

## ***Literature Review : Determinan Terjadinya Kehamilan Tidak Diinginkan Pada Remaja di Indonesia***

## ***Literature Review : Determinants of Unwanted Pregnancy in Adolescents in Indonesia***

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### ***Abstrak***

**Latar Belakang:** Fenomena kehamilan tidak diinginkan pada remaja ternyata masih marak terjadi di Indonesia. Dikutip dari hasil wawancara kepala Badan Kependudukan dan Keluarga Berencana Nasional (BKKBN), Hasto Wardoyo menjelaskan bahwa pada tahun 2020 jumlah kehamilan tidak diinginkan di Indonesia cukup tinggi yaitu mencapai 17,5%

**Tujuan** Memberikan gambaran faktor determinan terjadinya kehamilan tidak diinginkan pada remaja di Indonesia.

**Metode:** Pencarian artikel dilakukan dengan Google Scholar dan Portal Garuda dengan kata kunci “kehamilan tidak diinginkan”, “kehamilan tidak diinginkan pada remaja usia 12-24 tahun”, “faktor kehamilan tidak diinginkan pada remaja”.

**Ulasan:** Total artikel yang diperoleh sebanyak 157 artikel, ditemukan 5 artikel yang memenuhi kriteria inklusi yaitu artikel dengan penelitian yang dilakukan di Indonesia dengan tahun publikasi 2015 hingga 2020, berbentuk original article, artikel tersedia dalam bentuk full text dan free access, serta faktor penyebab kehamilan pada remaja. Kurangnya pengetahuan, sikap permisif remaja, mudahnya akses media pornografi dan pola asuh orang tua menjadi faktor penyebab terjadinya kehamilan pada remaja.

**Kesimpulan:** Kurangnya pengetahuan remaja tentang kesehatan reproduksi dan kesehatan seksual merupakan faktor yang paling dominan sebagai penyebab terjadinya kehamilan tidak diinginkan dikalangan remaja, karena pengetahuan seseorang dapat mempengaruhi sikap dan perilaku seseorang. Perlu dilakukan pembinaan dan penyuluhan terkait pengetahuan dan pemahaman kepada remaja dan orang tua terkait kesehatan reproduksi remaja.

**Kata kunci:** Kehamilan tidak diinginkan , remaja , faktor kehamilan tidak diinginkan di Indonesia

### **Abstract**

**Background:** The Phenomenon of unwanted pregnancy among adolescents is still rife in Indonesia. Results of interviews with the head of the National Population and Family Planning Agency (BKKBN), Hasto Wardoyo, explained in 2020 that there are not enough unwanted pregnancies in Indonesia which reach 17.5%.

**Objectives:** Provide an overview of the determinants of unwanted pregnancy in adolescents in Indonesia.

**Methods:** An article search was conducted using Google Scholar and Garuda Portal with the keywords "unwanted pregnancy", "unwanted pregnancy in adolescents aged 12-24 years", "unwanted" pregnancy factor in adolescents".

**Discussion:** The total articles obtained were 157 articles, found 5 articles that met the inclusion criteria, namely articles with research conducted in Indonesia with publication years from 2015 to 2020, in the form of original articles, articles available in full text and free access, as well as factors causing pregnancy in adolescents. Lack of knowledge, permissive attitude of adolescents, easy access to pornographic media and parenting patterns are factors that cause pregnancy in adolescents.

**Conclusions:** Lack of knowledge of adolescents about reproductive health and sexual health is the most dominant factor as a cause of unwanted pregnancy among adolescents, because knowledge can affect the

attitudes and behavior. It is necessary to provide guidance and counseling related to knowledge and understanding to adolescents and parents regarding adolescent reproductive health.

**Keywords:** Unwanted pregnancy, adolescents, unwanted pregnancy factors in Indonesia

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## INTRODUCTION

Adolescence is a period of transition of children to adulthood. Teenage life is a life that determines a person's future life. The state also hopes that teenagers will be the successor to establishment of a country in the future. Adolescence is also considered a period of change, the level of change in attitudes and behavior in line with changes in the physical. Adolescence is also considered a period of looking for identity, initially they will be just like other friends, over time they will find their true identity (Saputro, 2018). Indonesian youth according to Undang-Undang no. 40 of 2009 are citizens aged 16 to 30 years which is an important period of growth and evolve. Based on the results of the Susenas 2020, the estimated number of Indonesia youth is 64.50 million or a quarter of the total population of Indonesia (Statistika, 2020).

