

## PRESENTATION

### **The Influence of The Level of Knowledge And Attitude of Adolescents Towards Sexual Education In High School East Sumba Regency Waingapu PGRI Year 2016**

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#### **Abstract**

Sexual education is a way of teaching or education that can help teens to overcome problems that originate in sexual drive. Thus sexual education aims to explain all things related to sex and sexuality in a reasonable form. In this case the sexual education should be given first by parents, but not all parents are willing to open to children in talking about sexual problems. The purpose of this research is to know the influence of the level of knowledge of adolescent and teen attitudes toward sex education in teenagers class XI in SMA PGRI Waingapu. This research uses descriptive study, the population in this research is all the teenagers in SMA PGRI Waingapu as many as 684 people. The taking of sampling in this research is to use the random sampling non-technique (Non-Probability Sampling) type of Accidental Sampling. Based on the results of research conducted on 99 respondents on variable knowledge obtained 62 people (62.62%) good knowledgeable whereas in variable attitude obtained 52 person (52.52%) being quite good, Thus it can be concluded there is the influence of the level of knowledge and attitudes of teenagers toward sexual education. Researchers suggest that the school works closely with the health institutions that can increase their knowledge and Teen attitudes about sexual education so as not to cause any undesirable impact.

**Keywords:** Knowledge, Attitude, Adolescence, Sexual Education.

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## INTRODUCTION

Adolescence is a time of transition and development from childhood to adulthood (Wong, 2008). Sex education is a human sexuality issues regarding information that is clear and true, which covers process the occurrence of conception, pregnancy until birth, sexual behavior, sexual intercourse, and aspects of health, psychological and societal. The issue of sexual education should be given with regard to the norms in force in the community, what banned, what conditioned and how to do it without breaking the rules in force in the community. Sexual education is a way of teaching or education that can help teens to overcome problems that originate on impulse sexual. Thus sexual education aims umtuk explains all things related to sex and sexuality in a reasonable form. In this case the sexual education should be given first by parents, but not all parents are willing to open to children in talk about sexual problems. The level of social, economic and educational level of the different causes there are parents who are willing and able to give you information about sex but many more who could not afford and understand these problems. A good sexual education should be equipped with ethics education, education about relationships between fellow human beings both in family relationships as well as in the community. The purpose of sexual education is not to evoke curiosity and a sense of wanting to try sexual intercourse

between adolescents, but want to prepare in order to teens know about sexuality and its results when done without abiding by the rule of law, religion and customs as well as the mental and material readiness someone.

The number of the world population according to the statistics of the investigation of the population of the United Nations (UN) in 2009 reached 8.1 billion inhabitants, with the number of teens as much as one billion more aged 15-23 years. Based on the results of a Survey of residents Between Census (SUPAS) in 2005, the population of Indonesia as much as 469.9 million.

The demographic data in the United States of America (1990) shows the number of adolescents aged 10-19 years, about 15% of the population. Asia Pacific where the population of 60% of the world population, a third of teens are aged 10-19 years (Maesaroh, 2010). Reproductive health survey data (2009), obtained that only 19.2% of teens are aware of the increased risk for contracting sexually transmitted diseases (STDS) such as Human Immunodeficiency Virus (HIV) If you have more than one spouse. Approximately 51% of teens who are at risk of sexually transmitted diseases affected by HIV, if sex in do with commercial sex workers (PSK). The survey by the WHO about sex education, sex education could prove to reduce or prevent behaviour the wanton sex means reducing transmission of diseases caused by sex. True sex education should include

elements of human rights, as well as the values of the culture and the religion included in it so that it will be educational and moral attitudes, too. Sex education in Indonesia is still a controversy, there are still many members of the public who have yet to approve sex education at home and at school. Its impact could go everywhere, among others in choosing Western cultural spectacle that is depicted in the movie or video often indicates the life of free sex among teens, it's not solely because of addiction but arise due to the perception that sexual intercourse is already a regular thing. Therefore, sex education should be an important part of education in all schools. Teenage ignorance about sex can be seen from research conducted "synovate" a company engaged in the service and marketing in 2004 against 450 teens from Jakarta, Bandung, Surabaya and Medan proving teens have no knowledge special and comprehensive about sex. Their primary information, obtained from 65%, 35%, porn movie school 19% and 5% of the elderly (BKKBN, 2004). Replied to the question above, if the need for sex education for adolescents. But its implementation has been hampered until now due to the influence of culture Indonesia community who still think that sex is a natural thing that will be known by itself after the teenagers got married so that considered to be taboo to talk about openly. The attitude of the taboos about sex and not open it instead incites

curiosity teens ends in unhealthy sexual behavior and detrimental to the reproductive health of teenagers. The difference in addressing sex that which resulted until now still going on against the Pro-cons need not provide sex education for adolescents. Group who refused to assume that sex education will lead the youth to perform sexual intercourse before marriage while groups that support the assumed that sex education can prevent teenagers have sex before marriage because it has to know the risks will be encountered.

