



## THE RELATIONSHIP BETWEEN STUDENTS' KNOWLEDGE ABOUT SEX WITH STUDENTS' ATTITUDES TOWARDS DATING ACTIVITIES

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### Abstract

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Knowledge about sex is an important aspect in shaping students' attitudes towards behaviors related to interpersonal relationships, including dating activities. This study aims to identify the relationship between students' level of knowledge about sex and their attitudes towards dating. The subjects were counseling teachers and students of Kemala Bhayangkari Rantauprapat Private High School Students. This study used a quantitative approach by distributing questionnaires to a sample of Kemala Bhayangkari Rantauprapat Private High School Students. Sampling technique using purposive sampling. Data collection techniques were carried out through interviews, observations and questionnaires. The results of the study on sex knowledge of class X students were higher (84.25%) compared to class XI (71.1%) and XII (63.45%). The correlation test results showed that there was no significant relationship (0.296,  $p = 0.05$ ) between sexual knowledge and dating activities. This indicates that although students have knowledge about sex does not directly affect dating activities. This finding indicates that other factors may be more dominant in shaping students' attitudes towards dating, such as social norms, environmental influences, or family values.

**Keywords:** Sex Knowledge; Student Attitudes; Dating Activities; Sexual Education

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## INTRODUCTION

The shift from childhood to early adulthood occurs during adolescence. In childhood, as we all know, they make friends with each other and the opposite sex without awkwardness, shame and equality. Now entering adolescence, 12-21 years old, they already have curiosity about the opposite sex, and at this stage it is called "dating". Dating and youth are inseparable as one of the main goals of youth is to feel satisfied with the presence of the opposite sex, followed by the desire to belong. Adolescents usually begin to "crush" on the opposite sex in this period. Teenagers are very proud of their dating identity. A teenager who has a girlfriend or boyfriend is often proud and confident. Teens without lovers, on the other hand, are stigmatized as "unsavory" and unfriendly. Teenagers seem to experience dating as a common symptom. Adolescence, which lasts from 10 to 19 years old, is the period between childhood and adulthood (Rianto, 2023). During adolescence, there are many changes in our bodies and minds, whether physically, mentally, or intellectually. Adolescents experience a significant growth phase, where the body undergoes striking biological transformations that make the difference between girls and boys more visible. Women will experience breast development and menstrual cycles,

while men experience the growth of mustaches, beards, and voice changes to become heavier (Melani et al., 2024).

Adolescence is a period of growth and development that occurs dynamically and rapidly both physically, psychologically, intellectually, socially, and sexual behavior associated with puberty (Safira & Yarni, 2024)). Sex is an activity of sexual intercourse carried out freely without a legal marriage bond. Some of the causes of adolescents having sex are due to coercion from a partner, curiosity, proof of sincere love for a boyfriend or girlfriend, happening directly because of circumstances, peer or environmental influences and because of the economy (needing money) in adolescent girls (Lee et al., 2018; Araújo et al., 2021). The factors that influence adolescent sexual attitudes are mass media, culture, personal experience, knowledge factors, religious and educational institutions, and emotions from the individual himself (Hastuti et al., 2023). Shakti et al., (2022) stated that teenagers in Indonesia apparently started having sex from a young age. Based on the results of a survey of risky sexual behavior in adolescents in 33 provinces, 22.6% of adolescents have had sex, 62.7% of high school adolescents (SMA) are not virgins, 97% have watched pornography, 21.26% have had abortions, according to the Indonesian Child Protection Commission (Maisaroh & Yuliwati, 2024). From the results of the Indonesian Demographic and Health Survey data in Shakti et al. research, (2022) stated that as many as 80% of women and 84% of men had dated at the age of 15-17 years. The results of the information obtained 8% of men and 2% of women have had sexual intercourse, with the reason 47% loving each other, 30% curious or curious, 16% just happened, 3% each because they were forced or influenced by their friends. 74% of men reported starting premarital sex for the first time at the age of 15-19 years. The highest percentage occurred at the age of 17 years, namely (19%), both men and women, a survey according to the Central Statistics Agency (Sumarni et al., 2023).

