

# Adolescents' Perception of Risky Sexual Behavior: Risk Factor in Rural Area

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## ABSTRACT

**Introduction** – Every adolescent will increase their libido so they are always looking for more information about sex that can cause deviations, one of which is risky sexual behavior. Risky sexual behavior can cause physical, psychological and social impacts. To prevent risky sexual behavior in adolescents, it is necessary to explore adolescent perceptions of the factors that affect risky sexual behavior.

**Purpose** – This research aims to explore adolescent perceptions of factors that affect risky sexual behavior.

**Methodology/Approach** – This research uses a qualitative research with a phenomenological approach. Data were collected by in-depth interviews with 9 informants with an age range of 12-15 years in the Kalirandu Hamlet determined by purposive sampling. Validity test of the data using member check, thick description, dependability, and peer debriefing. Data analysis using software open code 4.03. This research is ethically worthy with the number NO.330/EC-KEPK FKIK UMY/XII/2021.

**Findings** – The results showed that adolescents' perceptions of factors affect risky sexual behavior were divided into two, namely internal factors and external factors. Internal factors that influence risky sexual behavior are libido, gender, motivation to get pleasure, knowledge, attitudes, mutual liking, and curiosity, while external factors are lack of attention from parents, lack of sexual education from parents, religion, culture and resources. Information.

**Originality/ Value/ Implication** – Risky sexual behavior is a problem that can cause various negative impacts for adolescents. Therefore, it is important for adolescents to know the factors that influence risky sexual behavior so that adolescents can avoid risky sexual behavior.

**Keywords:** Adolescent, factor, perception, risky sexual behavior

## INTRODUCTION

Adolescents are defined as residents in the age range of 10 to 24 years. Based on the nature or characteristics of their development, adolescents are divided into three groups, namely early adolescents with an age range of 10-15 years, middle adolescents with an age range of 16-18 years, and late adolescents with an age range of 19-24 years (WHO, 2018). At this time, a teenager will increase his sexual drive and will always seek more information about sex which can lead to an increase in risky sexual behavior in adolescents (Mariani and Arsy, 2017).

According to Risnawati (2016) sexual behavior is said to be risky if it has unwanted consequences such as abortion, pregnancy out of wedlock, sexually transmitted diseases (STDs), HIV/AIDS. Dating, kissing lips, and sex are examples of risky sexual behavior, which can be dangerous for teens.

Sexual behavior in the village and in the city has a difference. Generally, teenagers in urban areas have free association when compared to teenagers who live in rural areas. Teenagers in rural areas still have very strong customs and manners. Therefore, adolescents who live in urban areas have a higher level of risky sexual behavior than adolescents who live in rural areas (Oktaviana & Sumaryani, 2017). Lanes et al (2019) said that people who live in urban areas are easier to adapt to social changes, namely in receiving information with more easily available facilities such as the internet and telecommunications. Epidemiological data show differences in social, cultural and economic factors in the incidence and prevalence of STIs between different groups in a population. Teenagers who live in urban areas can more easily access information and technology than in rural areas, such as the availability of the internet network. This shows that there is a difference between the lives of people living in urban and rural areas

The National Committee for Child Protection in collaboration with the Ministry of Health conducted a survey in major cities in Indonesia. The survey shows that 62.7% of Indonesian teenagers have sex outside of marriage which indicates that Indonesia has entered an emergency period of free sex (KPAI, 2018). Based on the results of a preliminary study that has been carried out at the Bantul Health Office, in 2020 KTD cases in Bantul Regency in 2020 reached 273 cases and of them Kasihan District contributed as many as 20 cases. This problem is caused because most teenagers and the community still consider sexual education as a taboo subject, which causes a lack of understanding about risky sexual behavior among adolescents. Other factors that influence adolescent sexual behavior are adolescent age, gender, parental supervision, and attitudes towards various sexual behaviors (Mahmudah et al, 2016).

This problem is caused by the fact that most teenagers and society still consider sexual education as a taboo subject, which causes a lack of understanding about risky sexual behavior among adolescents. The lack of knowledge related to sexual problems is generally due to the

lack of information obtained related to sex among adolescents. This allows teens to learn more from various types of media. Adolescents may receive incorrect and incomplete information. If the information obtained is unclear or half-assed, it can encourage adolescents to try to commit and lead to misperceptions of sexual behavior (Mahmudah et al, 2016).

