

Premarital Sexual Behaviors: Youth and Romantic Relationship

Aries Yulianto

Psychology Study Program, Universitas Pembangunan Jaya, Tangerang Selatan, Indonesia

Keywords: Sexual Behavior, Premarital Behavior, Youth, Romantic Relationship, Guttman Scale.

Abstract: Sex is one of the pleasures of life are the most controversial, especially in youth who had been unmarried. The objective of this study is to describe premarital sexual behavior among youth who involve in a romantic relationship. Respondents were 353 youth (167 men, 186 women) age 15 – 24 years old ($M = 20.91$, $SD = 3.012$), live in around Jakarta and Tangerang. Premarital sexual behavior was measured by premarital sexual behavior scale, consists of 11 items Guttman-type scale. Items were described four types of sexual behavior, i.e. touching, kissing, petting, and sexual intercourse. The coefficient of reproducibility (CR) and coefficient of scalability (CS) of the scale were .971 and .865, respectively. It means that sexual behavior measured by scale can be sorted by level intimacy with their partner, from touching to sexual intercourse. Results showed that 23% respondents had sexual intercourse with their partner, 33%-48% had petting, 77%-88% had kissed, and 92%-99% had touching with their partner. Men had a higher sexual behavior than women.

1 INTRODUCTION

Sexual behavior in youth is a lively talk of discussion lately. Almost every day the media discuss premarital sexual behavior, especially in youth. The World Health Organization (WHO) defines youth as between 15 and 24 years. Sex is one of the pleasures of life are the most controversial, especially in youth who had been unmarried. Premarital sexual behaviors in youth itself can be a serious problem since that younger adolescents are more involved in unplanned sexual intercourses, which increases the risk of unprotected intercourse and pregnancy (Deardorff, Gonzales, Christopher, Roosa, & Millsap, 2005).

Sexual behavior itself is actually not limited to sexual intercourse only, but also include holding hands, kissing, etc. It supported by previous researches about sexual behavior in youth. Performance survey indicators of Rencana Pembangunan Jangka Menengah Nasional (RPJMN) 2015 by BKKBN at 34 provinces in 41,885 youth aged 15-24 years old and never been married showed that boys and girls who had sexual intercourse were 9.2% and 2.9% respectively (Junaidi, 2016). It also showed that sexual behavior which done with girl/boyfriend were holding hands (86.4%), kissing on lips (31.7%), and petting (12%). Similar results in the 2017 Indonesian Health Demography Survey, SDKI (BKKBN, 2018), which conducted at 12,612

youth aged 15-24 years old, showed that boys higher (8%) in sexual intercourse than girls (2%). Boys aged 20-24 years old higher (14%) in sexual intercourse than aged 15-19 years old (4%). This result increased from 2012 SDKI (Kementerian kesehatan, 2013), which showed 1.6% of 6,927 girls aged 15-19 years said that they had conducted sexual intercourse at age 15, while 86.2% said that they never had a sexual intercourse.

Some researches about youth's sexual behaviors in various regions in Indonesia showed similar results. Study on 348-second grade high school students from several high schools in Pontianak showed that most of the students (56.9%) had to kiss on lips, 30.7% *necking*, 13.8% *petting*, 7.2% oral sex, 5.5% anal sex; and 14.7% *intercourse* (Suwarni, 2009). A similar study in Pontianak (Suwarni & Selviana, 2015), showed that in general there is an increase in youth sexual behaviors. This study on 300 middle school and high school students showed that they had: holding hands (82.7%), hugging (60.7%), kissing on lips (66%), petting (19.3%), oral sex (7%), anal sex (4%), and 14.7% had an *intercourse* (Suwarni & Selviana, 2015). In addition, Lisnawati and Lestari (2015) found that 600 high school students (532 boys dan 68 girls) in Cirebon had: holding hand (88.7%), kissing on cheek (51.2%), kissing on lips (43.9%), touching on chest (23.8%), touching on genital (14.2%), oral sex

(7.1%), and sexual intercourse (4.1%). Similar result found in Denpasar, where 880 teenagers who involved in a romantic relationship, 88.1% had held hands, 68% had hugging, 58.3% had to kiss on cheek, 35.6% had kissing on lips, 20.9% had body touching, 17.6% had touching on genital, 14.3% had petting, 9.8% had oral sex, 6.5% had vaginal sex, and 2.6% had anal sex (Putra, Pradnyani, Artini, & Astiti, 2017).

