

Perceptions of preventing premarital sex among adolescents on Islamic campus

Ema Waliyanti ^{a,1,*}, Dwi Wulandari ^{b,2}

School of Nursing Faculty of Medicine and Health Sciences Universitas Muhammadiyah Yogyakarta

¹emawaliyanti@umy.ac.id, ²dwi.wulandari.fkik19@mail.umy.ac.id

* corresponding author



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ABSTRACT

Background: Adolescents are curious, challenge themselves, and take risks. Unstable adolescent self-control, lack of knowledge, and lack of faith make adolescents susceptible to premarital sex. **Purpose:** To explore perceptions of preventing premarital sex among adolescents on an Islamic campus. **Method:** This study used a qualitative approach with descriptive methods. Data collection through in-depth interviews using an interview guide with 7 students identified through purposive and maximum variation sampling. Validity testing of the data using member checks, peer debriefing, and thick descriptions. Thematic analysis was carried out using Open Code 4.02 software. **Results:** Students perceive premarital sex as sex before marriage, kissing, holding hands, and hugging, which can have physical, psychological, academic, and social consequences. The causative factors are lust, food, environment, and knowledge. Premarital sex can be prevented by oneself, religion, campus, education, and parents. Premarital sex can be dealt with by regulation and institutional treatment. Islam considers premarital sex unlawful, and students on Islamic campuses do not necessarily abstain from premarital sex. This perception is influenced by culture, experience, and history of information. **Conclusion:** Perception will influence students' behavior towards premarital sex, so they need to have good knowledge and self-control to avoid premarital sex behavior.

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1. Introduction

Premarital sex is physical contact behavior between men and women with sexual encouragement and is based on physical attraction even without any ties (Ardina, 2017). Forms of premarital sexual behavior include making out, holding hands with the opposite sex, hugging, kissing, and having sexual intercourse or sexual intercourse (Ikhwaningrum & Harsanti, 2020). Apart from sexual intercourse, other forms of premarital sexual behavior are grepe-grepe or touching, touching, squeezing the partner's body, petting or rubbing the genitals, shaking (masturbation) with the help of the partner's hands (Yudia, 2018). Premarital sex often occurs among teenagers or students. This student is included in the youth category with an age range of 18-24 years. At this time, teenagers are entering the world of college and they have to leave their homes to study at university (Yudia, 2018). Their condition of being far from their parents will have an impact on the child's closeness to their parents which causes parental control over children to be reduced and is caused by weak environmental control and is based on the nature of teenagers who have high curiosity causing them to be inseparable from various problems. one of them is the issue of premarital sex (Palupi, 2021; Waliyanti & Dewantari, 2021).

The Ministry of Education, Culture, Research and Technology (Kemendikbudristek) stated the results of its survey in 29 cities in Indonesia on 79 campuses regarding sexual violence in higher education. From there, data was found that 77% of lecturers admitted that sexual violence had

occurred on their campus, and 63% of cases were not reported for reasons of protecting the good name of the campus. 90% of the victims of this behavior are women and the rest are men (Sucahyo, 2022). Premarital sexual behavior or violence related to premarital sex has occurred on several campuses in Indonesia (Astuti et al., 2019). During this period, teenagers enter the world of college and have to leave the house or migrate to study at university.

In the 2019 Programme Accountability Performance Survey, 98 percent of adolescents aged 20-24 years said they knew about adolescent reproductive health, and 95.1 percent of adolescents aged 15-19 years said they knew. Adolescent boys are more prone to premarital sex than female adolescents, with the average age of first premarital sex being 19 years.

The Bali Legal Aid Institute received 45 reports of sexual violence on campus from female students (Sucahyo, 2022). The consequences of premarital sex can be very serious. Students will be dishonorably expelled. Other impacts include feelings of anxiety, depression, low self-esteem, isolation, causing pregnancy out of wedlock, even changing partners too often and having sexual relations with different people can cause sexually transmitted diseases such as HIV and AIDS (Andriani & Suhrawardi, 2022). The Ministry of Education, Culture, Research, and Technology has issued the Minister of Education and Culture Regulation No. 30 of 2021 regarding harassment and handling of sexual violence in tertiary institutions. In addition, the government also has many programs to deal with the problem of premarital sex among adolescents. The government has implemented several programs, namely: The Population and Family Planning Agency has implemented the GenRe (Youth Generation) program, which was developed within the framework of family life preparation and planning for adolescents, and the establishment of a Youth Information and Counselling Centre as a forum for youth to provide information, training, and counseling on family life planning for adolescents (Mokhtari, 2020).

