

The Impact of Premarital Sexual Behavior on Student at risk of Unwanted Pregnancy

Sri Susanti^{1,2}, Asmadi Alsa³, Akif Khilmiyah⁴

{santialmanar@gmail.com}

¹ Faculty of Health Sciences, Universitas Muhammadiyah Ponorogo
^{2,3,4} Islamic Education Doctoral Psychology
Posgraduate program of the Universitas Muhammadiyah Yogyakarta

Abstract. The phenomenon of premarital sexual behavior among students is increasing like an iceberg at sea level, which seems to be just a little but basically filled with clots. This required special attention from all parties, including universities. This study was conducted on 10 subjects premarital sexual behavior, aims to analyze the impact caused by premarital sexual behavior, and effort to overcome. This research is a qualitative phenomenological approach. Data collected by the snowball technique and purposive through observation, interviews, and documentation. The validity of the data using triangulation confirmation. Analysis of the data used is Miles and Huberman interactive model, using the software NVivo 12 Plus. The findings show that: (1) psychological sexual behavior will have an impact on the emergence of the sense of sin, the subject is always haunted by feelings of guilt and regret; (2) the physiological impact: the concern of the subject in case of an unwanted pregnancy; (3) physical effects: for subjects who are sexually active they are concerned about contracting a sexually transmitted disease; and (4) social impact: their social role confusion that suddenly changes due to pregnancy (not ready to be a mother), and the most feared is when suspended or penalized DO (dropout). Prevention efforts can be done by minimizing idle time during the lectures, so it is not used to go to places of entertainment and interact with her peer group. As for the efforts to overcome the following ways: understanding the main task as a student, filling time according to their talents, interests and abilities, choose a friend who can be a good influence, and establish attachment and effective communication with parents.

Keywords: Premarital sexual behavior, student, phenomenology.

1. Introduction

Adolescence is a period of transition from children to adulthood, a time for self-discovery. Teenagers who are in puberty is affected by libido or sexual maturation, which is peaking. Characteristics of adolescents who were proceeding to seek self-identity is also often a problem in itself. For some teens, Premarital sexual behavior is regarded as a natural thing

with the change of times today, so it was perceived as a lifestyle that can be consumed by anyone.¹

Social phenomenon which is currently rife is premarital sexual behavior that leads to abortion, where most of the perpetrators and the victims are teenagers. Women as actors is the most suffer the consequences of the current behavior, ranging from physical and psychological suffering. Seeing this fact, not a few teenagers who fall into the valley of adultery (free sex). This is due to too away their freedom in the mix, opportunities courtship activity that leads to premarital sexual behavior. The main factor is the lack of understanding of the problem of today's society of the limits of relationships between men and women, while there was a shift in society's moral values are getting much so that the issue seems to have become commonplace, whereas deviation sexual behavior is something to be avoided by everyone.² In addition to the support of the modernization increasingly globalized and weak faith fortress which resulted in an influx of foreign culture without a rigorous screening.

Premarital sexual behavior in adolescents is a serious issue and still dominates the debate from the moral, psychological, and physical. Especially in modern society will cause tremendous mental illness, especially for women.³ For some adolescents, premarital sexual behavior that initially only dabble intercourse or sexual contact, tend to be hooked and will do again, because they get enjoyment from this illicit relationship. The most prominent and visible of these cases is the increasing number of unwanted pregnancies by teenage couples who had sexual intercourse.⁴

An initial survey conducted by the author with the observation and interviewing student revealed that most of them have a serious relationship with the opposite sex (boyfriend). In fact, their behavior there is shown directly incompatible with the norms of ethical, moral, and religious, have a picture as seen from the display screen laptop or her WhatsApp's profile. Also the lack of information from other observers say that when there is no college or deliberately skipped the average college student is in places of entertainment, in the clubs, or in the coffee shop with a partner.

