

The Relationship Between Early Puberty Age And Sexual Behavior On Teenage Students at SMK X Jakarta

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ABSTRACT

Adolescence is a transition period from childhood to adulthood. A person who has entered the adolescent age group, namely 10-19 years old, will experience puberty, rapid growth and development called Growth Spurt, physical, mental, psychological changes, reproductive organ maturity and have vulnerable behaviors that may include behaviors such as becoming addicted to alcohol, drugs and negative sexual behavior. The purpose of this study was to determine the relationship between early puberty and sexual behavior in adolescent students in grades XI and XII at SMK X Jakarta. This study was quantitative, conducted by cross-sectional method using correlation analysis as a research design. The population of this study were students in grades XI and XII of SMK X Jakarta, there were 157 students. Sampling used simple random sampling, namely 61 students. Data collection used a questionnaire analyzed by the Person Chi-Square test. The results of this study using Chi-Square obtained a p value of $0.016 \leq 0.05$, which means it shows a significant relationship between the age of early puberty and sexual behavior in adolescent students at SMK X South Jakarta. Based on the results it can be concluded that there is a significant relationship between the age of puberty and sexual behavior in adolescent students at SMK X South Jakarta (p value = $0.016 \leq 0.05$).

Keywords : Puberty, Sexual Behavior, Adolescence

INTRODUCTION

According to the World Health Organization (World Health Organization, 2023) The age group considered to be adolescents is 10 to 19 years. Adolescence is a period of personality formation and behavior that carries vulnerabilities such as becoming addicted to alcohol, drugs, and negative behavior, namely sexual behavior. (WHO, 2023). According to (Ministry of Health and Child Protection Act, 2018) The adolescent age group ranges from 10 to 18 years. During adolescence, they experience puberty, rapid growth and development known as the Growth Spurt, physical, mental, and psychological changes, and the maturation of reproductive organs that regulate sexual function. Vulnerable behaviors include alcoholism, drug addiction, and negative sexual behavior.

Forms of sexual behavior when dating teenagers will carry out activities such as starting with holding hands, then hugging each other, caressing each other, kissing on the lips, performing oral sex, rubbing genitals, up to having extramarital sex.(Kristianti & Widjayanti, 2021)This statement is in line with research conducted by(Dewi et al., 2023), which said that from the results of research conducted on 190 teenagers in Banda Aceh City aged 15 to 19 years, the forms of sexual behavior of teenagers in Aceh City were dating as much as 72.3%, making out as much as 15.2% and having had sexual intercourse or intercourse as much as 13.4%.

(Centers for Disease Control and Prevention, 2023)A survey of teenagers in the United States found that 30% had had unprotected sex, 48% had sex, and 6% had had sex four or more times with multiple partners. As a result of having sex outside of marriage, 143,500 unintended pregnancies were reported among teenagers in the United States aged 15 to 19. The survey results(Centers for Disease Control and Prevention, 2023), in the United States, adolescents aged 15 to 24 years after examination were recorded as many as 53% have been infected with sexually transmitted infections (STIs). In Indonesia, based on the results of the Indonesian demographic and health survey, recorded as many as 70% of female adolescents aged 15 to 19 years who have had sexual relations before marriage, and 60% of male adolescents, with 50% not using condoms, and as many as 19% have HIV/AIDS.(SDKI, 2017)A survey of marriage dispensation requests in religious courts across Indonesia in 2022 recorded 52,095 cases, with premarital pregnancy being one of the reasons cited. Surabaya ranked first with 15,339 marriage dispensation requests, followed by Semarang with 12,035, and South Jakarta with 316.(Religious Court Case Data Center, 2023)A survey conducted by the Central Statistics Agency (BPS) on sexually transmitted infections (STIs) in Jakarta found 20,583 cases, with the highest number in South Jakarta, with 8,691 cases in 2021.(BPS, 2021)Meanwhile, teenagers aged 15 to 19 years still believe that they will not be infected with HIV/AIDS if they have sex using a condom, 52% of whom are women and 54% of whom are men.(SDKI, 2017). There is a high risk of teenagers who have negative sexual behavior before marriage contracting sexually transmitted infections (STIs) such as Human Immunodeficiency Virus (HIV), Acquired Immunodeficiency Syndrome (AIDS), Human Papillomavirus (HPV), Chlamydia, Hepatitis, Genital Herpes, Syphilis, Gonorrhea, and fungal infections such as Candidiasis.(Safarina et al., 2024).

