



Relationship Between Knowledge And Peers With Sexual Behavior Among Adolescents At SMAN 10 Kota Bengkulu In 2025

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Abstract. Adolescents are highly susceptible to environmental influences, particularly those related to sexual behavior. Limited knowledge of reproductive health and strong peer pressure are among the major factors contributing to premarital sexual behavior. This study aimed to assess the relationship between knowledge and peer influence with premarital sexual behavior among adolescents at SMAN 10 Bengkulu City in 2025. Methods: A quantitative analytic study with a cross-sectional design was conducted. The sample consisted of 152 eleventh-grade students selected through purposive sampling from a population of 242 students. Data were collected using a structured and validated questionnaire and analyzed using the chi-square test. Results: The findings revealed that 66.4% of respondents had good knowledge about the risks of premarital sex, and 80.9% reported low levels of peer influence. A total of 76.3% demonstrated positive sexual behavior by avoiding premarital sex. Statistical analysis showed a significant association between knowledge and premarital sexual behavior ($p = 0.021$), whereas peer influence was not significantly associated ($p = 0.228$). Conclusion: Adolescent knowledge about reproductive health significantly contributes to safer sexual behavior, whereas peer influence was not a determining factor in this study. It is recommended that schools enhance reproductive health education through regular counseling programs, and that parents engage in open discussions regarding sexual health. Further research is encouraged to examine other factors such as digital media exposure and parenting styles.

Keywords: *Knowledge, Peers, And Premarital Sexual Behavior.*

INTRODUCTION

According to the WHO, adolescents are people aged 10 to 19. According to Indonesian Minister of Health Regulation No. 25 of 2014, adolescents are people aged 10-18. Meanwhile, according to the National Population and Family Planning Agency (BKKBN), the age range for adolescents is 10-24 years and unmarried. These differing definitions indicate that there is no universal agreement on the boundaries of the adolescent age group. However, adolescence is associated with the transition from childhood to adulthood. This period is a period of preparation for adulthood, which involves going through several developmental stages. In addition to physical and sexual maturity, adolescents also experience stages toward social and economic independence, identity development, the acquisition of skills for adult life, and the development of abstract reasoning (Kusumaryani, 2020).

Sexual behavior is an activity that occurs as a result of sexual arousal through stimulation by members of the opposite sex or the same sex (Muklathi et al., 2022). Sexual behavior patterns vary, from feelings of attraction to dating, flirting, and intercourse. The sexual object

can be another person, an imaginary person, or oneself (Andriani, Suhrawardi & Hapisah, 2022).

The impact of this casual sex can lead to unwanted pregnancies and sexually transmitted infections. The Indonesian Demographic and Health Survey (IDHS) on adolescent reproductive health found that 8.3% of male adolescents and 4.5% of female adolescents engaged in premarital sex (Suherni 2020).

Adolescents' lack of knowledge about sex education can influence risky sexual behavior, including casual sex. This lack of knowledge can influence adolescents' attitudes toward actions that lead to casual sex. Therefore, knowledge about casual sex should be provided to children entering adolescence and adulthood as a means of immunizing them from today's social environment. As social beings, we cannot avoid actions that can lead to sexual behavior in adolescents because adolescents are easily influenced by both positive and negative information. Sexual behavior is an attitude motivated by sexual desire, whether alone or with the opposite sex. Knowledge and peer groups are closely related to the phenomenon of casual sex among adolescents because these factors play a role in shaping their thought patterns, attitudes, and behavior (Pratama E, Hayati S, Supriatin E. 2022).

In addition to knowledge, peer groups are also an influential factor during adolescence. In modern society, adolescents spend most of their time with their peers. During adolescence, relationships with friends increase significantly, while relationships with parents decline (Irma et al., 2022).

Peers in high school also have a significant influence on sexual behavior. They find following their peers' behavior attractive and become dependent on them, often providing a place for them to confide in and share experiences (Simawang et al., 2022).

Data from the 2017 Indonesian Demographic and Health Survey (SDKI) shows that 80% of women and 84% of men admitted to having dated. The 15-17 age group is the age group most likely to start dating for the first time, with 45% of women and 44% of men experiencing it. (Nida, 2020).

According to data obtained from the 2023 Bengkulu Province Population Census, the number of adolescents was 2,086,006, out of a total population of 171,201, representing adolescents aged 10-19 (Bengkulu Province Education Office 2023).