In addition, Pratama and Notobroto (2017) found that 89 high school students in Surabaya aged 16-18 years old 47.2% had a low-risk sexual behavior (holding hand, hugging, kissing on cheek, kissing on forehead), 25.8% had a moderate risk sexual behavior (necking, kissing on lips), and 27% had a high-risk sexual behavior (touching or stimulating sensitive area, petting, and sexual intercourse). Research in Bandung on 100 teenagers showed 63% had holding hands, 40% kissing, 20% had to touch the sensitive area, and 2% had sexual intercourse (Alfiyah, Solehati, & Sutini, 2018). Moreover, Alfiyah, et al., (2018) found that on 20 middle school students in Bandung found that 30% had hugging, 20% kissing on lips, 20% necking, 15% rubbing sensitive area, and 10% had sexual intercourse. From these results, it seems premarital sexual behaviors in youth had increased.

Results from sexual behavior researches on youth in line with sexual behavior definition. Sexual behavior is a form of behavior as a result of passion (sexual intention) which can occur with the opposite sex or same-sex (Sarwono, 2016). According to this definition, sexual behaviors are not limited to sexual intercourse, but also holding hands, kissing, necking, and petting.

Sexual behaviors itself can be broke down into two categories (Iisnawati & Lestari, 2016), namely: mild sexual behavior (such as: holding hands, kissing on the cheek, and kissing on lips) and severe sexual behavior (such as: rubbing on chest, rubbing on genital, and sexual intercourse). Walker (as quotes in Alfiyah, Solehati, & Sutini, 2018) said that there are five stages of premarital sexual behavior, i.e. touching, kissing, necking, petting, and intercourse.

Based on the explanations above, we can conclude that the more intimate sexual behaviors conducted with the opposite sex, the smaller the frequency conducted by unmarried youth. *Touching* (include holding hands until hugging) had the highest frequency compare to other sexual behaviors that are more intimate, while sexual intercourse is the lowest. Then, it can be assumed that youth who have had sexual intercourse must have kissed and

held hands, but youth who are only just holding hands, most likely never kissed even less sexual intercourse. It means sexual behavior has ordered in level of intimacy. On the other hand, the Guttman scale can be used to determine whether there is a specific order in the statements given (Yulianto, 2019). Related to youth's premarital sexual behavior, Guttman scale can be used to determine whether their sexual behaviors have an order in the level of intimacy.

The objective of this present study is to describe the order of premarital sexual behaviors in youth. It assumed that the more intimate sexual behaviors conducted with the opposite sex, the smaller the frequency conducted by unmarried youth.

2 METHOD

2.1 Respondents

Respondents were 353 youth (167 men, 186 women) age 15 – 24 years old ($M = 20.91$, $SD = 3.012$), live in around Jakarta and Tangerang. They were had or currently involved in a romantic relationship with the opposite sex. They collected by an incidental sampling technique.

2.2 Instrument

Premarital sexual behavior was measured by Premarital Sexual Behavior Scale, consists of 11 items Guttman-tipe scale. Items were described four types of sexual behaviors, i.e. touching (3 items, example: "I hold my girl/boyfriend's hand while walking around"), kissing (3 items, "I kiss my girl/boyfriend's lips"), petting (4 items, "I touched my girl/boyfriend's chest when she/he fully clothed"), and sexual intercourse (1 items, "I had a sexual intercourse with my girl/boyfriend"). Respondents indicated "Yes" if they had conducted the behavior with their girlfriend/boyfriend. The coefficient of Reproducibility (CR) and Coefficient of Scalability (CS) of the scale were .971 and .865, respectively. A good Guttman scale has $CR \geq .900$ and $CS \geq .600$ (Yulianto, 2019). It means that sexual behavior measured by scale can be ordered by level intimacy with their partner, from touching to sexual intercourse.

