Perception of Dating Style and Extramarital Sex Behavior in Adolescents of University X in Surakarta City

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ABSTRACT
Adolescence is a time when physical, sexual, psychological, and social changes occur. Adolescence and adolescence are periods of life that range from 10 to 24 years and are risky periods for adolescents. These changes lead adolescents to engage in high-risk behaviors, such as initiation to sexual intercourse, which have important consequences on health. Adolescent girls are at risk of groping/stimulating sensitive body parts during courtship. It also encourages teenagers to engage in sex outside of marriage. The objective is to analyze the perception of dating style towards extramarital sex behavior in adolescents at University X in Surakarta City. This research method uses a qualitative approach, with a case study design. The research informants consisted of the main informants, namely adolescent girls who were students at University X in Surakarta City. The results showed that the majority of adolescent girls' dating style by meeting in person and communicating via WhatsApp. Informants feel sexual attraction or urges when dating. The perception of adolescent vulnerability is high and the perception of seriousness is high to the dangers and impacts of extramarital sex. Adolescents who have a perception of benefits and perceptions of obstacles in dating behavior and sex outside marriage are beneficial, tend to have more encouragement in engaging in extramarital sex acts. Adolescents have confidence and cues to behave in dating and extramarital sex, so they are encouraged to consistently engage in these behaviors.

INTRODUCTION
Adolescence is a time when physical, sexual, psychological, and social changes occur. Adolescence and adolescence are periods of life that range from 10 to 24 years and are risky periods for adolescents. These changes lead adolescents to engage in high-risk behaviors, such as initiation to sexual intercourse, which have important consequences on health [1]. Among adolescents, early sexual intercourse, the risk of changing sexual partners and unprotected sex is increasing [2]. Free sex is sexual behavior that is carried out freely with another person outside of legal marriage. Sexual behavior is all behavior that is driven by sexual desire, whether with the opposite sex or the same sex [3]. The phenomenon of free sex has swept all regions in Indonesia. Along with the times in the current era of globalization, the problem of supporting free sex is increasingly rife. Technological progress is very rapid in all countries, including Indonesia which has entered the industrial revolution 4.0. Acculturation with the global world occurs so quickly, that the incoming culture or negative influences can be easily adapted by Indonesian people who are not in line with the world [4]. The Indonesian Child Protection Commission and the Ministry of Health were surveyed in 2017. The results are quite
surprising, there are around 62.7% of adolescents in Indonesia have had sex outside of marriage. Sexual issues have been taboo in the norms and values of Indonesian society for many years, although they have changed over the past few decades. Free sex behavior today is not unfamiliar in the lives of Indonesian teenagers. The Ministry of Health also released the free sex behavior of adolescents from the results of research in four major cities: Central Jakarta, Medan, Bandung, and Surabaya. As a result, 35.9% of teenagers have friends who have had sexual relations before marriage. 6.9% of respondents had had premarital sexual relations [5].

According to research, one of the factors associated with the early initiation of adolescent sexual relationships is very much the dating style of adolescents [6]. Dating can be defined as an appointment or series of appointments with someone who is socially, romantically, or sexually interested. The meaning, purpose, and activity of courtship are influenced by culture, religion, social norms, and conventions, parents, and friends, and change over time [1]. Based on the results of the adolescent reproductive health survey, Indonesian adolescents first dated at the age of 15-17 years. About 33.3% of girls and 34.5% of boys aged 15-19 started dating when they were not yet 15 years old. There are about 92% of teenagers holding hands while dating, 82% kissing, 63% groping petting. These behaviors then trigger adolescents to have sexual intercourse [7]. According to the 2017 Adolescent Reproductive Health Survey (SKRRI) shows that there are 28% of adolescent boys and 27% of adolescent girls mentioned that they started dating before the age of 15 years, only 19% of adolescent boys and 24% of adolescent girls started dating before the age of 15 years, where 30% of adolescent boys and 6% of adolescent girls have engaged in groping/stimulating sensitive body parts during dating [8].

Today, nearly 90% of young people in the U.S. have dated someone by their 17th birthday, and about 75% have been in a serious, stable dating relationship by age 18. The age at which today's teens start dating varies. Regardless of when people start dating, most men and women in the United States want to date someone who has a variety of desirable characteristics (such as beauty and attractiveness; friendliness, sociability, emotional stability, and kindness; wealth and status; intelligence; and sense of humor) [1]. There are five dating styles, including; intimate (intimate style) which leads to a dating style whose nature is to maintain a close, intimate relationship (intimate style) indicates a relationship that offers love without any obligation, stereotyped (stereo-typed style) leads to relationships formed due to physical attractiveness alone, pseudo-intimate style (pseudo intimate style) styles that lead to promiscuous, isolated sex acts (isolated style) which means the individual cannot establish social relationships with others [9].

