

ANALISIS DETERMINAN PERILAKU SEKSUAL BERESIKO PADA REMAJA DI SMA LAMPUNG SELATAN TAHUN 2020

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Abstract

Sexual behavior is said to be risky if the behavior brings unwanted consequences such as abortion, pregnancy outside marriage and Sexually Transmitted Diseases (STDs). In 2019 there were 78 cases of pregnancy and childbirth among adolescents in the working area of Candipuro Health Center. This type of research is quantitative. Analytical research design with cross-sectional approach. The population is all high school students grade X, XI, XII in South Lampung Regency as many as 15,259 students. with a sample of 429 respondents. Data analysis used univariate analysis with percentages, bivariate analysis with Chi Square and multivariate analysis with multiple logistic regression. The results showed that there was a relationship between knowledge with at risk sexual behavior with p value 0,001, there was a relationship between attitudes with at risk sexual behavior with p value 0,000, there was a relationship between information sources with at risk sexual behavior with p value 0,002, there was a relationship between friends of the same age with at risk sexual behavior with p value 0,000, there was a relationship the role of parents with at risk sexual behavior with p value 0,017. The dominant factor influencing risky sexual behavior in teens in South Lampung High School in 2020 is attitude with OR 12,064. Efforts that can be made to reduce risky sexual behavior in adolescents by increasing knowledge about reproductive health that can be done through adolescent health care service programs (PKPR) in collaboration with puskesmas.

Keywords: *determinant, risk sexual behavior, adolescents*

PENDAHULUAN

According to WHO, adolescents are residents in the age range of 10-19 years. According to the Regulation of the Minister of Health of the Republic of Indonesia No. 25 of 2014, adolescents are residents in the age range of adolescents are 10-24 years old and not married. Based on Indonesia Population Projection data for 2000-2025, the proportion of teenagers aged 10-19 years in 2010 was around 18.3% of the total population or around 43 million people. In the world it is estimated that adolescent groups number 1.2 billion or 18% of the world's population (WHO, 2014).

Adolescence is a period of rapid growth and development both physically, psychologically, and intellectually. The special nature of adolescents has a great curiosity, likes adventure and challenges and tends to dare to bear the risk of his actions without being preceded by careful consideration. If decisions taken in the face of conflict are inappropriate, they will fall into risky behavior and may have to bear the short-term and long-term

consequences of various physical and psychosocial health problems (Kemenkes, 2016).

The large population of adolescents can be interpreted as assets and potential of the nation in the future. The importance of youth as a future asset of human civilization is shown by the existence of several indicators established by the United Nations as the Millennium Development Goals that relate directly to youth and young people. These indicators are the level of literacy in the population aged 15-24 years, the proportion of the population aged 15-24 years who have comprehensive knowledge about HIV-AIDS, and the ratio of school participation of children aged 10-14 years who are not orphans and not orphans (PKPR, 2014).

According to the National Commission for Child Protection survey in 33 Provinces in 2008, 97% of junior and senior high school students had watched pornographic films 93.7% of junior and senior high school teens had kissed, genitalia stimulation (touching the genitals) and oral sex (oral sex), 62.7 % of junior

high and high school adolescents are not virgins and 21.2% of adolescents claimed to have had an abortion (BKKB, 2010).

The survey conducted by SKRRI (Indonesian Youth Reproductive Health Survey) 2017 states that the percentage of women and men aged 15-24 years who have not been married and have had premarital sexual relations, namely for women aged 15-19 years as many as 0.9%, women aged 20-24 2.6% in years, whereas in men aged 15-19 years as many as 3.6% and aged 20-24 years as much as 14.0%. (The IDHS team, 2018) aged 15-19 years were 0.9%, women aged 20-24 years were 2.6%, whereas for males aged 15-19 years were 3.6% and those aged 20-24 were 14, 0%. Furthermore, based on a survey conducted by the Ministry of Health of the Republic of Indonesia, it was found that only 14.4% of teenagers who had sex before marriage prior to knowing about sex knowledge before marriage, 8.9% knew enough and the rest 76, 7% lack knowledge about sexual knowledge. Generally they state that pornographic exposure is obtained from books and films (Sudarmi, 2008).

Lampung Province Health Office survey results regarding adolescent attitudes, in the campaign I'm Proud I Know (ABAT) in 2013-2014 of 44,186 adolescent girls who participated in the campaign, as many as 17% or one out of six adolescent girls in the village were not refused to be invited to have sex with their girlfriends.

Factors affecting sexual behavior in adolescents include the level of knowledge about reproductive health, attitudes, sources of information obtained from electronic media, the influence of peers and the role of parents on children's sexual education. In 2019 there were 78 cases of pregnancy and childbirth among adolescents aged 17-19 years found in the working area of Candipuro Health Center.

