



Analysis of the Level of Knowledge of Adolescent Reproductive Health in Preventing Sexual Deviations in High School Students

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Abstract

This study aims to analyze the level of knowledge of adolescent reproductive health and its relationship with the prevention of sexual deviance in students. Given the high risk of sexual deviance among adolescents, a comprehensive understanding of reproductive health is expected to equip them with the necessary knowledge to make responsible decisions and protect themselves from risky behavior. This study used a descriptive quantitative method with a survey approach. The research sample consisted of high school students in Arse. Sampling was done by cluster random sampling technique. The research instrument used was a questionnaire that had been tested for validity and reliability, including questions about basic knowledge of reproductive health and understanding of various forms of sexual deviance. Data analysis was done descriptively to determine the level of knowledge of students and using a correlation test to see the relationship between the level of reproductive health knowledge and the potential prevention of sexual deviance. The results showed that the level of reproductive health knowledge of adolescents was still in the moderate category. Furthermore, correlation analysis showed a significant relationship between the level of reproductive health knowledge with understanding and attitude towards the prevention of sexual deviance. The implication of this study is the need to increase comprehensive and effective reproductive health education programs in the school environment to equip adolescents with sufficient knowledge in preventing sexual deviance.

Keywords: Adolescent Reproductive Health; Sexual Deviations; Level of Knowledge; Prevention; Students.

INTRODUCTION

Adolescence is a unique and crucial period of development, characterized by significant physical, psychological and social changes. During this phase, individuals begin to develop self-identity, establish more complex relationships, and explore their sexuality. However, the lack of a comprehensive understanding of reproductive health can be a vulnerability in itself, opening up opportunities for deviant and risky sexual behavior (Hurlock, E. B. 2017).

Adolescent reproductive health is not just about being free from sexually transmitted diseases and unplanned pregnancies, but also includes an understanding of the function of reproductive organs, the process of puberty, reproductive rights, and the ability to make responsible decisions related to sexuality. Adequate knowledge in this area is an important foundation for adolescents to protect themselves from various risks, including sexual deviance (Kurniawan, A., & Setiawan, R. 2016).

Sexual deviance in adolescents is a complex and concerning issue. Behaviors such as sexual harassment, sexual exploitation, and involvement in sexual activities that are not in accordance with social and religious norms can have a profound negative impact on the physical, mental and social development of adolescents. Lack of knowledge about healthy boundaries, the risks that may arise, and how to avoid them, can be one of the factors that trigger sexual deviance (UNFPA. 2023).

Schools as educational institutions have a strategic role in providing correct and comprehensive information and education on reproductive health to students. Through effective health education programs, adolescents are expected to have a better understanding of their bodies, the risks of sexual behavior, and how to build healthy and respectful relationships. Thus, improving reproductive health knowledge is expected to be one of the significant preventive efforts in reducing the number of sexual deviations among students (Kurniawan, A., & Setiawan, R. 2016).

This study aims to analyze the level of adolescent reproductive health knowledge and examine its role in preventing the occurrence of sexual deviance in students. By understanding the level of knowledge of students and its relationship with the potential for sexual deviance, it is hoped that this study can make a meaningful contribution in designing reproductive health education interventions that are more effective and relevant for adolescents in the school environment. The results of this study are expected to serve as a foundation for the development of prevention programs of sexual deviance that are more targeted and have a positive impact on the welfare of adolescents.

RESEARCH METHODS

This study used a descriptive quantitative approach with a pre-experimental method, namely a one group pretest-posttest design. The research was conducted to analyze the level of knowledge of high school students about adolescent reproductive health in preventing pregnancy sexual deviance, by providing counseling and distributing questionnaires after educational activities. The research location was at SMK Negeri 1 Arse in South Tapanuli

Regency with the implementation time in May 2025. The population in this study were all grade XI students, with sampling using purposive sampling technique.

