

# The Information on Sex with Premarital Sexual Behavior among Adolescents in the Basic Community Group (KUB) of St. Yakobus Rasul Naimata, Kupang, East Nusa Tenggara in 2019

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## ABSTRACT

**Background:** Adolescence is a time of *storm and stress*, because adolescents experience many challenges both from themselves (*biopsychosocial factors*) and the environment (*environmental factors*). Adolescents who do not have the ability to face challenges, can end up in various complex health problems as a result of their risky behavior. This research is done to find out information about sex with premarital sexual behavior among adolescents in the basic community group (KUB) St. Yakobus Rasul Naimata, Kupang, East Nusa Tenggara in 2019. The method of this research is observational with cross sectional design. The research subjects were adolescents aged 14-17 in the basic community group (KUB) Yakobus Rasul Naimata, Kupang City. The sampling technique is the total population with a sample size of 100 people. Data collection used a questionnaire. The data analysis technique used univariate and bivariate analysis using the *chi square* test. It shows that variables related to premarital sexual behavior in adolescents are sources of information about sex (p value 0.02), comfort / openness of talking about sex (p value 0.014), access to sexual information from printed media (p value 0.033), reading / watching themed sex (p value 0.044) and programs favored by adolescents (p value 0.049), while the variable not related to premarital sexual behavior among adolescents was the time to read / watch sex themed (p value 0.383).

**Keywords:** Information about sex, adolescent sexual behavior.

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## INTRODUCTION

According to the World Health Organization (WHO), the age limit for adolescents is 10-19 years. Demographically, the youth group is divided into the 10-14 year age group and the 15-19 year age group. Law No. 23 of 2002 concerning Child Protection classifies everyone aged up to 18 years as a child, so that based on this Law most youth are included in the group of children<sup>1</sup>. The proportion of adolescents aged 10-19 years in 2018 was 17.1% of the total population, or around 45 million people<sup>2</sup>. The large number of millennial generations is a potential that requires planned, structured and systematic management so that it can be useful as capital for future development<sup>3</sup>. Adolescence is a time of storm and stress, because adolescents experience many challenges both from themselves (*biopsychosocial factors*) and the environment (*environmental factors*). If adolescents do not have the ability to face these challenges, they can end up in various complex health problems as a result of the risky behavior they do<sup>4</sup>. Data from Riskesdas 2018, categorizes adolescents aged 10-14 years and 15-19 years. The problem of adolescents at the age of 10-14 years is 0.3% consuming alcohol, the first time smoking at that age is 42.8% and adolescents aged 15-19 are 3.7% consuming alcohol and the first time smoking at that age is 54.2%. Overall, adolescents aged 10-19 years did not know information about HIV / AIDS by 64.8% and 5% of the age at first marriage among male adolescents and 10.5% of female adolescents, 7% of whom had become mothers, 5 percent had given birth and 2% temporarily<sup>5</sup>. Data from the Indonesian Child Protection Committee (KPAI) in 2014 shows that around 62.7% of adolescents have had

premarital sex, 20% are pregnant outside of marriage and 21 percent of them have had abortions<sup>6</sup>. This research is to find out information about sex with premarital sexual behavior among adolescents in the basic community group (KUB) St. Yakobus Rasul Naimata, Kupang, East Nusa Tenggara in 2019.

## METHODS

Observational with cross sectional design. The research subjects were adolescents aged 14-17 in the St. Yakobus Rasul Naimata, Kupang. The sampling technique with a total population with a sample size of 100 people. Data collection used a questionnaire. The data analysis technique used univariate and bivariate analysis used the chi square test.

## RESULTS

In this research we found information about sex among adolescents in this table below.

Based on table 1, it shows that the source of information about sex mostly obtained by adolescents comes from friends, 30% and 21% parents. 61% of adolescents openly talk about sex to friends. 80% of adolescents have access to information related to sexuality through print media, 31% of them read / watch sex-themed topics. Programs favored by teenagers are 33% music and 32% soap operas. The access time needed to read / watch sex is 75% of teenagers need less than 3 hours a day.

