

# Factors Associated with Sexual Behavior of College Students in Palangkaraya

Yuliatin<sup>1</sup>, Triawanti<sup>2</sup>, Syamsul Arifin<sup>2</sup>, Roselina Panghiyangan<sup>2</sup>,

<sup>1</sup>Master of Public Health Science, Faculty of Medicine, <sup>2</sup>Faculty of Medicine, Lambung Mangkurat University; <sup>3</sup>Department of Nutrition, Faculty of Public Health, Hasanuddin University, Makassar, Indonesia

## Abstract

Adolescent reproductive health is strongly influenced by the reproductive and sexual behavior of adolescents. This study aims to analyze the influence of knowledge, residence, leisure time, peer endorsement, parental monitoring, information access, attitudes, perception, and intention to influence the sexual behavior of college student in Palangkaraya. The research used was analytic observational with a cross-sectional study design conducted at student college, Palangkaraya, Kalimantan Tengah Province. The population in this study were unmarried and 18-24-year-old students with a sample size of 240 people. The correlation test results showed no influence of knowledge, leisure time, parental monitoring, attitudes and perceptions on sexual behavior  $p > 0.05$ , meanwhile, peer support, information access, and intention have an effect on sexual behavior  $p < 0.05$ . The most influential factor is intention ( $p = 0.001$ ;  $Exp.B = 17.102$ ) where the respondent with strong intention in sexual behavior, 17.102 times will conduct risky sexual behavior. This study shows that there is a significant influence between peer support, information access, and intent on the sexual behavior of college students in Palangka Raya.

**Keywords:** *knowledge, residence, leisure time, peer support, parental monitoring, information access, attitudes, perception, intention, sexual behavior*

## Introduction

Sexually transmitted infections (STIs) and HIV/AIDS are increasing from year to year and become a public health problem throughout the world, one of them is a developing country like Indonesia. In Indonesia, HIV/AIDS cases are dominated by productive age groups of 20-24 years old by 12,537 people<sup>1</sup>, 82.8% transmission through heterosexual relations.<sup>2</sup> Increasing of STI cases are indicative of high-risk sexual behavior, which can facilitate the transmission of HIV and increase the risk of HIV transmission by 3-5 times greater than without STIs.<sup>3</sup>

The case of HIV/AIDS in Kalimantan Tengah in the last six years has increased from 64 HIV cases in

2011 to 674 cases in 2016 and AIDS cases from 21 cases to 223 cases.<sup>4</sup> Based on data from Central of Health Centers 2016, HIV in the age group of 20-24 years about 12.26%, AIDS by 5.94%.<sup>5</sup> While the case of HIV year 2016 in Palangkaraya, aged 20-24 years by 29.63% , HIV/AIDS by 15.79% , STI group age 20-24 years old 87.50%.<sup>6</sup> Abortus case in 2013 until 2017, age 15-24 as many as 19 cases of 34 people who became pregnant.<sup>7</sup>

One type of behavior that is harmful to health is likely to increase in adolescence is a risk behavior that premarital sexual behavior among unmarried adolescents aged 15-24 years.<sup>8</sup> Starting from an unhealthy courting behavior brings the consequences of an unwanted pregnancy. A healthy dating will avoid the risk of diseases such as STIs (STDs), unwanted pregnancy, cervical cancer, sexual violence <sup>9</sup>, negative mental health <sup>10</sup> which can lead to not only physical and psychological disorders.<sup>11, 12</sup>

There are 35 of the students in Palangkaraya who became respondents were 27 people (77.14%) had had pre-marital sex with their girlfriend. <sup>13</sup> In 2014, respondents aged 15 years to 24 years as many as 113

---

## Corresponding Author:

Yuliatin

Master of Public Health Science, Faculty of Medicine,  
Lambung Mangkurat University,  
Jalan A. Yani, Km.36,  
Banjarbaru, Kalimantan Selatan, Indonesia

samples showed 35% of the first-time sexual activity in the dormitory, 52% sexual intercourse did at home.<sup>14</sup> Conted...

**Materials and Method**

This research is a quantitative research with cross-sectional design. The research was conducted on students at one of the universities in Palangkaraya. The population in this study was 5981 people from the age of 18 to 24 years with a total sample of 240 people in the select based on the formulated hypothesis for two proportion two directions.<sup>15</sup> Sampling by proportional stratified random sampling conducted among 240 students. Criteria age 18-24 years, ever or being courting, willing to engage in research, and not married. Data collection using questionnaire and honesty test using L-MMPI scale.