The phase of adolescence is a period of fluctuation and full of dynamic events in which it marks the characteristic of teenager. The adolescence period is also considered a transitional phase of human as there are a lot of changes both physically and psychologically that take place (Realita and Rahmawati, 2016). Education, work and changes between one life and another life also part of the transitional period in adolescence. Every teenager has different abilities in understanding appreciating and digesting the experiences and knowledge they receive. Therefore, adolescence is an important stage in human life that requires attention, guidance and empathy from parents (Ahmed Zaky, 2016).

During adolescence, in addition to physical and psychological changes, adolescents also experience changes in sexual interest. A typical change experienced by teenager is that they begin to recognize the opposite sex, and not a few of them arise feelings that lead to sexual behavior such as dating. The largest proportion of adolescents aged 15-19 years, dating for the first time occurs at the age of 15-17 years. 33.3% of girls and 34.5% of boys aged 15-19 years admitted that they first started dating when they were 15 years old (Sari, Darmana and Muhammad, 2018). Dating styles that are preferred by adolescents tend to be more inclined towards physical sexual behavior such as kissing, necking, and intercourse. Some of them even experienced sex more than once (Amalia and Azinar, 2017). In the study of Girsang (2020) it was stated that the informant had had premarital sexual relations and this was done more than once (Girsang, 2020). There are several factors that encourage a teenager to engage in sexual behavior, one of which is the high curiosity of adolescents towards things that lead to sexuality (Aziza and Amperaningsih, 2014). Sexual behavior is likened to an iceberg phenomenon that is only visible on the outside, but the problem is much bigger (Isnaeni, Laksono and Deliana, 2017). These sexual behaviors could lead to unwanted pregnancies in adolescents. Unwanted pregnancy often occurs in single woman who just begin their sexual experience. Most of the pregnancies that occur in adolescents are unwanted pregnancies (KTD) that occur before marriage and trigger abortion (IP and SA, 2018).

Every year around the world as many as 15 million adolescents aged 15-19 years give birth, 4 million have an abortion (S, Laksono and Rustiana, 2018). Based on the interview with the head of the Badan Kependudukan dan Keluarga Berencana Nasional (BKKBN), Hasto Wardoyo explained that the number of unwanted pregnancies in Indonesia is quite high, reaching 17.5%. Almost all adolescents aged 13 to 18 years in Bogor, Tangerang and Bekasi have lost their virginity. They tend to have pre-marital sexual intercourse and not a few of them are impregnated before having married (Realita and Rahmawati, 2016). The 2017 IDHS report states that the group of age from 15-19 experienced two times as many unwanted pregnancies, namely 16%, compared to the 20-24 year age group. In addition, 21% of this phenomena is experienced by women and 10% occurred in men whose education level is very low, in this case is below Senior High School (SHS). The occurrence of unwanted pregnancies in adolescents can be influenced by environmental, social, and individual factors. The phenomenon of unwanted pregnancy in Indonesia take place in several regions. According to (BKKBN, 2017), the distribution of KTD (unwanted pregnancy) in Indonesia mostly found in the Bangka Islands (29.9%), DKI Jakarta (26.0%) and DI Yogyakarta (24.1%).

On the other hand, the continuous state of adolescent pregnancy poses serious problems in the family sphere. This can bring harm to personal life, work and school. In some cases, adolescents with pregnancy are evicted from their house, lose their jobs, risked to unhappy marriages, and lose another opportunities (Pinto e

Silva, 1998). In addition, adolescent pregnancies at the age of  $\leq 15$  have been noted to have a higher maternal, obstetric and neonatal risk than in adult women (Fleming *et al.*, 2015). On other hand, unwanted pregnancy can also affect the mental development of the child, especially if he is born, but the parents are not yet able to accept. Another effect of this phenomenon is the occurrence of abortion. Failed abortion can cause physical damage to the baby as well as bleeding to the mother (Nawati and Nurhayati, 2018). Non-medical abortion can be subject to criminal penalties as stipulated in Undang-Undang Kesehatan No.36 of 2009. Women with unwanted pregnancies are at higher risk of unhealthy behavior, not taking care of pregnancy and abortion. Based on research by Kartika (2018), besides unwanted pregnancy, sexual behavior carried out by adolescents can also be at high risk of transmitting the HIV virus (Kartika and Budisetyani, 2018).

