

Sexual Education as Knowledge of Improvement Efforts on Adolescent Sexuality in X Junior High School North Raman District of East Lampung

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ABSTRACT

Background: Adolescence is a transition period between child and adult, where there has been growth, the appearance of secondary sex, achieved fertility, and psychological changes occur, and cognitive factors that influence adolescent sexual behavior before marriage among others, lack of information and knowledge about sexual. Sexual education is one way to reduce the negative impact of the unexpected such as sexual harassment, premarital sexual behavior, sexually transmitted diseases, and reduce the number of abortions due to unwanted pregnancy.

Purpose: The purpose of this study is to determine the effect of sexual education to adolescents in junior high knowledge X Raman district of North Lampung Timut. Sexual education is given 2 times, measuring knowledge through pre-test and posttest.

Materials and Methods: This research uses pre-experiment study (pre-experimental design) and the draft form one-group pretest-post test design. Sampling with simple random sampling technique was done. The instrument used for data collection was a questionnaire and analyzed using statistical test paired *t*-test.

Results: The results showed the differences in knowledge on adolescent sexual education and after being given a significance value of $0.00 < 0.05$.

Conclusion: There is influence sexual education to increase knowledge about adolescent sexuality in X Junior High School Raman Utara East Lampung.

Key words: Science, Sexual Education, Sexuality

INTRODUCTION

Adolescence is periods where teenagers will experience sexual organ maturation and achievement adolescent reproductive capabilities evolve from asexual beings become sexual beings. Changes in the early teens also occur in psychosocial i.e., attraction to the opposite sex and feelings of love, then the emergence of sexual drive.¹

The population of Indonesia in 2010 reached 237.6 million, 26.67% of whom are teenagers. According to data from the National Population and Family Planning in 2011, in adolescents aged 15-19 years, the largest proportion of dating the first time at the age of 15-17 years. Approximately 33.3% and 34.5% female adolescent boys aged 15-19 years began dating when they were not yet 15 years old, at this age do not yet have feared

ketrampilan life (lifeskill) well and yet able to control yourself and managing sexual impulses so that they are at risk of having unhealthy courtship behavior or carry to premarital sexual behavior that is starting from the stage kissing, necking, petting, even to the intercourse.² Based BKKBN 2011, didapatkan percentage of 4.5% in men who engage in premarital sex at the age of 15-19 years, which means tend to have increased from 2007 in the amount of 0.8%.²

According to the United Nations Development and Social Affairs, Indonesia including the state to -37% wedding young age is high and the second centipede in ASEAN after Cambodia. Based on the record Riskesdas 2013 women aged 10-54 years who are pregnant, they obtained a pregnancy at age <15 although in small portions, namely, 0.02%, while the pregnancy at the age of 15-19 years 2.71% higher in rural areas than urban of 1.97%.³

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Births to teenagers daughter are still high in Indonesia, there are about 48 per 1000 women aged 15-19 years of giving birth. This achievement is still far from the target Millennium Development Goals in 2015, about 30 per 1000 adolescent girls aged 15-19 years. According to the results Riskesdas Lampung Province in 2007, the national percentage of population aged 10 years and over according to knowledge about the prevention of HIV/AIDS is the second lowest Lampung (37.8%). From terms of employment, income residents remain more knowledgeable true about HIV/AIDS. In terms of the type of area, more urban residents who have heard about HIV/AIDS and really knowledgeable about prevention while according to the attitude of the population 10 years and over if there are family members who suffer from HIV/AIDS.³

Based on data from Demographic and Health Survey 2012 found reason premarital sexual relations largely out of curiosity/curious (57.5% male) happen (38% women) and is forced by a partner (12.6% women).⁴ This means understanding teens about healthy living skills, the impact of sexual intercourse, and the ability to resist premarital sexual behavior is still lacking. A survey of 8,084 boys and girls aged 15-24 years in 20 districts in four provinces (West Java, Central Java, East Java, and Lampung) found as many as 46.2% of teens still think that pregnancy cannot occur if only with one sexual relationship.⁵ This means there are many teenagers who do not understand about sexuality.