Based on table 2 about the sources of information about sex, data shows that 43% of adolescents have good sexual behavior, 41% are sufficient and 16% are lacking. Adolescents have good sexual behavior as many as 22

respondents (22%) and 12 respondents (12%) have sexual behavior with no information related to sex from friends and 15 respondents (15%) have good sexual behavior and get information from their parents.

Based on table 3, the comfort of adolescents to talk about sex shows that 43% of adolescents have good behavior, 41% of adolescent sexual behavior is sufficient and 16% of adolescent sexual behavior is lacking. Adolescents feel comfortable talking with friends with 20 respondents (20%) with good sexual behavior and 14 respondents (14%) with less sexual behavior. 16 respondents (16%) felt comfortable talking to their parents with good sexual behavior.

Based on table 4, the access to sexual information from print media shows that 80% of adolescents get access to sexual information through print media. 34 adolescents (34%) have adequate sexual behavior and 37 adolescents (37%) have good sexual behavior

Based on table 5 about reading / watching about sex, it shows that 31 respondents (31%) who read / watch sex-themed behaviors with less sexual behavior are 9 respondents (9%), 10 respondents (10%) with moderate sexual behavior and 11 respondents (11%) with good sexual behavior.

Based on table 6 about programs that preferred by adolescents, it shows that adolescents who like soap operas are 32 respondents (32%) with 15 respondents (15%) having less sexual behavior and 13 respondents (13%) having good sexual behavior.

Based on table 7, the access time for reading / watching sex-themed shows that the time for reading / watching sex-themed more than 3 hours a day is 25 respondents (25%), with details of 4 respondents (4%) having less sexual behavior and 13 respondents (13%) with sufficient behavior.

Table 1. Information on Sex among Adolescents in the Basic Community Group (KUB) of St. Yakobus Rasul Naimata Kupang, East Nusa Tenggara in 2019

Information About Sex	Frequency	%age
<b>Sources of Information About Sex</b>		
Friends	30	30.0
Teachers	6	6.0
Parents	21	21.0
Brothers/Sister	1	1.0
Health workers	40	40.0
Religious leaders	2	2.0
<b>Total</b>	<b>100</b>	<b>100.00</b>
<b>Openly Talking About Sex</b>		
Friends	61	61.0
Teachers	3	3.0
Parents	25	25.0
Brothers/sisters	3	3.0
Health workers	8	8.0
<b>Total</b>	<b>100</b>	<b>100.00</b>
<b>Access of Sexuality Info from Printed Media</b>		
No	20	20.0
Yes	80	80.0
<b>Total</b>	<b>100</b>	<b>100.00</b>
<b>Reading / Watching about Sex</b>		
No	69	69.0
Yes	31	31.0
<b>Total</b>	<b>100</b>	<b>100.00</b>
<b>Popular Programs</b>		
News	10	10.0
Soap operas	32	32.0
Music	33	33.0
Infotainment	4	4.0
Sports	21	21.0
<b>Total</b>	<b>100</b>	<b>100.00</b>
<b>Access Time</b>		
Less than 3 hours a day	75	75.0
More than 3 hours a day	25	25.0
<b>Total</b>	<b>100</b>	<b>100.00</b>

**Bivariate Analysis**

Table 2. The Relationship between Sources of Sex Information and Sexual Behavior among Adolescents in the Basic Community Group (KUB) of St. Yakobus Rasul Naimata Kupang, East Nusa Tenggara in 2019

Sources of Information About Sex	Adolescents Sexual Behavior						Total	p-value
	Less		Enough		Well			
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage		
Friends	12	12	27	27	22	22	61	0.02
Teachers	0	0	2	2	2	2	4	
Parents	3	3	3	3	15	15	21	
Brothers/Sisters	1	1	0	0	1	1	2	
Health workers	0	0	9	9	2	2	11	
Religious leaders	0	0	0	0	1	1	1	
<b>Total</b>	<b>16</b>	<b>16</b>	<b>41</b>	<b>41</b>	<b>43</b>	<b>43</b>	<b>100</b>	

