



THE RELATIONSHIP BETWEEN ADOLESCENTS' KNOWLEDGE LEVELS OF SEXUAL DEVELOPMENT AND ANTICIPATION OF THE RISK OF SEXUAL HARASSMENT

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ABSTRACT

Introduction: Adolescence is a transition period from childhood to adulthood that includes changes both biologically, intellectually, psychosocially, and economically. In this period, individuals have reached sexual and physical maturity. Negative behavior carried out by adolescents is risky behavior in having sexual intercourse. The purpose of this study was to determine the relationship between the level of adolescent knowledge about the development of sexuality (physical changes) and anticipation of the risk of sexual harassment. **Methods:** This research is an analytical research with a cross-sectional design. The population in this study were 92 junior high school students in grades 7 and 8 in Kediri Regency. The sampling technique used was Purposive sampling, with a sample size of 80 students. The data collection technique used a questionnaire. The analysis test used was the Chi-Square Test. **Results:** Results of the study found that 47 respondents had low knowledge levels (58.75%), and 46 respondents had poor anticipation of sexual harassment (78.0%). Bivariate analysis with Chi-Square obtained p value = 0.000 (significance $t < 0.05$). **Conclusions:** There is a relationship between the level of adolescent knowledge about sexual development (physical changes) and anticipation of the risk of sexual harassment.

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INTRODUCTION

Adolescence is one of the periods of human development, this period is a period of change or transition from childhood to adulthood which includes biological, psychological, and social changes. Adolescence usually starts at the age of 10-13 years and ends at the age of 18-22 years. Meanwhile, according to WHO, adolescents are individuals who are experiencing a transition period that gradually reaches sexual maturity, experience changes in the soul from the soul of a child to an adult, and experience changes in economic conditions from dependence to relative independence. There are two main aspects of adolescent change, namely physical or biological changes and psychological changes (Sekeon, 2024). The ages of ten to nineteen are monopolized by biological, psychological, and sociocultural changes, all of which impact health in the present and future (Chakravorty, 2020).

Adolescents are individuals who are experiencing changes, especially physical changes

in terms of sexuality, namely reproduction in the transition process from childhood to adulthood. Physical changes in sexuality in men include the growth of genital organs, changes in voice, growth of pubic hair, and overall body development. Physical changes in sexuality in women include breast growth, changes in the body and shape such as hip growth, fat maturation on the thighs and chest, growth of body hair, menstrual cycles, and growth of genital organs. Physical changes regarding sexual development (physical changes related to reproduction) need to be understood by adolescents as stated by WHO. Understanding and supporting adolescent health is part of a global effort to improve public health (Kemenkes, 2018), with the development of good reasoning and the ability to make decisions related to education and occupation (Kemenkes, 2018)

Entering puberty or adolescence, there is a peak in sexual development. The growth of secondary identities is increasingly clear to



distinguish between the two sexes. In addition, adolescents also experience emotional turmoil that is comparable to the physical changes they experience. Physical and sexual changes take place very significantly during adolescence. This triggers sexual drive and sexual attraction to the opposite sex. Environmental factors as external factors greatly influence an individual's sexual development (Delfina *et al.*, 2021)

Adolescents' understanding and curiosity about their enormous physical changes sometimes lead to behaviors that want to try negative things so that they can have negative impacts in the future in terms of health, mental, and social. Adolescent knowledge about sexual development in terms of sexual changes in terms of physical changes related to reproduction is very important, where this knowledge is used to understand the changes that occur in their bodies, maintain sexual health, and make wise decisions regarding sexual relationships and behavior (Kemenkes, 2018). The level of knowledge influences adolescent reproductive health practices, the better the adolescent's knowledge, the better their reproductive health behavior (Susilowati *et al.*, 2023). In reality, most teenagers are involved in behaviors that tend to be negative. Negative behavior carried out by adolescents which is highly highlighted is risky behavior in having sexual relations. It has a psychological impact with feelings of anger, fear, anxiety, depression, low self-esteem, guilt, and sin. Physiological impacts can cause unwanted pregnancies and abortions, social impacts can be ostracized, dropping out of school, and changing roles to become mothers for adolescent girls (Hendrawati *et al.*, 2023). Sexual violence is one of the problems that often arises in adolescents. According to Permendikbudristek No. 30 of 2021, sexual violence is any act that degrades, insults, harasses, and/or attacks a person's body and/or reproductive function, due to unequal power relations and/or gender, which results in or can result in psychological and/or physical suffering including those that disrupt a person's reproductive health and the loss of the opportunity to carry out higher education safely and optimally. Sexual violence, especially sexual harassment, can happen to anyone and anywhere, this sexual harassment is more often experienced by women than men.