Premarital sexual behavior at the student is constantly increasing and alarming of all parties. This happens for several reasons, among others, the lack of information they have about reproductive health or in correct sexual behavior, the weak quality of faith and devotion, building personality fragile, relationship and communication with parents are less smooth and harmonious because most parents work abroad, lifestyle hedonist, individualist and materialist. Even the state's role as the policy makers and implementers in the public system was actually supports things that encourage free sex such as: the proliferation of pornography, the increasingly widespread localization or places nasty legal. Another was caused also by the frequency of their interactions more to do with peers than with family. They also tend to be more compliant and follow peers from the counsel of parents and religious norms, so that the control itself to be weak; what is said by her friends immediately followed and imitated, though not necessarily true. A study conducted Purnamasari, it was found that when teens in the group of peers who have permissive attitudes toward premarital sexual behavior, then the teen will also develop the same attitude. Conversely, if the teens in the group of peers who have the attitude to delay sexual activity, then he will do the same.⁵

Social and cultural conditions also contributed to the rise of premarital sexual behavior among teenagers in the town of Ponorogo. It is very interesting to study, considering Ponorogo as the

city of students on the one hand, it becomes ironic when the youth trapped in premarital promiscuity. On the other hand, Ponorogo well as Reog city and the city's second-largest supplier of labor in East Java. This resulted in a lack of moral education from an early age from family, and lack of supervision as well as exemplary of the parents, left them mired in premarital sexual behavior are at risk of unwanted pregnancy.

1.1. Literature Review.

Notoatmojo say that premarital sexual behavior is an act committed by juveniles associated with sexual urges that come both from within and from outside.⁶ Soetjningsih specifies that premarital sexual behavior is any sexual behavior that is driven by sexual desire in the opposite sex performed before marriage.⁷ Meanwhile, according to Ajzen, premarital sexual behavior is closely related to a permissive attitude toward premarital sexual behavior. Attitudes and behaviors can be consistent when attitudes and behavior in question is specific and of no relevance to each other. Because the permissive attitude toward premarital sexual relations is relevant with each other, then that attitude can be a predictor for his behavior.⁸

Based on some sense it can be concluded that premarital sexual behavior is the behavior that leads to intimacy heterosexual, which is a manifestation of their sexual drive in the stages of sexual behavior ranging from dating, holding hands, kissing to intercourse involving a pair of teenagers without going through the process of marriage legitimate according to religious and legal according to the law. According Sarwono, stages and forms of sexual activity can be categorized into four activities, namely kissing, necking, petting and intercourse.⁹

Premarital sexual behavior is influenced by internal and external factors. Internal factors include increased sexual libido due to hormonal changes (biological perspective), the sexual experience as well as knowledge about reproductive health. External factors include the delay of marriage age in adolescents, prohibitions that are taboo about sexual behavior in adolescents, increasing sexual stimulation of the mass media, the attitude of parents who are open about sexual issues in children, the association that the freer among teenagers, lack of supervision of the old, and encouragement from peers to engage in sexual behavior.¹⁰ According Sarwono, premarital sexual behavior in adolescents can cause a variety of negative effects, among others: the impact of physical, psychological, physiological and social effect.⁹

2. Method

This research is aphenomenological study with a qualitative approach, the source of the data obtained through interviews with sources that the student who is undergoing courtship and lead to premarital sexual behavior, which is obtained through the snowball technique and purposive. The technique of collecting data using interviews, observation and documentation. The validity of the data using triangulation confirmation. Data analysis techniques using interactive analysis of Milles and Hubberman, using the software NVivo 12 Plus.

3. Result

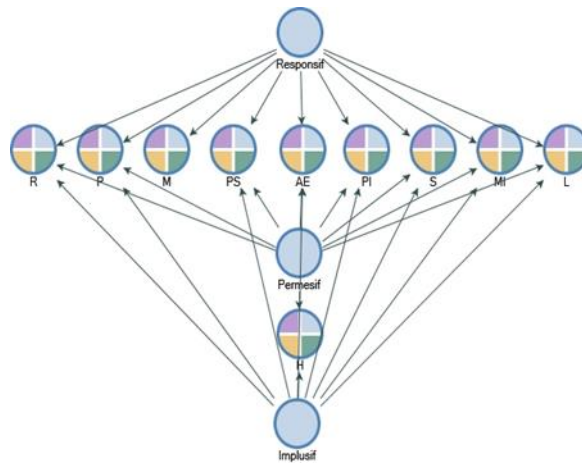
The result showed that most of the subjects had sexual intercourse before marriage originated from trial and error when they are going through high school, and some other subjects in

