

The Relationship Between Utilization of Information Center and Youth Counseling (PIK-R) towards Adolescents Attitude and Practice of Pre-Marital Sex

Risma Rater Sempa Nindra^a, Reny I'tishom^b, Samsriyaningsih Handayani^c

* E-mail : ritishom@fk.unair.ac.id

^aMidwife Education Study Program, Faculty of Medicine, Airlangga University, Surabaya, East Java, Indonesia

^bDepartment of Biomedical Science, Faculty of Medicine, Airlangga University, Surabaya, East Java, Indonesia

^cDepartment of Public Health and Preventive Medicine, Faculty of Medicine, Airlangga University, Surabaya, East Java, Indonesia

Abstract

Pre-marital sex is a sexual activity with the opposite or same sex before marriage. In Indonesia, an Information Center and Youth Counseling or *Pusat Informasi dan Konseling Remaja* (PIK-R) was established to improve attitude and pre-marital sex behavior among adolescents. This study aims to examine the relationship between the utilization of PIK-R towards the attitude and practice of pre-marital sex. This is a cross-sectional study. The sampling technique used was simple random sampling. Data were collected with an online questionnaire. The sample size of the study was 144 respondents. Data were analyzed with univariate analyses, bivariate analyses with chi-square statistical test, and multivariate analysis with multiple logistic regressions. Bivariate analyses found that, the usage of PIK-R has a significant relationship to attitude ($p=.015$) and pre-marital sex practices ($p=.037$). In multiple binary logistic regression, controlling for age, sex, media access and peers, the use of PIK-R has a relationship to attitude (AOR=1.871, 95% CI=1.202-2.912 $p=.006$) and pre-marital sex (AOR=.564, 95% CI=.362-.877, $p=.011$). In conclusion, the use of PIK-R service affected one's attitude toward pre-marital sex and decreased its practices. More study qualitative research is needed to determine the effectiveness of PIK-R and other factors that affect attitude and practices of pre-marital sex

Keywords: PIK-R, attitude, practice, pre-marital sex

1. Introduction

Youth acts as an agent of change that could change and improve of a nation. A nation will advance if it has productive and qualified teenagers. Adolescence is often related a period of self-discovery. The imbalance between sexual maturity and emotional stability makes adolescents want to try new things, making them more easily influenced by their social environment (Afriani, 2016). If they live in a negative environment, it may have an impact on promiscuity among adolescents, one of which is pre-marital sex.

According to the United Nations Population Fund or UNFPA (2020), in a day there are 20,000 adolescent girls under the age of 18 who give birth, or 7.3 million babies are born by adolescent girls in developing countries. In Indonesia, 8% of men and 2% of women have had sexual intercourse between the ages of 15 and 24. 12% unwanted pregnancies were reported by women, while only 7% by men (BKKBN, 2017). Pre-marital sex may also have an impact on early marriage. In 2016, the percentage of women with a first marriage age of less than 17 years in East Java Province was 21.16% and 9.31% in Surabaya (BPS, 2017). In 2017, Bangkalan recorded marriage of couples under the age of 18 years was up to 26.04% (Communication and Information Office, 2018).

Attitude is the mindset or tendency of individuals to act in a certain way both based on experiences and emotional feelings. This tendency will cause a response to stimulus in a real form that is easily observed or commonly called practice (Liliweri, 2017). The practice or behavior of pre-marital sex can be caused by high

frequency of dating and negative attitudes in relationship. A series of problems such as unwanted pregnancy, early marriage (Widyatuti *et al*, 2018), sexual transmitted diseases, abortion and suicide are some of the bad impacts caused by pre-marital sex by teenagers (Shrestha, 2019).