According to 2023 Ministry of Education data, the school in Bengkulu City with the highest number of dropouts was SMAN 10 in Selebar District, with 11 dropouts. In Singaran Pati District, SMAN 4 had 9 dropouts. In Teluk Sagara District, SMAN 6 had 3 dropouts. Therefore, SMAN 10 in Bengkulu City had the highest number of dropouts.

Casual sex is closely linked to high dropout rates among high school students, including those at SMAN 10 Bengkulu City, as it can lead to early pregnancy, social pressure, and psychological disorders that encourage adolescents to discontinue their education. This prompted researchers to conduct a study aimed at determining whether there is a relationship between knowledge and peer influence with casual sex behavior at SMAN 10 Bengkulu City in 2025.

LITERATURE REVIEW

Casual sex

Casual sex is behavior that arises from sexual urges. The impact of casual sex can lead to unwanted pregnancies and sexually transmitted infections. The Indonesian Demographic and Health Survey (IDHS) on adolescent reproductive health found that 8.3% of adolescent boys and 4.5% of adolescent girls engaged in premarital sex (Suherni 2020). Forms of casual sex

Adolescence

The World Health Organization (WHO) defines adolescence as the age period between 10 and 19 years, while the United Nations (UN) defines youth as those between 15 and 24 years. Meanwhile, according to the United States Health Resources and Services Administration Guidelines, the age range for adolescence is 11-21 years and is divided into three stages: early adolescence (11-14 years); middle adolescence (15-17 years); and late adolescence (18-21 years).

Definition of Knowledge

Knowledge is the result of a person's knowledge of an object through their senses, namely hearing, smell, sight, taste, and touch. According to Notoatmodjo (2018), knowledge is an individual's ability to recall or recognize names, words, inspirations, formulas, and so on. Knowledge is the result of knowing and occurs when sensing a particular object. Knowledge is obtained through sensing through the senses of sight, hearing, smell, taste, and touch (Pakpahan et al., 2021).

METHODS

This research uses a descriptive analytical design with a cross-sectional approach. The method used by the researcher is quantitative. The relationship between these variables is determined based on statistical tests using the cross-sectional method, namely the relationship between the independent variable (level of knowledge and peer group) and the dependent variable (promiscuous sexual behavior in adolescents).

RESULTS

Univariate Analysis

Table 1 Distribution frequency description knowledge sex free at SMAN 10 Bengkulu City

No	Knowledge	Percentage	Frequency
1	Good	101	66.4
2	Enough	46	30.3
3	Minus	5	3.3
Total		152	100

From the results Table 1 Knowledgeable teenagers Good amounting to 101 people (66.4%) against sex free . Knowledgeable Enough amounted to 46 (30.3%). Knowledgeable not enough amounting to 5 people (3.3%) against sex free .

Table 2 Frequency distribution of peer perceptions of sex free in SMAN 10, Bengkulu City

Friend Peers	Frequency	Presentation
Low	123	80.9
Currently	24	15.8
Tall	5	3.3
Amount	152	100

From the results Table 2 Based on results study against 152 teenagers , it is known that part big respondents , namely as many as 123 people (80.9%), have influence Friend low peers to behavior sex free . A total of 24 respondents (15.8%) were in the free category . moderate , and only 5 respondents (3.3 %) were own influence Friend high peers .

Table 3 Distribution frequency Behavior Sex Free at SMAN 10 Bengkulu City

Behavior	Frequency	Presentation
Not enough	116	76.3
Enough	15	9.9
Good	21	13.8
Amount	152	100

Based on Table 3, can known that majority teenagers at SMAN 10 Bengkulu City show poor behavior in avoid sex free , namely as many as 116 people (76.3%). Meanwhile that , only 15 people (9.9%) showed behavior enough , and 21 people (13.8%) were classified as own behavior Good in avoid sex free .

Bivariate Analysis

Table 4 relationships level knowledge with behavior sex free

Teenage knowledge	Free sexual behavior						Total		P value
	Good		Enough		not enough				
	n	%	n	%	n	%	N	%	
Good	84	83.2 %	6	5.9%	11	10.9%	101	100	0.021
Enough	30	67.65.2 %	7	15.2%	9	19.6%	46	100	
Not enough	2	40.0 %	2	40.0 %	1	20.0 %	5	100	
Total	116	73.3%	15	9.9%	21	13.8 %	152	100	

Based on table 4, can known that part big teenagers who have knowledge Good about sex free also shows good behavior , namely as many as 84 people (83.2%). However , there were 10.9% of teenagers who, even though own good knowledge , still show sufficient behavior . With mark significance (p-value) of 0.021, then can concluded that there is significant relationship between level knowledge teenager with behavior sex free .