Unwanted pregnancies carried out by teenagers can be caused by several factors, which can be caused by a lack of knowledge of adolescents about reproductive health and sexual health, as evidenced in Elisa Happy and Azinar's research in (2017) stated that in their research, four respondents do not know the definition of reproductive health and sexual health, the respondent also does not know pre-marital pregnancy and the risks it poses because the respondent only takes elementary and junior high school education. The next factor that causes unwanted pregnancies is easy access to pornography and parenting patterns. In the digital era like today, teenagers can easily access various information from electronic media, one of which is access to pornography. Based on Ismawarti's research (2017) in his research, it states that respondents have gadget facilities and easily access pornography and in this study it is also stated that respondents rarely get attention from their parents, from three respondents stated that their parents paid little attention to what activities they were doing and with whom they associate. They are more open to their peers. The factor of religiosity can be a factor causing unwanted pregnancy in adolescents. Wulandari's research (2016) states that there is a negative relationship between religion and premarital sex. This is associated with a person's level of religiosity related to that person's behavior and morals (Wulandari, 2016).

Therefore, it is considered as necessary to further investigate evidence related to the factors that influence the occurrence of unwanted pregnancy (KTD) in adolescents in Indonesia.

## METHOD

The main method used in this article is literature review. The data collection process was carried out using Google Scholar database and Garuda Portal by using the keywords "*kehamilan tidak diinginkan*" "*kehamilan tidak diinginkan pada remaja*" "*faktor kehamilan tidak diinginkan pada remaja*" or "unwanted pregnancy" "unwanted pregnancy in adolescents" "factors behind unwanted pregnancy in adolescents". The inclusion criteria in the data collection include articles that contain Indonesia-based research, with the year of publication from 2015 to 2020 are in the form of original articles and are available in full text and free access, as well as factors that cause pregnancy in adolescents. As for the exclusion criteria, it is journals published before 2014 and journals related to unwanted pregnancy in adults.

Based on articles that have been collected and scrutinized, the factors that lead to pregnancy in adolescents are very complex. Found 157 full text articles and free access on Google scholar and the Portal Garuda that matched the keywords. Then, after being studied according to the topic to be discussed, 7 articles were found that matched the discussion. After the researchers reviewed the contents of each journal, they found 5 articles that matched the topic to be discussed and discarded 2 articles, because the article did not mention the factors causing unwanted pregnancy in detail. From 5 articles analyzed, the phenomena of unwanted pregnancy among adolescents in Indonesia is still quite high and are caused by several factors. After conducted through analysis from all of source of articles, it was found that the causes behind unwanted marriage in adolescent are quite similar. The same causes related to the factors that cause unwanted pregnancy in adolescents. Based on the analysis carried out, the results are described in the form of table with PICO (Problem, Intervention, Comparison and Output) method as an Table 2.

## RESULTS AND DISCUSSION

Unwanted pregnancies in adolescents often occur in Indonesia. This is caused by various factors that trigger pregnancy in adolescents. These factors include lack of knowledge, promiscuity, acces to pornography, parenting, religiosity, permissiveness, and many more. The results of the literature review show that the factors that cause unwanted pregnancies in adolescents consist of several factors, namely the lack of adolescent knowledge, easy access to pornography, adolescent permissiveness, and parenting patterns.

The factor that greatly influences the occurrence of unwanted pregnancy is adolescents' lack of knowledge. Knowledge is an important domain in the formation of an action on a person (Mufti, 2018). The teenagers often have very little amount of knowledge of regarding reproductive health and sex education and it takes great role in the growing numnber of unwanted pregnancy in adolescents. This has been proven by the

research of Ismarwati and Utami (2017) in which it shows that the factor affecting unwanted pregnancy is the lack of knowledge in adolescents (Ismarwati and Utami, 2017). In the study, Mutmainah et al. (2020) stated that lack of knowledge about contraception can also cause unwanted pregnancies (Muthmainnah *et al.*, 2020). Lack of knowledge adolescents will lead to wrong perceptions in regarding sexuality and it will trigger risky sexual activities which lead to unwanted pregnancies. On the other hand, adolescents who have knowledge related to reproductive health from an early age can avoid risky sexual behavior because they already know the negative impact.

Another factor that gives rise to unwanted pregnancies in teenagers is easy access to pornography. Indonesian films with theme of romance also have a lot of vulgar scenes that lead to sexual pornography and free life among teenager. The adult porn film industry is very large and tends to be easy to find and easy to get. The existence of television, cellphone, computer, digital and internet has accelerated the spread of information about pornography (Novita, 2018). Easy access to pornography will trigger the teenagers to have premarital sex and tends to follow the dating style they see and hear through electronic media, as it will cause high rate of promiscuity that leads to free or premarital sex. This factor is evidenced by Ismarwati & Utami's research (2017) in which in the results of the interview, all informants answered that they ever accessed pornographic contents, this was done alone, with friends and with their boyfriends. The informant stated that after being exposed to pornographic contents, the desire to have pre-marital sex rises thus leading to the risk of having unintended pregnancy. Pornography in Indonesia is also referred to as a social problem because it is considered a cause of moral degradation, the occurrence of rape and a decline in human self-esteem which has an impact on pregnancy before marriage, abortion, free sex, the transmission of various kinds of venereal disease (Novita, 2018).