Dating activities of the younger generation have now led to free sex. Starting from kissing cheeks or lips, hugging, holding hands, holding breasts above or below clothing, holding genitals inside or outside clothing, to intercourse (Arniawati et al., 2024). This cannot be separated from the negative impact of social media, because young people can easily find things related to pornography. This ultimately encourages curiosity and a sense of wanting to try teenagers to carry out activities that lead to free sex. Currently, many students drop out of school due to pregnancy outside of marriage (Haidar & Apsari, 2020). Adolescent attitudes and behavior will be affected, especially regarding sexual activity. The three biggest factors that influence adolescent sexual behavior are exposure to pornography, lack of understanding about sexuality, and peer pressure. These factors are the cause of most of the free sexual behavior of adolescents (Fadilah & Sari, 2024). Conversely, if adolescents have good or high knowledge, they will have a positive attitude about premarital sex (Halu & Dafi, 2021). This is in accordance with research (Sodikin & Laila, 2022), where the results of the study were 11 respondents (4.7%) adolescents with good knowledge had a positive attitude, there were 13 respondents (5.5%) adolescents with sufficient knowledge had a negative attitude and 153 respondents (65.1%) adolescents with less knowledge had a negative attitude. Afriani (2022) obtained data on petting (2.7%) and sexual intercourse (13%), noting that sexual behaviors that exist in Indonesian adolescents are touching (39.2%), kissing (13.3%), and masturbation (13.9%), where some of these behaviors can cause various health risks in adolescents, the reason for adolescents who have had sexual intercourse is due to curiosity. Parents' ignorance about sexuality in adolescence can result in adolescents' lack of understanding about the topic. Parents often feel uncomfortable discussing sex with their children. Appropriate information on reproductive health is not always available, although nowadays information media can be accessed more easily. Other things that influence the

attitude of promiscuous sex in adolescents are peer influence, parenting, level of knowledge, personal experience, and views from authority figures in their lives (Mandagi, 2024). In Indonesia, 0.7% of adolescent girls and 4.5% of adolescent boys between the ages of 15 and 19 admit to having had premarital sex. Boyke Dian Nugraha, Sp. OG said that between 20 to 30 percent of teenagers in Jakarta admitted to having had sex. This promiscuity continues until it leads to marriage (Mars, 2024).

According to the Indonesian Ministry of Health in 2017, sexual activity that threatens health in young people who have not yet carried out marriage has increased. In Indonesia, young people who have had premarital sex are around 62.7%, out of 94,270 adolescent girls 20% experience unwanted pregnancies and 21% have aborted. then within 3 months there were 10,203 cases found. In 2016 there were around 74,321 couples who married at an early age in Subang Regency and most of them were couples under the age of 20 (Pa'ni et al., 2021). In 2021, 2536 HIV-AIDS cases were found (902 AIDS cases and 1,634 HIV cases). One of the highest risk factors for transmission is transmitted through heterosexual sex by 73% (1863 cases). While from the age group most in 20 - 29 years 52% (826 cases), age 30 - 39 years 31% (709 cases), age 40 - 49 years 9.70% (271 cases), age 0-14 years 3.80% (71 cases), age 15 - 19 years 3.31% (89 cases) and age group > 50 years 2% (67 cases) (Subang District Health Office, 2022). Then in 2022 the number of HIV/AIDS cases in Subang Regency was 1,618 cases where Subang District ranked first with 255 HIV cases and adolescents were 30% (Schaefer et al., 2023).

Based on the results of school observations and interviews conducted with students and counseling teachers at Kemala Bhayangkari Private High School, the school provides sexual knowledge to all students and strictly prohibits sex with the same or opposite sex. However, many deviant cases occur in the school and as a follow-up if caught doing so, the student will be willing to be expelled from school. The results of this study can help schools improve sexual education programmes that are more effective and relevant for students. Schools can also set clearer rules about dating and student behaviour, thus creating a healthy and safe learning environment. In addition, this study can shape students' attitudes to be more responsible for their relationships and reduce the deviant behaviour that often occurs. In the aspect of guidance, counseling teachers can be more active in providing guidance related to social and sexual relationships. A more supportive and understanding approach to students can also be applied to help them face problems without fear or shame. This research also encourages schools to review discipline policies, making them more educational and less punitive. Involving parents in students' sexual education is also an important point to improve supervision and communication at home. Literally, this study can raise awareness about the importance of early sexual education and prevent stigmatisation of students who face problems. Scientifically, the results of this study can serve as a reference for further research and help create more effective strategies in preventing risky adolescent sexual behaviour. Thus, this study contributes to the creation of an environment that supports the positive and responsible development of students.