3 RESULTS

Table 1: Frequency of sexual premarital behavior in youth by gender (N=353).

Behavior	Boy	Girl	Total
Touching:			
I held hands with my girl/ boyfriend while walking.	167 (100)	184 (98.92)	352 (99.43)
I hold my girl/ boyfriend's hand while walking around.	161 (96.41)	170 (91.39)	331 (93.77)
I hug my girl/ boyfriend.	158 (94.61)	167 (89.79)	325 (92.07)
Kissing:			
I kissed my girl/ boyfriend's cheek.	150 (89.82)	162 (87.09)	312 (88.39)
I kissed my girl/ boyfriend's forehead.	154 (92.21)	156 (83.87)	310 (87.82)
I kissed my girl/ boyfriend's lips.	136 (81.44)	137 (73.66)	273 (77.34)
Petting:			
I touched my girl/ boyfriend's chest when she/ he was fully clothed.	96 (57.48)	75 (40.32)	171 (48.44)
I kissed my girl/ boyfriend's chest when she/ he was fully clothed.	73 (43.71)	50 (26.88)	123 (34.84)
I touched my girl/ boyfriend's chest when she/he naked.	70 (41.92)	53 (28.49)	123 (34.84)
I kissed my girl/ boyfriend's chest when she/ he naked.	69 (41.32)	47 (25.27)	116 (32.86)
Sexual intercourse:			
I had sexual intercourse with my girl/ boyfriend.	48 (28.74)	32 (17.02)	80 (22.66)

The number in parenthesis is percentage.

As expected, premarital sexual behavior on youth start from touching, kissing, petting, and end with sexual intercourse. As shown in table 1, touching as sexual behavior had the highest frequencies than other sexual behaviors. Held hands, hold their

boy/girlfriend hands, and hugging did by over 90% youth, both boys and girls.

On the other hand, kissings behaviors had lower frequency than touching, around 70% to 90%. There were differences in petting behaviors between boys and girls, where 40%-60% boys said they had petting and only 25%-40% on girls. As expected, sexual intercourse, as most intimate sexual behavior, had lowest frequency, i.e. 22.66%. There were 28.74% boys who had sexual intercourse compared to 17.02% girls.

From table 1, we also can see that in general there were no differences between boys and girls in order of premarital sexual behaviors, although girls had lower frequencies in every sexual behavior compare to boys.

It also found that there was a significant positive correlation between age and premarital sexual behaviors in youth, $r = .437$, $p < .001$. Although boys ($r = 0.339$, $p < .001$) had a lower correlation than girls, $r = .480$, $p < .001$. It means the older a youth, the more intimate her/his sexual behavior with their boy/girlfriend.

4 CONCLUSIONS

This present study aims to describe premarital sexual behaviors in youth. Using Guttman scale to measure sexual behaviors, it showed that sexual behaviors in youth had ordered in level of intimacy, from touching to sexual intercourse. Touching, as the least intimate, had the highest frequency than other sexual behaviors. This result consistent with all previous researches who studied sexual behavior in youth (BKKBN, 2018, Suwarni & Selviana, 2015, Putra, Pradnyani, Artini, & Astiti, 2017). Moreover, this present study showed an increase in the number of premarital sexual behaviors conducted by youth.

Boys had higher frequencies in premarital sexual behaviors than girls, especially in sexual intercourse. This could be happening because men seem to have a higher sexual desire than women, and also because men are always more impulsive than women, which might mean that men simply go with the arousal and do not intend to control their behavior (Häfner & Epstude, 2017).