Based on this background, researchers are interested in conducting research on determinant analysis related to high-risk sexual behavior in high school adolescents at Candipuro 1 High School, Sidomulyo 1 High School, Ketibung 1 High School and Kalianda 1 High School, South Lampung Regency in 2020.

METODE PENELITIAN

Jenis penelitian ini adalah kuantitatif. Desain penelitian analitik dengan pendekatan *cross sectional*, Penelitian ini dilaksanakan di SMA Kabupaten Lampung Selatan. Dari bulan Desember sampai dengan bulan Juli 2020.

Populasi yang diteliti dalam penelitian ini adalah seluruh siswa SMA kelas X, XI, XII yang ada di Kabupaten Lampung Selatan sebanyak 15.259 siswa dengan sampel sebanyak 429, dilakukan dengan teknik *sampling proportionate stratified sampling* dan *cluster random sampling*.

HASIL DAN PEMBAHASAN

Univariat

Tabel 1. Distribusi Frekuensi Responden Berdasarkan Perilaku Seksual Beresiko, Pengetahuan, Sikap, Sumberi Informasi, Teman Sebaya, Peran orang Tua pada Remaja di SMA Kabupaten Lampung Selatan Tahun 2020

Perilaku Seksual	Jumlah	Persentase (%)
Baik	308	71,6
Kurang Baik	122	28,4
Total	430	100
Pengetahuan	Jumlah	Persentase (%)
Baik	310	72,1
Tidak Baik	120	27,9
Total	430	100%
Sikap	Jumlah	Persentase (%)
Positif	303	70,5%
Negatif	127	29,5%
Total	430	100%

Sumber Informasi /Media	Jumlah	Persentase (%)
Terpapar	309	71,9
Tidak Terpapar	121	28,1
Total	430	100
Pengaruh Teman Sebaya	Jumlah	Persentase (%)
Positif	318	74,0%
Negatif	112	26,0%
Total	430	100%
Peran Orang Tua	Jumlah	Persentase (%)
Berperan	315	73,3
Kurang Berperan	115	26,7
Total	430	100%

Berdasarkan hasil analisa univariat menunjukan bahwa perilaku seksual beresiko pada remaja di SMA Kab. Lampung Selatan Tahun 2020. Didapatkan perilaku seksual baik yaitu sebanyak 308 orang (71,6%), siswa yang bersikap positif yaitu sebanyak 303 siswa (70,5

%), Siswa yang terpapar sumber informasi yaitu sebanyak 309 siswa (71,9%), Siswa mempunyai pengaruh positif sebanyak 318 siswa (74,0%), Peran orang tua yang berperan sebanyak 315 responden (73,3%).

Tabel 2. Hubungan Pengetahuan dengan Perilaku Seksual Beresiko pada Remaja di SMA Kabupaten Lampung Selatan Tahun 2020

Pengetahuan	Perilaku Seksual Berisiko				Total		P-Value	OR
	Baik		Kurang Baik					
	n	%	n	%	n	%		
Baik	237	76,5	73	23,5	310	100	0,001	2,241 (1,431-3,509)
Tidak Baik	71	59,2	49	40,8	120	100		
Total	308	71,6	122	28,4	430	100		

Berdasarkan Hasil analisis dengan menggunakan uji statistik *chi-square*, diketahui ada hubungan bermakna antara pengetahuan dengan perilaku seksual beresiko pada remaja di

SMA Kabupaten Lampung Selatan Tahun 2020. Diketahui pula bahwa siswa yang pengetahuan baik berpeluang 2,2 kali untuk berperilaku seksual baik ($P_v=0,001$; $OR=2,241$).

Tabel 3. Hubungan Sikap dengan Perilaku Seksual Beresiko pada Remaja di SMA Kabupaten Lampung Selatan Tahun 2020

Sampel Seragam Tahun 2020								
Sikap	Perilaku Seksual Berisiko				Total		P-Value	OR
	Baik		Kurang Baik					
	n	%	n	%	n	%		
Positif	235	77,6	68	22,4	303	100	0,000	2,556 (1,641 – 3,983)
Negatif	73	57,5	54	42,5	127	100		
Total	308	71,6	122	28,4	430	100		

Berdasarkan hasil analisis dengan menggunakan uji statistik *chi-square*, diketahui ada hubungan bermakna antara sikap dengan perilaku seksualberisiko pada remaja di SMA

Kabupaten Lampung Selatan Tahun 2020. Diketahui pula bahwa siswa yang bersikap positif berpeluang 2,5 kali untuk berperilaku seksual baik ($P_v=0,000$; $OR=2,556$)

Tabel 4. Hubungan Sumber Informasi dengan Perilaku Seksual Beresiko pada Remaja di SMA Kabupaten Lampung Selatan Tahun 2020