Several factors determine premarital sexual relations carried out by adolescent boys in Indonesia, including smoking, drug consumption, being in a relationship, reproductive health communication with siblings, and having friends who have had sexual relations before marriage [10]. According to the results of the 2017 Indonesian Adolescent Reproductive Health and Demographic Health Survey (IDH5) KRR, it shows that there are still many adolescents who do not understand premarital sex, and its forms of behavior. Forms of premarital sex include hugging, kissing, having sex, or intercourse [8]. Two types of dating styles significantly affect premarital sex in adolescents: lip-kissing which increases the risk of premarital sex by 3.54 times and palpatting sensitive parts of the body which increases the risk of premarital sex by 21.90 times [11].

Strategies in examining dating styles with sexual behavior in adolescents can use a theoretical approach Health Belief Models (HBM), which posits that an individual's perception influences health behavior. Perception is an important concept in behavior change theory [12]. This theory focuses on a person's subjective perception, which consists of a person's perception of vulnerability to the impact of sexual behavior (perceived susceptibility); A person's perception of the seriousness of the impact of sexual behavior (perceived severity); perceived benefits to sexual behavior (perceived benefit); perceived barriers to sexual behavior (perceived barriers); Cues in performing sex acts (Cues to Action); and beliefs in engaging in sexual behavior (self-efficacy) [13]. If the six components associated with sexual behavior caused by adolescent dating styles can be known, it is hoped that free sex prevention behavior in adolescents can be increased and have an impact on reducing the risk of free sex. Therefore, this study aims to analyze the perception of dating style and extramarital sex behavior in adolescents at University X in Surakarta City.

**METHOD**

The type of research used in this study is descriptive research using research design, namely case studies with a qualitative approach. Informants are selected by purposive sampling, where researchers determine informants according to the criteria of the problem under study following the principles of adequacy and suitability. Research informants consisted of the main informants, namely adolescent girls, with inclusion criteria: student status at University X in Surakarta City; have been/are dating; Minimum dating age of 1 year.

Data collection was obtained by conducting in-depth interviews with informants. The technique used was to use a semi-structured interview guide. In-depth interviews are conducted face-to-face. The researcher explained about the questions to be asked, the confidentiality of the informant's identity, and incentives in the
form of transport money for informants. Before getting to the core question, the informant gets an Explanation Before Approval (PSP) and asks permission to record the interview using a recorder. This interview activity was conducted for a period of 60-90 minutes. The qualitative data processing and analysis stage consists of describing all informants, compiling transcripts, organizing and organizing data, data categorization (coding), and drawing conclusions and interpretations.

RESULTS AND DISCUSSION

Based on the results of interviews with informants of young women of University X in Surakarta, it was found that dating styles in adolescents can encourage sexual behavior and sexual behavior outside marriage. The dating style of teenagers is by meeting in person and making physical contact. Although teenagers do not meet every day, informants communicate such as chat, telephone, and video calls via WhatsApp. Based on the results of interviews related to informants feeling attraction or sexual urges when dating, informants said that these feelings arise when alone with their partners, this is because informants feel unsupervised and feel free. This was explained by the informant as follows:

"Every time you meet your boyfriend, you have to meet me, if you don't meet it, you usually chat, often call mas" (I1)

"Yes, it often appears when you meet it, mas, but if it's LDR, it's rare" I(2)

In the perception of vulnerability, based on the results of interviews with informants of adolescent girls of University X in Surakarta, it was found that the perception of vulnerability for adolescents felt vulnerable to health impacts such as venereal disease and HIV / AIDS. In addition, some informants mentioned being vulnerable to psychological, economic, and social impacts. This is disclosed to informants as follows:

"...and to have sex alone, yes if the impact is very negative, mas, the impact on physical, hmmm psychic, economic and social mas" I (2)

Regarding the perception of seriousness, based on the results of interviews with informants, it was found that all informants thought the most prominent effects or impacts felt if exposed to the dangers and effects of extramarital sex such as physical health aspects such as venereal diseases and HIV / AIDS and psychic such as rarely socializing and confining themselves. Perceptions of the economic impact felt by informants include income expenditures arising from informants' health effects.

In the perception of mandate, based on the results of interviews with informants, it was found that having sex has benefits such as feeling satisfied because his lust and sexual desire have been fulfilled. This was explained by the informant as follows:

"If fortunately after having sex outside marriage I might feel satisfaction because it's like that, mas, I also feel that" I(1)

Regarding the perception of obstacles, the results of interviews with informants found that sexual intercourse has obstacles such as feeling insecure because they are not legally married and the informant's schedule with his partner so that informants if sexual urges arise, cannot be fulfilled because of the time and distance of their partners. Confidence in having sex outside marriage is obtained because they and their partners are often alone, and they are economically able to facilitate them in having sex, such as renting lodging. This was explained by the informant as follows:

"Yes, rest assured, because we can make lodging cakes, hotel cakes, but yes, it's often just standard, so if you stay when traveling, you have a staycation" I(4)

Based on the results of interviews with informants of young women of University X in Surakarta, it was found that some informants can be triggered to have sex obtained from watching pornographic videos on the internet. In addition, some informants also mentioned that they were able to have sex outside marriage because of the invitation of their partners. This was explained by the informant as follows:

"Maybe it's my partner who influenced it, like being invited to staycation, traveling too" I(2)
Based on the results of interviews related to who influenced you in engaging in dating/extramarital sex, some informants were influenced by their partners, but some informants also mentioned that informants were influenced by themselves and not by anyone.

