



Factors influence sexual behavior in adolescent: a literature review

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ABSTRAK

Latar Belakang: Masa remaja merupakan masa dimana terjadi perubahan peralihan antara masa kanak-kanak dengan masa dewasa. Perilaku seksual merupakan salah satu bentuk yang dilakukan remaja pada masa peralihannya. Perilaku seksual remaja merupakan bentuk dorongan seksual atau suatu keinginan yang dilakukan remaja baik pria maupun wanita. Perilaku seksual yang dilakukan remaja rata-rata adalah bentuk keinginan dan rasa ingin tahu dari remaja. Perilaku seksual remaja sangat dipengaruhi oleh faktor internal dan eksternal, internal berasal dari dalam diri remaja itu sendiri dan eksternal adalah lingkungan fisik maupun non fisik. Faktor-faktor yang mempengaruhi perilaku seksual remaja berfokus pada teman sebaya, orang tua dan keluarga, pedesaan/perkotaan, usia remaja, media dan gaya pengasuhan.

Tujuan: Penelitian ini bertujuan untuk menggambarkan apa saja faktor-faktor yang mempengaruhi dengan perilaku seksual pada remaja

Metode: Penelitian ini merupakan penelitian literature riview. Sumber yang didapat diambil pada beberapa database seperti Google Scholar ditemukan jurnal sebanyak 7.130 ProQuest sebanyak 311.653, PubMed sebanyak 2.318.728. Berdasarkan data keseluruhan database hanya 8 jurnal yang memenuhi kriteria inklusi

Hasil: Faktor-faktor perilaku seksual pada remaja dalam 8 jurnal yang membahas tentang teman sebaya, gender remaja laki-laki lebih mungkin dalam melakukan perilaku seksual dibandingkan dengan wanita, gaya pengasuhan yang otoriter, persetujuan orang tua tentang akses seks dan persepsi norma orang di sekitar pribadi remaja itu sendiri, keluarga, media sekolah dan masyarakat secara signifikan terkait dengan pengalaman seksual remaja.

Kesimpulan: Berdasarkan hasil dari ke 8 jurnal faktor yang sangat mempengaruhi perilaku seksual remaja adalah pedesaan dan media. Temuan ini memiliki banyak implikasi bagi petugas kesehatan, terutama pendidik masyarakat, untuk menerapkan dan mengembangkan intervensi untuk mencegah perilaku berisiko seksual.

KATA KUNCI: pengaruh; perilaku seksual; remaja

ABSTRACT

Background: Adolescence is a period of transition between childhood and adulthood. Sexual behavior is one of the forms that teenagers do during their transition. Adolescent sexual behavior is a form of sexual urge or a desire made by adolescents, both men and women. Sexual behavior carried out by teenagers on average is a form of desire and curiosity from teenagers. Adolescent sexual behavior is strongly influenced by internal and external factors, internal comes from within the adolescent itself and external is the physical and non-physical environment. Factors that influence adolescent sexual behavior focus on peers, parents and family, rural/urban, adolescent age, media and parenting style.

Objective: This study aims to describe what are the factors that influence sexual behavior in adolescents

Methods: This research is a literature review research. The sources obtained were taken from several databases such as Google Scholar found as many as 7,130 journals, 311,653 ProQuest, 2,318,728 PubMed. Based on the data from the entire database, only 8 journals met the inclusion criteria

Results: Factors of sexual behavior in adolescents in 8 peer-reviewed journals, gender, male adolescents are more likely to engage in sexual behavior compared to women, authoritarian parenting style, parental approval of access to sex and perceptions of norms around people. Adolescents' own personal, family, school and community media are significantly related to adolescent sexual experiences.

Conclusion: Based on the results of the 8 journals, the factors that greatly influence adolescent sexual behavior are the countryside and the media. These findings have many implications for health workers, especially community educators, to implement and develop interventions to prevent sexual risk behaviors.

KEYWORD : influences, sexual behavior, adolescents

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INTRODUCTION

The Adolescence is a period where there is a transition change between childhood and adulthood. Adolescents experience puberty which is marked by starting to recognize sexual development and sexual behavior (1). Sexual behavior is a form of behavior that is carried out to attract attention to the opposite sex and involves a touch of a limb between a man or a woman so that it reaches the stage of intimate relations (2).

