

Hermeneutic Phenomenology Study: Impact of Risky Sexual Behavior on Psychological Adolescents in the Coastal Areas of Rajik Village, Bangka Belitung Islands in 2019

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Abstract

The problem of sexuality is a complicated problem for adolescents because adolescence is a period where a person is faced with various challenges and problems that have an impact on adolescent psychology. The purpose of this study was to explore the impact of risky sexual behavior on adolescents' psychological well-being in the Coastal Area of Rajik Village, Simpang Rimba District. The design of this study is qualitative with a phenomenological hermeneutic approach. The number of participants in this study was five participants consisting of three teenagers, one counseling guidance teacher, and one teenager who became pregnant before marriage. Data collection methods in this study are in-depth interviews and field notes. Data analysis uses hermeneutic approach¹. This study received two main categories, namely: (1) risky sexual behavior; (2) psychological impact. Adolescents who engage in risky sexual behavior are holding hands, ever hugging, ever kissing, ever touching sensitive body parts, and having sexual intercourse in the form of intercourse, besides the psychological effects that occur in adolescents are feeling anxious, afraid, embarrassed and guilty and sin and consider things normal and natural to do. We encourage further research to develop a reproductive health education module for adolescents.

Keywords: *risky sexual behavior, teenagers, psychological impact*

Introduction

Human resources are a critical component in achieving health development goals. High-quality human resources are needed to improve the health status of the community. Teenagers, as part of the human resource component, are precious assets for the nation in the future. Adolescence is a period when a person has not been said to be an adult but is no longer categorized as children where physical, mental, social, and economic changes occur^{2,3}. According to World Health Organization⁴ data, in 2014, it was estimated that the number of adolescent groups in the world was 1.2 billion or 18% of the world's population. Whereas in Indonesia, the number of the 10-19 age group according to the 2010 Population Census was 43.5 million or around 18% of

the population⁵. This data shows that adolescents are one of the populations who are vulnerable to risky behaviors such as sexuality issues.

The problem of sexuality is a complex problem for adolescents because adolescence is a period where a person is faced with various challenges and problems, both developmental and environmental problems. This issue is an exciting material to be discussed and discussed because it is sensitive and prone to moral, ethical, religious, and socioeconomic backgrounds. It certainly raises the concerns of various parties, both parents, teachers, educators, and other adults⁶. According to the Indonesian Ministry of Health⁵, adolescence is a period of rapid growth and development both physically, psychologically, and intellectually. The unique nature of adolescents has a great sense of curiosity, likes opportunities and challenges, and tends to be brave to risk their actions without being preceded by careful consideration. If decisions taken in the face of conflict are inappropriate, they will fall into risky behavior and may

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have to suffer short-term and long-term consequences in a variety of physical and psychosocial health problems.

According to the World Health Organization (2014), the majority of teenage births aged 15-19 years occur in developing countries with the incidence of adolescent childbirth reaching 95%. The highest prevalence is in Nigeria (79%) following Congo in second place with 74%, and in third place is Afghanistan 54%, then Bangladesh 51%. It shows the close attachment between adolescent pregnancy cases with underdevelopment and socioeconomic inadequacy⁴. In Indonesia, as reported in a Scientific Journal of Health, research conducted by the Institute for Love and Humanitarian Studies (LSCK) in Yogyakarta found that 97.5% of respondents claimed to have risked sexual relations⁷. According to Miswanto⁸, psychological consequences that occur in adolescents who engage in risky sexual behavior, one of which is to get pregnant before marriage, puts adolescent girls in a very dilemmatic position. In the view of society, adolescent girls who become pregnant before marriage are a family disgrace that violates social and religious norms. This social judgment is not infrequently pervasive and continues to be socialized in him, resulting in a situation where the teenager feels confused, anxious, embarrassed, and guilty. Also, feelings of depression, pessimism about the future, sometimes accompanied by hatred and anger both to themselves and their partners, and to the fate that makes physical, social, and mental health conditions related to the child's reproductive system, function, and reproduction process, young unfulfilled and disturbed.

