

THE LEVEL OF ADOLESCENTS' KNOWLEDGE REGARDING SEXUALLY TRANSMITTED DISEASE IN STATE SENIOR HIGH SCHOOL 2 OF BANTUL.

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Abstract

Purpose: The objective of this study was to assess the Level of knowledge among teenagers regarding sexually transmitted illnesses in SMA Negeri 2 Bantul.

Method: The sample approach employed was proportional simple random sampling. The sample size for this study consisted of 287 participants from class XI at SMA Negeri 2 Bantul. The sample consisted of 187 students from class XI.

Results: The survey findings indicated that a significant proportion of participants, specifically 139 respondents (74.3%), possessed a commendable level of knowledge. Additionally, 47 respondents (25.1%) showed an adequate level of knowledge, while only 1 respondent (5%) exhibited a limited level of knowledge.

Keywords: Adolescents, Knowledge, Sexually Transmitted Diseases

Introduction

Sexually transmitted infections (STIs) are clinical syndromes and infections caused by pathogens that are transmitted from one person to another, regardless of gender. Transmission can occur through sexual intercourse, even if a condom is not used, with a person who has a sexually transmitted disease (Purba & Rahayu, 2021). Adolescence is a phase of development that bridges the gap between childhood and adulthood, encompassing physical and psychological changes. *Adolescence* is a period characterised by significant transformations in cognition, emotions, social interactions, and behaviour. Hence, it is imperative to closely observe and influence the conduct of adolescents in order to enhance their future health condition (BKKBN, 2020).

In 2021, the laboratory data showed that the prevalence of sexually transmitted diseases in Indonesia was as follows: 11,133 cases of overall prevalence, 2,976 cases of early syphilis, 892 cases of advanced syphilis, 1,482 cases of gonorrhoea, 1,004 cases of gonorrheal urethritis, 143 cases of genital herpes, and 342 cases of trichomoniasis. Additionally, there were 7,650 cases of HIV and 1,677 cases of AIDS (Kemenkes RI, 2021). The absence of comprehension of sexual conduct has significant negative

consequences for both teenagers and their families. This is because at this stage, adolescents undergo crucial advancements in cognitive, emotional, social, and sexual domains. The duration of this development will span from 12 to 20 years. A deficiency in comprehension may arise due to insufficient knowledge obtained from a reliable source (Sulastri & Astuti, 2020).

The inadequate awareness among adolescents regarding sexually transmitted infections leads to their inclination towards experimentation and curiosity without fully comprehending the consequences of such infections. The responsibility of addressing this issue lies with parents, who should actively engage in monitoring their children's behaviour and offering them appropriate education and guidance to prevent engagement in activities that may lead to sexual intercourse. Healthcare professionals should actively engage in counselling teenagers to ensure their understanding of sexually transmitted illnesses and the associated risks (Hairuddin *et al*, 2022).

Yogyakarta Regional Regulation No. 12/2010 and Governor Regulation No. 37 and 39/2012 require all sectors to actively respond to and prevent HIV and AIDS in the Yogyakarta Special Region. The Regional Strategy and Action Plan (SRAD) is a framework for guiding the planning, execution, monitoring, and evaluation of HIV/AIDS response efforts by stakeholders in Yogyakarta city (Dinkes Kota Yogyakarta, 2021).

An effective strategy to decrease these figures is to implement comprehensive health education programmes. These programmes should cover topics such as reproductive organ care, adolescent development during puberty, the consequences of pornography, prevention of unwanted pregnancies and abortion, HIV/AIDS and sexually transmitted infections, and the importance of reaching a mature age before marriage. It is crucial to involve the government and parents in delivering this education.

Methods

This study employed a descriptive survey methodology, wherein researchers distributed questionnaires to collect data. The population comprised 287 students in the eleventh grade at SMA Negeri 2 Bantul. The research methodology employed in this study is prospective simple random sampling. The sample size can be obtained by utilising 187 respondents.

This study employed a questionnaire to gather data on the Level of knowledge among teenagers on sexually transmitted illnesses in SHS 2 of Bantul. The survey utilised in this research comprised 30 closed-ended questions employing a Guttman scale, where a response of True was assigned a score of 1, and Wrong was assigned a score of 0. The univariate analysis conducted in this study yielded the frequency distribution and proportion of respondents depending on the characteristics of respondents in the dataset about the Level of knowledge of adolescents about sexually transmitted illnesses.