In Indonesia, more than 50% of adolescents have had free sex with pregnancy cases at the age of 14-19 years, amounting to 19.6% of the total population of Indonesia BKKBN, 2010. Based on the results of the SDKI 2017, 83.9% of male adolescents claim to be dating and 75.1% of adolescents who are dating admit to having done hand grasping, hugging 49%, kissing lips 32.9%, and touching sensitive limbs as much as 21.5%, teenage boys who have sexual intercourse amounted to 8% with ages ranging from 15-19 years and 3.6% at the age of 20-24 years amounting to 14.0% (3). The reason adolescents do this is because of mutual consent and plans to get married (4).

There are many adolescent sexual problems in Indonesia that require integrated handling that involves various sectors and across programs (5). Adolescents Posyandu is a form of Community-Based Health Efforts that are managed together with the community for adolescent health development, including on adolescent reproduction and sexuality (6).

In 2015 the Center for Disease Control (CDC) conducted a survey on adolescents and found that 39.8% of students had sexual intercourse, as many as 41.4% of students at Kentucky admitted to having had sexual intercourse. Based on a 2016 survey in the city of Bandung by taking samples from elementary to high school, they said that they had seen pornographic pictures or videos, then 100 out of 2% of adolescents who were surveyed had had sexual intercourse and most of them had sex like adults like holding hands kissing and touching sensitive areas (7). Research conducted by has a relationship with early puberty and menarche with sexual behavior, this is more likely to be found in adolescents who are the lowest age, namely 10 years. In adolescents aged 10 years with early

puberty, there will be changes with adolescents and tend to engage in risky sexual behavior. So puberty status and sexual behavior are more related to younger adolescents (8).

A 98.2% of adolescents with sexual behavior in Aksum City had sexual contact at the age of 18 years and 60.8% said they had sexual intercourse on their own accord without external factors (9) and it has several sexual and reproductive health consequences. But it doesn't get enough attention the status of risky sexual behavior practice and factors' contributing to it, so this study aimed to identify the prevalence of risky sexual behavior and factors associated with it. Results: From the total respondents 115 (23.7%). Often adolescents still think minimal and do not know about sexual behavior and still do not think about the risks that will be obtained when doing these behaviors.

The high prevalence of adolescents having sexual intercourse will have an impact on behavior that causes many girls from the age of 15-19 years to give birth without any marriage ties. In addition, some teenagers who do not want their pregnancy to be discovered have had abortions. This is also influenced by the lack of knowledge of adolescents in the impact they have made (10).

Adolescent sexual behavior is strongly influenced by internal and external factors, internal comes from within the adolescent itself and external is the physical and non-physical environment. Factors that influence adolescent sexual behavior focus on peers, parents and family, rural / urban, adolescence, media and parenting styles (11).