This study was conducted on Madurese that have unique and distinctive characteristics, traditions, and cultures. Madurese ethnicity is synonymous with the expressive, open (Rozah dan Indarti, 2019), religious and fanatical towards its religion, polite, and Islam as their foundation (Adib in Ramadani and Hanna, 2019). One of the Madurese traditions that continues to be preserve to younger generations is *carok*. *Carok* is an attempt of murder or severe persecution using *celurit* (Madurese's traditional weapon which is curved like a sickle, usually used to fight or self-defend) carried out on the basis of maintaining dignity, revenge, and on the issues of infidelity or adultery (Rozah and Indarti, 2019). According to Rohman, et al (2019), acts of violence in the form of *carok* often supported from the social environment so as to trigger the aggressive of Madurese ethnic especially the younger generation to behave mischievously. Pre-marital sex is inseparable from the local of standard juvenile delinquency. In addition, early marriage is still inherent in Madurese ethnic customs based on few factors, including tradition, matchmaking, education, and economy (Sari, 2016).

In response to the urgency to negative effects of pre-marital sex, Government of Indonesia, through BKKBN (National Population and Family Planning Board), established a PIK-R (Information Center and Youth Counseling) program. PIK-R is a platform developed by a program called Generation Planner or *Generasi Berencana* (GenRe) formed by and for adolescents. It aimed to provide information and counseling about life skills, adolescent reproductive health or TRIAD KRR (sexuality, HIV/AIDS, drugs abuse) and as an effort to push back the age of marriage (BKKBN, 2018). PIK-R usually established at the local schools and communities.

This study aimed to find out the relationship between the utilization of Information Center and Youth Counseling (PIK-R) with the attitude and practice of pre-marital sex. The research hypothesis "There is a relationship between the utilization of Information Center and Youth Counseling (PIK-R) with attitude and practice of pre-marital sex".

2. Methods

This research has received a certificate of ethical feasibility from the Research Ethics Committee Unit of the Faculty of Medicine, Universitas Airlangga dated November 9, 2020, No. 289 / EC / KEPK / FKUA / 2020. The location and time of the study was at Hight School X Bangkalan in February 2020 – February 2021. This is a quantitative analytical study with a cross sectional approach. The population includes all students of class XI and XII of High School X Bangkalan, a total to 702 students. A large sample of 144 respondents consisting of students in grades XI and XII with inclusion criteria of students who have smartphones and exclusion criteria of students who have no access the internet. Sampling is done by probability technique with a simple random sampling method.

Independent variable in the study was the utilization of information center and youth counseling (PIK-R). The dependant variables include attitudes and practices of pre-marital sex. Data attained in this study is primary data with questionnaire as the measuring tool. There are 3 open and closed questions about the use of PIK-R. Twelve questions on attitude variables with answer options using the Likert scale of 1-4, while 15

questions on practice variables with Guttman scales. All questions are modifications of previous research and have been tested for validity and reliability.

Data collection is conducted on December 12-26, 2020, with an online questionnaire tool through google form. Each class leader selects students who fits the criteria (owning a smartphone). Subjects of 6-7 people in each class were randomly selected using online randomization app. WhatsApp groups were made for each class to facilitate and streamline communication between researchers and respondents. Researcher convinces respondents about the privacy of research data, especially due to question touching on a sensitive topic. It is hoped that respondents feel confident and gives honest answers. Data analysis is conducted using univariate analysis, bivariate analysis with chi-square statistical tests and multivariate analysis with multiple logistic regression.

3. Results

Table 1. Frequency Distribution characteristics of SMA X Bangkalan Respondents

Characteristic	f	%
Class		
XI	41	28,5
XII	103	71,5
Gender		
Male	49	34
Female	95	66
Age		
16 years old	18	12,5
17 years old	73	50,7
18 years old	52	36,1
19 years old	1	0,7
Ever got sex information		
Yes	143	99,3
No	1	0,7
Ever Dated		
Yes	89	61,8
No	55	38,2
Current Dating Status		
Yes	34	23,6
No	110	76,4
Total	144	100

The results showed that most respondents occupied class XII, which was 103 respondents (71.5%) and the remaining 41 respondents (28.5%) occupied class XI. Female respondents made up the majority in the study with 95 respondents (66%) while male only made up 49 respondents (34%). The average age of respondents ranged from 16-19 years old with the most respondents aged 17 years, which was 73 respondents (50.7%). Only one respondent had never accessed information about sex (0.7%), while 143 respondents (99.3%) had sex information.