Results

TABLE 1
Frequency distribution of adolescents' knowledge level about sexually transmitted diseases.

| No. | Knowledge | Frequency | Percentage (%) |
|-----|-----------|-----------|----------------|
| 1. | Good | 139 | 74,3 |
| 2. | Fair | 47 | 25,1 |
| 3. | Less | 1 | 5 |

Source: Primary Data 2023

TABLE 2
The data presents a frequency distribution of respondents' characteristics in relation to the amount of awareness about sexually transmitted diseases among adolescents at SHS 2 of Bantul.

| No. | Characteristics | Frequency | Percentage (%) |
|-----|---|-----------|----------------|
| 1. | Age | | |
| | 15 Years | 15 | 8,0 |
| | 16 Years | 147 | 78,0 |
| | 17 Years | 25 | 13,4 |
| 2. | Gender | | |
| | Male | 87 | 46,5 |
| | Female | 100 | 53,5 |
| 3. | Source of Reproductive Health Information | | |
| | Parents | 22 | 11,8 |
| | Friends | 6 | 3,2 |
| | School | 27 | 14,4 |
| | Internet | 132 | 70,6 |

Source: Primary Data 2023

TABLE 3

presents a frequency distribution of knowledge levels determined by analysing responses to the questionnaire grid on sexually transmitted diseases.

| No. | Question Grid | Knowledge Level | | | | | |
|-----|------------------------------|-----------------|-------|------|------|------|------|
| | | Good | | Fair | | Less | |
| | | F | % | F | % | F | % |
| 1. | Definition of STDs | 172 | 100.0 | 14 | 7.4 | 1 | 5 |
| 2. | Types of STDs | 101 | 54.0 | 81 | 43.3 | 5 | 2.7 |
| 3. | Signs and Symptoms of PMS | 96 | 51.3 | 38 | 20.3 | 58 | 20.3 |
| 4. | Complications of PMS | 0 | 0 | 40 | 21.4 | 147 | 0 |
| 5. | Risk factors for STDs | 87 | 46.5 | 78 | 41.7 | 22 | 11.8 |
| 6. | Ways of transmission of STDs | 55 | 29.4 | 99 | 52.9 | 33 | 17.6 |
| 7. | Prevention of STDs | 171 | 91.4 | 13 | 7.0 | 3 | 1.6 |

Source: Primary Data 2023

Discussion

Adolescence is typically categorised into three stages based on age range. The study examined the Level of awareness regarding sexually transmitted diseases among adolescents at SMA Negeri 2 Bantul. The sample consisted of 187 respondents aged between 15 and 17 years. The findings of this study indicated that the majority (78.0%) of participants were 16 years old, which falls between the early adolescent stage (12-15 years), middle adolescence stage (15-18 years), and late adolescence stage (18-21 years) (Fuad & Batubara, 2020).

(Mochlisin Fatkur Rohman, 2021) states that age impacts an individual's absorption, mindset, and knowledge, encompassing internal variables and

knowledge acquisition across different stages of life. One's age might influence the capacity to assimilate information and employ perception. The study findings indicate that the prevailing age range among class XI students is 15-17, facilitating the acquisition of information about teenage reproductive health.

The findings indicated that most respondents were female (53.5%) and male (46.5%) in terms of gender. *Gender* is a biological characteristic that differentiates humans into male and female categories. Gender encompasses an individual's conduct and manifestation of their physical attributes by their gender identity (Lidya Wuri Handayani, 2018).

The study's findings indicate that the primary source of reproductive health information is the Internet, which accounts for 70.6% of the respondents. Schools contribute 14.4% of the information, while parents provide 11.8%. Friends are a modest source, accounting for only 3.2% of the information. According to (Saenong & Sari, 2021), promiscuity will become increasingly unmanageable and inappropriate as society progresses. A comprehensive understanding of reproductive health, particularly regarding sexually transmitted illnesses in adolescents, is essential to safeguard against engaging in promiscuous behaviour before marriage. This is corroborated by the belief that information is vital in shaping an individual's behaviour. Suppose they lack sufficient comprehension or expertise in reproductive health, particularly with knowledge of sexually transmitted illnesses. Consequently, during adolescence, individuals may engage in unrestricted sexual activity prior to marriage due to the significant importance of this developmental stage.

The findings revealed the frequency distribution of adolescents' levels of knowledge regarding sexually transmitted diseases in SHS 2 of Bantul. Most respondents, specifically 139 individuals (74.3%), demonstrated a high level of knowledge. Additionally, 47 respondents (25.1%) possessed an adequate level of knowledge, while less than 1 respondent (5%) fell into the category of having insufficient knowledge.