**Findings**

**Table 1: Univariate Analysis of Variables**

No.	Variable	Total (N = 240)	%
1.	<b>Residence</b>		
	At risk	133	55.4
	Not at risk	107	44.6
2.	<b>Knowledge average</b>		
	Below	89	37.1
	Above	151	62.9

3.	<b>Opportunity or leisure time</b>		
	High	57	23.8
	Low	183	76.3
4.	<b>Peer endorsement about negative things</b>		
	Strong	24	10.0
	Weak	216	90.0
5.	<b>Parental monitoring</b>		
	Low	58	24.2
	High	182	75.8
6.	<b>Access to a negative information</b>		
	High	15	6.3
	Low	225	93.8
7.	<b>Attitude</b>		
	Negative	2	0.8
	Positive	238	99.2
8.	<b>Perception of behavior control</b>		
	Bad	7	2.9
	Good	233	97.1
9.	<b>Intention</b>		
	Strong	16	6.7
	Weak	224	93.3
10.	<b>Sexual behavior</b>		
	High risk	69	28.8
	Low risk	171	71.3

**Table 2: Bivariate Analysis of Variables**

No.	Independent Variabel	Sexual Behavior				P value	OR 95% CI
		At risk		Not at risk			
		n	%	n	%		
1.	<b>Residence</b>						
	At risk	43	32.3	90	67.7	0.221 <sub>a</sub>	1.488 (0.840-2.637)
	Not at risk	26	24.3	81	76.2		
<b>Knowledge average</b>							
2.	Below	32	36.0	57	64.0	0.081 <sub>a</sub>	1.730 (0.978-3.059)
	Above	37	24.5	114	75.5		
	<b>Opportunity or leisure time</b>						
3.	High	18	31.6	39	68.4	0.709 <sub>a</sub>	1.195 (0.627-2.777)
	Low	51	27.9	132	72.1		
	<b>Peer endorsement about negative things</b>						
4.	Strong	14	58.3	10	41.7	0.002 <sub>a</sub>	4.098 (1.722-9.756)
	Weak	55	25.5	161	74.5		
	<b>Parental monitoring</b>						
5.	Low	22	37.9	36	62.1	0.108 <sub>a</sub>	1.755 (0.939-3.282)
	High	47	25.8	135	74.2		

Conted...

6.	<b>Access to a negative information</b>						
	High	12	80.0	3	20.0	0.000 <sub>b</sub>	11.789 (3.212-3.274)
	Low	57	25.3	168	74.7		
7.	<b>Attitude</b>						
	Negative	1	50.0	1	50.0	0.493 <sub>b</sub>	0.400 (0.025-6.487)
	Positive	68	28.6	170	71.4		
8.	<b>Perception of behavior control</b>						
	Bad	1	14.3	6	85.7	0.677 <sub>b</sub>	0.404 (0.048-2.423)
	Good	68	29.2	165	70.8		
9.	<b>Intention</b>						
	Strong	14	87.5	2	12.5	0.000 <sub>b</sub>	21.509 (4.740-97.611)
	Weak	55	24.6	169	75.4		

**Table 3: Multivariate Analysis of Variables**

Variable	P value	Odds Ratio (OR)	95% CI
Peer endorsement about negative things	0.036	2.921	1.071-7.967
Live in the same residence (dormitory)	0.061	1.883	.971-3.649
Intention	0.001	17.102	3.449-84.792
Access to a negative information	0.000	11.512	2.957-44.816

From the table 3, the most influential factor is intention (p=0.001; Exp.B=17.102) where the respondent with strong intention in sexual behavior, 17.102 times will conduct risky sexual behavior.

### Discussion

The findings of this study reveal while the student often accesses and increase source of negative information then behavior sexual of college student tends to be increasingly. Period of teens is a development period where individual thirsty for adventure, likes risk, as well as want something new and challenge for them on natural could reach turbulent conditions.<sup>16</sup> The information media also has a negative impact on the psychological development of children and adolescents, unwittingly affects knowledge and attitudes that can lead to behavioral changes toward lifestyles that are at risk of premarital sexual behavior because teenagers easily try and imitate what they hear and see from the mass media because they do not yet know the full sexual problems of their parents.<sup>17,18,19,20</sup> Youth exposure to the pornographic material without proper guidance is associated with an increased tendency to engage in sexual activity.<sup>21</sup> Students more closely watched pornography were

associated with potentially riskier sexual behavior and increased pornographic exposure was associated with hooking up events.<sup>22</sup> Uncontrolled mass media and internet exposure can negatively affect youth sexual behavior.<sup>23</sup> Television media affects adolescent beliefs about sex.<sup>24</sup> Internet use affects knowledge of sexuality and student sexual behavior.<sup>25</sup>