Table 2. Distribution of PIK-R Utilization Data to Respondents in SMA X Bangkalan

Utilization of PIK-R	f	%
Never	54	37,5
Infrequently	49	34
Often	41	28,5
Total	144	100

Respondents who utilize PIK-R services frequently are as many as 41 respondents (28.5%), while 49 respondents (34%) with infrequent categories and 54 respondents (37.5%) never utilized PIK-R.

Table 3. Distribution of Pre-marital Sex Attitude Data in High School X Bangkalan Class XI and XII

Attitude	f	%
Negative	61	42,4
Positive	83	57,6
Total	144	100

Respondents who have positive attitudes about sex are 83 respondents (57.6%) and respondents who have negative attitudes are 61 respondents (42.4%).

Table 4. Data Distribution of Pre-marital Sex Practices in SMA X Bangkalan

Practice	f	%
Not at risk	67	46,5
Risky	77	53,5
Total	144	100

A total of 67 respondents (46.5%) had non-risk sexual practices or behaviors and 77 respondents (53.5%) in included in the risk group..

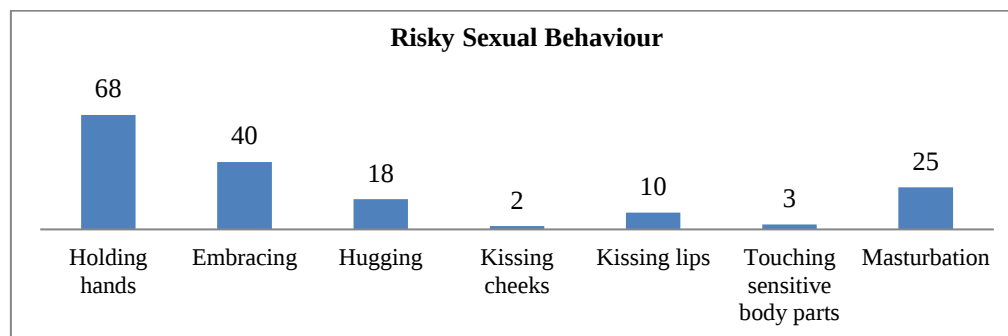


Figure 1 Risky Sexual Behavior

As for sexual behavior, the majority of respondents had hold hands previously, which was as many as 68 respondents.

Table 5. Distribution of Mass Media Access Data to Respondents at SMA X Bangkalan

Mass Media	f	%
Not exposed	52	36,1
Exposed	92	63,9
Total	144	100

The table showed that 92 respondents (63.9%) had been exposed to mass media about sex and 52 respondents (36.1%) were not exposed to mass media about sex.

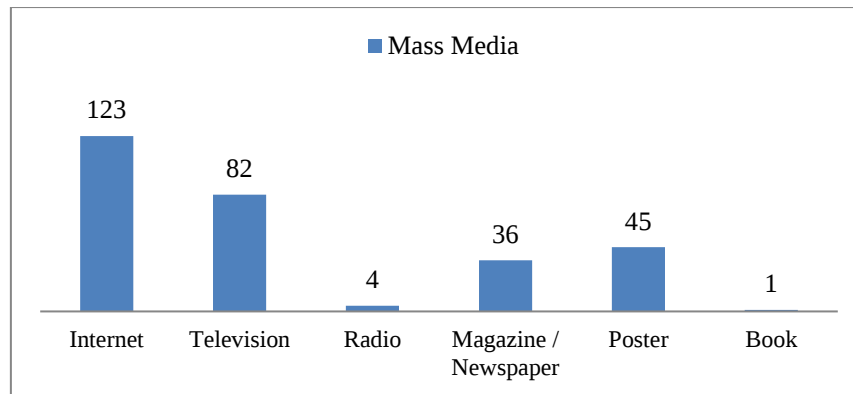


Figure 2 Types of mass media

Most of the mass media used by respondents in searching for sex information is the internet.