As (Veftisia, 2023), the excellent category indicates that students have acquired knowledge about sexuality, actively sought out sources of information on the

topic, and can understand the purpose and feasibility of sexual intercourse. On the other hand, the sufficient category suggests that students have received information about sexual knowledge and have made efforts to find additional sources of information. Lastly, the lack category indicates that students have varying interpretations of sexual knowledge and face difficulties in accessing relevant sources of information.

The study's findings on adolescents' knowledge regarding the definition of sexually transmitted diseases in SMA Negeri 2 Bantul indicate that the majority, specifically 172 respondents (92.0%), were well-informed. Additionally, 14 respondents (7.5%) were moderately informed, while only 1 (5%) demonstrated poor knowledge of the subject. Adolescents at SHS 2 of Bantul demonstrate knowledge of sexually transmitted diseases.

According to a study conducted by Novembriany in (Novembriany, 2020), involving 101 students from Wanaraya High School, it has been determined that there is a direct correlation between adolescents' knowledge of sexually transmitted diseases (STDs) and their behaviour towards engaging in unprotected sexual activity. Specifically, the study found that higher knowledge about STDs is associated with more responsible behaviour. In contrast, a lack of knowledge about STDs can lead to an increase in risky sexual behaviour among adolescents.

The findings of the study on the Level of adolescents' awareness regarding different forms of sexually transmitted illnesses in SMA Negeri 2 Bantul indicate that the majority of them were adequately informed. 101 respondents, accounting for 54.3% of the total, were well-informed. Additionally, 81 respondents, making up 43.3% of the total, had moderate information. Only 5 respondents were poorly informed, representing 2.7% of the total. This indicates that adolescents possess potential information regarding the various types of sexually transmitted diseases. Sexually transmitted infections (STIs) are caused by about 30 germs, including bacteria, fungus, parasites, irritation, blisters, etc.

According to (Pandjaitan *et al.*, 2017), a study indicates that 83% of adolescents are able to accurately identify different types of sexually transmitted diseases. In this study, participants were not explicitly asked to enumerate the

various forms of sexually transmitted illnesses. However, at least 83% of adolescents demonstrated the ability to differentiate them from other disorders.

The research findings on the Level of knowledge among adolescents regarding the signs and symptoms of sexually transmitted diseases in SHS 2 of Bantul indicate that 96 respondents (51.3%) were highly knowledgeable, 38 respondents (20.3%) had moderate knowledge, and 53 respondents (28.3%) had low knowledge. This is consistent with the findings of a study conducted by Koray et al. in 2022. A significant majority of respondents, namely 355 adolescents, demonstrated a commendable level of understanding regarding sexually transmitted illnesses. The primary indications and manifestations observed were excretion from the penis or vagina (72.4%), dysuria (71.5%), and pruritus and ulcers in the genital region (72.7%). The primary sources of knowledge or education regarding sexually transmitted illnesses among adolescents included schools, the Internet, hospitals, and parents.

The findings of the study on the Level of knowledge of adolescents regarding complications of sexually transmitted illnesses in SMs 2 of Bantul revealed that the majority of respondents, specifically 147 individuals (78.6%), had a limited understanding. On the other hand, 40 respondents (21.4%) demonstrated adequate knowledge. According to the analysis of the conducted questionnaire, only 74.3% of respondents correctly answered statement number 24, which states that sexually transmitted infections might result in problems of pelvic inflammatory disease.

From the given description, it can be inferred that a significant number of respondents lack comprehension of the phrase pelvic inflammation due to the little knowledge adolescents possess about the repercussions of sexually transmitted illnesses. Prior to this, students at SMA Negeri 2 Bantul had not been given counselling services by health professionals. Instead, they only obtained limited information through the biology curriculum offered by the school.

As (Simorangkir, 2022), sexually transmitted illnesses can lead to difficulties, such as pelvic inflammatory disease, ectopic pregnancy (occurring outside the womb), and infertility. Syphilis can lead to issues in several organs, including the brain and heart. In pregnant women, it can result in miscarriages or congenital disabilities, and it can also heighten the risk of acquiring HIV.

The findings of the study conducted at SMA Negeri 2 Bantul about the Level of knowledge among teenagers about risk factors for sexually transmitted diseases revealed that 87 respondents (46.5%) possessed a high level of knowledge, 78 respondents (41.7%) had a moderate level of knowledge, and 22 respondents (11.8%) had a low level of knowledge. Out of the 4 questions in the questionnaire, respondents had the opportunity to answer correctly. One of these questions was question number 18, which stated: "Using public facilities with sufferers leads to a high risk of sexually transmitted infections" (negative question). Just 32.1% of the participants provided the correct answer.