Table 3. The Relationship between Convenience / Open Talking About Sex and Sexual Behavior among Adolescents in the Basic Community Group (KUB) of St. Yakobus Rasul Naimata Kupang, East Nusa Tenggara in 2019

Comfort / Open Talking About Sex	Adolescents Sexual Behavior						Total	p-value
	Less		Moderate		Good			
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage		
Friends	14	14	27	27	20	20	61	0.014
Teachers	1	1	0	0	2	2	3	
Parents	1	1	8	8	16	16	25	
Brothers/sisters	0	0	0	0	3	3	3	
Health workers	0	0	6	6	2	2	8	
Religious leaders	0	0	0	0	0	0	0	
<b>Total</b>	<b>16</b>	<b>16</b>	<b>41</b>	<b>41</b>	<b>43</b>	<b>43</b>	<b>100</b>	

Table 4. The Relationship between Access to Sexual Information from Printed Media and Sexual Behavior among Adolescents in the Basic Community Group (KUB) of St. Yakobus Rasul Naimata Kupang, East Nusa Tenggara in 2019

Access to Sexual Information From Print Media	Adolescents Sexual Behavior						Total	p-value
	Less		Moderate		Good			
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage		
No	7	7	7	7	6	6	20	0.033
Yes	9	9	34	34	37	37	80	
Total	16	16	41	41	43	43	100	

Table 5. The Relationship between Reading / Watching about Sex and Sexual Behavior among Adolescents in the Basic Community Group (KUB) of St. Yakobus Rasul Naimata Kupang, East Nusa Tenggara in 2019

Reading / Watching about Sex	Adolescents Sexual Behavior						Total	p-value
	Less		Moderate		Good			
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage		
No	7	7	31	31	32	32	69	0.044
Yes	9	9	10	10	11	11	31	
Total	16	16	41	41	43	43	100	

Table 6. The Relationship between Popular Programs and Sexual Behavior among Adolescents in the Basic Community Group (KUB) of St. Yakobus Rasul Naimata Kupang, East Nusa Tenggara in 2019

Popular Programs	Adolescents Sexual Behavior						Total	p-value
	Less		Moderate		Good			
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage		
News	2	2	4	4	4	4	10	0.049
Soap operas	4	4	15	15	13	13	32	
Music	2	2	11	11	20	20	33	
Infotainment	0	0	2	2	2	2	4	
Sports	8	8	9	9	4	4	21	
Total	16	16	41	41	43	43	100	

Table 7. The Relationship between Access Time of Reading / Watching Sex-Themed and Sexual Behavior among Adolescents in the Basic Community Group (KUB) of St. Yakobus Rasul Naimata Kupang, East Nusa Tenggara in 2019

Access Time of Reading/Watching Sex-Themed	Adolescents Sexual Behavior						Total	p-value
	Less		Moderate		Good			
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage		
Less than 3 hours a day	12	12	28	28	35	35	75	0.383
More than 3 hours a day	4	4	13	13	8	8	25	
Total	16	16	41	41	43	43	100	

## DISCUSSION

Tables 2 and 3 show that there is a relationship between sources of information about sex with a p-value of 0.02 and comfort / openness of talking about sex with a p-value of 0.014 with sexual behavior among adolescents in the Basic Community Group (KUB) of St. Yakobus Rasul Naimata Kupang, East Nusa Tenggara in 2019. 22 respondents (22%) and 12 respondents (12%) had good sexual behavior and had less sexual behavior who received information related to sex from friends (Table 2). Adolescents feel comfortable talking with friends with a total of 20 respondents (20%) with good sexual behavior and 14 respondents (14%) with less sexual behavior (Table 3). Sources of information about sex that come from friends in this study with good and unfavorable results. This is supported by the results of research conducted at SMK (Vocational high school) Medan, Sunggal Medan Area with the results that there is a peer relationship with sexual behavior with a p-value of 0.033, meaning that bad peer behavior in one group of adolescents will have an impact on sexual behavior deviations. not good either.<sup>(7)</sup> The

results of research related to the influence of peers on adolescent behavior showed the influence of peer factors on adolescent sexual behavior at SMA (High school) Asuhan Daya Medan in 2018 with a p value of 0.007. Peers are a reinforcing factor for the formation of adolescent behavior including sexual behavior and contribute to modeling (modeling) in adolescent sexual behavior with their partners<sup>8</sup>.