The findings of this study reveal support for the negative affecting the occurrence of risky sexual behavior in college students, this is because most students experimented with greater independence where at this time students spend more time with friends than with parents, and peer relationships become increasingly influential in socio-social development and strongly influence adolescent sexual behavior to replace family bonds <sup>20,26</sup> greater during early adolescence until adulthood <sup>27</sup> acceptance of peer groups increases excitability creates a sense of pride and security.<sup>28</sup> Habits of discussion, exchanging information about sexuality issues and the number of friends who have had premarital sexual intercourse become a factor that causes teenagers to have pre-marital sex with their partners.<sup>29</sup> Young people have freedom when they are away from family, talk to peers and sexual partners about sex more

than sexual health problems and friends are considered a source of important advice and information about sex, conversations about sex among young people tend to produce norms that affecting positive or negative pressure on individuals to adapt to group standards.<sup>30</sup> The negative influence of peers is the style of promiscuity in the form of courtship when ordinary friends kiss with their girlfriend, it is justified that he kissed also this is because teenagers tend to develop their own norms that conflict with prevailing norms.<sup>31</sup> Classmates are the most important source of information and knowledge about sex from college friends versus internet, novels and porn movies to learn about sex. Peer influence strongly associated with the risky sexual behavior of Bahamian youth, peer involvement at risk of having a strong influence on adolescent risky sexual behavior.<sup>32</sup>

The findings in this study reveal the intention to influence the occurrence of risky sexual behavior in college students. When a person has full control, the intention is the most proximal determinant of behavior, and in the context of sexual activity, sexual intent refers to a person's desire to plan sexual activity and based on the sexual intention theory precedes the activity sexual. Students who have the intention to engage in risky sexual behavior result from having a partner and experience in the past. The experience is driven by the knowledge of students who still think that premarital sex is intercourse. The loosening of social norms that exist in the environment around adolescents, causing them to be free to do premarital sex without any limitations or prohibitions.<sup>33</sup> From the data of this study there are 18.3% of respondents said they have a desire to express feelings of love requires physical intimacy with a partner and 15.9% have the desire to express love through sexual relationships with girlfriends. The commitment of relationship has a positive effect on the conduct of premarital sex behavior on Seja students.

### Conclusion

The risky sexual behavior in college students who have dating influenced by the support of their friends about negative things, access to information and the intention of the students themselves. Sexual behavior intentions, negative peer support, negative information access can play a role in increasing the occurrence of risky sexual behavior in college students. The most influential variable in the occurrence of risky sexual

behavior in the student is the intention of sexual behavior (OR=17.102).

**Ethical Clearance:** Before conducting the data retrieval, the researchers conducted a decent test of ethics conducted at the Faculty of Medicine, Lambung Mangkurat University to determine that this study has met the feasibility. Information on an ethical test that the study is eligible to continue. The feasibility of the research was conducted in an effort to protect the human rights and security of research subjects.

**Source of Funding:** This study was done by self-funding from the authors.

**Conflict of Interest:** The authors declare that they have no conflict interests.

### References

- Infodatin. *The situation of AIDS Disease in Indonesia*. Data and Information: Information KKRPPD, editor. Jakarta: Ministry of Health. 2016.
- Ministry of Health. *Indonesia Health Profile*. Jakarta: Ministry of the Health Republic of Indonesia. 2015.
- CDC. *The Role of STD Prevention and Treatment in HIV Prevention*. 2010
- Kalimantan Tengah Health Office. *Health Profile 2016 of Kalimantan Tengah Province*. Palangka Raya: Central Kalimantan Health Office. 2017.
- Health Office. *Health Profile 2015 of Kalimantan Tengah Province Palangka Raya*: Central Kalimantan Provincial Health Office. 2016
- Health Office. *Health Profile of Palangkaraya City 2016*. Palangka Raya: City Health Office Palangka Raya. 2017.
- Doris Sylvanus Hospital. *Reporting of Medical Record Data of 2016*. Palangkaraya: Doris Sylvanus Hospital. 2016.
- Meilani N, Shahuliyah Z, Suryoputro A. Mother's Behavior in Early Teens of Sexuality Education. *Journal of National Public Health*. 2014 8(8): 411-7.
- Sari DP. The Relationship Between Parent Perception Against Sexuality And Quality