Data collection techniques include distributing questionnaires, conducting counseling, and open interviews with several students to obtain qualitative supporting data. The main instrument used was a questionnaire on knowledge of reproductive health and sexual deviance, which had been tested for validity and reliability. This research also pays attention to research ethics, such as maintaining the confidentiality of respondent data, obtaining official permission from the school.

RESULTS AND DISCUSSION

This study aims to analyze the level of knowledge of adolescent reproductive health in preventing sexual deviance in students of SMK Negeri 1 Arse in South Tapanuli Regency through filling out a questionnaire after counseling activities. Data were collected from 22 respondents of class XI students at SMK Negeri 1 Arse in South Tapanuli Regency using a questionnaire consisting of 30 statement items.

1. Understanding of the Definition of Adolescent Reproductive Health

This can be seen from the distribution of respondents' answers to the question on their understanding of the definition of adolescent reproductive health. Respondents were given two answer options:

- Yes: Selected by 22 students (100%)
- No: Selected by 0 students (0%)

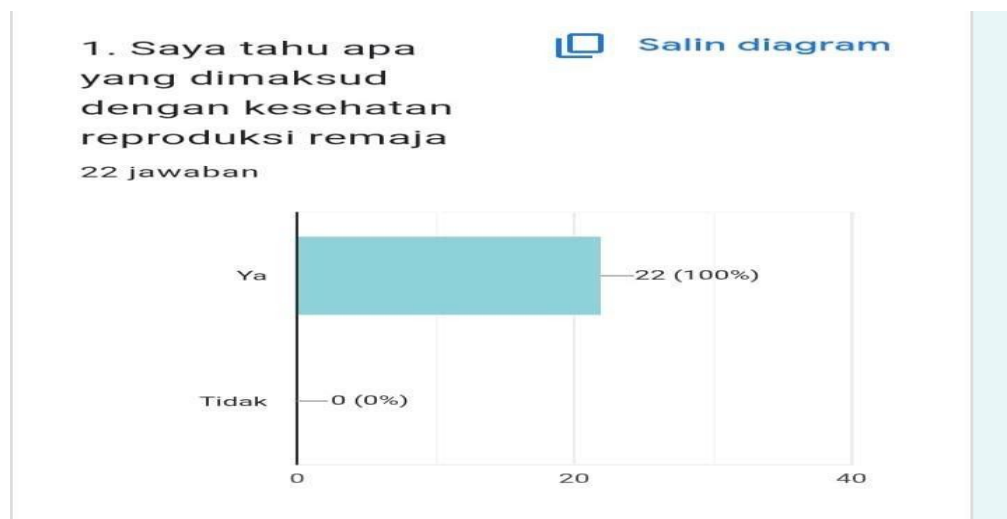


Figure 1. Definition of Adolescent Reproductive Health

From the results above, it appears that most students already have a very high level of knowledge about reproductive health. This can be seen from 100% of respondents who understand the basic concepts as well as the urgency of keeping reproductive organs clean. This knowledge is an important asset in the prevention of sexual deviations, because students understand how to take care of themselves and the importance of healthy sexual behavior.

2. Knowledge of the Importance of Maintaining Reproductive Organ Hygiene

This can be seen from the distribution of respondents' answers to the question of the importance of keeping reproductive organs clean. Respondents were given two answer options:

- Yes: Selected by 22 students (100%)
- No: Selected by 0 students (0%)