This is due to the perception among many respondents that sharing public facilities, such as toilets, with individuals who have sexually transmitted illnesses poses a potential danger of contracting such infections.

The occurrence of sexually transmitted infections is strongly correlated with engaging in risky sexual conduct. Risky activity is characterised by engaging in first sexual intercourse, having a high number of sexual partners or frequently changing partners, and exhibiting poor cleanliness in the intimate genital area. Factors that can contribute to a higher risk of sexually transmitted infections or HIV among ethnic minority women include the features of their sexual partners, environmental influences, difficulties in negotiating condom use and contraceptive practices, as well as the use of alcohol and illicit substances. (Dini Agustini & Rita Damayanti, 2023).

The findings of the study conducted at SMA Negeri 2 Bantul on adolescents' knowledge regarding the transmission of sexually transmitted diseases indicate that the majority of respondents, specifically 99 individuals (52.9%), possessed a moderate level of knowledge. Additionally, 55 respondents (29.4%) demonstrated good knowledge, while 33 (17.6%) exhibited poor knowledge.

The research conducted by (Achdiat *et al.* 2019) found that a significant proportion (40%) of adolescents in Jatinangor have a good understanding of how sexually transmitted diseases are transmitted. Specifically, they are aware that these diseases can be transmitted through blood, the birth canal (from mothers who have sexually transmitted diseases), body contact, and poor hygiene of reproductive organs.

The findings indicated that at SHS 2 of Bantul, most teenagers possessed a high level of knowledge about preventing sexually transmitted diseases, with 171 respondents (91.4%) demonstrating good knowledge. Additionally, 13 respondents (7.0%) exhibited a moderate level of knowledge, while just 3 respondents (1.6%) had a low level of knowledge.

This aligns with the findings of a study conducted by (Massa & Ali, 2023), which suggests that effective prevention measures can deter adolescents from engaging in risky behaviours such as promiscuity, alcohol and drug consumption, and engaging in sexual activities at the behest of their partners. Adolescents who prioritise the avoidance of sexually transmitted diseases may actively seek information through engaging in positive activities, such as participation in religious practices, to reinforce their belief that engaging in premarital sex is considered adultery.

As (Karlina, 2020), teenagers are inclined to experiment due to their curiosity arising from deficient comprehension, resulting from incorrect or unreliable information. One effective measure to mitigate reproductive issues in teens is to provide comprehensive education. Education on reproductive organ care, teenage development during puberty, and the risks associated with sexually transmitted illnesses. . (Oktianti, D & Siswati, 2023).

Conclusions

Based on the results of the research and discussion, it can be concluded as follows

1. Most responders were students aged between 15 and 17 years, based on their age characteristics. The percentage of individuals who are 16 years old is 78.0%, while the percentage of individuals who are 17 years old is 13.4%, and the percentage of individuals who are 15 years old is 8.0%. According to the findings of the research, students at SMA Negeri 2 Bantul are in the stage of middle and late adolescence

2. 53.5% of adolescents are female, while 46.5% are male. The disparity in the male-to-female ratio at SHS 2 of Bantul is mostly due to the higher proportion of girls in the community.
3. The primary source of reproductive health information for SHS 2 of Bantul students is the Internet, accounting for 70.6% of their information. School serves as a source for 14.4% of the information, while parents provide 11.8%. Friends are the least expected source, contributing only 3.2% of the information.
4. The findings of this study suggest that adolescents possess a commendable level of knowledge regarding sexually transmitted diseases (STDs). Specifically, their understanding of the definitions of STDs stands at 92.0%, while their knowledge of the various types of STDs is at 54.0%. Furthermore, they demonstrate awareness of the risk factors associated with STDs at a rate of 46.5% and can identify the signs and symptoms of STDs at a rate of 51.3%. However, their knowledge regarding the complications of STDs is lacking, as it stands at 0.0%. Similarly, their understanding of how STDs are transmitted is at 29.4%. On a positive note, their knowledge of STD prevention measures is high, with a rate of 91.4%—the number 2.

Acknowledgment

a. For Teenagers

Students at SHS 2 of Bantul are required to enhance their understanding of sexually transmitted diseases to gain insight into their complexities and symptoms. This knowledge is intended to influence adolescent behaviour and promote the prevention of sexually transmitted diseases.

b. For the Management of SHS 2 of Bantul

The school is anticipated to increase the frequency of health counselling sessions specifically focused on sexually transmitted illnesses and reproductive health.

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