Based on the results of a preliminary study conducted by researchers on June 13, 2024, at SMK X Jakarta. The total number of students in grades XI and XII was 157 students. The preliminary study was conducted using an interview approach with the Principal and Guidance and

Counseling Teachers (BK) to coordinate the distribution of the questionnaire. In the preliminary study, researchers involved 14 grade XI students, with 13 students agreeing and 1 student disagreeing to fill out the questionnaire. The results showed that 13 students had dated, 9 students had held hands, 10 students had hugged, 5 students had kissed on the lips, 2 students had touched sensitive body parts, and 1 student had had sexual intercourse.

The aim of this study was to analyze the relationship between early puberty and sexual behavior in adolescent students at SMK X Jakarta.

METHOD

This research is a quantitative research with a type of research using correlation analysis and a cross-sectional design, namely an approach carried out by collecting data simultaneously at one time from all independent variables as effects (free) and dependent variables as causes (bound). (Syapitri et al., 2021). The independent variables in this study are gender, class, age of puberty and the dependent variable in this study is sexual behavior in adolescent students at SMK X Jakarta.

The study was conducted at SMK X Jakarta from June 13 to July 21, 2024. The population in the study were 157 adolescent students in grades XI and XII. The sample collection in the study used a random sampling technique in which the researcher selected students to be respondents randomly and had an equal opportunity to be respondents in the study. (Swarjana, 2023) To determine the sample size in the study, the Slovin formula was used with a margin of error of 10%. Based on calculations using the Slovin formula, the sample size for the study was 61 students as respondents.

Data collection in this study used a questionnaire. Pubertal age is measured using the Pubertal Development Scale (PDS) by Pompéia et al., (2019). Sexual behavior in adolescents was measured using a questionnaire on sexual behavior in adolescents by Muflih & Syafitri, (2018). Data processing using the SPSS (Statistical Package for Social Science) application using the chi square test with a significance level of 95% (0.05).

RESULT

A. Respondent Characteristics

Table 1. Distribution of Respondent Characteristics of Students at SMK X Jakarta

Respondent Characteristics	Frequency <i>(f)</i>	Percentage <i>(%)</i>
Gender :		
Man	32	52.5
Woman	29	47.5
Class :		
Eleven (XI)	36	59.0
Twelve (XII)	25	41.0
Total	61	100.0

Source: Primary Data 2024

Based on Table 1, the overall characteristics of the respondents were 61 adolescent students at SMK X Jakarta. The majority of respondents were male, namely 32 people (52.5%), and the majority were in grade XI, namely 36 people (59.0%).

B. Univariate Analysis

Table 2. Distribution of Puberty Age of Students at SMK X Jakarta

Age of Puberty	Frequency	Percentage	Mean	Standard Deviation
Precocious	29	47.5		
Puberty			1.52	0.504
Normal	32	52.5		
Puberty				
Total	61	100.0		

Source: Primary Data 2024

Based on table 2, it shows that more than half of the respondents experienced normal puberty, namely 32 people (52.2%), with a mean value of 1.52 and a standard deviation of 0.504 which is smaller than the mean value, so it can be interpreted that the data variation is relatively small.

Table 3. Distribution of Sexual Behavior among Adolescent Students at SMK X Jakarta

Sexual Behavior	Frequency	Percentage	Mean	Standard Deviation
Bad Behavior	27	44.3		
Good Behavior	34	55.7	1.56	0.501
Total	61	100.0		

Source: Primary Data 2024

Based on table 3, it shows that more than half of the respondents have good behavior, namely 34 people (55.7%), with a mean value of 1.56 and a standard deviation of 0.501.