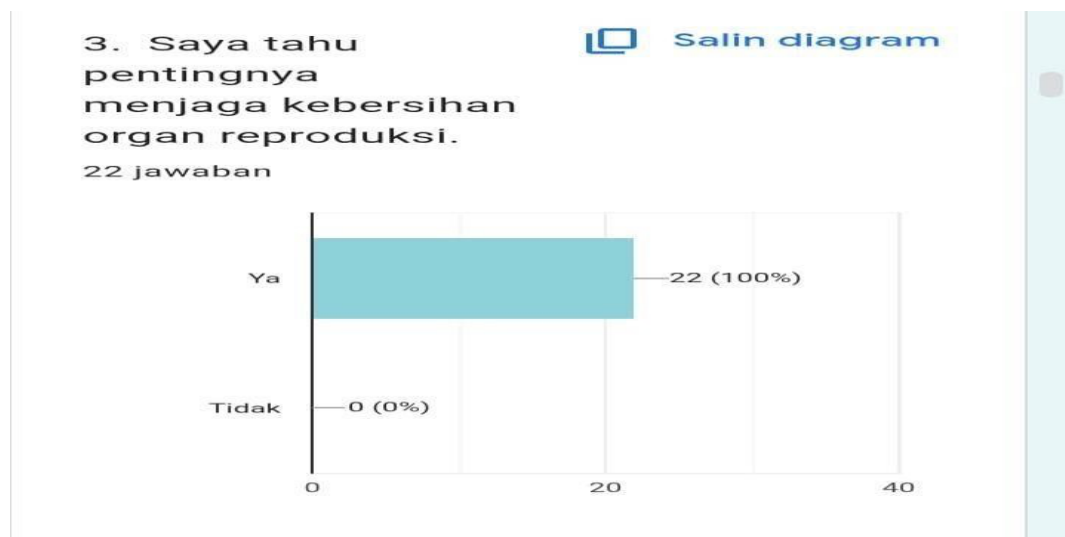


Figure 2. Importance of Maintaining Reproductive Organ Hygiene

Based on the data, all respondents (100%) knew the importance of maintaining reproductive organ hygiene. This shows that adolescents' awareness of reproductive hygiene is very good. Maintaining reproductive organ hygiene is important to prevent infection, maintain the health of the reproductive system, and form healthy living behaviors from an early age. In addition, this understanding also contributes to preventing sexual deviance, because adolescents who have hygiene awareness usually also have self-control that is more good against risky behavior. By because it, This knowledge needs to be continuously instilled and supported by continuous education in the school and family environment.

3. Knowledge that sexual misconduct can harm physical and mental health

This can be seen from the distribution of respondents' answers to the question of knowledge that sexual deviance can harm physical and mental health. Respondents were given two answer options:

- Yes: Selected by 21 students (95.5 %)
- No: Selected by 1 student (4.5 %)