15 respondents (15%) have good sexual behaviour, get information from their parents (Table 2) and 16 respondents (16%) feel comfortable talking to parents with good sexual behavior (Table 3). This is in line with the results of the study that adolescent knowledge about reproductive health is influenced by the role of parents with OR: 1.982; 95% CI: 1.127–3,487. Parents have an important role in conveying information about sex and sexuality, because parents are the first source where a child learns and is guided to know sex until they become adolescents.<sup>(9)</sup> Similar research was conducted on 1083 adolescents aged 13-17 years with the results that youth were much less likely to have initiated sexual intercourse if their parents taught them to say no, set clear rules, talked

about what is right and wrong and about delaying sexual activity. If youth are sexually active, they are more likely to use birth control if it is taught at home about delaying sexual activity and about birth control. Having only one sexual partner was associated with having an adult role model who supports abstinence, being taught at home about birth control, and being taught at home how to say no. If parents reported talking with youth about birth control and sexually transmitted disease (STD) prevention, youth were significantly more likely to use birth control.<sup>(10)</sup> Meta-analysis research related to adolescent sexual behavior shows that communication with parents plays a role in adolescent sexual behavior ( $r = 0.08$ ). Communication has a stronger role on adolescent sexual behavior in terms of parental ratings ( $r = 0.62$ ) when compared to assessments of adolescents (0.43) or parents - adolescents (0.48).<sup>(11)</sup> Adolescent premarital sexual behavior is at risk for adolescents because of poor interpersonal communication from their parents. The results of in-depth interviews with permissiveness and emotional attachment to parents also have an impact on the bad relationship between parents and adolescents in interpersonal communication<sup>8</sup>.

Table 4 shows that 80% of adolescents have access to sexual information through printed media. 34 adolescents (34%) have adequate sexual behavior and 37 adolescents (37%) have good sexual behavior. Based on the results of statistical tests, it shows that there is a relationship between access to sex information from print media with adolescent sexual behavior with a p-value of 0.033. This is in line with research conducted at SMP Negeri 46 Palembang on 150 respondents with the results of the influence of mass media on good sexual behavior is 60.7% and there is a significant relationship between the influence of mass media and adolescent sexual behavior at SMP Negeri 46 Palembang in 2016 with p-value  $< 0.05$ .<sup>(12)</sup> A meta-analysis of 22 correlation and longitudinal studies on the effects of mass media on sexual behavior indicated that there was a very weak effect. The use of mass media have a weak correlation with sexual behavior ( $r = 0.082$ ).<sup>(13)</sup> Another research related to mass media is that 15% of media access has a direct effect on premarital sexual behavior.<sup>(14)</sup> Based on this description, it can be concluded that mass media has an important role in providing information and education to adolescents about adolescent reproductive health and sexual behavior in adolescents so that insufficient or sufficient sexual behavior can be avoided.

Table 5 shows that there are 31 respondents (31%) who used to read / watch sex-themed behavior with less sexual behavior, 9 respondents (9%), 10 respondents (10%) with moderate sexual behavior and 11 respondents (11%) with moderate sexual behavior. sexual good. The results of statistical tests show that there is a relationship between reading / watching on the theme of sex and sexual behavior among adolescents in the Basic Community Group (KUB) of St. Yakobus Rasul Naimata Kupang, East Nusa Tenggara in 2019 with a p-value of 0.044. This is in line with the results of research in 14 middle schools in Southeastern United States showing that 13% of adolescents have the intention to have sexual intercourse in the near future and 8-10% of adolescents have differences in mild and severe sexual behavior. Media

influence shows a significant relationship with sexual intentions and behavior.<sup>(15)</sup> Similar research was conducted to determine adolescent sexual behavior due to exposure to pornographic media, showing that FKIK Unsoed students access all types of pornographic media, both printed and electronic media. The popular types of media are films, videos, pictures, magazines and porn sites<sup>16</sup>.