In-depth religious education is very necessary for adolescents because there is a moral crisis in this era, which makes adolescents lack understanding and uphold religious morality. The quality of religion and good knowledge of religion among adolescents can form good morals and morals so that it can minimize the possibility of adolescents engaging in premarital sex (Fadilah, 2020). This can be confirmed by the words of the Prophet Muhammad regarding morality, which means, "There is nothing heavier on the scales (virtue) of a believer on the Day of Resurrection than noble character" (HR At-Tirmidhi).

Based on the above which states that there are many cases of premarital sex among students, efforts to prevent premarital sex among teenagers are very necessary, so researchers are interested in exploring teenagers' perceptions regarding preventing premarital sex on Islamic-based campuses..

2. Methods

This research uses a qualitative approach with descriptive methods. Data was collected through in-depth interviews using an interview guide with 7 students identified through purposive sampling and a maximum variation sample. Inclusion criteria for participants used include 18-24 years old, active students, and willing to participate in this study (Sari & Rokhanawati, 2018). Data validity was tested using member checks, peer debriefing, and thick descriptions. Thematic analysis was carried out using Open Code 4.02 software. This study uses research ethics, namely respect for human rights and dignity, anonymity, and beneficence and non-maleficence, and this research ethics has passed ethics with ethics number 030/EC-KEPK FKIK UMY/XII/2022.

3. Results

The results showed that students' perceptions of the prevention of premarital sex were categorized into five preventions, namely self-prevention, religious prevention, campus prevention, educational prevention, and parental prevention. This can be seen in Fig. 1 below:

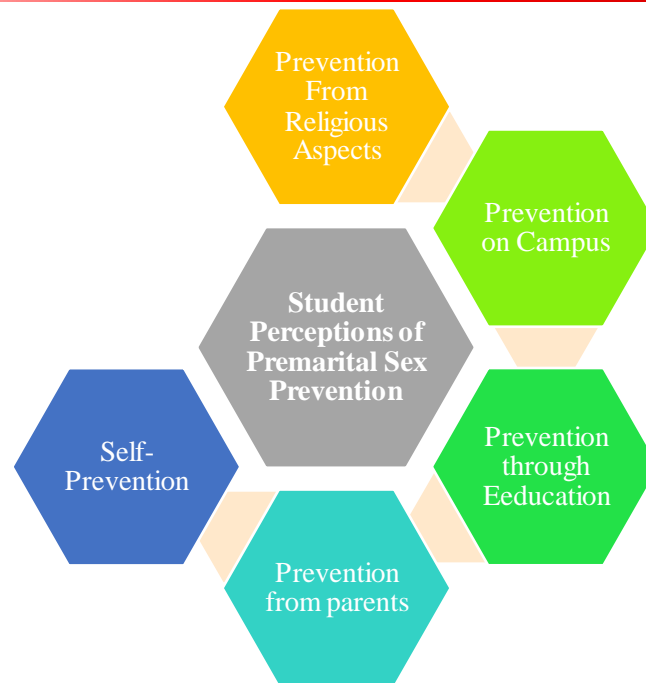


Fig. 1. Student Perceptions of Premarital Sex Prevention

3.1. Prevention of premarital sex by oneself

The results of the interview show that prevention from oneself is divided into 4 areas, namely the ability to refuse premarital sex, self-control, self-awareness, and self-knowledge. This can be seen in the [Fig. 2](#) below:

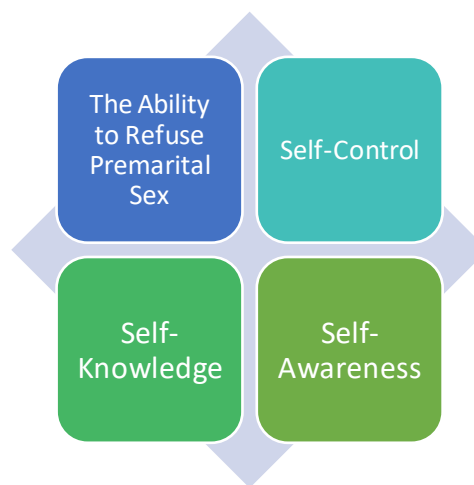


Fig. 2. Prevention of premarital sex by oneself

3.1.1. Ability to refuse premarital sex

The first prevention of premarital sex is the ability to refuse premarital sex. The interview results show that the ability to refuse premarital sex is effective in preventing premarital sex. Based on this ability, someone will have the courage to report sexual coercion and harassment to the authorities. This is supported by the following statement from the participant