According to the National Family Planning Coordinating Board², in 2012, 4 (four) provinces in Indonesia with the highest percentage of early marriage (15-19 years) were Central Kalimantan (52.1%), South Kalimantan (48.4%), Bangka Belitung (47.9%) and Central Sulawesi (46.3%). This study shows that the Bangka Belitung Province is included. Based on the interviews we conducted with the Guidance Counseling teacher at SMPN 2 Rajik Simpang Rimba Village, it was found that every year there are always students who drop out of school and get married because they are pregnant before marriage. Furthermore, we also got data from a mathematics teacher at the Simpang Rimba High School of the Bangka Belitung Islands that, in 2018, there was already one student who dropped out of school and

got married because she was pregnant. Based on the phenomena described above, researchers are interested in examining the impact of risky sexual behavior on adolescents' psychological well-being in the Coastal Area of Rajik Village, Bangka Belitung Island Province, in 2019.

Material and Methods

The design of this study is hermeneutic phenomenology with an interpretive or constructivist paradigm approach⁹. This research was conducted at SMP 2 Simpang Rimba because, in this school, there had been incidents of pregnant students before marriage making it easier for researchers to explore the psychology of adolescents who had engaged in risky sexual behavior. Participants in this study were five people consisting of four teenagers consisting of two female students and two male teenagers of premarital sexual behavior, one counseling teacher adolescent at-risk sexual behavior. Data collection through in-depth interviews and supported by field notes. Data analysis in phenomenological hermeneutic research is according to the steps of analytical, interpretive research data analysis by Diekmann, Allen, & Tanner¹.

Results

Research results obtained through in-depth interviews and supported by field notes consisting of categories and subcategories. The subcategories found will be discussed further below:

Category 1: Risky Sexual Behavior

a. Holding hands

It can be seen from the participants who said the following:

"...I have been dating since the 2nd grade of middle school, and I have traveled to the sea; we often hold hands while walking because it is normal." (P1).

Whereas the second participant said as follows:

"...Once... When I go out with my girlfriend, or when I get together with my friends who have a girlfriend, holding hands is normal....." (P2).

The third participant also said the following:

“.....We once held hands. ... Yes, that is so ... (smile and do not answer clearly)... “(P3).

Furthermore, the fourth participant stated as follows:

“...I am dating already from class 1, I once dated a senior, if dating must have held hands and loved each other ...” (P4).

While the fifth participant said as follows:

“.....students now may be because the times are getting more advanced and each of us is given freedom in accessing information so that they are also free to get along, and indeed on average have a girlfriend, although he said puppy love indeed and I see joking with each other and holding hands is ordinary things, though small things will usually become a habit and lead to more sensitive things.....” (P5).

b. Hugging or embracing

The first participant mention that:

“.....if the others also have a big hug from behind or I embrace from behind while shocking him” (P1)

The second participant also said the following:

“...others have also, called dating, hugged briefly while embracing” (P2)

Whereas the third participant said as follows:

“...If others also have, for example, we hug while laughing too....” (P3).

The fourth participant states as follows:

“.....for others (while looked down)..... yes usually hugging and embracing each other when motorized, worried about the fear of falling,....” (P4)

The fifth participant said:

“.....As I said earlier, it is true that small things sometimes lead to big ones, sometimes students never tell me as a counseling teacher about things like that, but if I look and pay attention to students who are told by friends who are dating normally playing while sometimes hugging from behind, maybe we think it is normal to joke around with each other.....” (P5)

c. Kissing

The first participant said the following:

“.....besides kissing the forehead too once, feel love and affection” (P1)

The second participant said:

“...I also kissed, and it was only once (laughing downward).....” (P2).