MATERIALS AND METHODS

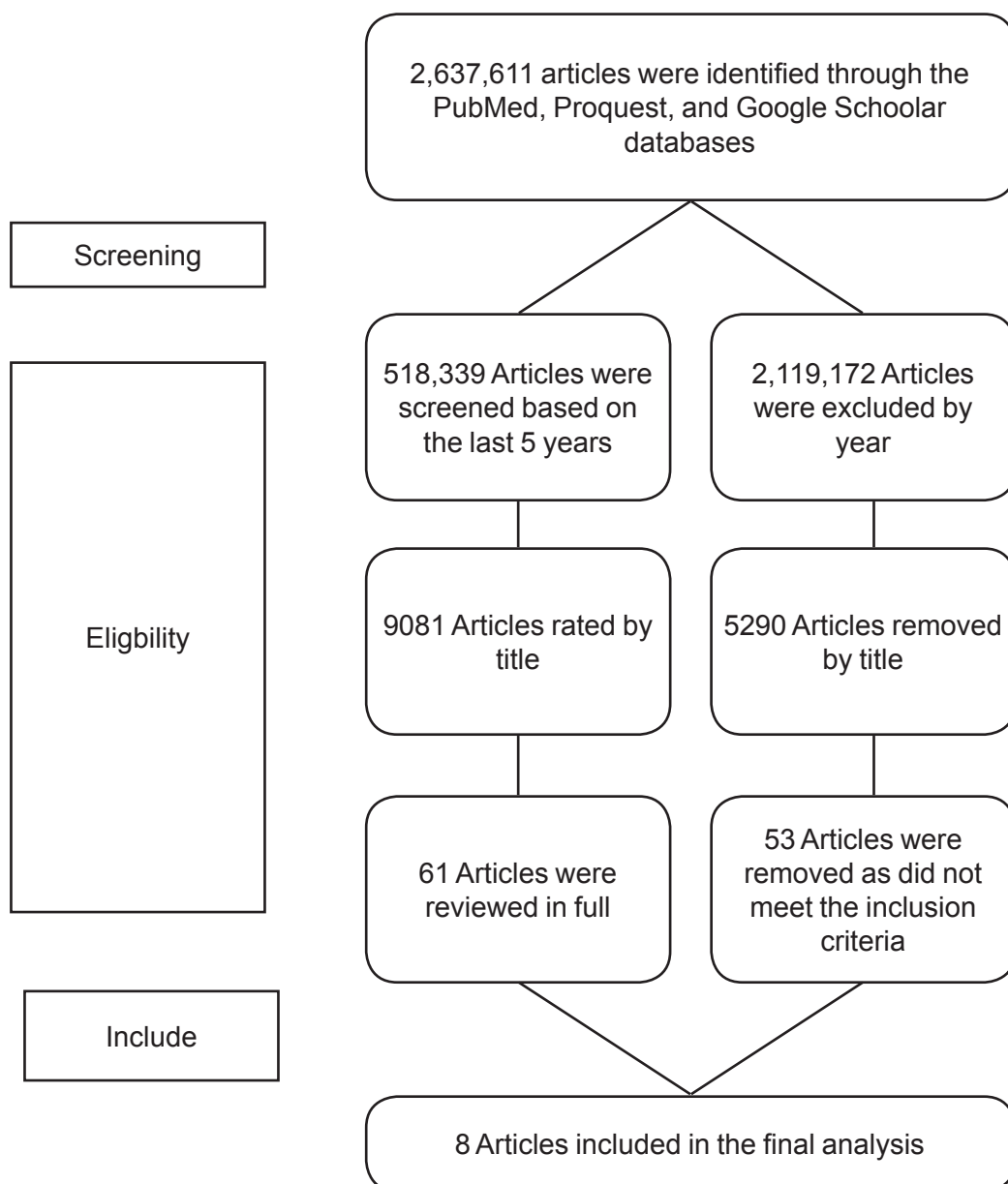
The method of the research article is a quantitative research.

Literature search was conducted in December 2019. Researchers conducted a search using several databases such as Google Scholar, NCBI and ProQuest. The keywords used in conducting the search were "sexual behavior or

sex behavior or sex behavior and adolescence or adolescent or teenager and factors and influence". In searching for journals, researchers provide time in searching journals between 2017-2019, which aims to find updated sources.

The search for journals was carried out on the Google Scholar, NCBI and ProQuest databases then the journals were selected by the researcher starting from the title and abstract then stored. From the google scholar database found 7,130 journals, NCBI 2,318,728 and ProQuest 311,653. Then the articles are specified based on the year of publication, namely the last 5 years. Then the researcher sorted the articles again by title, then extracted them again based on Inclusion criteria: Research should be related to the factors that influence adolescent sexual behavior; Research should provide information about the factors that contribute to adolescent sexual behavior; The texts in the literature are available in English and contain complete texts. Exclusion criteria are Do not take abstract, adolescent sexual behavior factors that are associated with LGBT and other diseases such as cancer.

In all, 61 articles were fully reviewed by the researcher and were comprehensively assessed for relevance and criteria relating to the research topic. Not all of the 61 articles that have been reviewed fall into the category of factors that influence adolescent sexual behavior, where some of these articles only discuss sexual behavior in general, problems with sexual behavior in general, factors that contribute to sexual behavior associated with values, religion and sexual behavior. norms and bases adolescent sexual behavior related to LGBT. After that, a critical assessment was carried out to assess the feasibility and the results were obtained from the entire database, only 8 that met the inclusion criteria. This 8th article is in accordance with the criteria set by the researcher. In general, the description of the process of identification, screening, determination of eligibility and inclusion



Picture 1. The Process of article search

of articles used in this review literature is illustrated in picture 1.