premarital sexual intercourse because of sexual urges and desires wanted to achieve pleasure and satisfaction in dating. This is supported by data interviews with the subject as follows: "..... *I do it before the marriage bond it's because of the insistence of desire I want to try, and I think having sexual intercourse that should be performed by young people, the interaction-free and we are still studying not possible should marriage used to be married so not ready wrote, we still want having fun like other children later if it is time we also will get married and have children*", According to Freud's theory of "psychoanalysis" of instinctual (id), suggests that a person with libidinal instincts have destructive impulse that ensures the survival of reproductive (sex). In this case the subject get satisfaction related to the sexual organs, namely erogen areas on the body that are sensitive to excitation. The subject will feel satisfaction and can relieve strain on her after having sexual intercourse.

Courtship, which is part of premarital sexual behavior has become commonplace among today's teenagers. If it does not have a boyfriend to say "no slang", so the courtship among teenagers is a matter that is already commonplace. Because of courtship has become a trend in itself for them, so they will not feel comfortable in the group if it differs from the others in this respect is the dating status.¹¹ This is evidenced by the results as disclosed subject matter that: ".....*perfectly natural hell, whose in the dating intercourse do not matter as long as both the responsibilities, which is important not to get pregnant*". Meanwhile, another subject says: "..... *in my opinion, I think having sexual intercourse that should be performed by young people, while we are still studying not possible if we have to get married so not ready to be a wife, we still want having fun like other children later when it's time we also will get married and have children*".

Furthermore, the results showed that subjects who peer group risky sexual behavior before marriage, have a greater tendency to do the same in comparison to subjects with her peer group perform premarital sexual behavior is not at risk of unwanted pregnancy. For the subject more permissive attitude toward sexuality have a risk and a greater tendency to perform premarital sexual behavior at risk of unwanted pregnancy compared with subjects less permissive. This is evidenced in the subject statement that: "..... *to do premarital sexual intercourse during dating has become a trend for teenagers now, if we don't have a boyfriend and don't do as they do we will definitely be bullied with friends, arguably not slang is stupid so we want it inevitably join the trend*". According to Santrock, peer group conformity can mean conditions in which a person adopts the attitudes or behaviors of others in his peer group due to pressure from the reality or impression given by the group.¹² Sarwono also explained because of the strong emotional ties and group conformity in adolescents, then this is often considered a factor that leads to the emergence of bad adolescent behavior.⁹ If the peer environment of adolescents is supportive of risky premarital sexual behavior, and also the conformity of adolescents is also high in their peers, then the teenager is very likely to engage in sexual activity premarital risks for unwanted pregnancy.

Picture 1: the attitude of respondents in peer group towards premarital sexual behaviour

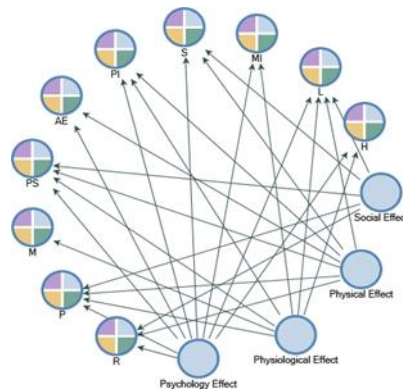


Teenagers who are dating have high enough opportunities to the activity / premarital sexual behavior. It is proven that students who in fact do not get comfortable with family / parents, then they will find a feeling of security with their partner. Feelings of security can lead to a sexual intimacy in them. As defined by Maslow's Hierarchy of Needs theory, that every individual needs a sense of security, a requirement that encourage individuals to acquire tranquility of the environment, in the context of this study student will feel safe with their partner. In addition to the need for self security, the individual also seeks to meet the need for love and belonging, which is a requirement that encourage individuals to engage effectively with other individuals. For Maslow the need for love must be colouring the lives of individuals, without love someone will be dominated by feelings of hatred, worthlessness and emptiness.¹³