The government's effort to overcome risky sexual behavior is the Generation Planning (GenRe) program which is implemented in two ways, namely through the development of PIK R (Adolescent Information and Counseling Center) and PIK M (Student Information and Counseling Center) to educate the younger generation and through development to apply a family-oriented approach through BKR (Adolescent Resilience Development) (Ministry of Health RI, 2017). In Islam, the only form of fulfillment of sexual instincts that can be done (halal) is in the bond of marriage. Satisfaction of sexual instincts is carried out outside of marriage or commonly called premarital sex, then it is considered adultery (Dewi, 2019).

If the adolescent age is passed well, which with a balance between knowledge and correct perception of sexual behavior, then the quality of the population concerned in the adult age phase will tend to be better and vice versa (Rahmah et al, 2017). This perception needs to be understood by teenagers to pay more attention to their sexual behavior so they don't engage in risky sexual behavior (Ratnasari et al, 2020). Based on the background above, research is needed to analyze adolescent perceptions of risky sexual behavior about the risk factor in rural area.

## LITERATURE REVIEW

Previous study that is related to this research is Research conducted by Rahmah et al (2017) which shows that men are shown to prefer high premarital sexual behavior compared to women. The similarity with this research is the topic of research related to risky sexual behavior in adolescents. The difference is in the type of research used, namely the type of quantitative research, while this research uses the type of qualitative research. Another study, namely by Doloksaribu et al (2020) which shows that sexual behavior that occurs among adolescents is due to a lack of understanding in perceiving free sex. The similarity with this research is that the method used is qualitative with data collection techniques using the interview method. The difference is that the research subject uses middle adolescents as the subject, while this study uses early adolescents as research subjects.

Previous research conducted by Novitasari and Nikmah (2017) showed the results that the perception of class XI youth at SMK Muhammadiyah 1 Moyudan towards free sex considered violating religious teachings and deviating from moral values and norms caused by internal and external factors. The similarity with this research is that the method used is qualitative with purposive sampling technique. The difference is that the research subject uses middle adolescents as the subject, while this study uses early adolescents as research subjects.

The Research conducted by Perwitasari and Khusumadewi

(2019), shows that there are no significant differences in perceptions between women and men on adolescent sexual behavior. However, in terms of age, based on grade levels, namely grades VII and VIII, it was found that there were significant differences between grade VII and VIII students. The similarity with the research that will be carried out by the researcher on his research is the topic of research related to the perception of sexual behavior and the research subject using early adolescence. The difference is in the type of research used, namely the type of quantitative research, while this study uses qualitative research and research data collection techniques using questionnaires, while in this study using in-depth interviews.

The theoretical framework used in this study is about adolescent such as, definition, development and developmental stage in adolescent. About perception such as definition, types process and also factor that affecting perception. For risky sexual behavior, about definition, types, impact, factor that affecting and goverment policy.

## METHOD

This research design uses a qualitative method with a phenomenological approach. The number of participants in this study were 9 adolescent informants in the Kalirandu Hamlet, Bangunjiwo Village, Kasihan District, Bantul Regency. Sampling used is purposive sampling. The criteria in this study are adolescents who live in Kalirandu Hamlet, adolescents aged 12-15 years, adolescents with good verbal communication, adolescents who are willing to become informants, and adolescents whose parents are willing to have their children become informants.

The researcher conducted the research after obtaining an ethical license numbered 330/EC-KEPK FKIK UMY/XII/2021 and an ethical statement "ETHICAL APPROVAL" declared ethically appropriate according to 7 (seven) WHO 2011 standards, namely social values, scientific values, equitable distribution of burdens and benefits, risks, inducement/exploitation, confidentiality and privacy, and consent after explanation referring to the 2016 CIOMS guidelines. The study was conducted January - February 2022.

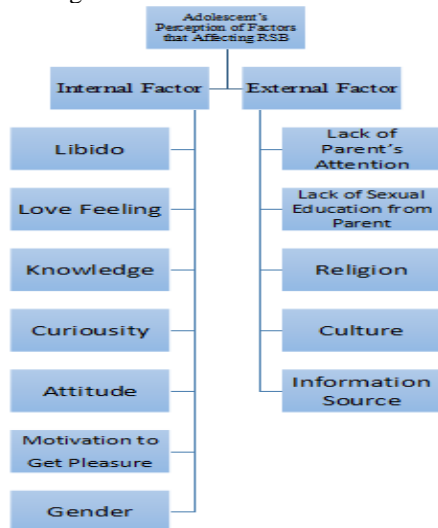
Data was collected using in-depth interviews for 40-60 minutes. The instrument used in this research is an in-depth interview guide that contains open-ended questions about adolescents' perceptions of risky sexual behavior that have been adapted to language that can be understood by the informants. Researchers used the help of a recorder and field notes during the interview. Data analysis in this study was carried out by analyzing and classifying the meaning of the data from the statement of research results by drawing conclusions in the form of major themes. Data analysis using software open code 4.03. Test the validity of the data using member check, thick description, and peer debriefing.

