



RISK OF TEENAGERS' PRE-MARITAL SEXUAL BEHAVIOR IN BOARDING HOUSES

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ABSTRACT

The social environment nowadays offers many options for young people. Dating styles that present opportunities for premarital sexual behavior among adolescents become an attractive offer, especially for teens who live in boarding houses. Residing in a boarding house without direct supervision from parents and landowners causes teens to liberally engage in a premarital sexual behavior with their partners, thus making boarding houses an unsafe environment for them. This study used Descriptive Phenomenology Design which aimed to comprehensively investigate the risks of premarital sexual behavior among adolescents living in boarding houses. The number of participants in this study was 6 people until data saturation was reached. The analysis in this study used selective techniques and focusing analysis resulted in 3 themes, i.e.: 1) the desire to experiment, 2) social demands and 3) places to live with potential risk. The drives from within, social demands from friends, and places with high possible risk become the causes of premarital sexual behavior in boarding houses. The results of the study encourage community nurses to improve adolescents' screening through health programs in schools and PKPR for teenagers who live in the boarding houses.

Keyword: adapt; adolescence; potentially-risk environment; strategy

INTRODUCTION

Premarital sexual behavior of adolescents is currently a concern for everyone. In the United States, it is recorded that 41.2% teens have engaged in premarital sexual intercourse. The highest prevalence is in boys with 43.2% compared to girls of 39.2% (MMWR, 2016). Arde (2013) conducted a SKKRI data analysis (2007) found that 70% teens have held hands, 37.5% have kissed, 20.6% have touched and been touched on sensitive part, and 4.5% have conducted sexual intercourse. Rimawati (2013) found that, when they are dating, 68.1% high school students in Bengkulu do the *touching* from holding hands to hugging, 33.8% kiss on the cheeks, 20.3%, kiss on the lips, 13.3% kiss neck, 12.3% do *petting*, and 5.3% have sex; while in Maluku as much as 19.9% of adolescents have had premarital sex when dating, followed by Ambon City at 12.3% for the city level compared to Tual City and other districts in Maluku (BKKBN, 2014).

Premarital sex performed by adolescents during dating is mostly caused by curiosity, in which it happens naturally in 57.5% male teenagers and 38% in female teenagers while 12.6% are forced by their partners (Ministry of Health, 2015). This is a serious threat because it can have an impact on teenagers' health problems, such as sexual infections. The number of STD cases in Ambon City currently reaches 768 people with the highest prevalence are gonorrhea, chlamydia and syphilis in the 15-24 year age group, and HIV / AIDS are 202 cases. This number has increased

compared to two years ago, in which 141 cases in 2014 and 89 cases in 2015. Another impact is the occurrence of unwanted pregnancies which also influences high maternal mortality rate (MMR) and infant mortality rate (IMR) as indicators of public health. MMR in Ambon City in 2014 was 205 per 100,000 live births indicating that out of 100,000 live births, 199 of them were young mothers who died due to complications during childbirth. This figure was far from the National MMR target of 102 per 100,000 live births in 2015. Meanwhile IMR increased from 6 per 1,000 live births to 12 per 1,000 live births in 2014, and 25-40% of them happened due to fetal abnormalities, such as major congenital anomalies/malformations, congenital heart defects, chromosomal abnormalities including congenital diseases, and placenta abnormalities.

Pregnancy also changes female students to act as single parents because they do not get family approval to marry the men/boys who have impregnated them or the male partners do not want to be responsible for the pregnancy, and it leads these teens to feel more dejected and depressed, at risk of mental health disorders or even suicide (Papalia & Olds, 2013). Furthermore, it increases the teenagers' reluctance to become parents and this can be used as a reason for abortion that causes bleeding, cervical or uterine trauma, or even death. Therefore, adolescent premarital sexual behavior needs to be further identified. The government has made numerous efforts to reduce the incidence regarding the impact of adolescents' sexual behavior. One of them is the Planning Generation (*GenRe*) program which is advertised through various communication channels, such as printed and electronic mass media, social media, and community. However, the potential risk from the current environment, especially concerning teens living in boarding houses without direct supervision from the owner, cannot be controlled completely by either the government or the parents.

A boarding house without a landowner will provide greater opportunities for tenants to be unrestrictedly engage in premarital sexual behavior. Arviah (2012) in her research found that from the 26.1% of adolescents who have intercourse, 20.6% are carried out in a boarding house separated from the owner's house. Susanti (2008) revealed that adolescents living in boarding houses without being monitored by the owner have more opportunities for premarital sexual behavior during dating compared to teenagers who live in boarding houses under the landowner supervision ($p < 0.05$).

