

The Relationship Between Knowledge and Attitudes of Nursing Students Towards Premarital Sex in Indonesia

Dameria Br Saragih¹, Yurita Mailintina², Ribka Sabarina Panjaitan¹, Merri Silaban³, Indra Permata A. Salim⁴

Nursing Study Program, School of Health Sciences Husada Hospital, Jakarta, Indonesia¹

Health Administration Study Program, School of Health Sciences Husada Hospital, Jakarta, Indonesia²

Nursing Study Program, Bhakti Asih University, Banten, Indonesia³

Diploma Four Program in Medical Laboratory Technology, Muhammadiyah Polytechnic of Makassar, South Sulawesi, Indonesia⁴

Corresponding author:

Name: Dameria Br Saragih

Address: School of Health Sciences Husada Hospital, Jakarta, Indonesia

E-mail:

dameriamunthe30@gmail.com

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Abstract

Introduction: Nursing students, as prospective health workers, have a very important role in providing education and services to the community related to healthy sexual practices. The knowledge and attitudes of nursing students towards premarital sex in Indonesia are relevant subjects to be researched. **Objectives:** This study aims to fill the knowledge gap by investigating the knowledge and attitudes of nursing students towards premarital sex in Indonesia. **Methods:** This study used quantitative analytical methods with a *cross sectional design*. This research was conducted on 5 campuses organizing nursing education in Indonesia. **Results:** from 230 respondents, the mean value of sex was 1.07, the age of respondents was 1.94, knowledge was 1.94 and attitude was 1.85, then the Standard Error value of 0.022, 0.016, 0.010 and .029, the median value of 1.00, 2.00, 2.00 and 2.00, the value of Std Deviation 0.330, 0.240, 0.146 and 0.443, the variance value of 0.109, 0.057, 0.021 and 0.196 and the value of range 3, 1.1 and 2 of each variable. The majority have good knowledge (176.1) and sufficient attitudes (180.0). However, the number of respondents with less knowledge (5.0) and good attitude (41.1) is relatively less. The chi-square test showed a p-value of 0.000, showing a significant relationship between nursing students' knowledge and attitudes toward premarital sex. **Conclusion:** In this study, it was concluded that the knowledge and attitudes of nursing students have a close relationship. There is good knowledge so that students can control negative attitudes or actions towards premarital sex.

Keywords:

Knowledge; Attitude; Premarital Sex; Nursing Students



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INTRODUCTION

Pre-marital sex is one of the significant aspects of reproductive health that often sparks debates across various segments of society, particularly in Indonesia, which has distinct cultural and social values (Lestari et al., 2020). On one hand, the entrenched traditional views on morality frequently constrain open discussions on this topic (Cahyadi & Shaluhiah, 2019). However, on the other hand, as a country with a relatively high rate of adolescent pregnancies, the lack of knowledge and understanding about pre-marital sex can also negatively impact the overall public health (Sujarwoto & Tampubolon, 2019).

In this context, nursing students play a crucial role as future healthcare professionals who will directly interact with the community. They not only serve as providers of information and sexual health services but also contribute to shaping attitudes and new norms related to healthy and responsible sexuality (Harahap & Gunawan, 2019)..

However, despite the expectation that nursing students possess adequate knowledge about sexual health, previous research indicates that their understanding often remains insufficient or even involves misconceptions about pre-marital sex. Additionally, their attitudes toward this topic can also be influenced by cultural, religious, and social factors present in society (Haryani & Pratiwi, 2022).

Therefore, this study aims to examine more closely the knowledge and attitudes of nursing students toward pre-marital sex in Indonesia (Astuti et al., 2022). By gaining a deeper understanding of how their knowledge and attitudes are formed, it is hoped that this research will provide better insights for designing relevant and responsive health education curricula to meet the needs of the community (Kusuma & Idayat, 2021).

In the context of nursing education, understanding premarital sex is crucial because nursing students will become healthcare professionals who play a role in providing reproductive health education to the community. Therefore, this study aims to explore the relationship between the knowledge and attitudes of nursing students towards premarital sex in Indonesia, in order to develop more effective and comprehensive educational strategies.

METHOD

The method in writing articles at least consists of:

1. Design
This study employs a quantitative analytical method with a cross-sectional design (Nursalam, 2014).
2. Number of samples and sampling techniques

Sampling was carried out using Confinience/Accidental Sampling (Sugiyono, 2011). The population in this study was Nursing Study Program Students in the semester, which was 230 respondents.