According to data from the National Commission on Violence Against Women 2021, the number of cases of Violence against Women (KtP) throughout 2020 was 299,911 cases, the most prominent form of violence was physical violence 2,025 cases (31%) ranked first followed by sexual violence as many as 1,983 cases (30%),

psychological 1,792 (28%), and economic 680 cases (10%). In research on sexual behavior of adolescents aged 12-15 years, the prevalence of having had sexual intercourse was 6.9% (Jing *et al.*, 2023).

Sexual education is a skill and knowledge that needs to be given as early as possible to children regarding sexual behavior to deal with things that will happen in the future as they get older and to shape character and behavioral patterns so that they can avoid behaviors that are at risk of sexual harassment or period deviant sexual behavior (Rahayu, 2022)(Konoralma *et al.*, 2021; Salam *et al.*, 2016). This sexual education is needed so that adolescents can anticipate the occurrence of sexual harassment that may occur in their environment, and adolescents can prevent sexual harassment behavior both as victims and as perpetrators of such harassment. The large number of adolescents who still lack knowledge about sex makes adolescents very vulnerable to promiscuity and a high risk of pregnancy outside of marriage and abortion.

One effort to increase knowledge is to provide education about sex and reproductive health. Education about sex and reproductive health can be done as early as possible to reduce teenage pregnancy. Education is carried out comprehensively by parents at home and by teachers at school. (Bruno, Baiocco and Pistella, 2024; Mark, 2021). In addition, it can be done by limiting access to pornography or pornographic action on the internet, as well as the importance of basic spiritual or religious values that are instilled from an early age both at home and in the school environment (Quayle *et al.*, 2010). Based on the data above, the researcher wants to know the relationship between the level of adolescent knowledge about sexual development (physical changes) and anticipation of the risk of sexual harassment.

MATERIALS AND METHODS

This study uses a correlation analytical research method with a cross-sectional approach, conducted at MTs Al Fatah Badas, Kediri Regency. The population in this study were all grades 7 and 8 totaling 92 students. The sample size in this study was 80 respondents who met the inclusion criteria, namely being present at the time of data collection and willing to be studied by signing an informed consent. The sampling technique used was purposive sampling, which is a sample determination technique if the population meets the criteria. The hypothesis of this study is whether there is a relationship between adolescent

knowledge level about sexual development and anticipation of the risk of sexual harassment. Data collection using a closed questionnaire that has been tested for validity. Data analysis used univariate analysis with frequency distribution and

bivariate analysis using the Chi-square statistical test. This study has been declared feasible by the ethics team of the University of Muhammadiyah Lamongan to be studied with ethical permit number No. 267 / EC / KEPK-S1 / 05/2023.

RESULTS

Table 1. Characteristics respondent based on age, gender, caregiver, and source of knowledge at MTs Al Fatah Badas, Kediri Regency 2023 (n=80)

	Characteristics	Frequency (f)	Percentage (%)
Age (Years)	11-12	39	48.8
	13-14	41	51.2
	Total	80	100
Gender	Male	36	45.0
	Female	44	55.0
	Total	80	100
Caregiver	Parents	72	90.0
	Grandparents	3	3.7
	Older Siblings	1	1.3
	Boarding	4	5.0
	Total	80	100
Source of Knowledge	Parents	19	23.5
	Social Media	28	35
	Friends	19	24
	Internet	14	17.5
	Total	80	100

Based on Table 1, the characteristics of respondents based on age are 51.2% for ages 13-14 years. Gender is 55.0% female. Caregivers are dominated by parents at 90.0%. The source of respondents' knowledge is mostly from social media at 35%.

Table 2. Characteristics Respondent Based on the level of adolescent knowledge about sexual development (physical changes) at MTs Al Fatah Badas, Kediri Regency 2023 (n=80)

Level Of Knowledge	Frequency (f)	Percentage (%)
Less	47	58.75
Enough	26	32.5
Good	7	8.75
Total	80	100

Based on Table 2, most respondents, namely 47 respondents (58.75%) have poor knowledge levels and there are 7 respondents (8.75%) with good knowledge levels.

Table 3. Characteristics Respondent Based on the Anticipation about sexual development (physical changes) at MTs Al Fatah Badas, Kediri Regency 2023 (n=80)

Anticipation	Frequency (f)	Percentage (%)
Bad	21	26.25
Good	59	73.75
Total	80	100

Based on Table 3, most respondents, namely 59 respondents (73.75%) have poor anticipation and there are 21 respondents (26.25%) with good anticipation.

Table 4. Relationship between the level of adolescent knowledge about sexual development and anticipation of the risk of sexual harassment at MTs Al Fatah Badas, Kediri Regency 2023 (n=80)

Level Of Knowledge	Anticipation				Total		p-value
	Bad		Good		n	%	
	n	%	n	%			
Less	46	78.0	1	4.8	47	58.75	0.000
Enough	13	22.0	13	61.9	26	32.5	
Good	0	0.0	7	33.3	7	8.75	
Total	59	100	21	100	80	100	

Based on table 4, shows that of the 47 (58.75%) respondents with poor knowledge levels, there are 46 (78.0%) respondents have poor anticipation, and 1 (4.8%) respondent has good anticipation of the risk of sexual harassment. While there are 7 (33.3%) respondents with good knowledge levels who have good anticipation of the risk of sexual harassment. The results of the statistical test show that the P value = 0.000 < α (0.05) so it is concluded that there is a significant relationship between the Level of Adolescent Knowledge about Sexual Development and Anticipation of the Risk of Sexual Harassment (Siddiq, 2021).