Table 5 relationships between Friend peers and behavior sex free for teenagers

Friend peers	Behavior sex free						Total		P value
	Good		Enough		Not enough				
	n	%	n	%	n	%	N	%	
Low	96	78.0%	10	8.1%	17	13.8%	123	100	0.228
Currently	15	62.5%	5	20.8%	4	16.7%	24	100	
Tall	5	100.0%	0	0.0%	0	0.0%	5	100	
Total	116	76.3%	15	9.9%	21	13.8%	152	100	

Based on the data in Table 5, it is known that that part big teenagers who have influence Friend peers low show behavior sex good freedom , namely as many as 96 people (78%), and only 1.7% showed it behavior less . On the other hand , teenagers with influence Friend peers currently show decline percentage behavior Good to 62.5%, while behavior enough and less increased . Interestingly , the entire teenagers who are in category influence Friend peers high (100%) actually show poor behavior good . Findings This show that Friend peers play a role in form behavior sexual teenagers . Although thus , based on statistical test results obtained p-

value is 0.228 , which means No there is significant relationship in a way statistics between influence Friend peers with behavior sex free teenager

DISCUSSION

Knowledge of free sex among students at SMAN 10, Bengkulu City

Table 1 Based on research that has been done obtained results teenager knowledgeable Good amounting to 101 people (66.4%) against problem sex free . Research results this is also in line with research conducted Grandpa sopiandy (2024) who has conducted on students obtained results that research conducted on adolescents at MAN 1 Kaloka obtained results knowledge student about sex free majority is in category good (89.9%).

Good knowledge is influenced by information media factors from schools that often stage socialization and guidance counseling for students who frequently active done , besides That the role of parents who always give good direction and advice as well as influence a good friend make knowledge the become good . Theory This is reinforced by Asih & Pratiwi (2020) knowledge Good due to there is a number of other factors such as environment social , economic , ethical , religious, cultural , influence friends , communication media , and patterns parenting . So that knowledge student

can more Good Again should at school It is recommended to the BK teachers and UKS team to give guidance counseling and consultation to health reproduction in adolescents whose function is for students own awareness will importance understand

problem sexuality , function , and factors that cause emergence problem about sexuality teenagers and patterns foster care towards parents also participate play a role in development sexuality in adolescents .

Friends peers to sex free for teenagers at SMAN 10, Bengkulu City

Table 2 shows banwa of 152 respondents Most of them teenagers who think low Friend peers totaling 123 people (80.9%) against sex free . Friend peers is one of the Factors that influence adolescence . In modern society , teenagers use up part big time with Friend peers , during adolescence connection with Friend increase in a way significant , and at the same time connection with parents decreased (Irma et al., 2022). Friends peers including factor important in formation personality . This is show that existence group Friend peers can motivating teenager in behave Good or not in his life .Friend with behavior negative tend make teenager behave bad , one of them is behavior deviant sexuality consequence exposure pornography and social media (Herdayani & Fatimah, 2023). Friends peers in high school age also have influence big to behavior sexual . Because they consider follow behavior Friend peers is interesting things and they have dependence to Friend peers and friends peers often made into place pour out content heart and place share experience . (Simawang et al. 2022).

In line with research conducted Puspita , et al. obtained results (sig < 0.05) concluded that social media use and role Friend peers in a way together influential by 84.3% against behavior sexual premarital sex in schools Intermediate Vocational Education in Surakarta City. One of the important processes that must be passed teenager For find identity himself is through the interaction with Friend same age .