Teenagers need information about sexuality, reproductive health information on a comprehensive either from school or from health workers, but the specifics teens do not get information about sex from school. Teens are expected to avoid premarital sexual behavior, decrease the number of cases of unwanted pregnancies, and sexually transmitted infections.⁶

Based on the survey in X Junior High School in the district of North Raman known that adolescent sexuality information has never been obtained either from health workers or teachers BK, at school only taught the basic knowledge of human reproduction is included in biology. In this junior, PIK-KRR not running yet and there has been no dissemination of Women Empowerment and Family Planning.⁷

Based on data from teachers of both schools in the district of North Raman East Lampung in academic year 2015/2016, have four class VIII and IX are unwanted pregnant. While there is one case of students who "selfie" without clothes, so his picture spread in cyberspace by classmates.⁸

From the preliminary study with 15 (9 female and 6 male) students in the X School districts Raman North 70% are not aware of changes in adolescence and pregnancy, 60% did not know the health effects of pregnancy in adolescence and early marriage, 80% did not know what it sexually transmitted diseases (STDs) and the mode of transmission. Of the 15 students said she had never dated 6 and 9 have been dating.⁸

Factors that influence adolescent sexual behavior before marriage among others, the opportunity to perform premarital sexual behavior, exposure to mass media about sex, lack of information/knowledge about the sexual, and the lack of effective communication with parents.⁹

In early adolescence is in line with biological maturity owned the more curious teens were high but did not get the

right information and the right of sex. Youth will increasingly interact with the opposite sex and sexually related adolescent curiosity grew, so at this time should be given appropriate information about sexuality is through sexual education in order not to fall into premarital sexual behavior.¹⁰ Sexual education is one way to reduce the negative effects are not expected as sexual abuse, premarital sexual behavior, STDs, and reduce the number of abortions due to unwanted pregnancy.⁴

MATERIALS AND METHODS

This type of research is pre-experiment (pre-experimental design) that experimental research design that has not been an experiment in earnest, and there are external variables that take effect on the formation of the dependent variable.¹¹ The design of this study is the one group pre-post test design is design there is no comparison group (controls).

The hypothesis research on this is that there is influence sexual education to increase knowledge about adolescent sexuality in the X Junior High School North Raman East Lampung district with a sample of 25 respondents. Data were collected using primary data questionnaire.

RESULTS

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DISCUSSION

Based on data obtained from the study before sexual education by an average knowledge of adolescents that are

Table 1: The frequency distribution characteristics of respondents in X Junior High School North Raman of East Lampung

Characteristics of respondents	Jumlah n (%)
Age (years)	
12-15	25 (100)
Gender	
Male	13 (52)
Female	12 (48)

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Table 2: The frequency distribution knowledge level of respondents in X Junior High School North Raman East of Lampung

Category	Knowledge level	
	F (%)	
	Pre	Post
Good	2 (8)	19 (76)
Enough	7 (28)	6 (24)
Less	16 (64)	

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Table 3: Mean of knowledge about sexuality pre-test and post-test in X Junior High School North Raman District of East Lampung

	Mean±SD	P	
Pre	Post		
	53.40±7.97	79.28±9.06	0.00

SD: Standard deviation

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in the lower categories, namely, 53.40 and after being given sexual education in both categories, namely, 79.28. The result of the significant value of $0.00 < 0.05$, which means there are differences in knowledge about adolescent sexuality between before and after sexual education. The big difference in the average value and the standard deviation between the two groups stated that sexual education effect on knowledge of adolescents about sexuality.

The above results are consistent with studies by Dharti that there is a difference before and after given sexual education in SMAN 1 Bantul Pundong. Knowledge is very important in the process of formation of a person's actions.¹² Someone must know in advance the meaning and behavior benefits for themselves; then someone will adopt new behaviors. Behavior based on knowledge will be more durable than the behavior that is not based on knowledge.¹³

Based on the characteristics of the respondents were in a vulnerable age 12-15 years termasuk early teens.⁸ Teens in this phase quickly attracted to the opposite sex, and easily aroused by erotic; emotionally they cannot control the ego.¹⁴

Sexual education materials provided to the respondents including the organs and bodily functions of men and women, young and amendments thereto, the identification of legal age, (menstruation and wet dreams), pregnancy, effects of teenage pregnancy, the impact of early marriage. STDs. The 1st day was delivered the materials, then hose 1 day given video playback on adolescent attitude in the face of courting responsible. That consistent with sex education (sex education) is a knowledge that we teach about anything related to sex. These range from the growth of gender, sex functions as reproduction, development of the genitals in women and male - male, about menstruation, wet dreams, until the onset of estrus - because of changes in hormones.¹⁴

Health communication can affect the attitudes and knowledge⁴ while according attempt to positively influence the behavior of public health is to use the principles and methods of communication. Therefore, good communication is needed to change a person.¹⁵

Teens who get enough good information and knowledgeable about each task progress will be easy to pass, but for teens who have less knowledge about sexuality possibility he be little difficulty in passing the task of sexual development.

CONCLUSION

There difference knowledge between before and after sexual education so as there is influence sexual education to give effect to increase in knowledge about sexuality in adolescents in X Junior High School North Raman of East Lampung.

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