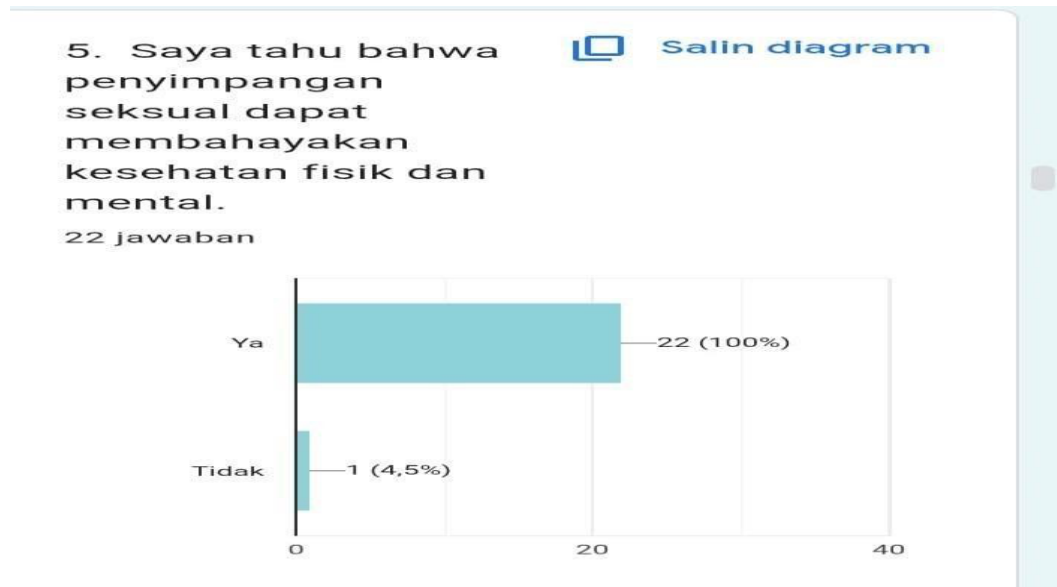


Figure 3. Sexual Deviance Can Harm Physical and Mental Health

Based on the data, 95.5% of respondents stated that they knew that sexual deviance can harm physical and mental health, while 4.5% of respondents stated that they did not know. This shows that most adolescents have a good understanding of the negative impact of sexual deviance, both in terms of physical health and psychological conditions. Sexual deviations, such as promiscuous sexual behavior, sexual violence, or dependence on pornographic content, can increase the risk of sexually transmitted diseases, emotional disorders, anxiety, and depression. Therefore, it is very important for adolescents to have this understanding as a provision to avoid risky behavior. However, the fact that there are still a small number of students who do not understand this indicates the need for more education thorough and in-depth so as not only to provide information, but also to form awareness and correct attitudes towards sexuality.

4. Knowledge of Types of Sexual Deviations Such as LGBT and Free Sex

We can see this from the distribution of respondents' answers to questions about types of sexual deviations such as LGBT and free sex. Respondents were given two answer options:

- Yes: Selected by 21 students (95.5 %)
- No: Selected by 1 student (4.5 %)

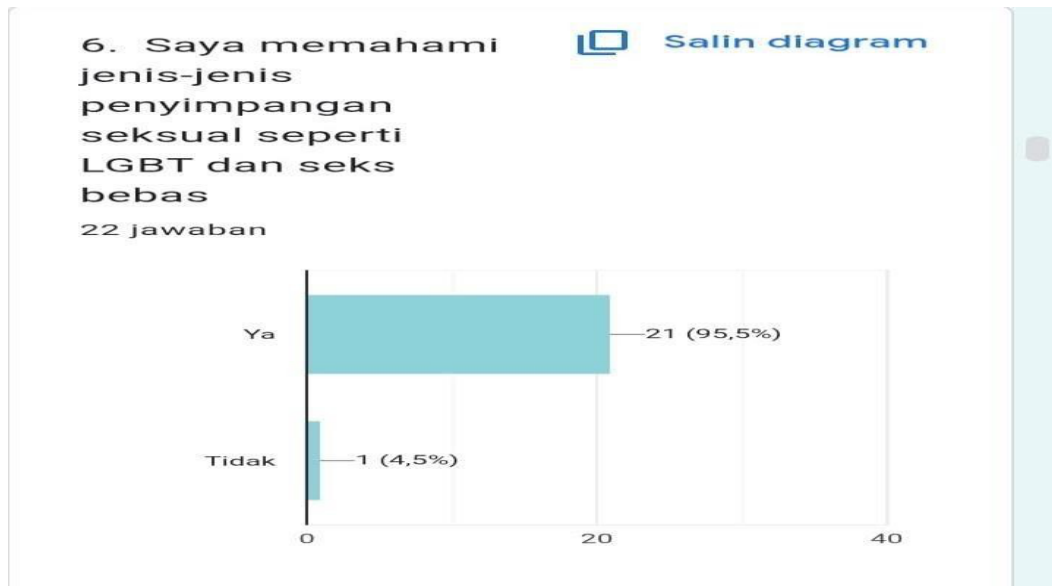


Figure 4. Types of Sexual Deviations Such as LGBT and Free Sex

The results of this survey show a very high level of understanding among respondents of the concept of "sexual deviance", which in the context of this question specifically mentions LGBT and casual sex. More than 95% of respondents were familiar and understood these terms. Some points further discussion:

- High Level of Understanding:** The high percentage of respondents who said "Yes" may indicate that issues related to LGBT and casual sex are often discussed or socialized in the respondent's environment. This could be through mass media, education, social discussions, or other sources of information.
- Interpretation of "Understanding":** It is important to note that "understanding" in this context can have various levels. Respondents may understand the basic definition, social implications, legal aspects, or other perspectives on issue. More research Follow-up with more in-depth questions may be required to gauge the depth of the respondent's understanding.
- Respondents' Perspectives:** While the majority expressed understanding, it is important not to assume that understanding is always followed by acceptance or the same views on these issues. Understanding can neutral, critical or even negative.
- Minority Who Do Not Understand:** The presence of 1 respondent (4.5%) who answered "No" indicates that there is still a small portion of the population who may

have less exposure to or understanding of these concepts. This could be due to various factors such as educational background, culture, or access to information.