Table 6. Distribution of Peer Influence Data on Respondents in SMA X Bangkalan

Peers	f	%
Not Influence	57	39,6
Influence	87	60,4
Total	144	100

According to the table above, 87 respondents (60.4%) were affected by peers regarding the sex information.

Table 7. Distribution of Attitudes on Pre-marital Sex based on PIK-R Utilization

Utilization of PIK-R	Attitude				Total	
	Positive		Negative			
	n	%	n	%	n	%
Never	25	17,4	29	20,1	54	37,5
Infrequently	27	18,8	22	15,3	49	34
Often	31	21,5	10	6,9	41	28,5
Total	83	57,6	61	42,4	144	100
P value	0,015					

A total of 31 respondents who often use PIK-R have positive attitudes. The results of statistical tests using the chi-square method obtained a value of p-value 0.015 (<0.05) to show that the utilization of PIK-R has a significant relationship to pre-marital sex attitudes.

Tabel 8. Distribution of Practice on Pre-marital Sex based on PIK-R Utilization

Table 3. Distribution of Practice on PIK-R, Marital Sex Based on PIK-R Utilization						
Utilization of PIK-R	Practice				Total	
	Risky		Not at risk			
	n	%	n	%	n	%
Never	33	22,9	21	14,6	54	37,5
Infrequently	29	20,1	20	13,9	49	34
Often	15	10,4	26	18,1	41	28,5
Total	77	53,5	67	46,5	144	100
P value	0.037					

The table above shows that only 15 respondents in the frequent category of PIK-R have risky sexual practices. Based on statistical results using the chi-square test obtained p-value 0.037 (<0.05) which means that the utilization of PIK-R has a significant relationship with the practice of pre-marital sex.

Table 9. Regression Analysis of PIK-R Utilization, Age, Gender, Mass Media, and Peers with a Level of Pre-marital Sex Attitudes

Variable	B	Wald	Sig	Exp (B)	95% CI	
					Lower	Upper
Utilization of PIK-R	0,626	7,696	0,006	1,871	1,202	2,912
Age	0,017	0,004	0,949	1,017	0,602	1,720
Gender	0,446	1,409	0,235	1,563	0,748	3,266
Mass Media	0,407	1,122	0,289	1,503	0,707	3,194
Peers	-0,559	2,222	0,136	0,572	0,274	1,192

Table 9 shows the B value of each variables including PIK-R utilization, age, gender, and mass media have a positive relationship with respondent attitudes towards pre-marital sex. While peer variables have a negative relationship with pre-marital sex attitudes. Variables that affect the attitude of pre-marital sex are only PIK-R utilization variables with a significance value of 0.006 (<0.05).

Table 10. Regression Analysis of PIK-R Utilization, Age, Gender, Mass Media, and Peers with Pre-marital Sex Practices

Variable	B	Wald	Sig	Exp (B)	95% CI	
					Lower	Upper
Utilization of PIK-R	-0,573	6,450	0,011	0,564	0,362	0,877
Age	0,405	2,203	0,138	1,500	0,878	2,562
Gender	-0,377	0,982	0,322	0,686	0,325	1,446
Mass Media	-0,097	0,063	0,802	0,908	0,425	1,937
Peers	0,858	5,343	0,021	2,359	1,139	4,885

The table above shows that age and peers have a positive relationship to the practice of pre-marital sex. While the utilization of PIK-R has a negative relationship to the practice of pre-marital sex. The significance values of PIK-R and peer utilization variables have a value of <0.05 which means that both variables influence the practice of pre-marital sex. However, Exp(B) showed that peer variables most influenced the practice of pre-marital sex.

4. Discussion

Study found that most respondents claimed to never utilized PIK-R before. This indicates the lack of interest in respondents in utilizing PIK-R and respondents tend to choose other sources to get information about sexual education (Wulandari, 2015). The lack of interest in the utilizing PIK-R can also be caused because reproductive health or sexuality issues is assumed to taboos (Zainafree *et al.*, 2015), making adolescents become reluctant to even find out about the information.