RESULTS AND DISCUSSION

The focus in the discussion of this review literature is on the factors that cause sexual behavior in adolescents. The first thing to do is look at the findings obtained in the 8 journals that have been reviewed. The results on the factors that influence sexual risk behavior among adolescents are 5 journals. In the first journal, it shows that male adolescents are more likely to engage in sexual behavior than women, the

factors for adolescents engaging in risky sexual behavior are parenting style, parental consent about access to sex and peer norm perception (12). The second journal also discusses the factors that influence are friends, people around and social norms (13). The third journal influencing factors is the adolescent's personality himself, family, peers, school and society (14). The fourth journal influencing factors is parental knowledge and interference with parental privacy are significantly related to adolescent sexual experiences (15). In addition, it discusses media exposure as sexual behavior in adolescents and risky sexual behavior

factors and related factors among high school and school students (9and it has several sexual and reproductive health consequences. But it doesn't get enough attention the status of risky sexual behavior practice and factors' contributing to it, so this study aimed to identify the prevalence of risky sexual behavior and factors associated with it. Results: From the total respondents 115 (23.7%). Meanwhile, the last two journals discuss teenage sexual experiences, namely the age at first sexual intercourse.

DISCUSSION

Peers and Gender

Sexual risky behavior is caused due to peer pressure in having sexual relations where the participation of men in sexual behavior is considered normal for some male adolescents because of cultural norms that participate in encouraging the choice of sexual freedom¹². Peer norms influence sexual risk behavior (16). This is supported by that adolescents who frequently communicate with their friends about the topic of sexuality have experiences about sexual behavior and increased sexual behavior in pressure to have sex (17and examined whether this association was explained by adolescents' perceptions of three sexual peer norms (at T2). Most adolescents have sexual experiences with their peers, adolescents are influenced by their friends and some are under peer pressure so that social norms affect sexual behavior among adolescents (13). Apart from that in the half 165 (50.9%) of the students of which 84 (51%) were male and 81 (49%) were female reported that they were under pressure from their peer group to engaging in sexual activities, they also stated that peers influence each other's sexual behavior, especially peers of the same age group in this case classmates can influence each other on their own behavior (9and it has several sexual and reproductive health consequences. But it doesn't get enough attention the status of risky sexual behavior practice and

factors' contributing to it, so this study aimed to identify the prevalence of risky sexual behavior and factors associated with it. Results: From the total respondents 115 (23.7%). Another reason teenagers engage in sexual behavior is having a sexual partner as a sign of modernization. The influence of adolescent sexual behavior on peers greatly affects adolescent perceptions because people with sexual relationships prefer to have friends with the same attitudes and values, and perhaps this behavior is due to peer pressure. Peers are another factor related to high-risk sexual behavior in adolescents (14).

It is also related to the psychological and physiological problems of adolescents, namely the influence of hormones, brain physiology and psychosocial factors related to their impact on sexual behavior (18). The effect of higher salivary testosterone levels is monitored by more frequent sexual activity in male adolescents (8). Along with testosterone, other changes such as peer influence may also occur with gender variations (19). In a study conducted by Smith, Udry and Morris (1985), it was found that female adolescent sexual behavior was built by increased levels of sex hormones, testosterone and estrogen. In fact, puberty / physiological development in male adolescents is greater in terms of performance regardless of age, which is not related to peer sexual peer behavior (18). Although there are limited data relating to brain physiology and sexual behavior through negative substance use and brain responses especially in the left inferior frontal gyrus and right insula), and a positive spectacle between risky sex and brain responses in the right inferior frontal gyrus and middle occipital gyrus. left during response inhibition (20few have examined the relationship between salient cognitive factors (response inhibition). In addition to the influence of hormonal factors, women also appear to be more influenced than men by psychosocial factors, including peer influence. psychosis-related factors (21).

Male sexual behavior is more prevalent by males than females because more parents monitor their daughters than males, so that male adolescents are more likely to engage in sexual behavior. Boys have lower self-confidence in their ability to refuse sex than girls (12).

Parents and Family

Parental involvement in adolescent monitoring is strongly associated with reduced sexual behavior in adolescents with lower sexual frequency (12). Adolescents who have an intact family are an important factor in preventing risky sexual behavior in adolescents, this is because the family has fulfilled family functions, which include freedom of control, persuasion of obligations, warmth towards indifference, intimacy in the relationship of family members to one another, responsibility and work. with family members and methods of solving family problems. The warm relationship with acceptance and having a positive and effective model for girls and an effective control for boys serves as a protective factor. Parents or families will prevent their children from doing inappropriate behavior, adolescents with good relationships with their families and get support from families are effective in protecting young girls from sexual deviations (14). However, if the parents' knowledge is low, then it is indicated that adolescents are at risk of sexual behavior (15).