- e. **Social and Cultural Context:** In Indonesia, LGBT issues and casual sex are often sensitive and contentious topics with strong religious perspectives, culture and social values. The results of this survey need to be interpreted within the prevailing social and cultural context.

5. Reproductive health information from teacher or school

This can be seen from the distribution of respondents' answers to the question of reproductive health information from teachers or schools. Respondents were given two answer options:

- Yes: Selected by 22 students (100%)
- No: Selected by 0 students (0%)

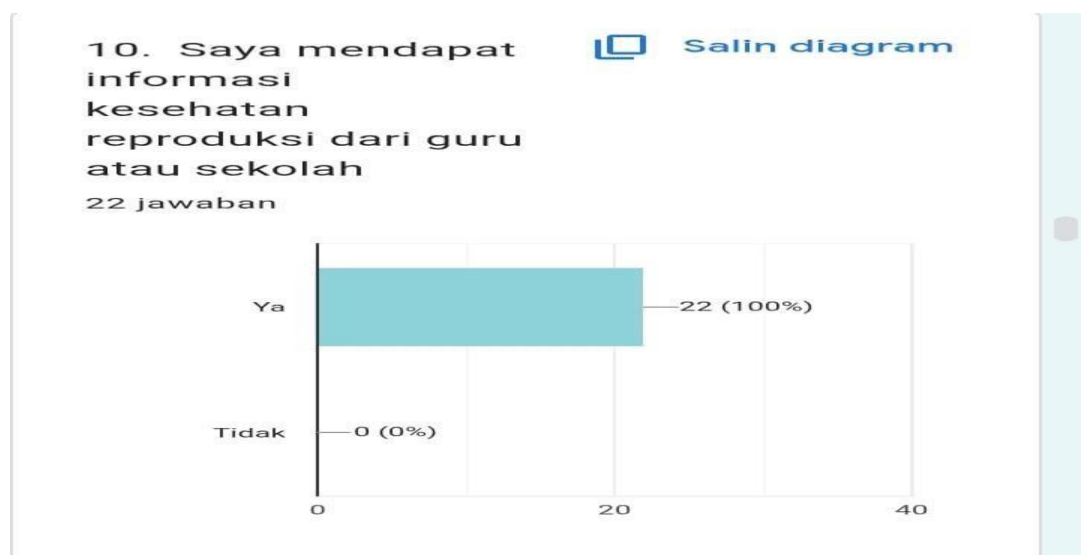


Figure 5. Reproductive health information from teacher or school

The results of this survey show that teachers and schools play a very important and effective role in delivering reproductive health information to students. The fact that 100% of respondents get this information from these sources indicates several important things:

- a. **Accessibility:** School is an easily accessible environment for all students, making it an effective channel to deliver important information such as reproductive health.
- b. **Trust:** Students tend to trust teachers as credible and reliable sources of information, especially in the context of formal education.

- c. Curriculum: Most likely, reproductive health materials have been integrated into the school curriculum, thus ensuring that all students get exposure to this information.
- d. Active Role of Schools: This result reflects the active role of schools and educators in providing comprehensive education to students, not only in academics but also in their health and well-being.