Whereas the third participant said as follows:

“...for others I have also kissed my lips with my girlfriend because we feel loved ... but actually feel like that ...” (P3).

The fourth participant said:

“...yes sis we must have kissed because we love and feel love,....” (P4).

d. Grope the breast

The results showed that teen participants had never touched their breasts. It can be seen from the participants who said the following:

“....especially when I have felt it (pointing and holding the chest)...”. (P3).

e. Having sex (intercourse)

These results were obtained from former students who had attended Simpang Rimba Middle School 2. It can be seen from the participants who said the following:

“...yes...feel love with our boyfriend whatever we do to keep our relationship, and what makes me drop out of school is when I was declared eight weeks pregnant because I had sex (while looking down and holding hands)....” (P4)

Whereas the fifth participant said as follows:

“.....We experienced a number of embarrassing things for our school with our students who dropped out of school due to pregnancy before marriage,.....” (P5)

Category 2: Psychological Impacts of Risk Sexual Behavior

a. Psychological

The results showed that adolescent participants who engage in sexual behavior are at risk of experiencing psychological changes such as anxiety, fear, and shame. The matter can be seen from the participants as follows:

“.....After doing that, I felt anxious and worried because I knew that this was not right, but what could we like the same, but at that time I felt guilty and scared Sis, afraid of being found out by parents and afraid of getting pregnant, I also felt guilty about God Sis, but yes when I found out I was afraid and rarely left the house, just ate in the room, I was scared, and I felt like wanting to go far, but my girlfriend said if we were pregnant, we would get married.....” (P4).

While other participants said the following:

“..... I once kissed (smiled) when he was our birthday to the beach together with grilled fish friends. ... quiet place, after doing that my heart trembles” (P2)

Furthermore, the results of other research studies indicate that adolescent participants who engage in sexual behavior are at risk of not experiencing psychological changes. The matter can be seen from the participant’s statement as follows:

“.... Just ordinary, it is dating, right? many other friends do hugs, kisses, just try it...” (P1)

The third participant also said the following:

“Hahaaa... It feels rather ordinary.... especially when I have felt it (pointing and holding the chest)....” (P3).

Discussion

Based on the results of the study, it found that two main categories emerged in this study. The two main categories are as follows.

1. Risky sexual behavior

According to Stuart³, adolescence is a period of age transition where there are changes in social, emotional, and physical aspects that can cause stress conditions and trigger risk behaviors in adolescents. One of the risk behaviors is risky sexual behavior. From the results of the study, it was found that all participants have engaged

in risky sexual behavior from holding hands, hugging, kissing, and intercourse or intercourse. It shows and is in line with the results of Stuart’s study, where adolescence can cause stress conditions and trigger risky sexual behavior. Furthermore, according to Chan et al.¹⁰ in Malaysia, there was an increase in teenagers who became pregnant out of wedlock due to shifts and ignorance of religious values. In this condition, adolescents become high-risk populations, and consequently, adolescents experience severe depression. The findings of this study indicate that risky sexual behavior occurs due to the unpreparedness of adolescents undergoing the process of growth and development changes into adulthood. Also, rapid development that is not matched by careful planning makes teenagers have free sex.

“... Yes, we are not really active in religious activities because we believe our students are good at reciting the Koran and praying ...” (P5).

Furthermore, according to Chan et al.¹⁰ also said that pregnancy before marriage is due to shifts and ignorance of religious values. It can be seen from the research results obtained as follows:

“..... I also feel guilty about God, but yes when I know that I am pregnant, I feel scared and rarely go out of the house, just eat in the room, how do I feel so scared, and it feels like to go far away, but my boyfriend said if we get pregnant, we will get married.....” (P4).