Most respondents having positive attitudes in this study is in line with the results of research found by Yaunin and Lestari (2016) which said that more respondents (65.2%) had a positive attitude towards sex. In this study, what is meant in a positive attitude is the tendency of respondents in avoiding pre-marital sex behavior, understanding the boundaries of dating, the factors and impacts of pre-marital sex, being able to act in accordance with existing regulations in society, and a commitment to always maintain sanctity before marriage. Attitude helps to determine how we should see the situation and how we act towards the situation (Liliweri, 2017). In other words, attitude can be interpreted as a tendency to hold reactions or actions. Adolescents who have negative attitudes tend to perform negative actions, in this case pre-marital sex behavior.

On the variables of pre-marital sex practices, respondents who had risky sexual behavior dominated the results of the study. The sexual behavior of respondents was very diverse ranging from holding hands, embracing, hugging, kissing cheeks, lip kisses, masturbation to touching sensitive parts of the opposite sex. In

this study, holding hands is the most widely performed activity by the respondents. Many respondents did not know that holding hands were included in sex behavior. This is also evidenced by research conducted by Sopiah *et al.* (2014) which showed most respondents (61%) had the perception that holding hands is not included as premarital sex. Even though holding hands does not cause strong sexual stimulation, there will be a desire to try other activities (Sari, 2019) and usually sexual behavior begins gradually from holding hands to intercourse (Setijaningsih *et al.*, 2019).

Sexual behavior is influenced by several things such as an increase in sexual libido that occurs due to hormonal changes in adolescents, delays in the age of marriage that make the release of sexual desire cannot be done immediately. The perception of taboo in regards of having sexual conversation that resulting adolescent to lack of knowledge of adolescents, finally lost in a urge of trying, and increasing freedom between men and women (Sarwono, 2015). In addition, the level of religiosity of respondents also influenced the presence of pre-marital sex behavior. Madurese ethnicities, especially Bangkalan regency, are famous for their religious and fanatical nature of religion, polite, and Islam as the foundation. (Adib in Ramadani and Hanna, 2019). If an individual has a high level of religiosity, then he will view his religion as the purpose of life so that he will seek to implement what his religion teaches in everyday life and have strong limits in refraining from sexual urges.

Carok culture is also closely related to Madurese ethnicity which is done to maintain the dignity and dignity of someone who felt that they have been harmed or trampled upon by committing murder or persecution (Rokhyanto and Marsuki, 2015). For Madurese, dignity is not a bargainable matter (Rahmasari, Jannah and Puspitadewi, 2014). According to Fawaid (2017), although teenagers or students in school do not commit murder, *carok's* values play a very strong role in the occurrence of conflict. The environment can affect the formation of attitudes and behavior of the community. *Carok* is concerned with the emotional level of each individual so that makes one of the factors especially for teenagers to become naughty (Fawaid, 2017). Juvenile delinquency such as fighting, drugs, alcohol, the practice of pre-marital sex will not occur if the teenager can process positive emotions (Hastuti and Baiti, 2019).

Statistical tests showed a significant relationship between the utilization of PIK-R and the attitude of pre-marital sex (p -value = 0.015). Most respondents who have a positive attitude also utilize PIK-R positively. In a study conducted by Wulandari (2015) showed results in line where most respondents utilized PIK-R with a positive attitude and there was a relationship between attitudes and the utilization of PIK-R (p value = 0.02). Initiating an attitude and turns it into action needs to be facilities as a mediator (Kristina, 2017). The facilities include adolescent reproductive health services (PIK-R). Reproductive health services through PIK-R activities conducted with friendly resources is one way to educate adolescents to avoid pre-marital sex and can make teenagers to talk about reproductive problems freely so that adolescents do not need to feel embarrassed and afraid to reveal the problems that occur (Desyolmita in Wulandari, 2015).