Based on the observations in the village of Poka and Rumah Tiga Teluk Ambon, boarding houses are divided into female-only occupants or blended female-male tenants, and no male-only-tenant boarding house is found. The rules made in each boarding house are varied. From 15 boarding houses that were observed, only six boarding houses are directly supervised by the owner or a custodian because their houses are close to each other. The other nine boarding houses are unsupervised because they are separated from the owner's or the custodian's due to the distance between the houses. Typically, boarding house has rules but as the tenants do not live close by to the landowner, they do not conform to the rules because no one controls them. It provides opportunities for them to freely go out at night, bring a partner into the boarding house, even live together. This can have a negative impact for other teenagers. The purpose of this study is to explain in depth about what are the risks of premarital sexual behavior among adolescents who live in boarding houses.

METHOD

This research used a qualitative method with a descriptive phenomenology approach consisting of four stages: bracketing, intuiting, analyzing, and describing (Polit & Beck, 2012). It was conducted in Wainitu, Nusaniwe sub-district and Poka, Rumah Tiga, Teluk Ambon sub-district for 1 month.

The population in a qualitative research is a social phenomenon or situation itself (Streuberth & Carpenter, 2011). In this study, the population was all adolescents in the city of Ambon who live in boarding houses. In qualitative research, the term participant is used for those who participate in sharing their life experiences with the researcher in the study. The participants in this study were 6 people aged 16-17 who were selected using *purposive sampling technique* based on information from the *gatekeeper*. The data collection procedure started with the researcher approaching the prospective participants and then making a contract for the time and place to conduct the interview. The researcher provided an informed consent sheet and prepared a voice recorder to document the conversation during the interview. The interview process in this study ended when the required information was obtained according to the research objectives through data saturation on the sixth participant. The results of the interview were then copied verbatim, then classified and analyzed into a category which was described as a theme.

RESULTS AND DISCUSSION

Table 1.
 Participants Characteristics

No.	Participants Characteristics	Participants Characteristics	Sub	Participants Code
1	Age	16 years		P1, P3, P4
		17 years		P2, P5, P6
2	Gender	Female		P1, P2, P3, P4
		Male		P5, P6
3	Education	High school		P1, P2, P4, P6
		Vocational school		P3, P5
4	Length of stay in the boarding house	1 year		P1, P3, P4
		2 years		P2, P5, P6

Scheme 1.
 The desire to experiment

Category	Theme
The drive from within to do the same as the others	Desire to experiment

Scheme 1 illustrates the impulse in the participants and it creates a desire to experiment as what other people around them do.

Scheme 2.
 Social demands

Category	Theme
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Influence from the boyfriend/girlfriend — Social demands
 Peer pressure

Scheme 2 describes the influence of the partner when they are alone in boarding rooms and also when participants get pressure from peers to have sex with their partners.

Scheme 3.
 Places with potential risk

Category	Sub Theme	Theme
Living in boarding houses without supervision from parents or landowners	Living without supervision	Places with potential risk
Providing house rules but not supervised/controlled by the owners	Uncontrolled boarding house rules	
No reprimand from the community	Indifferent community	
Community making it as gossip topic		
No sanction from heads of neighborhood (RT) or hamlet (RW)		

Scheme 3 describes the places occupied by the participants have a potential risk for the teenagers to conduct premarital sexual behavior due to the absence of direct supervision from the landowners and the parents, lack of control on house rules so that the tenants just ignore them, and the indifference of the surrounding community when they know boarding house residents engaging in this behavior by ignoring, gossiping, or not giving strict sanctions.

Theme 1: The desire to experiment

The results showed that participants have internal compulsion so that they are inclined to try or experiment as other people around them did. This desire is a sexual drive that is biologically inseparable from the work of sexual hormones in the endocrine glands produced by the pituitary gland, testicles in men and ovaries in women (Sarwono, 2016). The testosterone, which is part of androgens, is produced in larger amounts in men. Testosterone plays a role in male puberty such as voice changes, development of external genitals, increased height, and others. Testosterone also causes increasing libido or sexual desire in men. Similar hormone in women is estradiol which is a type of estrogen playing a role in female puberty such as breast and uterus development and bone changes (Santrock, 2009).