The results of the study also found that one of the teens doing risky sexual behavior is due to the curiosity of adolescents trying new things as done by adults. It is in line with the results of research conducted by Sumiatin et al.¹¹, which states that adolescents have a high sense of curiosity, one of which is the desire to be like an adult. It causes teens to want to try to do what is often done by adults, including those related to sexuality issues. Furthermore, Loew¹² states that adolescents tend to experiment with risky behaviors because they want to know how or what they feel and or what will happen. Just like babies are curious when they are in a new environment, teenagers are curious when they enter the stage of development towards maturity. Incorrect understanding of sexuality in adolescents makes them try to experiment about sex problems without realizing the dangers arising from their actions, and when problems arising from sexual behavior begin to emerge,

adolescents are afraid to express these problems to parents¹³.

2. Psychological Impacts of Adolescents at Risk Sexual Behavior

It is interesting to study the current condition of adolescents. Adolescent sexual risk behaviors nowadays tend to be worrying. The results of the study found that all participants had sexual intercourse with sexual behavior ranging from holding hands to engaging in intercourse. This fact is then increasingly interesting, namely the psychological changes that occur and the absence of changes that occur in adolescents who engage in risky sexual behavior. As for adolescents who experience psychological changes, we can see from the results of the study, namely:

“.....After doing that, I felt anxious and worried because I knew that this was not right, but it was okay for us to like it, but at that time I felt guilty and scared, afraid of being found out by parents and afraid of getting pregnant, I also felt guilty about God, but yes when I found out that I am pregnant, I was scared and rarely left the house, just ate in the room, I felt scared, and it felt like to go far away, but my girlfriend said if we were pregnant, we would get married.....” (P4).

It is in line with the results of research conducted by Wulandari & Tamsil Muis¹⁴, states that some of the psychological effects of sexual behavior are feeling anxious and afraid after having sexual behavior, overshadowed by feelings of sin when engaging in sexual behavior, but feel alienated. Furthermore, research conducted by Istiqomah & Notobroto¹⁵, states that premarital sexual behavior in adolescents can lead to guilt, fear, anxiety, if pregnancy can be ostracized in the community, feelings of embarrassment and subsequent depression will cause suicide. Besides the results of research from Kasim¹⁶, states that the psychological consequences experienced by adolescents who engage in risky sexual behavior are feelings of confusion, anxiety, shame, and guilt experienced by students after learning about their pregnancy mixed with feelings of depression, pessimism about the future sometimes accompanied by hatred and anger both to yourself and to your partner, and to the fate that makes physical, social, and mental health.

While adolescents who have not experienced psychological changes can be seen from the results of the recognition of P1 and P3, this is in line with the results of Tang et al.¹⁷, which states that adolescents consider it normal to have sexual behavior because they want to try, have fun and curiosity and are always done by the adults around them.

Conclusion

The results showed that the activities carried out by adolescents who engage in risky sexual behavior were once holding hands, ever hugging, ever kissing, ever touching sensitive body parts, and having sexual intercourse in the form of intercourse. Furthermore, the impact that can be caused by risky sexual behavior can be in the form of psychological effects, including feeling anxious and afraid after having sexual behavior and being overshadowed by feelings of sin when engaging in sexual behavior. Then the teenager also thinks it is a natural and healthy thing for those who are dating. The researcher recommends further research to develop reproductive health education modules for men and women and also to develop the Mental School Health Unit (UKSJ) in each school.

Acknowledgment

Our thanks to those who have helped both morally and materially to the Director of the Poltekkes Kemenkes Pangkalpinang (drg. Harindra, MKM), the Rajik Village Head, Simpang Rimba District, South Bangka Regency and the Head of SMP Negeri 1 Simpang Rimba.

Conflict of Interest: The author states that there is no conflict of interest regarding the publication of this article.

Source of Funding: The research funding was sourced from the DIPA Poltekkes Ministry of Health Pangkalpinang in 2019.

Ethical Clearance: Ethical clearance was taken from the Health Research Ethics Commission, Pangkalpinang Health Polytechnic, with letter number 06/EC/KEPK-PKP/IV/2019.

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