Based on the results of a survey conducted a bevy of family planning (PKBI) Indonesia East Nusa Tenggara (NTT) in the year 2008, as much as 29.5% of the total of 500 respondents aged 12 years to 18 years at three secondary schools have already done the first sex. 32.96% of the 226 people respondents teen high school already have sex, when going out with the most reasons due to the influence of environment 79.2%. In addition the result of biological urge as many as 63.71%. Clinical data and the incidence of sexually transmitted infections in the city of Kupang recorded 318 people exposed to the disease and Gonorrhoe Disease. HIV/AIDS cases are found in East Nusa Tenggara Province until August 2007, totalling 558 cases. Of the total number of such cases, 24% of whom are adolescents. (PKBI NTT, 2009).

Data obtained from high school PGRI Waingapu in the last 3 years from the year 2013 to 2015 year totalling 21 high

school students PGRI Waingapu. who dropped out of school due to school pregnant. Based on the problems outlined above, the authors are interested in conducting research on: “The influence of the level of knowledge and attitude of adolescents towards sexual education in high school east sumba regency waingapu PGRI year 2016”

**SUBJECT AND METHOD**

This research uses descriptive study to examine an issue which aims to find out the level of knowledge and attitudes of adolescents about sex education in high school PGRI Waingapu.

Population is the whole object of research or the object is examined. The overall population is of a variable that is concerned with the problems explored (Nursalam, 2011). The population in this research is all the teenagers in high school PGRI Waingapu as much as 684 people.

The taking of sampling in this research is the use of non random sampling (Non-Probability Sampling) the types of Sampling that is Accidental sampling is done when the researchers conducted the study. The sample in this study was a teenager class XI SMA PGRI Waingapu. The data collected and grouped then processed in accordance with the univariate research variables. The research results are presented using a qualitative method Because This research requires an honest answer and appropriate and accurate information

can be obtained then the samples in This research coupled with requirements/criteria as follows:

1. Criteria for Inclusion:
  - a) Teen in high school PGRI Waingapu.
  - b) Willing to be examined.
2. Exclusion Criteria:
  - a) hHven't been in high school when Waingapu PGRI research
  - b) Is not willing to be examined.

**RESEARCH RESULTS**

**Table 1. The distribution of Respondents according to Gender in high school PGRI Waingapu in June the year 2016**

Gender	Total	Percentage
Male	21	21,21%
Female	78	78,78%
Total	99	100%

From the above data it can be seen that of 99 respondents, males totaled 21 people (21.21%) and the female gender of the respondents amounted to 78 people (78.78%).

**Table 2. Distribution Of Respondents Based On Their Level Of Knowledge About Adolescent Sexual Education.**

Criteria	Total	Percentage
Good	62	63 %
Enough	34	34 %
Less	3	3 %
Total	99	100%

Based on the data above, it can be concluded that the level of knowledge of

respondents good, where is the category of students who are knowledgeable well as many as 62 people (62.62%), While a knowledgeable enough guy 34 (34.34%) whereas less knowledgeable 3 guy (3.03%).

**Table 3. Distribution Of Respondents Based On Teen Attitudes About Sexual Education.**

Criteria	Total	Percentage
Good	44	44,44
Enough	52	52,52
Less	3	3,03
Total	99	100%

Based on the data above, it can be concluded that the respondent's attitude was quite the teen category, where be nice 44 people (44.44%), While that has a pretty good attitude of 52 people (52.52%), and has a less good attitude 3 people (3.03%).

**Table 4. Distribution of respondents based on who's been dating or not dating**

Dating/not yet dating	Total	Percentage
Dating	50	50%
Kissed	8	8%
Adopted	14	14%
Embraced and kissed	12	10%
Not Embraced and kissed	16	16%
Not Dating	49	49%
Total	99	100%

Based on the data above, it can be concluded that the respondents are dating 50 people (50%), has ever kissed 8

people (8%), ever adopted 14 people (14%), who once embraced and kissed 12 guys, its not perna kissed and embraced 16 people while respondents who do not date 49 people (49%).

