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Knowledge and Sexual Health Attitude Among College Students in Banyumas

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Abstract

Background: Sexual behavior among college students is classified as risky. Even though students are classified as close to adulthood, they still engage in sexual risky behavior. Behavior is influenced by knowledge and attitudes about sexual health. Knowledge and attitude are the determining factors for a person's behavior.

Objectives: Purpose of this study was to describe the knowledge and attitudes of students about sexual health.

Methods: Research method used was a survey. Data collection technique used was a proportional random sampling. A number of research samples is 409 students in Banyumas Regency. Research instrument used was a questionnaire included in the Google form. Data obtained were analyzed by univariate and presented in a frequency distribution table.

Results: The results obtained were 71.9% respondents were female and male respondents were 28.1%. Good knowledge is 50.9% and low knowledge is 49.1%. Sexual health attitudes are dominated by positive attitudes.

Conclusions: The positive category of sexual behavior attitude was 58.9% and negative attitude was 41.1%.

Keyword: Student, reproductive health, sexual behavior, attitudes, knowledge

Introduction

Sexual health is condition of a person as a whole and holistically not only free from diseases or disabilities related to the reproductive system. A person who is classified as sexually healthy, so he is far from sexual risk behavior (11). Knowledge and attitudes regarding sexual health are important aspects for students to know. Knowledge serves as a provision for prevention and self-protection from risky sexual behavior. Attitude is a reflection of the knowledge a person has about sexual health. Research conducted by Zulaikhah, Ratnawati, and Flstyoratih at Unissula Semarang (2020) showed that students with knowledge of sexual health in the low category were 34%, 18.2% were medium, and 47.7% were high (21). The attitude of students with positive categories is 65.9% and negative 34.1%. Low knowledge and attitudes about sexual health among students can lead to unwanted pregnancy, abortion, early marriage, and disease transmission (1).

Knowledge influences changes in a person's behavior. Knowledge is the basis for a person's decision making and determines his behavior. New behavior starts from the cognitive domain and will shape attitudes and actions (12). Jay explained that knowledge is closely related to the decisions to be taken and to achieve a positive attitude towards new behavior. Factors that influence knowledge and attitudes on sexual health, including economic, cultural, environmental and technological development factors (15) Based on a preliminary study conducted by researchers, it was found that 2 out of 10 students in Banyumas stated that they had engaged in sexual risky behavior. Knowledge and attitude factors are proven to influence a person's behavior. Data on knowledge and attitudes of sexual behavior among college students have not been widely studied. The purpose of this study was to describe the knowledge and attitudes of sexual behavior among students in Banyumas.

Method

This research is a descriptive study with a survey method. The research was conducted at three universities in the Banyumas region from March to August 2020. The selection of respondents was using a proportional random sampling technique. A total of 409 students filled out the questionnaire using google form media.

The questionnaire contains questions about knowledge and attitudes about sexual behavior that have been tested for validity and reliability. The data obtained were analyzed by univariate and presented with a frequency distribution table.

Results

The research data presented in the form of a frequency distribution table. Based on table 1, it can be seen that more women (71.9%) than men. Sexual health knowledge is almost the same. High knowledge is 50.9% and low knowledge is 49.1%. Students with positive attitudes were 58.9% and negative attitudes were 41.1%.

Table 1. Gender, knowledge and attitudes of college students

No	Data	Frequency	Percentage
	Gender		
1	Male	115	28.1
2	Female	294	71.9
	Knowledge of sexual health		
1.	Low	201	49,1
2.	High	208	50,9
	College students attitudes		
1	Negative	168	41,1
2	Positive	241	58,9
	Total	409	100

Discussion

Gender

There are differences in sexual behavior between men and women. Men are more aggressive than women. The number of women is more than that of men. These two things create their own problems. Men sometimes have more than one boyfriend, which can cause social problems (6). The difference in the level of aggressiveness is related to biological and social factors. Biologically, men are more easily aroused than women (7).

Knowledge

Knowledge is one of the predisposing factors for a person's behavior. Lack of knowledge can affect the attitudes and behavior of a person (17). Knowledge is related to one's education. According to Irmayanti and Zuroida (2019), knowledge about sexual health is needed to know all aspects of sexuality so that you can avoid the negative effects of bad sexual behavior (9). Low knowledge can lead to misperceptions and encourage a person to engage in sexual risky behavior (14). According to Istiqomah and Notobroto (2016), there are 4 levels of sexual behavior, including holding hands and hugging; kissing to deep kissing, petting and sexual intercourse ranging from oral sex, sexual intercourse and anal sex (10). Sexual education can increase knowledge of sexuality (8). Sexual education at the tertiary level is rarely carried out because students are considered capable of finding their own learning resources. Sexuality education should be given from an early age by parents; however, many parents are reluctant to explain sexuality to their children because they think their children will know themselves when they are adults. This can actually lead to children receiving false and misleading information (2).

Attitude

Attitude relates to a person's level of knowledge. Attitudes can change if new information is deemed more appropriate. Students' attitudes about sexual health have an effect on risky sexual behavior. A positive attitude leads someone to behave well (18). According to Yudia, Cahyo, dan Kusumawati (2018), social interaction can change a person's attitude (20). The formation of attitudes according to Khumas et al. (2018) is through a learning process, including Learning by observing other; Learning through reward; Instrumental conditioning; Learning through association: classical conditioning; Learning by direct experience; and Learning by observing our own behavior (73). Muarifah, Soesilo & Tagela (2019) explained that there is a relationship between knowledge and sexual behavior (16). Sexual health attitudes are dominated by positive attitudes. This is as same as with research by Zulaikhah, Ratnawati & Istyoratih (2020) which found positive attitudes (65.9%) and negative attitudes (34.1%). The findings of Bhagawati (2020) show 79.8% positive attitudes and 20.2% negative attitudes (5).

Some respondents consider that maintaining self-respect from the seduction of a partner is a matter of pride. Virginity is a sacred thing and must be maintained with all efforts, because virginity is a symbol of women's honor (7). This is related to the original values of Indonesian culture which uphold religious values and norms (19). Based on the results of this study, there was still a fairly high negative attitude, namely around 41.1%. The high negative attitude is probably related to the influence of social interactions with other friends and the lack of community control. Social interaction is carried out through association between students with all their behavior (4). The risky habits of students without community control can cause social problems (7). The same thing was found by Bhagawati (2020) that only 17% of respondents had awareness about the transmission of sexual diseases in India (5). Asrila, Anggreiny, and Sartana (2015) explains 6 factors that influence a person's attitude, namely the influence of others, culture, educational and religious institutions, media, personal experiences, and emotional factors (3). The level of knowledge of respondents about sexual health is almost the same or equal. Number 58.9% of respondents have a positive attitude about sexual health, but a lot of negative attitudes (41.1%). Early sexual health education will increase knowledge which will then shape his attitude. Further research can be carried out using qualitative methods in order to obtain in-depth data related to sexual health in students.

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