counselor.

Given the aforementioned issues, this research aims to examine how sexual behavior manifests among teenagers, particularly junior high school (SMP) students who are dating. The study emphasizes the need for attention, as more SMP students are entering into relationships, and if left unmonitored, some may engage in risky sexual behavior, leading to physical dangers such as early pregnancy, STIs, HIV and AIDS, and other related risks. This research was conducted in junior high schools in the Samarinda City area.

METHOD

This research used a qualitative approach with a case study design and descriptive methodology, employing in-depth interviews and documentation for data collection. The research was conducted in Samarinda City from May 25 to July 25, 2023. The sampling technique applied was purposive sampling. The population in this study was all students at SMP "X" from class VII to class IX, totaling 192 students. The sampling technique in this research uses the Purposive Sampling technique, namely determining the source of information based on certain objectives or considerations first. The sample size taken in this research was students with a total of 8 people as the main informants, 1 extracurricular teacher who was the key informant and 11 additional informants who were girlfriends, friends and guidance counselors at SMP "X".

The inclusion criteria in this study are: a) Students who sit in class VII to class

IX, b) Willing to become an informant, be fully involved in the research and sign informed consent, c) Students who are dating, d) Students who are able to tell stories about their experiences while dating. The exclusion criteria in this study are: a) Is the student's girlfriend who has been designated as an informant. b) Informants who do not want to be open in the research process.

For the main informants, inclusion and exclusion criteria were used, with a total of eight student informants, one extracurricular teacher as a key informant, and eleven additional informants, consisting of boyfriends, friends, and school counselors at "X" Junior High School. The data collection tools included interview guides, field notebooks, recording devices, and cameras. The data sources in this research used primary data. Data processing involved data reduction and presentation, followed by drawing conclusions. The triangulation methods used in this research included source triangulation, member checking, and consulting supervisors for feedback.

RESULT AND DISCUSSION

In this study, there were eight main informants, aged 13-15 years, with an equal distribution of four males and four females. Five of the informants were in 9th grade, while two were in 7th grade. The key informant was a 35-year-old extracurricular teacher at SMP "X". Supporting informants included the main informant's girlfriend, close friend, and guidance counselor, totaling 11 individuals aged 14-16 years. Most supporting informants were junior high school students in 8th grades and 9th grades, except for guidance counselor.

Table 1. Characteristics of Main Informants (IU)

Code	Education (Class)	Age (year)	Gender
IU 1	9	14 th	F
IU 2	7	13 th	F
IU 3	8	15 th	M
IU 4	9	15 th	M
IU 5	9	15 th	M
IU 6	9	14 th	M
IU 7	9	15 th	F
IU 8	7	14 th	F

The key informant in this research was an extracurricular teacher at SMP "X", totaling 1 person is 35 years old and is an extracurricular teacher at school.

Supporting informants in this research were the main informant's girlfriend, close friend and guidance counselor. A total of 11 people

Table 2. Characteristics of Supporting Informants (IP)

Code	Occupation	Age (year)	Gender	Education (Class)	Relationship with informants
IP 1	Student	14 th	M	8	GF
IP 2	Student	16 th	M	9	GF
IP 3	Student	15 th	F	8	BF
IP 4	Student	15 th	F	9	BF
IP 5	Student	15 th	F	9	BF
IP 6	Student	14 th	F	8	BF
IP 7	Student	16 th	M	9	GF
IP 8	Student	15 th	M	9	GF
IP 9	Student	14 th	F	8	Bestfriend
IP 10	Student	15 th	M	9	Bestfriend
IP 11	Counselling Teacher	31 st	F	-	Counselling Teacher

Personal Factor

In general, the informants demonstrated a good understanding of sexual behavior, identifying it as sexual intercourse or related activities such as holding hands, kissing, and touching. The following is one informant's statement:

"There are many kinds of negative things, such as pornographic videos, which are prohibited for minors. This behavior is akin to a couple having sexual relations" (IU 2).