## **METHODS**

The research used is descriptive qualitative. This research was conducted at Kemala Bhayangkari Rantauprapat Private High School Students with 64 students as subjects. The sampling technique used purposive sampling. Data analysis in the form of correlation tests using IBM SPSS Statistics 23. Qualitative data collection by means of

interviews, observations, and questionnaires to measure the scale of students' knowledge about sex.

## RESULTS & DISCUSSION

### *Results*

The sexual knowledge questionnaire used the scale presented in (Table 1.)

**Table 1.**  
Sex Knowledge Scale Points

Scale	Points
Strongly Agree	4
Agree	3
Disagree	2
Strongly Disagree	1

*Sumber: Mirahmadizadeh et al. (2018)*

The results showed that students' knowledge about sex in class X (M = 210.625; SD = 104.24), class XI (M = 177.71; SD = 87.81), class XII (M = 90.75; SD = 73.1)

**Table 2.**  
Statistics Descriptive

Class	Mean	Standar Deviasi
X	210.625	104.24
XI	177.71	87.81
XII	90.75	73.1

Based on Table 2. Statistic Descriptive above in class X shows students' knowledge about sex is high / very good (84.25%), class XI shows students' knowledge about sex is good (71.1%), and not much different from class XII shows students' knowledge about sex is good (63.45%).

Correlations						PS	AS
PS	Pearson Correlation					1	-.708
	Sig. (2-tailed)						.292
	Sum of Squares and Cross-products					2166.000	-900.000
	Covariance					722.000	-300.000
	N					4	4
	Bootstrap <sup>d</sup>	Bias				0 <sup>e</sup>	.015 <sup>e</sup>
		Std. Error				0 <sup>e</sup>	.477 <sup>e</sup>
		95% Confidence Interval	Lower		1 <sup>e</sup>	-1.000 <sup>e</sup>	
Upper				1 <sup>e</sup>	1.000 <sup>e</sup>		
AS	Pearson Correlation					-.708	1
	Sig. (2-tailed)					.292	
	Sum of Squares and Cross-products					-900.000	746.000
	Covariance					-300.000	248.667
	N					4	4
	Bootstrap <sup>d</sup>	Bias				.015 <sup>e</sup>	0 <sup>f</sup>
		Std. Error				.477 <sup>e</sup>	0 <sup>f</sup>
		95% Confidence Interval	Lower		-1.000 <sup>e</sup>	1 <sup>f</sup>	
Upper				1.000 <sup>e</sup>	1 <sup>f</sup>		

d. Unless otherwise noted, bootstrap results are based on 1000 bootstrap samples

e. Based on 934 samples

f. Based on 984 samples

**Figure 1.**  
Correlation Analysis class X

Correlation Analysis, it can be seen that the significance value on the indicator of knowledge of sex and dating activities of class X students is 0.708, meaning that  $0.708 > 0.05$  means that there is no significant relationship between adolescent knowledge and dating activities.

Correlations					PSXI	ASXI
PSXI	Pearson Correlation				1	-.542
	Sig. (2-tailed)					.458
	Sum of Squares and Cross-products				9365440.750	-52540.250
	Covariance				3121813.583	-17513.417
	N				4	4
	Bootstrap <sup>d</sup>	Bias			0 <sup>e</sup>	-.038 <sup>e</sup>
		Std. Error			0 <sup>e</sup>	.580 <sup>e</sup>
		95% Confidence Interval	Lower	1 <sup>e</sup>	-1.000 <sup>e</sup>	
			Upper	1 <sup>e</sup>	1.000 <sup>e</sup>	
ASXI	Pearson Correlation				-.542	1
	Sig. (2-tailed)				.458	
	Sum of Squares and Cross-products				-52540.250	1002.750
	Covariance				-17513.417	334.250
	N				4	4
	Bootstrap <sup>d</sup>	Bias			-.038 <sup>e</sup>	0 <sup>e</sup>
		Std. Error			.580 <sup>e</sup>	0 <sup>e</sup>
		95% Confidence Interval	Lower	-1.000 <sup>e</sup>	1 <sup>e</sup>	
			Upper	1.000 <sup>e</sup>	1 <sup>e</sup>	

d. Unless otherwise noted, bootstrap results are based on 1000 bootstrap samples

e. Based on 986 samples

**Figure 2.**  
Correlation Analysis class XI

Correlation Analysis, it can be seen that the significance value on the indicator of knowledge of sex and dating activities of class XI students is 0.542, meaning that  $0.542 > 0.05$  means that there is no significant relationship between adolescent knowledge and dating activities.