Free sexual behavior among adolescents at SMAN 10, Bengkulu City

Table 3 shows that the majority of adolescents at SMAN 10 Bengkulu City, 21 (13.8%), demonstrated inadequate behavior in avoiding casual sex. Meanwhile, only 15 (9.9%) demonstrated adequate behavior, and 116 (76.3%) were classified as having good behavior in avoiding casual sex. These data indicate that the majority of students have a fairly high awareness of the dangers of casual sex. Factors that cause adolescents to have "adequate" and "insufficient" behavior in avoiding casual sex include a lack of sexual education, peer

influence, minimal parental supervision, exposure to unhealthy media, low moral awareness, a permissive social environment, unstable psychological conditions, and a lack of involvement in positive activities. This indicates the need for increased education and supervision, both from schools and families, to reduce the rate of casual sex among adolescents. This inadequate behavior can. This is caused by various internal factors, such as low self-awareness, weak self-control, and a lack of understanding of the risks and dangers of casual sex. Furthermore, external factors, such as environmental influences, peer relationships, and lack of parental supervision, also play a significant role in shaping this behavior. the.

Factors that significantly influence promiscuous sexual behavior, particularly among adolescents, include the role of family and peers. Throughout their development, adolescents are supported by their families, particularly their parents. The closer the relationship between parents and adolescents, the less likely they are to engage in promiscuous sexual behavior (Yani, Realita, and Surani, 2020). Adolescent sexual behavior can also...

According to the researcher's assumption, respondents with good knowledge have a greater chance of avoiding promiscuous sexual behavior compared to respondents who have less knowledge. Respondents with good knowledge know a lot about various things, especially about behavior towards promiscuous sex.

The relationship between knowledge and free sex among adolescents at SMAN 10, Bengkulu City in 2025

Based on Table 4, the majority of adolescents with good knowledge also demonstrated good promiscuity behavior, namely 84 people (83.2%), and only 10.9% of them had poor behavior. Meanwhile, adolescents with sufficient knowledge only 65.2% had good behavior, and those with poor behavior increased to 19.6%. A similar trend was seen among adolescents with less knowledge, where only 40% had good behavior, and the rest demonstrating adequate and inadequate behavior. This means that the better a teenager's knowledge, the better their behavior in avoiding casual sex. Priastana (in Elvina, 2020) stated that good and accurate knowledge can help someone prevent disease, such as preventing infection. Accurate knowledge can provide space for more thought regarding decisions, such as taking action. A person's knowledge can influence their attitude, which can encourage individuals to engage in both negative and positive actions.

To determine the relationship between knowledge and behavior towards casual sex at SMAN 10 Bengkulu City, a Chi-square test was used. With a value of $\text{asympt.sig } (p) = 0.021$ because the p value < 0.05 means there is a significant relationship, so H_a is accepted and H_0 is rejected. This means there is a relationship between knowledge and casual sex behavior among adolescents at SMAN 10 Bengkulu City.

Previous research conducted by Khofidhatur Rofiah (2024) Based on table 5.4 shows that 66 (28.3%) of all adolescents who have less knowledge and their free sex behavior is in the non-risk category. Based on the results of the analysis using the Spearman-Rho statistical test with a computerized significance level of $\alpha = 0.05$, it can be seen that $\text{Asymp. Sig } (p) = 0.001$. Thus, $p < 0.05$ which means H_0 is rejected. So it can be concluded that there is a relationship between knowledge about HIV/AIDS and Free Sex Behavior in Adolescents in 2024. The strength of the correlation is stated by the correlation coefficient of 0.213 which

This means that the level of relationship between knowledge about HIV/AIDS and free sexual behavior in adolescents is in the low category with a positive (+) relationship, meaning that the greater the knowledge in adolescents, the greater the free sexual behavior.

Based on the results of previous research, Pratama obtained the results of the Chi-Square statistical test obtained a p value = 0.007 ($p < 0.05$), so it can be concluded that there is a significant relationship between adolescent knowledge and free sex behavior. The results of the analysis obtained an Odds Ratio (OR) value = 1.5, meaning that adolescent knowledge in free

sex behavior has a good chance of 1.5 times compared to adolescent knowledge about free sex that is not good.

Based on the research results of Devi Permata Sari (2024). Based on the results of the Chi-Square statistical test, the p value was obtained = 0.001 ($p < 0.05$), so it can be concluded that there is a significant relationship between adolescent knowledge and attitudes regarding adolescent free sex behavior. The results of the analysis obtained an Odds Ratio (OR) value = 2.1, meaning that adolescent knowledge in attitudes towards free sex behavior has a good chance of 2.1 times compared to adolescent knowledge about free sex that is less good.

If there is a relationship between knowledge and free sex behavior, then it can be assumed that the higher the level of knowledge of adolescents regarding reproductive health, the risk of sexually transmitted diseases, and the negative impacts of free sex, the greater the possibility that they will have good awareness, attitudes, and behavior in avoiding risky sexual behavior, while adolescents with low knowledge tend to be more vulnerable to environmental influences, less able to make healthy decisions, and have the potential to engage in free sex behavior.