"The most effective prevention is if the girl actually refuses and is brave, it seems like it won't happen..." (P7, female, 21 years old)

"... maybe we can tell other people... for this story, we can get or get help... we can even report the person who is forcing us like this to the authorities." (P1, female, 21 years old)

3.1.2. Self-control

The second means of preventing premarital sex is self-control. The results of the interview show that self-control is the most important and plays a role in preventing premarital sex oneself, where if we are able to control ourselves to always restrain our lust for good behavior, to think positively, to have boundaries in dating and behavior, and to be able to keep ourselves busy to prevent premarital sex, we will avoid premarital sex. This is supported by the participant's statement that

"... it all comes back to each of us whether we are able to restrain our lust not to have premarital sex ... for me, I will communicate with my partner so that we limit ourselves before marriage" (P6, female, 22 years old).

"The biggest prevention is actually in our own mindset and thoughts..." (P1, female, 21 years old)

"Increase the activities, yes, by increasing the number of activities and also worshipping a lot with activities, he will be busy and will not think about things in that direction" (P2, male, 21 years old).

3.1.3. Self-awareness

The third way of preventing premarital sex is self-awareness. The results of the interview show that self-awareness can also prevent premarital sex. Being aware of the need to refrain from premarital sex, realizing that there is always someone watching us, namely Allah SWT, and being aware of the need to always maintain boundaries and follow the advice of parents is effective in preventing premarital sex. This is supported by the participant's statement as follows:

"...from a young age I understood and realized that oh things like premarital sex are not allowed" (P7, female, 21 years old).

"... as far as religion is concerned, it is recognized that we understand where God is and that God exists because if we realize that God is everywhere and we do things like premarital sex ... monotheism can prevent it in the beginning and we realize that we are being watched" (P7, female, 21 years old).

"Always remember the teachings of your parents, who say you can date but don't let you have sex before marriage" (P2, male, 21 years old).

3.1.4. Self-knowledge

The fourth means of preventing premarital sex is self-knowledge. The interview results show that knowledge combined with self-control can prevent premarital sex. Therefore, we need to increase our knowledge about premarital sex in order to increase self-knowledge so that we can prevent ourselves from premarital sex. This is supported by the participant's statement as follows:

"Using knowledge well by using positive thinking and self-control can be a strong fortress to avoid premarital sex..." (P6, female, 22 years old)

"The knowledge is also improved between the boy and the girl in a relationship so that they don't fall into premarital sex like that" (P3, male, 21 years old).

3.2. Preventing premarital sex through religion

The second prevention of premarital sex after self-prevention is the prevention of premarital sex in terms of religion (Hidayat & Nurhayati, 2020). The results of the interview show that the provision of one's own religion, coupled with an understanding of religion, can prevent someone from having premarital sex because they already know the consequences of their actions later. Prevention through religion must also be supported by the environment and parental upbringing. This is supported by the participant's statement as follows:

Table 1. Quotes Preventing premarital sex through religion

| Coding | Quotes |
|--|--|
| The provision of religious understanding can be used to prevent premarital ex-marriage | "... My provision because in Islam it is not allowed so I apply yes" (P4, 22-year-old male) |
| A good understanding of religion can be avoided from premarital ex-marriage | "... for example, someone who already has a religious foundation and an understanding of what is forbidden by religion will definitely not do that" (P7, female, 21 years old) |
| High faith and a good environment can prevent premarital ex-marriage | "If the mace's faith will fall ... the same environment that must be maintained" (P5, female, 20 years old) |
| Strong faith and upbringing can prevent ex-premarital | "Alhamdulillah, I still hold strong to my faith, and coupled with the parenting of my girl's family and my family who strictly prohibit these activities, it could even be that our parents become disappointed and not to mention the sin. (P3, male, 21 years old) |