In terms of a positive relationship between age and premarital sexual behaviors, it can be understood that sexual desire increases along with age increment, especially in youth (Hurlock, 2008).

There are some limitations in this present study which should be considered in terms of generalizability of the present findings and future

researches. First, participants were only youth who lived in Jakarta and Tangerang. Also, participants were collected by incidental sampling technique, not random sampling. Then, this result can not be generalized to describes premarital sexual behaviors in all youth in Indonesia.

Pontianak. *Jurnal Promosi Kesehatan Indonesia*, 4(2), 127-133.
Yulianto, A. 2019. *Penyusunan skala Guttman untuk pengukuran psikologi*. Universitas Pembangunan Jaya. Tangerang Selatan.

REFERENCES

- Alfiyah, N., Solehati, T., Sutini, T., 2018. Gambaran faktor-faktor yang berhubungan dengan perilaku seksual pranikah pada remaja di SMPN 1 Solokanjeruk Kabupaten Bandung. *Jurnal Pendidikan Keperawatan Indonesia*, 4(2), 131-139.
- Badan Kependudukan dan Keluarga Berencana Nasional (2018). *Survei Demografi dan Kesehatan Indonesia 2017: Kesehatan Reproduksi Remaja Indikator Utama*. Retrieved from: <https://dhsprogram.com/pubs/pdf/PR112/PR112.I.pdf>.
- Deardorff J., Gonzales N.A., Christopher F.S., Roosa M.W., Millsap R.E., 2005. Early puberty and adolescent pregnancy: the influence of alcohol use. *Pediatrics*. 116(6):1451-6.
- Häfner, M., Epstude, K., 2017. Sexual behavior. In: R. Deutsch, B. Gawronski, & W. Hofmann (Eds.), *Reflective and impulsive determinants of human behavior*. New York, NY: Psychology Press.
- Hurlock, E.B., 2008. *Psikologi perkembangan: Suatu pendekatan sepanjang rentang kehidupan*. Jakarta: Erlangga.
- Junaidi (2016). *Tinjauan hasil survei indikator kkinerja RPJMN 2015 BKKBN Provinsi Jambi*. Retrieved from: <https://repository.unja.ac.id/184/1/review%20indikator%20rpjmn%20BKKBN%20Jambi%202015.pdf>.
- Kementerian Kesehatan (2013). *Survei Demografi dan Kesehatan Indonesia 2012*. Retrieved from: <http://kesga.kemkes.go.id/images/pedoman/SDKI%202012-Indonesia.pdf>.
- Lisnawati, & Lestari, N.S., 2015. Faktor-faktor yang berhubungan dengan perilaku seksual remaja di Cirebon. *Jurnal CARE*, 3(1), 1-8.
- Pratama, A.C.D., & Notobroto, H.B., 2017. Analisis hubungan pergaulan dengan teman dan paparan media pornografi terhadap perilaku seksual pranikah pada remaja. *Jurnal Biometrika dan Kependudukan*, 6(1), 1-8.
- Putra, I.G.N.E., Pradnyani, P.E., Artini, N.N.A., Astiti, N.L.E.P., 2017. Faktor yang berhubungan dengan perilaku seksual pada remaja yang berpacaran di kota Denpasar. *Jurnal Kesehatan Masyarakat Andalas*, 11(2), 75-83.
- Sarwono, S.W., 2016. *Psikologi Remaja Edisi Revisi. Psikologi Remaja*. PT Raja Grafindo Persada.
- Suwarni, L., & Selviana., 2015. Inisiasi seks pranikah remaja dan faktor yang mempengaruhi. *Jurnal Kesehatan Masyarakat*, 10(2), 169-177.
- Suwarni, L., 2009. Monitoring parental dan perilaku teman sebaya terhadap perilaku seksual remaja SMA Di kota