C. Bivariate Analysis

Table 4. Distribution of the Relationship between Puberty and Sexual Behavior in Adolescents Students at SMK X Jakarta

Age of Puberty	Sexual behavior in adolescents				Total		Sig. p Value	OR value	95% CI
	Bad		Good		f	%			
	f	%	f	%					
Precocious Puberty	18	62.1%	11	37.9%	29	100.0%	0.016	4,182	1,427
Normal Puberty	9	28.1%	23	71.9%	32	100.0%			
Total	27	44.3%	34	55.7%	61	100.0%			

Source: Primary Data 2024

Based on table 4, the majority of adolescent students at SMK X Jakarta experiencing normal puberty have good behavior, namely 23 people (71.9%) and bad behavior, namely 9 people (28.1%). Meanwhile, adolescent students who experience early puberty have more bad behavior, namely 18 people (62.1%) than good behavior, namely 11 people (37.9%).

The results of the bivariate analysis in the study obtained a p value of $0.016 < \alpha 0.05$, so it can be concluded that there is a relationship between Early Puberty Age and Sexual Behavior in Adolescent Students at SMK X Jakarta, the Odd Ratio (OR) value of 4.18 shows that adolescent students at SMK X Jakarta with early puberty have a 4.18 times greater chance of having bad

sexual behavior compared to adolescents with normal puberty and the confidence value or 95% Confidence Interval (CI) is 1.427 - 12.258.

DISCUSSION

Respondents

Respondents in this study were adolescent students at SMK X Jakarta with a total of 61 people, more than half of whom were male, 32 people (52.5%). In the male and female genders there are biological differences, namely men have sexual desires that are easily aroused and can experience erections while women do not. There are also social differences, namely where men are freer in contrast to women who will feel protective from their parents, so men may have a higher risk of having casual sex compared to women.(Afriani, 2022).

Age of Puberty

This study showed that out of 61 respondents, half experienced normal puberty, namely 32 people (52.5%), and respondents who experienced early puberty, namely 29 people (47.5%). Puberty is a change experienced during adolescence, not only physically but also psychologically, the beginning of the maturity of the reproductive organs ready for fertilization, but the younger the age of adolescents experiencing puberty, the greater the chance of having risky sexual behavior.(Afriani, 2022)This research is in line with research conducted by(Satriyandari & Nurcahyani, 2018)The results showed that 156 respondents experienced early puberty, normal puberty, and delayed puberty. Twenty-three respondents experienced early puberty, with 19 of them experiencing negative sexual behavior and four of them experiencing positive sexual behavior. This suggests that hormonal changes can influence adolescent sexual behavior. This study differs from research conducted by(Juliyatmi et al., 2018)The results showed that the respondents only experienced normal puberty and delayed puberty, with no respondents experiencing premature puberty. Women with normal puberty are at greater risk of engaging in inappropriate sexual behavior than women who experience delayed puberty.

Researchers assume that someone who experiences early, normal, or late puberty due to changes in sexual hormones and a lack of knowledge about reproductive health, how to channel sexual desires correctly and safely has a risk of behaving badly.

Sexual Behavior in Adolescents

In this study, it was found that from 61 respondents, more than half of the adolescent students at SMK X Jakarta had sexual behavior in the good behavior category, namely 34 people (55.7%), and those who had sexual behavior in the bad behavior category were 27 people (44.3%). Sexual behavior is a person's behavior that has the aim of attracting the attention of the opposite sex, having relations like husband and wife without getting married. (Sebayang et al., 2018). This explanation agrees with the opinion (Afriani, 2022) says that sexual behavior is a sexual relationship carried out by teenagers before binding the status with marriage which means losing nursing or virginity, can end up causing unwanted pregnancy events that will trigger pregnancy at a young age can trigger abortion actions that can threaten life and can cause infections in the reproductive organs, if the pregnancy that occurs is finally born it is feared that mental disorders can occur due to the psychological unpreparedness of the prospective mother which can affect the condition of the baby who is born experiencing low birth weight, physical disabilities or the occurrence of premature birth.

Forms of risky sexual behavior carried out by teenagers include holding hands, hugging, embracing, kissing, stimulating their own and their partner's genitals, and having sex with and without using contraception. (Utami & Ayu, 2018).