Correlations					
				PSXII	ASXII
PSXII	Pearson Correlation			1	-.984 <sup>a</sup>
	Sig. (2-tailed)				.016
	Sum of Squares and Cross-products			608.750	-635.000
	Covariance			202.917	-211.667
	N			4	4
	Bootstrap <sup>d</sup>	Bias		0 <sup>e</sup>	.115 <sup>f</sup>
		Std. Error		0 <sup>e</sup>	.477 <sup>f</sup>
		95% Confidence Interval	Lower	1 <sup>e</sup>	-1.000 <sup>f</sup>
			Upper	1 <sup>e</sup>	1.000 <sup>f</sup>
ASXII	Pearson Correlation			-.984 <sup>a</sup>	1
	Sig. (2-tailed)			.016	
	Sum of Squares and Cross-products			-635.000	684.000
	Covariance			-211.667	228.000
	N			4	4
	Bootstrap <sup>d</sup>	Bias		.115 <sup>f</sup>	0 <sup>f</sup>
		Std. Error		.477 <sup>f</sup>	0 <sup>f</sup>
		95% Confidence Interval	Lower	-1.000 <sup>f</sup>	1 <sup>f</sup>
			Upper	1.000 <sup>f</sup>	1 <sup>f</sup>

\*. Correlation is significant at the 0.05 level (2-tailed).

d. Unless otherwise noted, bootstrap results are based on 1000 bootstrap samples

e. Based on 982 samples

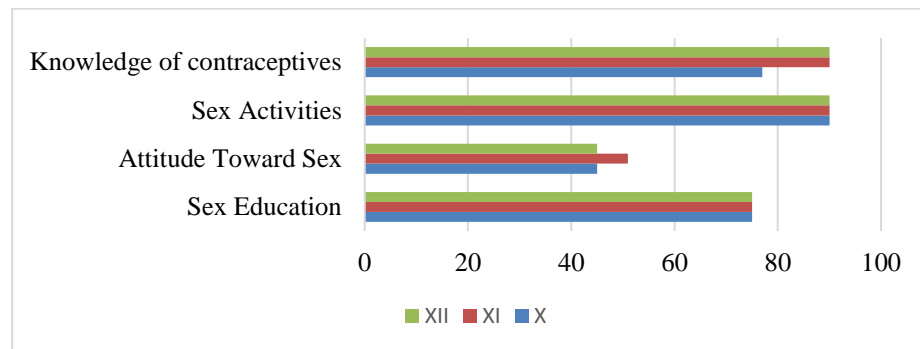
f. Based on 932 samples

**Figure 3.**  
Correlation Analysis class XII

Based on Table 5. Correlation Analysis it can be seen that the significance value on the indicator of knowledge of sex and dating activities of class XII students is 0.984, meaning  $0.984 > 0.05$ , meaning that there is no significant relationship between adolescent knowledge and dating activities

### Discussion

Based on the data in Figure 1, it can be concluded that students' understanding of sex, sexual activity, and sex education is generally at a fairly good level. Students' knowledge of sexuality shows an increase with age. This can be seen from the better understanding of contraception and sexual activity at each grade level. However, there is variation in attitudes towards sex among students. Grade XI students, for example, tended to have lower attitudes than grade X and XII students, although they seemed more open to certain issues. This shows that understanding and attitudes towards sex among adolescents are not only influenced by education level, but also by various other psychosocial factors.



**Figure 4.**  
 Graph of Sex Knowledge

The results also showed that there was no significant relationship between the attitudes towards sex and sexual activity (0.296,  $p = 0.05$ ) between sexual knowledge and dating activities. Based on the results obtained, it can be seen that sexual knowledge does not have an influence on students' sexual activity when dating. This is supported by Dutt & Manjula, (2017) which states that low sexual behavior through media and personal interactions shows that knowledge does not significantly affect dating practices. The study ( Rozana et al, (2023), found no significant relationship between knowledge of STIs and sexual behavior among teenage girls, suggesting that despite varying levels of knowledge, it did not affect their dating activities or decisions regarding sexual behavior. The study Kolin et al. (2021) states that sexual knowledge does not significantly affect dating activities because in this study no relationship was found between sexual knowledge and sexual intentions. In contrast, sexual attitudes were positively associated with sexual intentions, suggesting attitudes play a more important role in dating behavior.