Respondents who frequently utilize PIK-R also had lower-risk sexual practices compared to respondents who rarely and never utilized PIK-R. The statistical results obtained a p -value of 0.037 (<0.05) which means that the utilization of PIK-R has a significant association with the practice of pre-marital sex. This is in line with research conducted (Aulia and Tan, 2020) which states that only 4.7% respondents who utilize PIK-R have premarital sex behavior and there is a relationship between PIK-R and premarital sex behavior (p -value = 0.012). Education about pre-marital sex obtained when respondents visited PIK-R played a role in changes

in adolescent sexual behavior (Aulia and Tan, 2020). The existence of sex education makes a process of transfer of knowledge. Knowledge is one component of attitude formation (Kriyantono, 2017) and an important domain in determining adolescent behavior (Nurmala *et al.*, 2018).

The role of peer educators and peer counselors is needed as one of the effective means of information for adolescents (Aulia and Tan, 2020) and selecting the right individual as the key to success in the management of PIK-R (Utami, 2017). A safe, comfortable, and conducive space also makes teenagers feel ease for consultation increases the enthusiasm of visitors to utilize of PIK-R services. The PIK-R program at Sma X Bangkalan has youth health services that provide information services, counseling and consultation directly in the counseling room or through social media and other activities and facilities such as initiating notice board and newsletters, on air radio, bestari vent boxes, youth reading rooms, and so on. Peer educators and peer counselors are selected through selection and have been equipped with knowledge and skills from trainings provided by the PP and KB / Women's Empowerment and Family Planning. These facilities indicate that PIK-R at SMA X Bangkalan has been working to increase the enthusiasm of new comers. However, there were still respondents who had low PIK-R utilization rates and risky pre-marital sex practices. This is a homework for PIK-R members to further increase socialization and promotion activities to introduce PIK-R to high school students X Bangkalan, especially in the current COVID-19 pandemic conditions that limit activities to prevent mass crowds. PIK-R members can increase creativity through the procurement of youth health webinars or utilizing social media to disseminate adolescent health information.

In the multivariate test results only peer variables had a negative relationship with pre-marital sex attitudes. Peers have a negative relationship with pre-marital sex attitudes can be interpreted if respondents are exposed to many negative influences of social interaction in friendships, then the higher the chance of being affected into juvenile delinquency (Tianingrum and Nurjannah, 2019), therefore the respondents' attitudes towards pre-marital sex are very low or have negative values. On the other hand, age and peers have a positive relationship to the practice of pre-marital sex while the utilization of PIK-R, gender, and mass media has a negative relationship to the practice of pre-marital sex. This means that if respondents often utilize PIK-R tends not to perform risky behaviors, while respondents who never use PIK-R then tend to practice risky sex practices. Improper use of mass media is also one of the factors in the occurrence of risky sex practices. The results showed that most respondents exposed to mass media and mass media the most widely used in searching for sex information was the internet. Bangkalan regency has a geographical location close to the big city of Surabaya. The existence of Suramadu Bridge (Surabaya-Madura) facilitates the entry of technology access and makes Bangkalan Regency a center for the rapid distribution of modernity. This led to the acculturation of traditional Bangkalan culture to the culture of modernity (Rosyadi and Azhar, 2016). Mass media is one form of modernization in the field of information technology. Teenagers cannot be separated from the mass media, they often watch television, movies, read magazines, listen to music, and radio, as well as access the internet. But if the ease of technology makes teenagers often abuse to access porn sites, then it can encourage towards risky sexual behavior (Istawati, 2017).

5. Conclusion

Most of the respondents in the study are yet to maximized PIK-R utilization, had a positive attitude about pre-marital sex, and had risky sexual practices with the most widely performed activity of holding hands. The

presence of PIK-R can affect respondents' attitudes towards pre-marital sex and decreases the practice of pre-marital sex. In other words, the utilization of PIK-R has a significant relationship with the attitudes and practices of pre-marital sex.

It is expected that there will be increased socialization and promotion to students to maximize the function of PIK-R as an effort to prevent pre-marital sex. On the other hand, the midwife profession as a health worker is expected to participate in establishing communication with the school to make visits in order to provide information and education on reproductive health problems in a more in-depth and structured manner, assisting troubled adolescents, medical clinical services such as early detection of diseases and treatment. In future studies, researchers suggest developing qualitative research to determine the effectiveness of PIK-R and the factors that influence the attitude and practice of pre-marital sex.

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