## RESULT

There were 9 informants in this study consisting of 5 boys and 4 girls with the characteristics of the informants as follows:

**Table 1. Informant Characteristic**

The results showed that adolescents' perceptions of factors influencing risky sexual behavior were divided into two factors, namely internal factors and external factors. Internal factors that influence risky sexual behavior are lust, gender, motivation to get pleasure, knowledge, attitudes, mutual liking, and curiosity. External factors that influence risky sexual behavior are lack of attention from parents, lack of sexual education from parents, religion, culture and sources of information. The results of this research can be seen in the image below:



**Fig 1. Adolescent's Perceptions of Factors Affecting Risky Sexual Behavior**

**A. Adolescent Perceptions of Factors Affecting Risky Sexual Behavior**

**1. Internal Factor**

The results of interviews conducted showed that libido is one of the factors that influence risky sexual behavior in adolescents. Teenagers engage in risky sexual behavior because they indulge their desires and can be supported by thoughts and situations. One of the informants state that:

*"Yes, because of lust too, because of my own libido huh" (Male, 12 years)*

The second internal factor according to adolescent perceptions that influence risky sexual behavior is love feeling. The cause of adolescents engaging in risky sexual behavior is because of feelings of mutual liking and attraction to the opposite sex that adolescents experience. One of the informants stated that:

*"Hmm and I'm not like kids anymore, children still play, but when they grow up, their minds are grown up, they want friends of the opposite sex to be like that" (Male, 12 years old)*

The third internal factor according to adolescent perceptions that influence risky sexual behavior is knowledge. Lack of knowledge related to risky sexual behavior can cause teenagers to be free and fall into risky sexual behavior. One of the informants stated that:

*"Yes, if you don't have knowledge, you will go*

Informant Code	Sex	Age	Educa-tion	RSB's Information Source
Informant 1	Male	15th	SMP	School and Parent
Informant 2	Male	13th	SMP	Internet
Informant 3	Male	12th	SMP	Internet and Friend
Informant 4	Female	14th	SMP	School and Internet
Informant 5	Female	14th	SMP	Parent
Informant 6	Male	14th	SMP	School dan Internet
Informant 7	Female	15th	SMP	School, parent and Internet
Informant 8	Male	12th	SD	Internet
Informant 9	Female	15th	SMK	Internet and Friend

*too far" (Male, 13 years old)*

The fourth and third internal factor according to adolescent perception that influences risky sexual behavior is curiosity. Curiosity can arise after teenagers get information from various sources of information such as TV and pornographic videos. One of the informants stated that:

*"Because it's like watching a porn video and you want to feel that way, it makes you curious" (Female, 14 years old)*

The fifth internal factor according to adolescent perception that influences risky sexual behavior is attitude. If teenagers are indifferent or consider risky sexual behavior to be normal, it can cause teens to carry out risky sexual behavior even to the point of continuing and getting worse. One of the informants stated that:

*"Yes, if we think of it as normal, it will turn out to be like a continuation" (Male, 12 years old)*

The sixth internal factor according to the adolescent's perception that influences risky sexual behavior is the motivation to get pleasure. The pleasure that teenagers get in doing risky sexual behavior is getting affection from the opposite sex, getting satisfaction, getting recognition, and also looking cool. One of the informants stated that:

*"Then because of their own satisfaction they seek pleasure" (Female, 15 years)*

The seventh internal factor according to adolescent perceptions that influence risky sexual behavior is gender. Adolescents view that men are more likely to engage in risky sexual behavior than women. This is because men have great lust and cannot control their lust. One of the informants stated that:

*"Because men seem to be passionate, their lust is higher" (Male, 13 years old)*

**2. External Factor**

The first external factor according to adolescents' perceptions that influence risky sexual behavior is lack of attention from parents. Adolescents who have divorced parents will be freer because their parents are

not paying attention. One of the informants stated that:

*"It affects too, especially if the home is broken, he will be freer" (Female, 15 years old)*

The second external factor according to adolescent perceptions that influence risky sexual behavior is the lack of sexual education from parents. One of the informants stated that:

*"Usually because the parents don't tell them, it's like they don't know much" (Male, 13 years old)*

The third external factor according to adolescent perceptions that influence risky sexual behavior is religion. Teenagers are of the view that people who have a good understanding of religion or commonly referred to as pious people are less likely to engage in risky sexual behavior because they already know about the sin of engaging in risky sexual behavior. One of the informants stated that:

*"Those who are pious already know that they can't do this like this. If you're not a pious person, you'll just have to play beat it right away" (Male, 12 years old)*

The fourth external factor according to adolescent perception that influences risky sexual behavior is culture. Adolescents view western culture not to regard sexual behavior as a taboo subject, which allows adolescents of foreign descent to be more at risk of engaging in risky sexual behavior. One of the informants stated that:

*"Yes, because of the cultural factors of foreign descent" (Male, 12 years old)*

The fifth external factor according to the adolescent's perception that influences risky sexual behavior is the source of information. Teenagers are of the view that in obtaining information related to risky sexual behavior, it is obtained from various sources including the internet, books, schools, parents and friends. One of the informants stated that:

*"That's if you obey.. actually I kind of forgot about it in junior high school grade 1. Yes, about not being allowed to have a relationship, keep getting pregnant, if you enjoy dating, you can get HIV later" (Female, 15 years old)*

## DISCUSSION

### A. Internal Factor

#### 1. Libido

The results showed that adolescents perceive libido to be one of the factors that influence risky sexual behavior in adolescents. During adolescence, adolescent libido increases which causes high lust, which in turn affects adolescent sexual behavior. This sexual urge appears in middle adolescents, namely adolescents with an age range of 16-18 years where adolescents at this stage begin to explore the ability to date and attract partners, and conduct sex experiments (WHO, 2018). This sexual urge can have an impact on sexual problems that lead to risky sexual behavior. This perception is in accordance with research (Afrityeni et al, 2018) which states that adolescents

generally have a high sexual desire which causes high lust, so that feelings of attraction to the opposite sex will turn into negative sexual desires, causing them to have sex prematurely.

#### 2. Love Feeling

The results showed that adolescents view the feelings of love experienced by adolescents as one of the factors that influence risky sexual behavior in adolescents. Interest in the opposite sex is one form of puberty experienced by adolescents. According to WHO (2018), early adolescents with an age range of 10-15 years have experienced interest in the opposite sex and made contact with the opposite sex in play groups. This can make teens engage in risky sexual behavior if feelings of love are not channeled properly. This perception is in line with research (Rasyidillah, 2017) which states that adolescents engage in risky sexual behavior, one of which is free sex because of the urge of love and affection which is strengthened by a high sense of intimacy and lust for a partner. When a person falls in love, he feels happiness, admiration, a sense of belonging, and always wants to share other feelings with loved ones. Excessive feelings of falling in love can encourage individuals to do anything to satisfy their sexual desires, one of which is risky sexual behavior which includes violating the norms that exist in society (Nadiarenita & Hidayah, 2018).

#### 3. Knowledge

The results showed that adolescents considered knowledge to be one of the factors that influenced risky sexual behavior in adolescents. Knowledge of something will affect how a person behaves, so it is possible to get risky sexual behavior in adolescents who lack knowledge about sexual behavior. This perception is supported by research by Sulsilawati et al. (2019) which states that the lack of knowledge about sex and the negative perception of adolescents about the ins and outs of sexual harassment are indicators of increasing risky sexual behavior among adolescents. Furthermore, according to Tiya (2017) which states that the better the knowledge of adolescents, the lower their sexual behavior, because knowledge is a very important dominant factor in shaping one's behavior.

This perception is also in accordance with research (Nurhapipa & Alhidayati, 2017) which states that knowledge about sexual behavior affects adolescent sexual behavior. Teenagers who get knowledge of sexual behavior from an early age can avoid risky sex because they already know the consequences of sex. At the same time, adolescents who are not aware of sexual behavior are more likely to engage in sexual behavior because they are not aware of the impact of risky sexual behavior.