Sex knowledge of grade X students was higher (84.25%) compared to grade XI (71.1%) and XII (63.45%). Indicating that students in class X may have received more recent or effective sexual education, leading to higher sexual knowledge compared to classes XI and XII (Oliveira et al, 2024). While some studies show a relationship between knowledge and sexual behavior, others reveal no significant correlation, suggesting that knowledge alone may not influence behavior. The lack of correlation between knowledge about sex and dating activities can be attributed to various factors that influence behavior beyond mere knowledge. Although knowledge can inform individuals about sexual issues, it does not necessarily translate into active dating behavior, which is often driven by biological, social, and environmental factors. There are several factors that influence the results of this study, namely biological factors and social and environmental factors. From biological influences Dating behavior in insects, for example, is mainly driven by chemical signals and physical properties rather than knowledge (Saifulloh, 2020). From peer groups significantly shape adolescent sexual behavior, with antisocial peers correlating with increased engagement in risky sexual activity (Clark et al, 2021).

Studies show that CSE effectively reduces the incidence of STIs and unplanned pregnancies among adolescents, especially in diverse cultural contexts (Kim et al, 2023). Interactive media delivered by peer educators has been shown to effectively increase knowledge about reproductive health, demonstrating the power of connectable resources in education (Kristianti et al, 2023). Adolescent girls tend to report higher levels of sexual health knowledge, especially in areas such as HIV testing, despite having lower overall knowledge of HIV/AIDS compared to boys (Magadi et al, 2022). The influence of anxiety and socialization on knowledge leads to differences in how men and women engage with sexual health topics, with women typically being more open to discussing

and seeking information. The presence of gender-specific educational initiatives may further improve understanding among both sexes (Andrade et al, 2021). Parents' educational background and occupation play an important role in shaping adolescents' sexual knowledge, with higher parental education correlating with better student knowledge (Devi et al., 2024). Socioeconomic status can affect access to resources and information, impacting overall awareness and understanding of sexual health issues (Stormacq et al., 2023). Conversely, despite advances in sexual education, disparities still exist, especially in rural or underprivileged areas where access to comprehensive sexual education may be limited. These disparities highlight the need for continued efforts to ensure equitable knowledge across diverse student populations.

Programs aimed at raising reproductive health awareness have shown that 51.7% of students have adequate knowledge, indicating a positive trend in education (Guillén Guerrero et al., 2024). Despite this knowledge, many students still engage in risky behaviors, highlighting the disconnect between knowledge and practice (Regina F. Alves, 2024). Conversely, despite high levels of knowledge, gaps still exist, particularly regarding the nuances of sexual health and the risks associated with early marriage. This suggests the need for ongoing education and support to ensure comprehensive understanding among adolescents (Wong, 2023). A study found that 39.14% of adolescents had high sexual knowledge, while 50.55% had moderate knowledge, and 10.31% had low knowledge (Ford et al., 2024). In another study, students reported a moderate level of sexual knowledge, with no significant difference between genders (Putri et al., 2022). The main sources of sexual knowledge included peers, the internet, and school-based education, with school being the most common source (Silva et al., 2024). Formal sex education was reported by 87.7% of adolescents, highlighting the role of educational institutions in disseminating sexual health information, adolescents received formal sex education. Conversely, it highlights that the most common first sources of sex education among respondents were school (54.6%), family (21.6%), social media (9.5%), television (7.6%), and books or magazines (4.9%) (Osadolor et al., 2022). New methodologies in sexual health education, such as digital and peer-based interventions, have shown promise in improving students' knowledge and attitudes (Yarger et al., 2024). However, many students still lack critical knowledge about contraception and sexually transmitted infections this suggests the need for improved educational strategies, only 8.0% of adolescents demonstrated an understanding of contraception and birth control methods, while important gaps exist in knowledge about preventing sexually transmitted infections (Biswakarma et al., 2024). Despite educational programs, many adolescents still engage in risky sexual behaviors, suggesting that knowledge alone may not be sufficient to promote safe practices. This highlights the importance of comprehensive and engaging sexual education that addresses both knowledge and behavior change.