The permissive attitude of adolescents also contributes to the phenomena of unwanted pregnancy and it also triggers sexually transmitted disease (PMS). The permissive attitude of adolescents towards premarital sexual behavior arises because of the adolescent's assessment that sexual behavior is a natural thing to do, such as kissing to having intercourse (Rosdarni, Dasuki and Waluyo, 2015). This is evidenced by the research of Ismarwati & Utami (2017) which states that the permissive attitude of adolescents lead to the promiscuity which can be a force for adolescents in engaging in sexual activities that results in free sex and unwanted pregnancy (Ismarwati and Utami, 2017). According to Wulandari's research (2016) this is also due to the excessive dating activities that lead adolescents to have free sex (Wulandari, 2016).

Parenting style is considered as one of the factors causing unwanted pregnancy. This is stated by research conducted by Amalia & Azinar (2017) in which in the findings, it is stated that the lack of closeness and affection between children and their parents causes children having low concern over parental advices (Amalia and Azinar, 2017). In addition, the absence of proper communication between both parties also contributes to the problem. The low level of communication between adolescents and parents, especially in discussing sexuality education, is caused by the inconvenience of parents and adolescents in discussing it. This is because parents do not really understand the topic to be discussed, parents feel this is not a topic that should be discussed in a teenager, and parents feel embarrassed to discussed it (Rosdarni, Dasuki and Waluyo, 2015). On the other hand, adolescents feel more comfortable expressing an opinion and narrating about adolescent life to their peers compared to their parents (Aziza and Amperaningsih, 2014). This is what causes the low closeness of children and parents which affects adolescents who do not care about their parents say. According to research Pertiwi (2020) stated that the key to early sexual education in adolescents is the role of parents. Early sexual education that can be provided is not only education related to puberty, but also education on restrictions on association with the opposite sex, the long-term impact of premarital sex behavior, and other reproductive health education. (Pertiwi, 2020)

## CONCLUSION

Based on the results of a literature review of the findings in 5 articles, it is concluded that the phenomenon of unwanted pregnancy among adolescents in Indonesia is still common. Lack of knowledge of adolescents about reproductive health and sex education is the most dominant cause of the phenomenon of unwanted pregnancy among adolescents.

In this case, it is necessary to provide guidance and counseling related to knowledge and understanding to adolescents and parents regarding adolescent reproductive health.

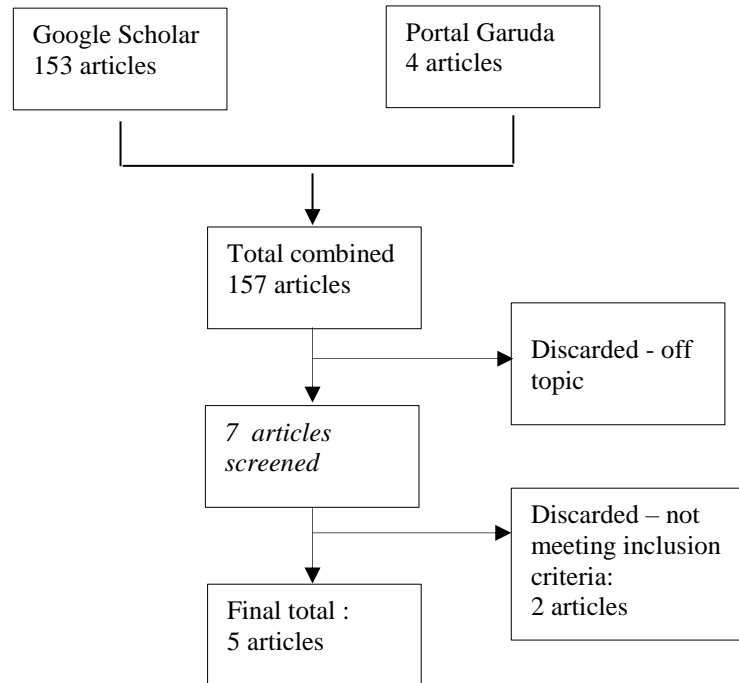
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**Picture. 1** Data Collection Stages