Sumber Informasi	Perilaku Seksual Berisiko				Total		P-Value	OR
	Baik		Kurang Baik					
	n	%	n	%	n	%		
Terpapar	235	76,1	74	23,9	309	100	0,002	2,088 (1,334 – 3,269)
Tidak Terpapar	73	60,3	48	39,7	121	100		
Total	308	71,6	122	28,4	430	100		

Berdasarkan hasil analisis dengan menggunakan uji statistik *chi-square*, diketahui ada hubungan bermakna antara sumber informasi dengan perilaku seksual berisiko pada remaja di SMA Kabupaten Lampung Selatan

Tahun 2020. Diketahui pula bahwa siswa yang sumber informasi terpapar berpeluang 2 kali untuk berperilaku seksual baik ($P_v=0,002$; $OR=2,088$).

Tabel 5. Hubungan Teman Sebaya dengan Perilaku Seksual Beresiko pada Remaja di SMA Kabupaten Lampung Selatan Tahun 2020

Teman Sebaya	Perilaku Seksual Berisiko				Total		P-Value	OR
	Baik		Kurang Baik		n	%		
	n	%	n	%				
Positif	239	75,2	79	24,8	318	100	0,009	1,885 (1,193 – 2,980)
Negatif	69	61,6	43	38,4	112	100		
Total	308	71,6	122	28,4	430	100		

Berdasarkan hasil analisis dengan menggunakan uji statistik *chi-square*, diketahui ada hubungan bermakna antara teman sebaya dengan perilaku seksual berisiko pada remaja di SMA Kabupaten Lampung Selatan Tahun 2020.

Diketahui pula bahwa siswa yang pengaruh teman sebaya positif berpeluang 1,8 kali untuk berperilaku seksual baik ($P_v=0,009$; $OR=1,885$).

Tabel 6. Hubungan Peran Orang Tua dengan Perilaku Seksual Beresiko pada Remaja di SMA Kabupaten Lampung Selatan Tahun 2020

Peran Orang Tua	Perilaku Seksual Berisiko				Total		P- Value	OR
	Baik		Kurang Baik					
	n	%	n	%	n	%		
Berperan	236	74,9	79	25,1	315	100	0,017	1,784 (1,131 – 2,814)
Kurang Berperan	72	62,6	43	37,4	115	100		
Total	308	71,6	122	28,4	430	100		

Berdasarkan hasil analisis dengan menggunakan uji statistik *chi-square*, diketahui ada hubungan bermakna antara peran orang tua dengan perilaku seksual berisiko pada remaja di SMA Kabupaten Lampung Selatan Tahun 2020.

Diketahui pula bahwa siswa yang peran orang tua yang berperan berpeluang 1,7 kali untuk berperilaku seksual baik ($P_v=0,017$; $OR=1,784$).

Multivariat

Tabel 7. Hasil Uji Multivariat Tentang Perilaku Seksual Beresiko pada Remaja di SMA Kabupaten Lampung Selatan 2020

Variabel	B	S.E.	P value	OR	95% CI	
					lower	Upper
Pengetahuan	0,496	0,250	0,048	1,642	1,005	2,680
*Sikap	2,490	0,675	0,000	12,064	3,211	45,333
Sumber Informasi	0,561	0,246	0,023	1,752	1,081	2,837
Teman Sebaya	0,535	0,251	0,033	1,708	1,044	2,794
Peran Orang Tua	-1,853	0,690	0,007	0,157	0,41	0,606
Constant	-0,549	0,315	0,081	0,577		

Berdasarkan hasil analisis menunjukkan bahwa variabel sikap adalah variabel yang paling dominan berhubungan dengan perilaku seksual beresiko pada remaja, dengan nilai OR 12,064. Hal ini berarti bahwa siswa yang mempunyai sikap positif berpeluang 12 kali untuk berperilaku seksual baik pada remaja dibandingkan dengan siswa yang mempunyai sikap negatif.

World Health Organization. (2014).

KESIMPULAN

Ada hubungan bermakna antara pengetahuan ($P_v=0,001$; $OR=2,241$), sikap ($P_v=0,000$; $OR=2,556$), sumber informasi ($P_v=0,002$; $OR=2,088$), pengaruh teman sebaya ($P_v=0,009$; $OR=1,885$) dan peran orang tua ($P_v=0,017$; $OR=1,784$) dengan perilaku seksual berisiko pada remaja di SMA Kabupaten Lampung Selatan Tahun 2020.

UCAPAN TERIMA KASIH

Dalam penyusunan tesis ini tidak terlepas dukungan dari berbagai pihak. Peneliti secara khusus mengucapkan terimakasih yang sebesar-besarnya kepada semua pihak yang telah membantu. Peneliti banyak menerima bimbingan, petunjuk dan bantuan serta dorongan dari berbagai pihak baik yang bersifat moral maupun material.

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