6. Reproductive Health Information from Social Media

This can be seen from the distribution of respondents' answers to questions about reproductive health information from social media. Respondents were given two answer options:

- Yes: Selected by 21 students (90.9 %)
- No: Selected by 1 student (9.1 %)

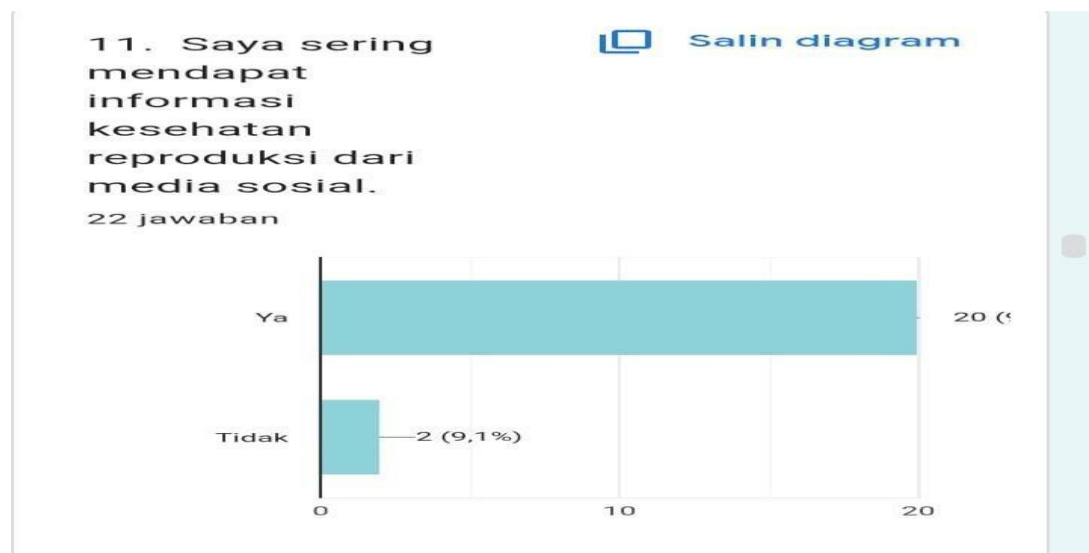


Figure 6. Reproductive Health Information from Social Media

The results of this survey show that social media is a significant source of reproductive health information for most respondents. More than 90% of survey participants reported frequently obtaining information related to reproductive health through various social media platforms. Some important points for further discussion:

- a. Social Media Domination: The high percentage of respondents who obtain reproductive health information from social media reflects the central role of this platform in daily life, especially among the younger generation. The ease of access and wide reach of social media make it a popular source of information.
- b. Potential and Challenges of Information on Social Media: Social media has great potential in disseminating reproductive health information quickly and widely. However, it also poses challenges related to the validity and accuracy of the

information circulating. Untrue or misleading information can easily spread and potentially cause harm.

- c. **Types of Information Acquired:** Further research may be needed to identify the specific types of reproductive health information that respondents frequently access through social media. This could include information on contraception, sexual health, menstrual cycle, sexually transmitted diseases, and other topics.
- d. **Source Credibility:** It is important consider the credibility of the sources of information that respondents access on social media. Information from sources that are not trusted or do not have a strong medical background can be problematic.
- e. **Implications for Health Education:** The findings indicate the need for adaptive reproductive health education strategies that effectively utilize social media. Efforts to improve media literacy and the ability to evaluate health information on digital platforms are increasingly important.
- f. **Comparison with Other Information Sources:** It is also necessary to consider other sources of reproductive health information that respondents may access, such as health workers, family, friends, or other formal sources of information. Comparison between social media use and these sources can provide a more comprehensive picture.
- g. **Information Gaps:** Although the majority get their information from social media, there is still a small proportion of respondents (9.1%) who do not. It is necessary to identify the reasons behind this and how this group gets their reproductive health information.