**Table 1.** PICO Method

No.	PICO	Statement of Clinical Problems
1.	P (problem/clinical/population)	<ul style="list-style-type: none"> <li>• The clinical problem of this article is to determine the factors that cause unwanted pregnancy in adolescents</li> <li>• The population in this journal is adolescents.</li> </ul>
2.	I (Intervention)	<ul style="list-style-type: none"> <li>• The main method used in this article is literature review. The data collection process was carried out using Google Scholar database and <i>Garuda</i> Portal by using the keywords “<i>kehamilan tidak diinginkan</i>” “<i>kehamilan tidak diinginkan pada remaja</i>” “<i>faktor kehamilan tidak diinginkan pada remaja</i>” or “unwanted pregnancy” “unwanted pregnancy in adolescents” “factors behind unwanted pregnancy in adolescents”</li> <li>• Based on the findings of source articles, independent variables that cause unwanted pregnancy are adolescents’ lack of knowledge of reproductive health, easy access to pornography, parenting styles, influence from associates and close friends, permissive behaviour, lack of self-efficacy of female adolescents to resist premarital sex, “risky” sexual activities, and religiosity.</li> </ul>
3.	C (comparison)	In this article does not include comparison because there is no comparison process

4.	O (outcome)	The results shows that the factors causing unwanted pregnancy in adolescents are the lack of knowledge of adolescents about reproductive health, easy access to pornographic contents, permissive attitudes towards premarital sex and the lack of parents' supervision or wrong parenting style. From 5 articles that have already been examined, there are 4 articles which stated that the adolescents' lack of knowledge about reproductive health and sex education contribute to the occurrence of unwanted pregnancies in adolescents. In addition, 3 out of 5 articles stated that the factors causing unwanted pregnancy in adolescents are easy access to pornography, permissive attitude of adolescents towards premarital sex and lack of attention and affection from the parents.
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**Table 2.** Summary of Articles Finding

Author(s)	Purpose/Significance	Method	Subject of Research	Findings
(Mayun, Ani and Suariyani, 2017)	Determining the causes of unwanted pregnancy in adolescents.	Qualitative	10 teenagers between the ages of 12 and 21 who had unwanted pregnancies.	1. Lack of knowledge about reproductive health and sex education. 2. Permissive attitude of female adolescents towards premarital sex
(Amalia and Azinar, 2017)	Finding what factors influence the occurrence of unwanted pregnancy among adolescents in <i>Madiun</i> region.	Qualitative	4 teenagers who ever experienced unwanted pregnancy in the time range of 2012-2015 in <i>Madiun</i> region	1. The results showed that four informants were at the risk stage of sexual behavior and had premarital sexual relations with their partners. 2. From the results of the analysis found 5 factors associated with unwanted pregnancy in adolescents including risky premarital sexual practices, lack of knowledge about reproductive health and sex education, permissive attitude of female adolescents towards premarital sex, easy access to pornography-related contents and lack of parents' attentiveness
(Ismarwati and Utami, 2017)	Discovering factors that trigger unwanted pregnancy (KTD) in adolescents in the working area of the <i>Pakem</i> Community Health Center ( <i>Puskesmas</i> )	Qualitative	6 main informants (adolescents who experience unwanted pregnancy in the working area of <i>Puskesmas Pakem</i>	1. Four out of six informants who experienced unwanted pregnancies were not aware that sexual intercourse could result in pregnancy.



			Sleman) and 6 informants for triangulation purpose (biological mothers and close friends).	2. From the results of the analysis found 5 factors associated with unwanted pregnancy in adolescents including Lack of knowledge about reproductive health and sex education, Adolescents' permissive attitude, Easy access to pornography, Close friends' strong incitement for free sex or premarital sex and Parenting style.
(Wulandari, 2016)	Knowing the factors that influence "risky" premarital sexual activities that potentially lead to unwanted pregnancy (KTD) events in adolescents.	Explanatory Research	The sample consists of (197 men, 183 women).	<ol style="list-style-type: none"> <li>1. The results showed that 12.1% of respondents stated that they had had intercourse.</li> <li>2. From the results of the analysis found 4 factors associated with unwanted pregnancy in adolescents including Religiosity, Adolescent's permissive attitude, Easy access to pornography sites and contents and Influence from close friends.</li> </ol>
(Sari and Nurdian, 2016)	Studying the factors associated with the phenomena of unintended pregnancy	Quantitative	43 adolescents with unintended pregnancy, both married and unmarried in the working area of <i>Gamping I</i> Health Center ( <i>Puskesmas</i> )	<ol style="list-style-type: none"> <li>1. Lack of knowledge.</li> <li>2. Parenting style.</li> <li>3. Lack of diversity in mass media The influence from teenagers' associates and friends.</li> </ol>