However, seven out of eight informants admitted to not knowing the specific stages of sexual behavior. They considered dating involving only

communication or limited physical contact as normal and appropriate. The following is one informant's statement:

"It's okay, Sis, it's still normal if it's just communication" (IU 7)

When asked about the suitable age for dating, informants generally believed it should be 17 years or older, but many also acknowledged that dating during middle school was commonplace. They expressed that dating was a right for everyone, irrespective of gender. The following is one of the informant's statements:

"You have to be 17 years or older, and anyone can do it. Boys can start after

middle school and girls can start after high school" (IU 1)

Notably, the key informant and the guidance and counseling teacher mentioned that many junior high school students were already dating, particularly in 8th and 9th grades, indicating a discrepancy in their beliefs. Their guidance and counseling teacher stated:

"Many female students are dating within the same school; the reason is to motivate each other, and the majority are in 8th and 9th grades, approximately 14-16 years old" (IP 9).

Form of Sexual Behavior

All informants reported becoming aware of dating during their elementary school years, typically at ages 11-13, driven by curiosity and influenced by friends. Most informants had between 3 to 6 ex-boyfriends or girlfriends, with an average dating duration of 3 months to 2 years. They perceived their dating experiences as normal. Informants engaged in various forms of physical contact with their partners, such as holding hands, hugging, and occasionally kissing, driven by attraction and curiosity. All informants carried out this behavior because they felt it was natural to show feelings of affection, fulfill their desire to know, and be curious. After all, they also felt that this would not have bad consequences. The following is the informant's statement:

"It's like being alone together most of the time playing on your cellphone, chatting as usual, talking about everyday life, holding hands, hugging, stroking your head and hugging, but no kissing" (IU 2).

What drives them to carry out this behavior is because they want to try and are attracted to their partner.

Personal Factor

The research results indicate that the informants possess a reasonably good understanding of the meaning of sexual behavior. They already have knowledge of its meaning, the various forms it can take, and the factors that influence it. However, unfortunately, all informants stated that they did not know what the stages of sexual behavior were.

The research results also show that all informants agree that dating through communication alone, without any physical touch, is considered normal and acceptable. However, some informants also acknowledged that displaying affection when dating, such as holding hands, caressing, hugging, and kissing, is considered normal behavior and falls within acceptable boundaries.

This observation aligns with the findings of Mariani, et al. (2018), which demonstrated that individuals tend to exhibit different behaviors in the same situation due to differences in attitudes. These attitudes can be either positive or negative. If someone holds a positive attitude towards an object, they are likely to be helpful, attentive, and receptive to positive actions. Conversely, if someone has a negative attitude towards an object, they tend to criticize, reject, or dislike it.

The research results further indicate that the informants believe that the appropriate age for dating is 17 years and above because they perceive themselves as mature and capable. Additionally, the informants hold the opinion that dating is a right that applies to everyone, regardless of gender. This perspective

aligns with the research conducted by Ariningsih (2019), which asserts that middle adolescents, typically aged 16-17 years, undergo full physical maturation. At this age, they experience phenomena such as wet dreams and menstruation, reaching a peak of sexual arousal that often leads to a desire for physical intimacy.

Form of Sexual Behavior

The research results indicate that informants began to learn about dating at the ages of 11-12 while in elementary school. They were motivated by their curiosity and influenced by friends. The informants reported having had between 3 to 6 ex-boyfriends or girlfriends and an average dating duration of 3 months to 2 years. They perceived these experiences as normal. This observation aligns with research by Wardani (2020), which suggests that individuals engage in dating because they experience feelings of affection and desire for attention. Additionally, curiosity about dating arises from exposure to dating-related content on television, interactions with older siblings, and peer influences. Therefore, the sexual behaviors exhibited by the informants are primarily driven by sexual desire, whether experienced individually, with the opposite sex, or with the same sex.

CONCLUSION

The individual factor revealed that the informants possess a general understanding of sexual behavior but lack knowledge of its specific stages. The research findings indicate that teenagers at SMP "X" Samarinda

engage in kissing as part of their sexual behavior.

This research is expected to provide valuable insights for schools, parents, and concerned parties. It emphasizes the importance of supervision and education regarding sexual behavior among teenagers as a preventive measure against deviant sexual behavior.

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