3. Instruments

The questionnaire in this study used a research questionnaire on premarital sex knowledge and attitudes, previously developed and used by Aryati (2018) with validity and reliability test values of 0.800 and 1,000.

4. Data collection process

This research was carried out in several health campuses in Indonesia, namely: STIKes RS Husada Jakarta, STIKes Telogorejo Semarang, STIKes William Booth Surabaya, Universitas Karya Persada Muna dan Universitas Riau. This research will be conducted in March-April 2024. In data collection, researchers use questionnaires made in the form of google forms.

5. Analysis

In this study analyze the frequency & percentage of demographic data, namely age and gender, as well as the knowledge and psychology of respondents. The Pearson R Moment Coefficient test was used to determine a significant relationship between Knowledge and respondents' attitudes.

6. Research Ethics

In carrying out research, researchers always maintain research ethics with steps such as obtaining permission and consent, maintaining data confidentiality, and avoiding conflicts of interest.

RESULT

Based on the results of the analysis conducted on 230 respondents, the mean value of sex was 1.07, the age of respondents was 1.94, knowledge was 1.94 and attitude was 1.85, then the Standard Error value of 0.022, 0.016, 0.010 and 0.0.29, the median value of 1.00, 2.00, 2.00 and 2.00, the value of Std Deviation 0.330, 0.240, .0146 and 0.443, the variance value of 0.109, 0.057, 0.021 and 0.196 and the value of range 3, 1, 1 and 2 of each variable. While the age of the most respondents is the age of 17-21 years with a total of 218 (94.8%) and the least number of respondents is 32-36 years 1 (4%) this can be said because the respondents in this study are semester 2 students, the gender of the most respondents is female with a total of 216 (93.9%) while respondents with male sex are 14 (6.1%). The most respondents' knowledge is a good category of 225 (97.8%) and less knowledge of 5 (2.2%) for the attitude category, researchers divide 3 categories, namely both sufficient and less where the results of the most attitude categories are sufficient with the results of 108 (78.3%) and the least categories are less with a

hasik of 8 (3.5%) while the category is good with a total of 42 (18.3%).

Table 1. Correlation Test (n=230)

Knowledge	Attitude			Total	p-value
	Good	Enough	Less		
	Less	0.9	3.9	0.2	5
	Good	41.1	176.1	7.8	225
Total		42	180	8	230

From Table 2, it can be concluded that the results of this study show that out of 230 respondents, the majority have good knowledge (176.1) and a moderate attitude (180). However, the number of respondents with poor knowledge (5) and a good attitude (41.1) is relatively smaller. The chi-square test shows a p-value of 0.000, indicating a significant relationship between the knowledge and attitudes of nursing students towards premarital sex. Therefore, knowledge about reproductive health influences premarital sexual behavior. This indicates the importance of increasing knowledge about reproductive health to improve premarital sexual behavior. Reproductive health education and advocacy among students need to be enhanced to achieve the objectives of this study.

DISCUSSION

In terms of age, the majority of respondents were in the age range of 17-21 years, reaching 218 respondents (94.8%), while the age of 32-36 years was only filled by 1 respondent (4%). This is consistent with the fact that respondents in this study were 2nd semester students. In terms of gender, the majority of respondents were women, with 216 respondents (93.9%), while men only 14 respondents (6.1%). The majority of respondents are women and are in semester 2. This proportion of students by gender represents the proportion of nursing students in general, most of whom are women. The dominance of women in the nursing profession is caused by women's basic attitudes that include obeying, not excessive, holding traditional values, being patient, painstaking, gentle, compassionate, and liking social interaction. The proportion of students by gender can be said to represent the proportion of nursing students in general, which is mostly women. The nursing profession that is dominated by women is caused by the basic attitudes of women who are identical as obedient figures, not neko-neko, upholding traditional values, patient, painstaking, gentle, compassionate, and fond of socializing (Rofikoh et al., 2023).

In knowledge, the majority of respondents fall into the good category, namely as many as 225 respondents (97.8%), while those who have less knowledge are only 5 respondents (2.2%). For

attitudes, researchers divide them into three categories, namely good, sufficient, and lacking. The majority of respondents showed sufficient attitudes, with 108 respondents (78.3%), while those with less attitudes were only 8 respondents (3.5%), and good attitudes were followed by 42 respondents (18.3%). Knowledge is the result of the process of sensing objects observed by individuals. Factors such as education, information, experience, and environment affect a person's knowledge. Education provides individuals with accurate information, especially in terms of personal health such as premarital sex. The higher a person's education, the better his knowledge. A lot of information will increase one's knowledge. Experience also plays an important role in shaping a person's knowledge about his health. The environment also has a strong influence in determining a person's level of knowledge. A good environment will help improve the knowledge of the individual.