#### 4. Curiosity

The results showed that adolescents perceive curiosity as one of the factors that influence risky sexual behavior in adolescents. Cognitive development experienced by adolescents makes adolescents have a high curiosity to try new things. This perception is in accordance with research by Rasyidillah (2017) which

states that various information from various sources of misleading information can lead to misunderstandings about risky sexual behavior, and the emergence of deep curiosity about risky sexual behavior problems can lead to free sex. Curiosity becomes a reinforcement for teenagers to have direct premarital sex (Wahyuni, 2020). During the developmental stage, adolescents do not think critically, always put ego and curiosity first without understanding the effects and risks of what they are going to do, and eventually get caught up in negative things such as premarital sex which can cause negative impacts for adolescents who carry out these behaviors. (Qomairah, 2020).

#### 5. Attitude

The results showed that adolescents considered attitude to be one of the factors that influenced risky sexual behavior. Mahmudah et al (2016) said that attitudes indicate the suitability of responses to certain stimuli, so it can be understood if risky sexual behavior is found in adolescents with negative attitudes towards various forms of sexual behavior and vice versa. This perception is supported by research (Tiya, 2017) which states that adolescents with negative or supportive attitudes towards risky sexual behavior tend to engage in various sexual behaviors, ranging from holding hands to having sex. Furthermore, Ulfah (2019) stated that attitudes towards sex affect risky sexual behavior. Factors that encourage individuals to have premarital sex are weak self-control or control, and people who have low self-control are more susceptible to the influence of other people and their environment.

#### 6. Motivation to get pleasure

The results of the study show that adolescents perceive that the cause of adolescents to carry out risky sexual behavior is to get pleasure. According to teenagers, the pleasure they get in engaging in risky sexual behavior is to be considered cool by their peers. This perception is in accordance with research (Mariani & Arsy, 2017) that one of the needs of adolescents is social needs (status), where adolescents want to always be accepted, so that adolescents do not want to be different from their peers. Adolescents try to find out how their self-concept is in their peer group. In order to be accepted by their group, adolescents engage in risky sexual behavior because they want to feel valued and show their existence.

Adolescents also perceive that the reason for doing risky behavior is because they want to get love and are bored with their usual activities. The lack of affection that teenagers get from their parents can cause teens to seek affection with their friends which can cause teens to engage in risky sexual behavior. This perception is in accordance with research (Setijaningsih et al., 2019) which states that teenagers who date too often late at night to the point where they don't know what else to do when dating, give rise to boredom that makes teens fall into risky sexual behavior. Furthermore, Siregar et al (2021) said that the lack of parental love and attention causes

adolescents to become thirsty for love and they must find what they need outside the family, such as in a group of friends.

#### 7. Gender

The results of this study indicate that adolescents consider gender to be one of the factors that influence risky sexual behavior. This can happen because women have stricter norms than men. This perception is in line with research by Badaki and Adeola (2017) which states that peer influence is stronger for boys than girls because boys usually initiate love or sex and are freer to live alone and are more likely to experiment with sex. than girls. This perception is also in accordance with research (Sukun & Kusmiyati, 2019) which states that men are more involved in sexual behavior. This is because men are more courageous, open, and active when trying to do new things, such as sex, while women are more sensitive, closed, shy, and careful when trying to have sex, because women are afraid of the consequences such as pregnancy out of wedlock or unwanted pregnancy. Socially, women's social norms are stricter. Women need to be gentle and remain virgins before marriage, while men are more free to socialize, aggressive behavior and coming home late at night are considered normal (Marita, 2020).

### B. External Factor

#### 1. Lack of Parental Attention

The results of the study show that adolescents perceive a lack of attention from their parents as one of the factors that influence adolescents to engage in risky sexual behavior. The lack of attention that parents give to their children can be caused by a broken home or divorced parents. This perception is in accordance with research (Waliyanti & Ajeng, 2021) which states that parental divorce is a factor in providing sexual education because parents with divorce status affect the form of the family. If parents are indifferent or do not pay attention to their children, especially teenagers, the teenager will feel free and at risk to carry out risky sexual behavior. This perception is in line with research (Ilham, 2020) which explains that the assumption that some parents do not pay attention and communicate related to sexual behavior for sexual reasons is a taboo subject. This assumption hinders the spread of sexual knowledge that should have started earlier.

#### 2. Lack of Sexual Education from Parents

According to adolescents, lack of sexual education from parents is one of the factors that influence risky sexual behavior in adolescents. According to adolescents, lack of sexual education from parents is one of the factors that influence risky sexual behavior in adolescents. Not given sexual education by parents will cause teenagers to look for other sources of information that are not necessarily true so that it can plunge teens into risky sexual behavior.