DISCUSSION

Based on the results of the study, the results showed that most respondents, namely 47 respondents (58.75%) had a low level of knowledge and there were 7 respondents (8.75%) with a good level of knowledge. This shows that most teenagers do not know about the development of sexuality. Knowledge is a result of human sensing or the result of someone knowing about an object through their five senses. The five human senses for sensing objects are sight, hearing, smell, taste, and touch. The time of sensing to produce this knowledge is influenced by the intensity of attention and perception of the object. The level of knowledge can be influenced by several things including education, the role of parents, and information media (Thaha & Yani, 2021). Education affects people's knowledge, the higher the level of education, the more information they will get. The role of parents makes an important contribution to the development of adolescent reproduction. Parents should provide knowledge about reproduction to children so that they understand and do not engage in deviant sexual activities. The increasingly rapid information media has positive and negative impacts. Lack of training and understanding about sex and relationships results in misunderstanding or misreporting of stories by journalists and perpetuates poor media coverage of sex can affect a person (Boynton et al., 2007).

According to Moreira's research, 2023: The sexuality education approach must be carried out continuously throughout the life cycle, and it is important to provide adolescents with appropriate information about issues related to sexuality (Hare et al., 1998; Moreira et al., 2023).

A person's knowledge is mostly obtained through the sense of hearing and sight (Enoch et al., 2019; Quayle et al., 2010). Knowledge is something very vital that must receive attention in order to lead to a better life. Cross table relationship between the level of adolescent knowledge about sexual development and anticipation of the risk of sexual harassment, the study above shows that 58.75% of respondents with low levels of knowledge, there are 78.0% of respondents who have poor anticipation and 4.8% of respondents have good anticipation of the risk of sexual harassment. The results of 33.3% of respondents with a good level of knowledge have

good anticipation of the risk of sexual harassment. Good adolescent knowledge about sexual harassment will provide a better picture or understanding of sexual harassment behavior, where the form of sexual harassment is not only in the form of physical actions but also in the form of verbal, eye contact, gestures, or body gestures so that adolescents can take action to reject if sexual harassment occurs to them. Forms of sexual harassment against women include physical, verbal, non-verbal, gestural, visual, and psychological harassment (Mamaru, Getachew, and Mohammed, 2015; Kartikawati and Aryanto, 2023).

Knowledge is used as an initial step to prevent negative things for children, especially about sex. According to Green (Quayle et al., 2010), increasing knowledge about sexual harassment requires the participation of parents as a reinforcing factor. The knowledge of parents, especially mothers, in early childhood sex education can encourage mothers to avoid possible negative things about sex. The results of the chi-square test show that P value = 0.000 < α (0.05) so it is concluded that there is a significant relationship between the Level of Adolescent Knowledge about Sexual Development (Physical Changes) and Anticipation of the Risk of Sexual Harassment. This is in line with research conducted by Nida and Kurwiyah in Kramat Jati Village in 2022, the study found that there was a relationship between knowledge about sexual harassment and behavior of rejecting sexual harassment (p-value = 0.000) (Nida & Kurwiyah, 2022)

Good knowledge about sexuality can help adolescents recognize the signs of sexual harassment against themselves and what efforts can be made if they experience it. The importance of sex education is given to adolescents because proper sex education can save adolescents from unhealthy or dangerous conditions for their health and can be a determinant of the overall health status and quality of life of individuals. Knowledge about sex can be obtained by adolescents through both formal and informal education, informal education can be obtained from the mass media, television, and others. Sex education provided in a balanced manner between biological knowledge and sociological approaches is expected to be

beneficial for adolescents and can help adolescents make good decisions in their lives (Delfina et al., 2021; Moreira et al., 2023).

CONCLUSIONS

The conclusion of the study, respondents with less knowledge have less anticipation of the risk of sexual harassment. While there are respondents with good knowledge who have good anticipation of the risk of sexual harassment. There is a relationship between the level of adolescent knowledge about sexual development and anticipation of the risk of sexual harassment at MTs Al Fatah Badas, Kediri Regency with a value of $P = 0.000$. It is hoped that the results of this study can increase knowledge for adolescents about the importance of knowledge about the development of sexuality, as well as anticipation of the risk of sexual harassment. In addition, it is hoped that parents, teachers, and health workers will always provide knowledge and guidance for adolescents related to the development of sexuality.

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