Discussion of this study, the behavioral variables focused on in this study are adolescent behavior in dating which can trigger adolescents to have sex outside of marriage. Based on the results of the research show that dating can make adolescents tend to appear sexually attracted to their partners so that adolescents have sex outside of marriage. This is commensurate with research conducted by Mayasari (2020) suggesting that sexual relations before marriage are carried out by many teenagers who are dating. Adolescent sexual behavior in dating is a manifestation of sexual urges that are manifested ranging from glancing at the sensual part of the couple to intercourse carried out by teenagers who are dating. Sexual activity seems to have become a common thing done by teenagers who are dating [14].

In addition, according to research by Elvira et al. (2019) which states that adolescents have the most sexual behavior with their girlfriends 88.5%. The existence of sexual drive and love makes teenagers begin to be attracted to the opposite sex and will usually be intertwined in the form of love commonly called dating. The emergence of sexual drive and love in teenagers who are dating makes them want to always be close and have physical contact with their girlfriends [15].

In the perception of vulnerability of this study, according to research by Alpiani (2021) stated that most adolescents feel vulnerable (65%) and some adolescents consider premarital sex as quite serious (56.9%). With this fact, it is known that adolescents believe that premarital sex behavior can have an impact on themselves and their health. If teens already know that premarital sex is a serious thing, then they will be more aware of the effects and consequences of premarital sex [16]. Regarding the perception of danger/pain in this study is the seriousness and consequences of adolescents if infected with the effects of the dangers of extramarital sex in carrying out daily life. Tarkang's (2015) research conducted on students in Cameroon revealed that when students realize the magnitude of the negative consequences of HIV/AIDS, it encourages them to take action to avoid these negative consequences [17].

In this study, the perception of benefits owned by adolescents is an assessment of adolescents on the benefits felt when behaving in dating and sex outside marriage. Based on the results of research conducted, adolescents get benefits such as satisfaction because their lust and sexual desires have been fulfilled. According to Ningrum's research (2022), if an individual believes in a behavior that brings benefits to himself, the individual will adopt the good behavior but otherwise, if the behavior does not bring benefits to the individual himself, the behavior will not be carried out or occur [18].

In this case, the perception of obstacles possessed by adolescents is an assessment of adolescents on things that hinder dating behavior and sex outside marriage. The results showed that the majority of informants experienced obstacles such as feeling insecure because they were not legally married and the informant's schedule with their partners so that informants if sexual urges arise, could not be fulfilled because of the time and distance of their partners. The belief in this study is the belief and ability of adolescents in dating and extramarital sexual behavior. The results showed that confidence in having sex outside marriage was derived from the fact that they and their partners were often alone, and they were economically able to facilitate them in having sex, such as renting lodging.

According to Ningrum's research (2022), it is stated that there is an influence of premarital sex behavior with self-efficacy in students where the p-value is 0.020 (<0.05), which means that the higher a person's efficacy, the lower or less premarital sex behavior. Meanwhile, the cues in acting in this study are adolescents in dating and sex outside marriage [18]. The results of the study stated that some informants can be triggered to have sex obtained from watching pornographic videos on the internet. In addition, some informants also mentioned that they were able to have sex outside marriage because of the invitation of their partners. This is equivalent to Ohee's research (2019) states that the results of the analysis test show a relationship between cues to act and sexually at-risk adolescents' behavior. One's behavior depends on the information obtained during social interaction, if the information is received in a good way, one will adopt the right bad behavior and vices on the contrary [19].

CONCLUSION
The majority of young women style dating by meeting in person and making physical contact. Although teenagers do not meet every day, informants communicate such as chat, telephone, and video calls via WhatsApp. All informants revealed feeling a sexual attraction or urge when dating. The perception of adolescent vulnerability is high, namely feeling vulnerable to dating behavior and sex outside marriage such as vulnerable to health, psychological, and social impacts. Adolescents have a high perception of seriousness towards the dangers and repercussions of extramarital sex. Adolescents who have a perception of dating behavior and sex outside marriage are beneficial and tend to have more encouragement in carrying out sex acts
outside marriage. One of the perceptions of adolescent obstacles is that they are hampered by distance and time with their partners. The majority of adolescents have the confidence and ability to behave in dating and extramarital sex, so they are encouraged to consistently engage in these behaviors. Cues of dating behavior and extramarital sex from teenagers are obtained from the encouragement of porn sites from the internet and solicitation from their partners.

REFERENCES