This perception is in accordance with research which states that lack of knowledge related to sex is one of the factors causing premarital sex in adolescents. This is because parents do not provide sex

education to their children at all. The role of parents is important in providing information related to sexual behavior and reproductive health. The best education for children is that given by parents, including sex education (Hayati et al, 2022; Novitasari et al, 2019).

### 3. Religion

The results of the study show that adolescents view religion as a factor that influences risky sexual behavior in adolescents. Lack of understanding of religion makes teenagers not afraid to commit sins that can be obtained from engaging in risky sexual behavior. This perception is supported by research (Basit, 2017) which states that people with less religious understanding tend to easily deviate from their religious teachings. So the factors that influence adolescent sexual behavior can be seen in their religious attitudes towards religious teachings, especially risky sexual behavior. This means that the higher one's religious understanding or religious attitude, the lower the tendency to have free sex, and conversely the lower one's religious understanding, the higher one's tendency to have free sex.

### 4. Culture

The results of the research show that adolescents perceive that culture is one of the factors that influence risky sexual behavior in adolescents. Teenagers view western culture as more free than eastern culture adopted in Indonesia. Western culture considers sexual behavior not as taboo which causes differences in premarital sex culture in western countries with Indonesian culture, namely eastern culture. This perception is in line with research (Prisca et al, 2017) which states that premarital sex culture in western countries is very different from that in Asian countries. In Indonesia, there is a norm that prohibits a person from having premarital sex before there is a marriage relationship. Therefore, there are cultural differences between Western countries and Indonesia regarding premarital sex.

Furthermore, Qomaira (2020) states that although many teenagers are aware of sex, cultural factors prohibit talking about it in public because it is considered taboo and ultimately leads to an incomplete understanding of sex among teenagers who only know how to have sex but do not know it will have an impact. on the teenager. In preventing risky sexual behavior, you can combine the two cultures, namely by not considering taboos related to sexual behavior like western culture but still having sexual behavior in accordance with the norms adopted by eastern cultural communities (Qudrani et al, 2022)

### 5. Source of Information

The results showed that adolescents view the source of information as one of the factors that influence risky sexual behavior. The source of information obtained by adolescents is not necessarily correct information so that it is at risk of causing adolescents to carry out risky sexual behavior. This perception is supported by research (Rasydillah, 2017) which states that premarital sex which is a form of risky sexual behavior can be caused by differences in

sources of sexual information, lack of sexual information from parents and schools, misunderstandings about sexuality due to various misleading information, which can lead to misinformation. cause premarital sex in adolescents.

Furthermore, in the research, Kholidin et al (2020) stated that misinformation about sex education from the wrong sources, watching pornographic VCDs, and easy access to pornographic sites on the internet misled teenagers in their understanding and perception of sex.

### LIMITATION OF STUDY

This research has only been conducted on adolescents who live in rural areas so that the perceptions obtained may differ from those of adolescents who live in urban areas due to differences in the characteristics of adolescents who live in rural areas and those who live in urban areas.

### CONCLUSION

Based on the results of research that has been carried out in the discussion that has been described in detail, it can be concluded that adolescents' in urban area perceptions of factors affect risky sexual behavior were divided into two, namely internal factors and external factors. Internal factors that influence risky sexual behavior are libido, gender, motivation to get pleasure, knowledge, attitudes, mutual liking, and curiosity, while external factors are lack of attention from parents, lack of sexual education from parents, religion, culture and resources.

### RECOMMENDATION

#### 1. For Adolescent

It is important for adolescents to read the results of this study in order to know the description of adolescents' perceptions of risky sexual behavior so that adolescents can avoid risky sexual behavior.

#### 2. For Parents

Parents need to know the results of this study in order to find out adolescents' perceptions of risky sexual behavior so that parents can provide sexual attention and education to adolescents as early as possible which can make adolescents avoid risky sexual behavior.

#### 3. For the Nursing Profession

The results of this study can be used as the basis for developing a program plan to address the causes and effects of risky sexual behavior, and ultimately prevent the impact of risky sexual behavior.

#### 4. For Further Researchers

This study was conducted on adolescents who live in rural areas. Future researchers are expected to examine the perceptions of adolescents living in urban areas regarding risky sexual behavior.

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