- Communication Parents Children With Sexual Behavior Pranikah Teens in Serengan District Surakarta. *Jurnal Ilmiah Rekam Medis dan Informatika Kesehatan*. 2013 3(2): 47-60.
- Morgan E. Outcomes of Sexual Behavior Among Sexual Minority Youth. *Journal of New Direction for Child and Adolescent Development*. 2014 (144):21-36.
- Mubarokah K, Veria VA. *Difference Knowledge, Attitudes, And Sexual Behavior of Students Semester 2 and 6 at Dian Nuswantoro University Semarang*. Research Report. 2012.
- Musthofa SB, Winarti P. Factors Affecting Premarital Sex Behavior Students In Pekalongan Year 2009-2010. *Journal of Reproductive Health*. 2010. 1(1):33-41.
- Mikdar UZ. *Student Social Behavior in Place of Conditions*. Surabaya: Jenggala Pustaka Utama; 2016.
- Indonesian Family Planning Association. *Report on the Survey of Palangkaraya*. Indonesian Family Planning Association of Kalimantan Tengah, National Family Planning Agency of Kalimantan Tengah. 2014.
- Lameshow S, David H. *Large sample in Health Research (translation)*. Yogyakarta: Gadjah Mada University Press; 1997.
- Santrock JW. *Adolescents*. Adolescence. 2. 11 ed. Jakarta: Erlangga Publishers; 2007.
- Marmi. *Reproduction Health*. Yogyakarta: Publisher Pustaka Pelajar; 2013.
- Banun F, Setyorogo S. Factors Associated With Sexual Behavior Pranikah Student Semester V STIKes X East Jakarta 2012. *Jurnal Ilmu Kesehatan* 2013 5(1):12-8.
- Rusmiati D, Hastono SP. Teen Attitudes toward Virginity and Sexual Behavior in Dating. *Jurnal Kesehatan Masyarakat Nasional* 2015 1(1): 29-36.
- Sarwono SW. *Adolescent Psychology*. Jakarta: PT Raja Grafindo Persada; 2016.
- Awaluddin M, Ahmad N, Saleh N, Aris T, Kasim N, Sapri N, et al. Prevalence of Sexual Activity In Older Malaysian Adolescents And Associated Factors. *Journal of Public Health Aspects* 2015 2.
- Braithwaite S, Coulson G, Keddington K, Fincham FD. The Influence of Pornography on Sexual Scripts and Hooking Up Among Emerging Adults in College. *Journal Archives of Sexual Behavior*. 2015 44(1): 111-23.
- Olarinmoye OS, Olarinmoye EO, Adebimpe WO, Omisore AG. Effect of Mass Media and Internet on Sexual Behavior of Undergraduates in Osogbo Metropolis, Southwestern Nigeria. *Journal of Adolescent Health, Medicine and Therapeutics*. 2014 5:15-23.
- Chillisa B, Mohiemang I, Mpeta K, Musamba T, Ntshwarang P, Heeren A. Why Wait 'til Marriage? The Determinants of Premarital Sex among Adolescents in a Country in Sub-Saharan Africa: Botswana. *Journal of Human Behavior in the Social Environment* 2013 23(8): 972-979.
- Agbede, Kio, Ajetunmobi. Analysis of the Influence of The Internet On Sexual Education and Sexual Behavior among Adolescents in Nigeria Universities: The Case Of The University Of Lagos. *Journal of Biology, Agriculture, and Healthcare*. 2016 6(16): 74-83.
- Suwarni L, Selviana. The Initiation of Prenuptial Sex of Adolescents In Pontianak City and Its Affecting Factors. *Jurnal Kesehatan Masyarakat*. 2015 10(2): 169-177.
- Coley R, Medeiros B, Schindler H. Using Sibling Differences to Estimate Effects of Parenting on Adolescent Sexual Risk Behaviors. *Journal of Adolescent Health*. 2008 43(2): 133-40.
- Karyati S, *Editor of the Social Environment, Peers, Spirituality and Sexual Behavior of Street Children*. The 5 Th Urecol Proceeding; 2017; UAD, Yogyakarta.
- Yudia S, Cahyo K, Kusumawati A. Premarital Sexual Behavior in Kost's Students (Case Study In Higher Education "X" In West Jakarta Area). *Jurnal Kesehatan Masyarakat* 2012 6(1): 819-25.
- Gezahegn T, Birhanu Z, Safe M, Dessalegn M, Abera A, Nyagero J. Peer Communication On Sex And Sexual Health Among Youths: A Case Of Debre Berhan University, Ethiopia. *The Pan African Medical Journal*. 2016 25(2).



Mesra E. Peer Influence Against Youth Sexual Behavior. *Jurnal Ilmiah Bidan*.2016 1(2): 34-41.

Wang B, Stanton B, Deveaux L, Li X, Lunn S. Dynamic Relationships Between Parental Monitoring, Peer Risk Involvement and Sexual Risk Behavior Among Bahamian Mid-Adolescents. *Journal International Perspectives on Sexual and Reproductive Health*. 2015 41(2): 89-98.

Ahiyanasari CE, Nurmala I. Intention of High School Students to Prevent Premarital Sex. *Jurnal Promosi Kesehatan*. 2017 5(1): 36-47.

Nuandri VT, Widayat IW. The Relationship Between Attitudes Toward Religiosity with Attitudes Toward The Tendency of Premarital Sex Behavior in Late Adolescents Who Are Dating at Airlangga University Surabaya. *Jurnal Psikologi Kepribadian dan Sosial*. 2014 3(2): 67.

Suwarni L. Parental Monitoring and Peer Behavior Against Sexual Behavior of Senior High School in Pontianak City. *Jurnal Promosi Kesehatan Indonesia*. 2009 4(2): 128.