Research Meilani et al., (2023) found that the dating behavior that occurred in respondents, namely high school students, was greater in proportion to male respondents. In accordance with several studies that mention that men are more at risk in risky sexual behavior than women. The proportion of dating in high school students in Yogyakarta is almost the same as the research in Semarang which states that students who are dating but not at risk or dating without physical contact still have a greater proportion. However, the increase in dating behavior in adolescents will increase the risk of premarital sexual intercourse because in dating adolescents not only try to get to know the opposite sex, but have to make physical contact such as kissing or even more (Ngabito et al., 2024). From several studies, it is known that dating behavior will increase the risk of premarital sexual intercourse because in dating behavior it is known that activities with the opposite sex



occur whether there is physical contact or not physical contact. Dating behavior starts from just dating, seducing, flirting, touching, kissing, stimulating sex organs to forcing sexual intercourse. Most respondents stated that dating would not help much in achieving marital happiness (Garita-Alvarado 2023). The lack of knowledge of adolescents about premarital sexual behavior, it is very possible if it makes them wrong in attitude and then have behavior towards sexuality (Malau & Siagian, 2024). The sexual behavior of adolescents in Makassar city found that more than 60% of adolescents had experienced premarital sex, emphasizing the correlation between knowledge and sexual behavior (Hanifah et al., 2024), not a few adolescents in Indonesia have risky sexual behavior, especially in dating. In fact, there are many adverse effects of risky sexual behavior and tend to be negative, including extramarital pregnancy, abortion, and sexually transmitted infections. These impacts are not only felt by the adolescents themselves but more broadly will have a negative impact on the family, community, and nation in the end (Shaluhiah et al., 2024). Broadly speaking, sexual behavior in adolescents is caused by several factors including a lack of information about sex. Adolescents who have begun to develop their sexual maturity completely if this lacks direction from parents, controlling sexual behavior will be difficult. They find it difficult to control stimuli and many sexual opportunities through mass media that make them engage in sexual behavior freely (Agustina et al., 2024). At the adolescent development stage, curiosity about various things will arise and adolescents will try new things that they do not know, besides that adolescents cannot think critically and prioritize their ego and curiosity without understanding the impact and risk of something they will do, if there is no supervision from parents and there are no positive activities for adolescents, If there is no supervision from parents and no positive activities for adolescents, then adolescents will fall into negative things such as smoking, drinking alcoholic beverages and premarital sexual behavior which ultimately causes harm to the adolescents themselves, besides that environmental conditions greatly affect the development of adolescents, when the environment is positive, adolescents will develop in a positive direction according to the rules and norms that apply and vice versa (Aditi Singh 2024).

The lack of correlation between knowledge about sex and dating activities among students in grades X, XI, and XII can be attributed to several factors. Research shows that while few studies found a significant correlation between reproductive health knowledge and sexual behavior (Virginia Zamponi 2024). For example, one study found no significant correlation between knowledge of premarital sexual behavior and actual behavior among adolescents ( $P > 0.05$ ) (Andreas Rantepadang 2024). Another study showed that while knowledge levels were high, most students still exhibited risky sexual behaviors, suggesting that knowledge does not equate to behavior change (Dewanti et al., 2024). Gender differences also influence sexual behavior, with research suggesting that male and female students may respond differently to knowledge and attitudes regarding dating and sexual activity (Patel et al., 2024) In contrast, it is important to consider that while knowledge may not directly influence behavior, it can still play a role in shaping attitudes and awareness, which is critical for informed decision-making in dating activities. Conversely, it is important to consider that while knowledge may not directly correlate with dating activities, it can still play an important role in shaping attitudes and long-term behavior patterns, suggesting a more complex interaction between knowledge, behavior, and external influences.

## CONCLUSION

From the results This study aims to analyze the relationship between students' knowledge about sex and students' attitudes towards dating activities. The main objective was to understand whether students' level of knowledge about sex has any influence on their views or attitudes towards dating activities, either in a positive or negative context. After conducting the study, it was found that there was no significant correlation between students' knowledge of sex and their attitudes towards dating activities. This result suggests that although students have knowledge about sex, it does not directly influence how they behave towards dating activities. This finding indicates that other factors may be more dominant in shaping students' attitudes towards dating, such as social norms, environmental influences, or family values. Therefore, the results of this study provide direction for policy makers and educators to consider a more holistic approach to sex education, emphasizing aspects of values, morals, and social influences to support the development of healthier attitudes among students.

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