Premarital sexual intercourse for teens now seemed to have become a necessity that must be met. Since it was first doing until now with variable frequency, which is partly the subject admitted that as many as three times a month, some once a week or once a month for LDR (Long Distance Relation), and there is erratic or uncertain depending on the desires sexual. Results of research on the feelings after sexual intercourse shows that, most subjects thought it was a humane, mediocre, and on average they say satisfied, even though no one showed remorse, as disclosed subject as follows: *"..... after doing it at home sometimes feel guilty, afraid that if you later get pregnant, but what can we do it already and are already accustomed us to do and has become a habit to channel the desire"*. According to Freud in his theory of instincts, guilty feeling / sin after sexual intercourse may occur if the ego against the superego moral norms, because guilty feeling is a function of conscience for inappropriate behavior. Eventually, remorse arises which leads to the emergence of "a self-administered punishment".

Premarital sexual behavior is of course an impact on the lives of subjects, ranging from the impact of such psikologis feelings of guilt, loss of self-esteem, feelings of anger, sadness, regret, fear, anxiety, depression, low self-esteem, and sin. In addition to the physiological effects, physical and social, such as unwanted pregnancy, abortion, can even lead to depression because of shame due to being ostracized by society.

Picture 2: The impact of premarital sexual behaviour



Seeing such a serious impact occurs on the subject, it is necessary to encourage and strategies in the prevention and control of premarital sexual behavior at risk. In this research, prevention and mitigation strategies can be done through internal and external efforts. Internally, to make a change, there must be intention of the heart and steady conviction of the subject when it will change the behavior, must be of personal awareness and not due to environmental influences or under compulsion. Another effort is done by minimizing idle time during the lectures, so that students do not perform activities in places of entertainment or in other places that can trigger sexual desire that leads to premarital sexual behavior at risk, prompting them to seek busyness so that the mind is not focused on sexual activity. In addition, there should be support for parents / families to apply discipline religious and moral cultivation early so that it can be a filter in her life.

In Murdiono research on strategies of religious values in the learning process at the university, that the provision of modelling is done through internal modelling and eksternal modelling.¹⁴ Internally done by giving a role models of attitude and behavior of the parents in a family environment and the attitude and behavior of the lecturers in the process of learning and education. Lecturers should be a reference figure (good role models) for female students in all things, because indirectly lecturer's behavior will be a reflection and will be followed by a student. While external exemplary done by setting a good role models of the environment and conformity peers.

Other efforts that can be done is by way of imposition of legal sanctions to the subject published in the form of suspension or certificate of DO (dropout) from the campus, which is one way of coaching to the subject, and a lesson to others so that no recurrent cases. These sanctions as exemplified in Islam, that for adultery are entitled sentenced to stoning, as it is written in Holy Qur'an, Allah says: "*woman taken in adultery and men who commit adultery, then whip each one of them a hundred stripes, and do not have mercy on both preventing you to (run) the religion of Allah, if ye believe in Allah and the Last day, and let (implementation) their punishment be witnessed by a group of people who believe*" (QS. 2nd, An-nuur).

4. Conclusion

Premarital sexual behavior that occurred in this almost entirely student begins courtship in which they live since Junior High School or Senior High School, and partly since the

beginning of college. Courtship is one of the reasons they commit acts of premarital sexual behavior, in addition to the factor of family / parents. Many of those who came from a family full of conflict and division (broken). This is due to the lack of intensity of communication between members of the family, because parents become migrant workers abroad so rarely communicate intensively with her teenage. Conditions parent who is a migrant worker makes the subject to lose the need for love and comfort of the family, which then makes the student look for meeting those needs to others who can serve as the outpouring of all the problems of life faced. As a result, they fall into the premarital sexual behavior at risk of unwanted pregnancy, and the impact on other social issues.

To minimize the premarital sexual behavior, the government should review the statute of limitations of the marriage age, establish appropriate penalties (civil and criminal), and for local governments in order to publish laws / regulations and limit the boarding house without a host, as well as the parents should provide control and establish effective communication with teenage, be a good modelling and providing moral education from an early age. For further research can make observations and ideas and development models and strategies handling of premarital sexual behavior through stages that are arranged in a systematic and applicable.

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