Rural and Urban

Adolescents who live in rural areas are more likely to engage with sexual behavior than adolescents who live in urban areas, this is because adolescents who live in urban areas receive a better education and focus on learning is the goal of urban adolescents, thus making them less behavioral sexual (12).

In a Florida study, more rural adolescents (24.0%) reported having had sex compared to urban adolescents (19.7%), more rural adolescents reported being pregnant and having four or more

sexual partners, rural teens reported having sex without using a condom (61.2%) than urban adolescents (53.7%), this is due to the challenges of health problems for adolescents in rural areas including location of services, confidentiality, isolation of shortages of health workers, sexual education, distance and transportation (22).

The sexual behavior of adolescents in rural areas is more at risk compared to urban adolescents, this is related to sexual behavior in urban areas, namely self-esteem, religiosity, social activity, attitudes to health services, attitudes themselves, sexual activity and self-confidence (23) namely the transmission of sexually transmitted infections (STIs). The program carried out in this case is school-based where this program serves as education and prevention of sexual health in rural communities such as the use of long-term contraception to prevent teenage pregnancy, in this case the program includes lectures and discussions as well as using the media as a reminder (24).

Parenting Style

Authoritarian parenting styles strongly show how adolescents are at lower risk-taking whereas relaxed parenting styles are associated with higher adolescent risk taking. Parental monitoring as a family function is a predictor that influences adolescent high-risk sexual behavior. In addition, girls reported significantly more parental monitoring than boys (14). Furthermore authoritative parenting is associated with a lower likelihood of engaging in risky sexual behavior but parents and adolescents who have closeness, emotional support, spending time together and good communication are associated with reduced risky sexual behavior in adolescents (25) learn and earn, they could play important roles in efforts to prevent adolescent sexual and reproductive health (SRH). This is supported by the authoritative parenting styles for children and families that have become a dominant trend that confirms that a very

intimate parent-child relationship can reduce the number of adolescents who dare to take sexual risks (26). Because of this, parents are strongly advised to focus on improving their relationship with their teenagers by adopting authoritative behavior.

Adolescence

Age is closely related to sexual behavior in adolescents. Adolescents who are sexually active have an average age of 14 years for girls and 13 years for boys (27). We explored the relationship between age at sexual initiation and subsequent sexual risk behaviors in a random sample of 837 Jamaican adolescents and young adults aged 15–24 years. In the sample overall, 21.0% had not yet had sex. Among the 661 sexually active participants, the mean age at first sex was 14.7 years. High percentages of sexually active youth reported engaging in risk behaviors such as inconsistent condom use (58.8%). Meanwhile, male adolescents have more sexual contact than female adolescents. In addition, male adolescents who have sexual contact at the age of 13 are not without cause, this is because sexual activity among adolescents is related to coercion (17).

In addition to age which is closely related to adolescent sexual behavior, various reasons for adolescent sexual behavior are pleasure and love from adolescents themselves, besides that the most common reasons are watching pornography, uncontrolled sex drive and curiosity, a similar response is given by women in school but school dropouts were more likely to mention watching films with some naked activity as a trigger for sexual acts, more than half of the out-of-school girls reported their inability to negotiate for safe sex and forced sex by older men as reasons for gratification (28).

Media

Media is one of the factors for adolescents in sexual behavior. The media is one way to find

information related to sexuality in establishing norms related to relationships and learning about sexuality. However, the results of the article show that exposure to sexual media only has a small but very significant effect on sexual behavior and attitudes in adolescents (24). This is not in line with the research by, which states that the media is a potential for users to stimulate to express sexual behavior in the media (29).

CONCLUSION AND RECOMMENDATION

Based on the literature review several factors found in 8 journals, there are several factors that influence sexual behavior in adolescents which are closely related to adolescent sexual behavior including peers, gender, adolescent age or the individual itself, family parents, parenting style, living in rural areas and media are the factors that influence adolescent sexual behavior. These findings have many implications for health workers, especially community educators, to implement and develop interventions to prevent sexual risk behavior.

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