Similar research also found that most respondents, namely 96.2%, have good knowledge about premarital sex, this is because respondents have been exposed to information related to premarital sex, so respondents have good knowledge and also good attitudes. Knowledge is the result of the process of sensing an observed object. Factors such as education, information, experience, and environment affect a person's knowledge. Education provides accurate information, especially in terms of personal health. The higher a person's education, the better his knowledge. A wealth of information also increases one's knowledge. Experience and environment also play an important role in shaping a person's knowledge about their health (Anjeli Ratih Syamlingga Putri, Izzawati Arlis, 2021).

In Indonesia, similar research has been conducted in Batam. Findings from this study of 387 adolescents showed that 39.14% of them had a good understanding of reproductive and sexual health. Most of these adolescents tend to discuss sexual issues with their peers (Maharati et al., 2024).

Most teens show a positive attitude toward premarital sex, indicating an increased understanding that such behavior may cause problems for themselves and their families in the future. However, a small percentage of adolescents with negative

attitudes may not have a deep understanding of premarital sex in adolescents.

Based on the results of bivariate test research shows the results of statistical analysis, that the p-value is 0.000 so that it shows that there is a significant relationship between the knowledge and attitudes of nursing students towards premarital sex.

The results of this study are consistent with previous studies that show a significant relationship between knowledge and attitudes towards sexual behavior (Rodiyah et al., 2021).

Adolescents who have a good knowledge of premarital sexual behavior will generally have a positive attitude towards premarital sexual behavior. Conversely, adolescents who lack understanding of premarital sexual behavior tend to have negative attitudes towards premarital sexual behavior (Okah et al., 2023). Positive attitudes toward premarital sexual behavior are reflected in behaviors that show proper appreciation for the function and purpose of sexuality. They avoid viewing sex as disgusting, taboo, or dirty, and avoid jokes and inappropriate chatter about sex. In addition, they also follow the prevailing norms and rules regarding sex and use sex appropriately and meaningfully in accordance with their sacred functions and purposes. They learn to understand themselves, others, and discuss sex scientifically (Shrestha, 2019).

Unhealthy social patterns, environmental influences, and wrong mindsets can have a negative impact on adolescent promiscuous sexual behavior. For example, teenagers are considered unpopular if they don't smoke, don't watch porn, or don't even have a boyfriend. Similarly, girls may feel unpretty if they don't dress scantily or dress up excessively. This behavior is considered deviant sexual behavior. The ease of access to vulgar content, such as pornographic films, pornographic VCDs, and "shock" images via the internet and smartphones, can also affect the occurrence of immoral acts in adolescents today. One positive step teens can take to control their sex drive while dating is to avoid behaviors like kissing. In addition, having positive thoughts can also help in overcoming these sexual urges. In addition, increasing positive activity can also help prevent or reduce premarital sexual behavior (Sejati & Mufida, 2021).

Researchers noted that college students studying in the health field had better knowledge of the consequences of premarital sex, such as the risk of sexually transmitted diseases, unwanted pregnancy, negative impacts on mental health, and violations of religious norms. Students also tend to think that sex should only be done after marriage. Good knowledge, awareness, and high self-control among these students, along with a positive attitude toward premarital sexual behavior, are considered important protective factors in preventing sexual relations before marriage. Good knowledge of premarital sexual behavior is also believed to help

adolescents to have negative attitudes towards such behavior, such as shunning, avoiding, and hating.

CONCLUSION

Based on the analysis that has been conducted by researchers, it can be concluded that there is a strong correlation between the knowledge and attitudes of nursing students towards premarital sex in Indonesia. Nursing students generally have a good understanding of the risks associated with premarital sex, such as transmission of sexually transmitted diseases, unwanted pregnancies, and negative impacts on mental health. They also showed positive attitudes toward premarital sex, such as avoiding and rejecting such behaviors.

The fact that nursing students study in the health field is one of the important factors that support their understanding of the consequences of premarital sex. In addition, they also have the view that sex should be done after marriage. Good knowledge, awareness, and high self-control of nursing students are considered an important bulwark in reducing premarital sex behavior.

This study provides an overview of the importance of comprehensive sex education and a correct understanding of premarital sexual behavior among nursing students in Indonesia.

Conflict of Interest

There are no conflicts of interest among the authors.

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