In this study shows the results regarding sexual behavior in adolescent students at SMK X Jakarta who have given stimulation with their own genitals by hand there are 39.3% of respondents, have held hands with a partner there are 88.2% of respondents, have kissed a partner's face there are 36.1% of respondents, have kissed a partner's cheek there are 45.9% of respondents, have kissed a partner there are 19.7% of respondents, have hugged a partner there are 60.7%, have embraced a partner's body there are 77.0% have touched a partner's body there are 16.4% of respondents, give stimulation with hands on a partner's genitals there are 8.2% of respondents, have used the mouth on a partner's genitals there are 1.6% of respondents, have had sexual intercourse only touching the genitals there are 3.3% of respondents, have had sexual intercourse without using contraception there are 1.6% of respondents, have had sexual intercourse using contraception there are 3.3% of respondents, and have had sexual intercourse more than once there are 3.3% of respondents.

This research is in line with the results of research conducted by Satriyandari & Nurcahyani (2018) Respondents who kissed their partner's forehead or cheek in the category of sometimes were 25% of respondents, the category of always was 1.28%, respondents who always kissed

their partner's lips in the category of sometimes were 21.8%, the category of always was 3.85%, respondents who touched or stimulated their partner's body in the category of sometimes were 16% and the category of often was 1.9%.

The results of research conducted by Afriani et al., (2021) Research shows that high-risk sexual behavior is quite common, and this can be due to a lack of knowledge about reproductive health and function, how to avoid unwanted pregnancies, and disease prevention. Some teenagers still believe that having sex only once makes it impossible to get pregnant. This research statement is in line with research conducted by Ariantini & Purnamasari (2024) that teenagers who have deviant sexual behavior due to a lack of understanding or knowledge about reproductive health can have a negative impact, including unwanted pregnancies, marriage at a young age, and can even cause them to drop out of school.

Analysis of the Relationship between Early Puberty Age and Sexual Behavior in Adolescent Students at SMK X Jakarta

The results of the chi-square test in this study obtained a p value = 0.016, which means that the p value <0.05 means that H₀ is rejected and H_a is accepted or it can be concluded that there is a significant relationship between early puberty and the sexual behavior of adolescent students at SMK X Jakarta.

This research is in line with research (Satriyandari & Nurcahyani, 2018) The results of the study of adolescent students at SMK Telkom Sandhy Putra Purwokerto showed that the age of puberty can influence sexual behavior in adolescents, because the younger a person's puberty age, the greater the risk of sexual behavior caused by changes in sexual hormones that occur before the normal age of puberty can increase the desire to be involved or have relationships with the opposite sex with a total of 156 respondents, who experienced early puberty as many as 23 respondents with negative sexual behavior as many as 19 respondents, and while those who experienced normal puberty as many as 104 respondents with positive sexual behavior as many as 97 respondents, and as many as 29 respondents experienced late puberty all had positive sexual behavior.

CONCLUSION

Based on research conducted at SMK X Jakarta regarding the relationship between early puberty age and sexual behavior in adolescent students at SMK X Jakarta in 2024, the results obtained were: the characteristics of the respondents were mostly male, namely 32 people

(52.5%), and the majority of the next class were 36 people (59.0%). The description of puberty age was more than half experiencing normal puberty, namely 32 people (52.5%), and experiencing early puberty, namely 29 people (47.5%). The description of sexual behavior was more than half having good behavior, namely 34 people (55.7%) and having bad behavior, namely 27 people (44.3%). And Based on the results of the Person Chi-Square Test, a sig. p value of $0.016 < 0.05$ was obtained. Thus, p value < 0.05 , it can be concluded that H_0 is rejected and H_a is accepted, namely there is a significant relationship between early puberty age and sexual behavior in adolescent students at SMK X Jakarta.

SUGGESTION

Based on the research results, it is described that adolescent students at SMK X Jakarta need education about reproductive health, how to express sexual desires in a correct and healthy way, the impacts of sexual behavior, and the school can work together with parents to help provide a space for discussion about matters related to sex.

The results of this study can be used as additional material or a reference for further research on puberty and sexual behavior in adolescents. Future research can further examine the relationship between sexual behavior in adolescents, particularly using other variables not yet explored in this study, such as the role of family or parents, peers, social media use, and environmental conditions.

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