7. Preventing Sexual Deviant Behavior

We can see this from the distribution of respondents' answers to the question of preventing sexual deviance. Respondents were given two answer options:

- Yes: Selected by 22 students (100%)
- No: Selected by 0 students (0%)

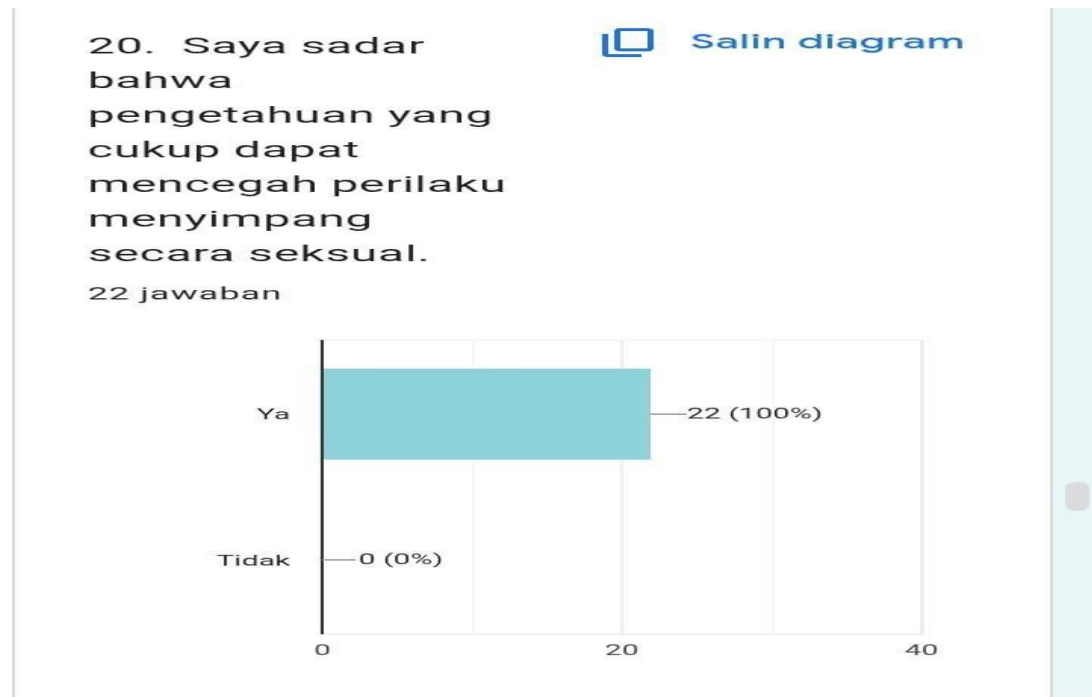


Figure 7. Preventing Sexual Deviant Behavior

This survey result indicates a very high level of awareness among respondents regarding the important role of knowledge in preventing sexually deviant behavior. All survey participants agreed that adequate understanding can serve as a protective factor against the occurrence of behaviors considered deviant in a sexual context. Key points for further discussion:

- Unanimous Agreement:** Achieving 100% consensus on this statement is a significant finding. It indicates a collective understanding among respondents about the relationship between knowledge and the prevention of sexually deviant behavior.
- Implications for Sexual Education:** This result supports the importance of comprehensive sexual education. If individuals recognize that knowledge can prevent deviant behavior, then providing accurate and age-appropriate information about sexuality, boundaries, consent, and risks becomes highly relevant.
- Role of Information and Awareness:** Awareness of the potential of knowledge to prevent deviant behavior can be an important first step. Individuals who realize this may be more open to seeking relevant information and developing a better understanding.
- Definition of "Sufficient Knowledge":** Although there is agreement on the importance of knowledge, the operational definition of "sufficient knowledge" may vary among

individuals. Further research could explore which specific types of knowledge are considered most relevant and effective in preventing deviant behavior.

- e. Other Contributing Factors: It is important to remember that knowledge is not the only factor influencing sexual behavior. Other factors such as moral values, social environmental influences, mental health, and access to support services also play significant roles. This survey highlights the importance of one aspect—knowledge.
- f. Potential Interventions: This finding provides a strong foundation for developing and implementing sexual education programs aimed at increasing knowledge and awareness as a means of preventing sexually deviant behavior.

8. Definition of Puberty

We can see this from the distribution of respondents' answers to the question of preventing sexual deviations.