The relationship between peers and free sexual behavior at SMAN 10, Bengkulu City

Research conducted at SMAN 10 in Bengkulu City showed that the majority of adolescents, 96 (78%) with low peer influence, exhibited good behavior, while only 13.8% exhibited poor behavior. In the group with moderate peer influence, the percentage of good behavior decreased to 62.5%, while moderate and poor behavior increased. Interestingly, in the group with high peer influence, all adolescents (100%) exhibited good behavior.

Even in groups with high peer influence, all respondents (100%) exhibited highly risky behavior. Factors that may contribute to this lack of a significant relationship include the fact that adolescents' knowledge is not always internalized in their behavior, and the influence of peer pressure, lack of parental supervision, identity searches, and uncontrolled media exposure.

Guidance from parents and teachers is essential for developing positive behavior in adolescents. Teenagers will develop a greater sense of curiosity after adolescence. Once they have gained the right and complete knowledge, teenagers will realize the importance of peers in relation to promiscuous sexual behavior.

Behavior is the result of all kinds of human experiences and interactions with their environment, manifested in the form of knowledge, attitudes, and actions. Behavior is an individual's response/reaction to stimuli originating from both external and internal sources (Notoatmodjo, 2021). Behavior is a function of individual characteristics and the environment. Individual characteristics encompass various variables such as motives, values, traits, personality, and attitudes, which interact with each other.

They interact with each other and then interact with environmental factors to determine behavior. Environmental factors have a significant influence on behavior, even greater than individual characteristics (Irwan, 2022).

To determine the relationship between peers and promiscuous sexual behavior in adolescents at SMAN 10, Bengkulu City, the Chi-Square test was used. With a value of $\text{asympt.sig } (p) = 0.228$. Because the $p \text{ value} > 0.05$ means there is no significant relationship, then H_0 is accepted and H_a is rejected. This means there is no relationship between peers and promiscuous sexual behavior in adolescents at SMAN 10, Bengkulu City.

According to previous research (Bagus Adrianto and Yuvita Devi 2024) entitled peer relationships on premarital sexual behavior, the results of the analysis of the relationship between peers and adolescent sexual behavior showed that there were 4 respondents (8.7%) whose peers influenced sexual behavior, but did not engage in sexual behavior. Meanwhile, among respondents whose peers were less influential, there were 13 respondents (26.0%) who did not engage in sexual behavior. The results of the statistical test showed a $p \text{ value} = 0.051$,

so it can be It was concluded that there was no significant relationship between peers and adolescent sexual behavior. From the results of the Kendalls-Tau correlation statistical test, there is no relationship between the role of peers and sexual behavior in adolescents at SMK Muhammadiyah 2 North Klaten with a sig (2-tailed) value of 0.521. This study is in line with research conducted by (Winarti & Herman, 2021) with a p-value of 1.000, which means there is no relationship between the role of peers and sexual behavior in adolescents.

Research conducted by (SM Sari et al., 2022) on 81 adolescents at Pasundan Cikalongkulon Vocational School showed no significant relationship between the role of peers and sexual behavior in adolescents.

Based on the results of the study which showed that there was no significant relationship between knowledge and adolescent sexual behavior in grade 2 students at SMA Negeri 2 Banda Aceh in 2020 with a p-value = 0.294. Based on the findings in the field by the researcher, it was found that the proportion of respondents who were at greater risk in students with poor knowledge was 85.4%, while respondents who were less at greater risk were students with good knowledge at 24.2%. According to researchers, peers influence a person's behavior. Supportive peers can influence positive behavior. Positive peer behavior increases the likelihood of avoiding casual sex.

CONCLUSION

1. Almost all respondents had good knowledge of free sex (101 (66.4%) at SMAN 10, Bengkulu City, 2025).
2. Most respondents had low peer attitudes toward free sex (123 (80.9%) at SMAN 10, Bengkulu City, 2025).
3. There was a relationship between knowledge and free sex behavior among adolescents ($p < 0.021$) at SMAN 10, Bengkulu City, 2025.
4. There was no relationship between peer attitudes and free sex behavior among adolescents ($p > 0.228$) at SMAN 10, Bengkulu City, 2025.

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