Table 6 shows that there is a relationship between preferred programs and sexual behavior among adolescents in the Basic Community Group (KUB) of St. Yakobus Rasul Naimata Kupang, East Nusa Tenggara in 2019 with a p-value of 0.049. Adolescents who like soap operas are 32 respondents (32%) with 15 respondents (15%) have adequate sexual behavior and 13 respondents (13%) have good sexual behavior. This is in line with research at SMA Antartika Sidoarjo and SMA Hang Tuah 2 Waru Sidoarjo on 2545 students showing that the intensity of watching romance soap operas by teenagers shows a positive correlation with free sex behavior, which means that the more often watching love soap operas, the higher sexual behavior. free to do.<sup>(17)</sup> There are 21 respondents (21%) who like sports with 4 respondents (4%) with good sexual behavior and 9 respondents with adequate sexual behavior (9%). The results of this study are in line with the results of research on effects of physical education, extracurricular sports activities, and leisure satisfaction on adolescent aggressive behavior: A latent growth modeling approach which shows that sports extracurricular activities can reduce psychological stress that comes from unstable emotions and anxiety on teenager. Sports activities contribute to encouraging better behavior in adolescents, reducing delinquency in adolescents and to reducing aggressive behavior in adolescents.<sup>(18)</sup> Based on this description, it can be concluded that sports extracurricular activities need to be optimized in schools. There are 33 adolescents with a hobby of music (33%) with sufficient sexual behavior amounted to 11 respondents (11%) and good sexual behavior was 20 respondents (20%). The results of this study are in line with research on music and emotionality in adolescents in Benin, reporting that 49.4% of adolescents listen to music several times a day both individually (25%) and in groups (4.8%). This type of religious music can help relieve sadness, stress and anxiety<sup>19</sup>. It can be concluded that music is a special language for adolescents to deal with the turmoil of adolescence. Music can be used as a tool to reduce teenage emotions, including preventing sexual behavior in adolescents.

Table 7 shows that there is no relationship between access time of reading / watching sex themed programs and sexual behavior among adolescents in the Basic Community Group (KUB) of St. Yakobus Rasul Naimata Kupang East Nusa Tenggara in 2019. The results showed that the access time to read / watch sex-themed more than 3 hours a day was 25 respondents (25%), with details of 4 respondents (4%) having less sexual behavior and 13 respondents (13%) with sufficient behavior<sup>(20)</sup>. The results of statistical tests show that there is no relationship between access time of reading / watching sex themed programs and sexual behavior among adolescents<sup>21,23</sup>. The results of this study are different from research on adolescent sexual behavior due to exposure to

pornographic media, namely the frequency of accessing pornographic media has an effect on sexual behavior level of sexual behavior.<sup>(20)(22)</sup>

## CONCLUSION

There is a relationship between information about sex in adolescents which includes sources of information about sex and comfort / openly talking about sex, reading / watching sex-themed, and programs preferred by adolescents with sexual behavior among adolescents in the Basic Community Group (KUB) St. Yakobus Rasul Naimata Kupang, East Nusa Tenggara in 2019. Recommendations to educational institutions that they need to increase the provision of information related to adolescent health education regarding sex and premarital sexual behavior so as to generate attitudes and encouragement to maintain sexual behavior in adolescents. Sexual education is compulsory for students from primary, secondary and high school levels to be included in the curriculum section to help students accept their own roles and responsibilities by acquiring knowledge about premarital sexuality. Teachers need adequate knowledge regarding sex education and premarital sexual behavior among adolescents. It is necessary to empower parents through the role of health workers in providing education about sex and premarital sexual behavior to adolescents so that parents have a big responsibility as the first to introduce information about sex and premarital sexual behavior to adolescents.

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