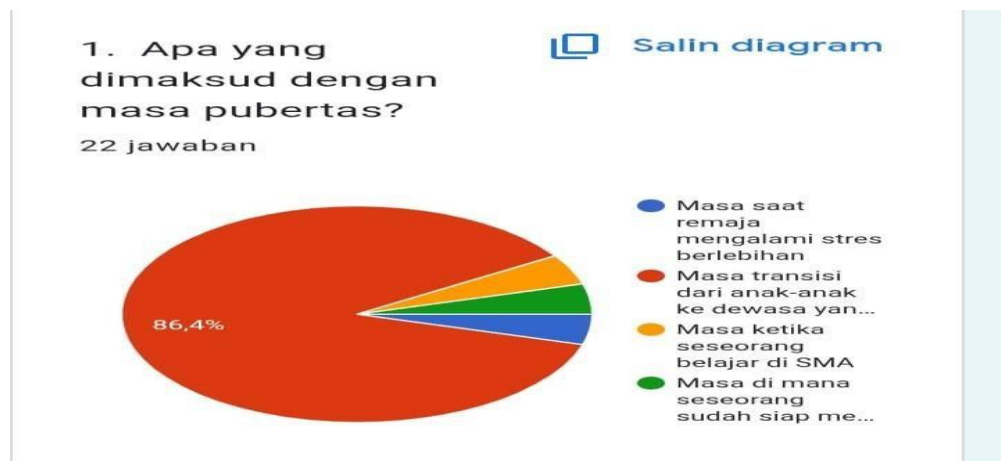


Figure 8. Definition of Puberty

The survey results showed that the majority of respondents (86.4%) understood puberty as a transition period from childhood to adulthood characterized by physical, psychological and social changes. This understanding is in line with the commonly accepted definition of puberty in developmental literature. Puberty is indeed an important period in an individual's life characterized by various significant changes, not only in biological aspects (such as the development of reproductive organs and secondary sex characteristics), but also in psychological (such as cognitive and emotional development) and social aspects (such as changes in relationships with peers and family)

9. How to Prevent Sexual Deviance

We can see this from the distribution of respondents' answers to the question of preventing sexual deviations.



Figure 9. How to Prevent Sexual Deviance

The results of this survey show that the majority of respondents (77.3%) correctly identified "Consuming pornographic content" as an action that does not prevent sexual deviance, but rather has the potential to increase the risk of sexual deviance. In contrast, the other options that received a lower percentage of responses indicate respondents' understanding of the factors that play a role in the prevention of sexual deviance:

Understanding boundaries in social interactions (9.1%): A small proportion of respondents may be unaware of or underestimate the importance of understanding boundaries in social interactions. as one way to prevent situations that could lead to sexual deviance.

Hanging out with positive friends (13.6%): Some respondents also saw the importance of a positive social environment in preventing sexual deviance. Peer influence can play a significant role in shaping adolescent behavior.

Getting correct reproductive education (0%): The fact that no respondents chose this answer is very interesting and positive. This shows that all respondents understand that proper reproductive health education is actually one of the important pillars in preventing sexual deviance. Comprehensive education can provide a correct understanding of sexuality, personal boundaries, consent, and the risks of unhealthy behavior.

CONCLUSION

This survey of 22 students showed that the level of knowledge of adolescent reproductive health in the context of prevention of sexual deviance has some encouraging aspects but also requires further attention. The majority of students showed a good understanding of the basic concepts of adolescent reproductive health, the importance of keeping reproductive organs clean, and the dangers of sexual deviance on physical and mental health. They also realize the important role of knowledge in preventing sexual deviant behavior and most of them get reproductive health information from teachers or schools.

However, a worrying finding was that there were significant misconceptions regarding how to prevent sexual deviance, with most students mistakenly considering pornography consumption as one of the ways to prevent it. In addition, social media is also a common source of reproductive health information, which potentially carries the risk of inaccurate information. While most students understand the types of sexual deviance, the misconceptions regarding its prevention need to be a major focus.

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