These physical and hormonal changes occur quite drastically because of sexual maturity and they can affect the health of teenagers as the desire to engage in sexual activity develops too early (Mc Murray, 2003). Soetjningsih (2010) explained that in physiology every physical change experienced by adolescents also affects their psychology. Psychological change is considered as a compensation for the physical changes so sometimes adolescents can show aggressiveness in their attitudes and behavior. This psychological development can be identified from the aspects of self-perception, intelligence, emotion, sexuality, social motives, moral and religion (Sarwono, 2016). This development leads teens to think in abstract way, be idealistic and logical, often criticize, want to try new things and be egocentric that they see things more from their own point of view; therefore teens will spend more time with their peers because they consider to have similar values (Santrock, 2009).

Theme 2: Social demands

The results showed that there were influence from the partners to be alone in the boarding room and the pressure from their peers to have sex with the partners. The social demands of adolescents come from their peers. Peers are deemed to be more understanding and make them feel safe, so that the teenagers will have more confidence in discussing their problems with friends that cannot be discussed with parents (Hurlock, 2009). Friends also play a vital role in behavior change (Bandura, 1977). Relationships with peers can be positive when they observe each other's interests and views with the purpose of easing the fit-in process into peer activities, but on the contrary it can be negative when peers introduce them to other juvenile delinquencies (Santrock, 2009). Etrawati, et. al (2013) stated that peers with negative behavior are the most dominant factor affecting teenagers sexual behavior.

Nur (2009) asserted that there is a significant connection between adolescent attitudes and peer influence, and both are predicted to have an effect on sexual behavior by 43.3%. Teens that are unable to resist peer influence would be more easily trapped in doing sexual conduct. Izra (2016) also revealed that adolescents deviant behavior is closely related to peer pressure, in which male adolescents are influenced by text messages from peers while female teens are influenced by interaction and likeability.

Similar results are shown by Linberg and Zimet (2012) which states that the role of peers on sexual behavior is 1.7 times more dominant compared to the intensity of practicing religious values and norms in America. Even though the existing relationships are opposed by the parents, many teenagers continue to keep it. There are many reasons for conducting this sexual behavior, including the belief that it should be done because everyone else is doing it; that adolescents must submit to peer group pressure in order to maintain status within the group; and that this behavior is an expression of meaningful relationships which fulfill the needs of all teenagers to have close relationships with others, especially when those needs are not met in their family (Hurlock, 1999).

Theme 3: places with potential risk

The results showed that in participants' view, premarital sexual behavior in the boarding house happened because the participants lived alone without direct supervision from their parents and landowners. This led participants to be out of control because they were given the freedom, and eventually they did not obey the boarding house rules that had been made. Also, the landowner did not always visit to directly monitor the tenants because of the distance between the main house and the boarding house. This reason was stated by several landowners interviewed by the researchers in this study. They had their own opinions regarding the lives of the tenants of the boarding house, in which the tenants were responsible for themselves and if that responsibility was not maintained, then they should be accountable for the consequences.

Boarding houses without a custodian will provide greater opportunities for the residents to be liberally engage in premarital sexual behavior. Arviah (2012) in her research found that from 26.1% of adolescents who have intercourse, 20.6% do it in a boarding house separated from the landowner's house. Susanti (2008) revealed that teens who live in boarding houses without the supervision of the owner have more opportunities for conducting premarital sexual behavior

during courtship compared to adolescents who live in boarding houses under the supervision of the owner ($p < 0.05$).

Soetjiningsih (2010) also described several risk factors for adolescent sexual behavior, including too tight or too loose social control. Participants revealed that the community never immediately reprimanded them when they knew the residents of the boarding house conducting this behavior; instead they only used it as topics for gossiping. This indicates that people's attitudes are increasingly permissive regarding this type of teenagers' behavior. Fitriana (2010) explained that the community serves as a control that affects a person's development and behavior. If people stick to the values and norms that are adopted from the community, then their behavior will be oriented to a positive direction, but if they only follow their sexual urges, they will have negative behavior.

Based on the interviews with several key informants, people of Ambon City still oppose premarital sexual behavior among adolescents because it is not in accordance with the religion and customs in Maluku. However, in reality, communities are unable to prevent teen's premarital sexual behavior, especially for those who live in boarding houses, as they think that it is not their business. If the teens get pregnant, it is perceived as a consequence that the teens should accept. This confirms that the community is increasingly lax due to the cultural shift adopted by the people of Ambon so the adolescents' behavior is ignored.

CONCLUSION

This study concludes that sexual drive, social demands and living in an unsupervised place are the risks of sexual behavior among teens in boarding houses. The results of this study recommend that community nurses can improve adolescent coping through youth health programs in the community, such as UKS services at schools and PKPR for teenagers who live in boarding houses.

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