

## Perilaku seksual remaja pada siswa Sekolah Menengah Atas serta faktor-faktor yang mempengaruhi di Kabupaten Pandeglang tahun 2006

Hari Suharsa, author

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### Abstrak

Masa remaja merupakan masa peralihan antara masa kanak-kanak dan masa dewasa yang ditandai oleh berbagai perubahan fisik, emosi dan psikis. Perkembangan lain yang perlu mendapat perhatian pada remaja diantaranya perkembangan kognisi, sosial dan seksual.

Berbagai pengaruh yang berkaitan dengan perilaku seksual remaja diantaranya tradisi dan budaya setempat, komunikasi dengan kelompok sebaya, pengaruh keluarga dan lingkungan, keterpaparan media informasi baik media cetak maupun elektronik, pengaruh pendidikan seks di sekolah dan komunikasi dengan guru. Hal tersebut apabila tidak diantisipasi sejak dini akan berdampak pada perilaku seksual yang berisiko.

Tujuan penelitian ini adalah diketahuinya perilaku seksual remaja pada Sekolah Menengah Atas di Kabupaten Pandeglang serta faktor-faktor yang mempengaruhinya. Manfaat yang diharapkan dapat memberikan masukan bagi Pemerintah daerah (Dinas Pendidikan, Dinas Kesehatan, Dinas Kependudukan Keluarga Berencana dan Catatan Sipil dan Kantor Departemen Agama Kabupaten Pandeglang) perihal perilaku seks anak didik, sebagai bahan pertimbangan dalam memberikan solusi dan intervensi yang tepat, cepat dan berkesinambungan untuk membimbing anak didik mengatasi masalah perilaku seks yang dihadapinya.

Penelitian ini merupakan penelitian kuantitatif dengan rancangan penelitian cross sectional. Lokasi penelitian di Kabupaten Pandeglang dengan populasi penelitian siswa pada 30 Sekolah Menengah Atas. Penentuan sampel menggunakan rancangan Multi Stage Sampling dengan jumlah sampel sebanyak 131 siswa. Pengolahan data dilakukan dengan analisis univariat, analisis bivariat (uji chi square) dan analisis multivariat (uji regresi logistik).

Hasil analisis univariat menunjukkan 12 (9,2%) siswa pernah melakukan hubungan seksual dengan alasan tertinggi ingin coba-coba 50% yang dilakukan dengan pacar sebanyak 91,6%. Seluruh siswa pernah mempunyai pacar, namun dari 14 item pertanyaan mengenai perilaku seksual alasan tidak melakukan salah satu perilaku seks karena takut dosa 31,3% dan dilarang agama 29,0%. Hasil Analisis Bivariat yang mempunyai hubungan bermakna adalah faktor pengetahuan, faktor keterpaparan media informasi dan faktor kepatuhan agama. Sedangkan hasil analisis multivariat menunjukkan variabel yang paling dominan berhubungan dengan perilaku seksual remaja adalah keterpaparan media informasi.

Disarankan untuk meningkatkan pengetahuan siswa tentang seksual dan kesehatan reproduksi, instruksi pendidikan segera mewujudkan instruksi Menteri Pendidikan Nasional Nomor 91/11997 tentang HIV/AIDS, kesehatan reproduksi dan Infeksi Menular Seksual. Perlu nya dibentuk layanan informasi dan

konseling tentang kesehatan reproduksi dan perlunya meningkatkan pengetahuan guru melalui berbagai pelatihan kesehatan reproduksi. Selain itu, peran orang tua diharapkan dapat lebih meningkatkan komunikasi dengan remaja perihal perilaku seksual dan kesehatan reproduksi.

*Adolescence is known as transition period from childhood to adulthood that can be identified with the changes of physical, emotion, and psychology of the individual. Other developments that occur on the period of adolescence are includes the cognition, social, and sexual development.*

Regards to sexual development, there are many influences to the adolescent that will determine her/his sexual behavior, such as local tradition and culture, communication with peers, family and environs influence, exposures on media of both written and electronic, openness to sex education at school, and communication with the teachers. It is believed that those factors mention above will lead to a risky sexual behavior if they have not anticipated in early stage.

The purpose of the study is to find out the adolescent sexual behavior and its related factors among Senior High School students at the district of Pandeglang. It is hope that the result of the study will 'give a contribution to the district authority offices related (Education Authority, Health Authority, Population Authority Family Planning and Civilian Record and District Ministry of Religion of District of Pandeglang) in regards to the students sexual behavior, as a consideration on making suitable solution and carrying out a prompt and persist intervention, in order to give guidance to the students to deal with her/his sexual behavior problems they faced.

The study is a quantitative study that using cross sectional research design. The study is carried out at the district of Pandeglang with the students of 30 Senior High Schools as the population. Sample is determined by using a multistage sampling method, and yielded the sample at 131 students. Data is analyzed in three stages procedures, i.e. the univariate analysis, bivariate analysis (with chi's square test), and multivariate analysis (using logistic regression test).

All the students are stated that they have ever had a boy/girlfriend. The univariate analysis showed that among 131 students, there are 12 (9.2%) students that have committed on having sexual intercourse. The most reason for having sexual intercourse is `just want to try' (50.0%) and most of the sexual partner is their boy/girlfriend (91.6%). Among those who stated that never do any sexual behavior, of 14 items on the reason why they never did, are: afraid to be sin (31.3%) and because it's forbidden in the religion (29.0%). Result from bivariate analysis, variables that having significantly related to adolescent sexual behavior are: knowledge on reproductive health, media information exposures, and religious obedience. The multivariate analysis found that the most dominant variable related to the adolescent sexual behavior is the media information exposures.

It is suggested that there is a need on increasing the students' knowledge on sexual and reproductive health; the educational institution should implement the decree of the Ministry of National Education Number 9IU/1997 about HIV/AIDS, Reproductive Health, and Sexually Transmitted Diseases; the need on establishing the information and counseling services on reproductive health; the need on increasing the teachers' knowledge on reproductive health by training; and the role of parents is also need to enhance in

order to elevate the relationship with teenagers, and they can discuss freely the issues on sexual behavior and reproductive health.</i>