## DISCUSSION

Knowledge is the result of knowing, and this happens after oran do sensing occurs through human senses i.e. sense of sight, hearing, smell, taste, and touch. Most human knowledge is obtained through the eyes and ears. (Notoatmodjo, 2007).

From the results of an examination of 99 respondents in SMA PGRI Waingapu in the year 2016 indicate that knowledge of teenagers about education high school sexual PGRI Waingapu Regency East Sumba year 2016 good as much as 62 people (62.62%), simply as many as 34 people (34.34%) and less 3 people (3.03%). A good knowledge about sex education, avoid teenage sexual action irresponsible, while sufficient knowledge and less must be in advance so there happen to unhealthy sexual behavior and distorted. According to Notoadmodjo (2005) knowledge someone can be influence by level of education because of the higher education of a person will be tend to get information, either from others or from the mass media.

In a statement the highest knowledge questionnaire was no. 9 with an average rating of 4.7. Item No. 9 respondents in question reads: teenagers who do free sex to deface his future himself. This

indicates that the level of knowledge It can determine the extent of the level of a person's ability to understand everything that he knows. Knowledge can be influenced by some factors either comes from within the individual as well as from outside the individual e.g. experiences from different sorts sources such as posters, media, peers, media, electronic media, health workers (Naedi Notoadmojo 2005 cited in 2012). Research conducted by Darmasih (2009) also mentioned that the knowledge of sex education on teen X good due in general the juvenile class of X already get sexual education in the school curriculum even though learning education sexual does not stand alone, but is given through the lesson of biology, some of the material provided, namely reproductive health, pregnancy, KB, the reproductive organs, so they simply master of knowledge Premarital sexual and impact caused by premarital sexual intercourse. The impact resulting from premarital sexual teens i.e. is unwanted pregnancy, unsafe abortion and also a venereal disease. In the writings of Welling dkk 1995 cited in Andrews (2001). State of the Netherlands has a highly effective educational program, which results in a population of adolescents who have an understanding about the problem of sex and teenage pregnancies are low. There is no national curriculum for sex education, but sex education is required and start at the age of much more early. The expectation with a good knowledge of these can reduce

teen pregnancy outside of marriage. Therefore need teens get information on sexual education that is true and correct in order not to labile, information not just from the school but from parents.

The research results obtained from that of 99 respondents based on teen attitudes about sexual education school can be obtained that 44 people (44.44%), just 52 people (52.52%), and less 3 people (3.03%). The attitude of the good about sex education can prevent teens behave irresponsibly while attitude sufficient and less ideally should be fixed so as not to lead to unhealthy sexual behavior and distorted.

Notoadmodjo (2007), stating that it is the attitude of readiness or willingness to act and not an implementation of a particular motif. The attitude is not yet an action or activity, but it is the predisposition to action behaviors. The attitude of the still the reaction, the reaction is not open and is the preparedness to react to objects in a particular environment as a Appreciation of the object.

In the questionnaire the attitude questions is no. 6 with the lowest average value of 4,8. The item of question number 6 reads: I comply with regulations in all schools not to use clothing that can invite sexual behavior. This is the action that avoid things – things that plunges teenagers and the consequences of sexual behavior.

According to the World Health (WHO), Organisation attitude that pretty

or even less will have an impact on the knowledge of youth. If the teen is not on knowledge increase can cause a range of adverse consequences for example, unhealthy sexual behaviors. Teen growth refers to the physical changes towards the more advanced it is most prominent in the tumbles teenager is the presence of physical changes, reproductive tool, cognitive, and psychosocial. In accordance with the development and growth of juvenile attitude this should supported with a good attitude at someone. in this case also the indispensable presence of additional sources of good information from the book, parents, health workers, the mass media such as newspapers, magazines due to factors that are sorely needed in a person's attitude towards the formation of habit good against sexual education so that spared from sexual problems.

This is in line with research conducted by Djama (2013) about the attitude of adolescent high school students who were in the town of Waingapu Regency East Sumba the year 2010 an increasingly modern cultural development affects the attitude of adolescents in the Association, romance, dating, and marriage in the city of Waingapu. From the results of research in the get 35 respondents being negative. A teenager is already not in say kids but still not mature enough to say. Teenagers in the city of Waingapu is looking for patterns of living that fit him and this is often done through the method try

Although through much of the mistakes commonly found and raises concerns as well as unpleasant feelings for the elderly and the environment.

So it can be said that the teenager High School PGRI Waingapu quite a good attitude to have towards sexual education. Therefore, in the period of courtship, the child should be given a briefing on how healthy dating and negative and the impact can be on impact. The child must be grown realization that reality is not often as We expected the opposite of hope is always not be true.

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