3.3. Preventing premarital sex on campus

The third prevention of premarital sex is the prevention of premarital sex on campus. The results of the interviews show that the prevention of premarital sex on campus can be done by increasing the security and surveillance of the campus area, creating a student protection commission, providing education and prohibiting premarital sex, and reducing night meetings on campus. This is supported by the participant's statement as follows:

"The prevention on campus can be to make regulations that really have a deterrent effect on the perpetrator or not, the supervision is more tightened ... so the security on campus needs to be tightened again. The same thing, maybe regulations can be made and a protection commission can be made, ma'am ... (P4 male, 22 years old)

"...on campus we also need more education to be reminded about sex (P7, female, 21 years)

"... fewer night meetings at the night" (P5, female, 20 years old)

3.4. Preventing premarital sex through education

The fourth prevention of premarital sex is the prevention of premarital sex through education. The results of the interview show that providing education to students can prevent premarital sex. The education can be related to religion, health, and premarital sex itself. This education must be provided by people who are experts in their field, otherwise, the education will be difficult to accept and will only be listened to by the students. This is supported by the following statement from the participant

"Yes, in my opinion, prevention is actually one of them is education ... what can be done is to call someone who is reliable in their field ... to provide education related to religion and health and premarital sex itself to the students or the community ... And there is actually a lot of education now, even on social media, there is a lot now" (P7, female, 21 years old).

3.5. Prevention by parents

The fifth prevention of premarital sex is prevention by parents. The interview results show that prevention by parents takes the form of education, advice, attention, and maintaining closeness to children. This can be seen in the figure below:

Maintaining a close relationship with your children will influence their attitudes and perspectives. This close relationship can encourage children to open up to their parents. Advice, education, and attention from parents can prevent children from having premarital sex. Advice and education of children are also influenced by the education of parents, where a lack of parental education can cause children to lose their way because their parents cannot guide and advise their children. This is supported by the following statement from the participant:

"...around me, there is a child who is not too close to their parents so they are not open with their parents or maybe lack of attention from their parents...we see it because the parents are very ignorant

about their children...we have been advised and educated from childhood that there are some things we have to take care of or we should not do" (P7, female, 21 years old).

"...the same factor as parents, like education from parents is one of the important things" (P1, female, 21 years old).

4. Discussion

4.1. Prevention by oneself

4.1.1. Ability to refuse premarital sex

The results showed that the first prevention of premarital sex oneself is the ability to refuse premarital sex. The ability to refuse premarital sex is included in self-control or self-control and is effective in preventing premarital sex. Students who have the ability to refuse invitations or desires for premarital sex will avoid premarital sex. This perception is supported by research (Wardani & Alfiani, 2022) which states that adolescents engage in premarital sex due to a lack of self-control, an inability to make decisions about healthy and unhealthy sexual behavior, and a lack of ability to reject invitations from friends or boyfriends to have premarital sex. According to (Noor, 2018), self-control can prevent premarital sexual behavior in adolescents. Control allows adolescents to suppress negative stimuli from both internal (internal) and external sources. Furthermore, (Palupi, 2021) stated that adolescents who are able to exercise internal control to determine their behavior are less likely to engage in negative things or other sexual activities.

4.1.2. Self-control

The results showed that self-control can be used to prevent premarital sex. Self-control is the most important thing and plays a role in preventing premarital sex from oneself, where if we are able to control ourselves to always restrain our lust for good behavior, to think positively, to have boundaries in dating and behavior, and to be able to occupy ourselves to prevent premarital sex, we will avoid premarital sex. This perception is consistent with research (Anwar et al., 2019) that premarital sex may be caused by a lack of self-control or low self-control (Farahani, 2018). In fact, good self-control should be able to restrain and prevent one from committing actions that are harmful to oneself and others. In addition, (Ratna, 2020) good self-control is able to prevent premarital sex from within, and of course, it is also supported by positive thinking so that it can make decisions to behave well and positively.

4.1.3. Self-awareness

The results showed that self-awareness can prevent premarital sex. Self-awareness can also prevent premarital sex. Being aware of refraining from premarital sex, realizing that there is always someone watching us, namely Allah SWT, and being aware of always maintaining boundaries and following the advice of parents is effective in preventing premarital sex (Qomariah, 2020; Tesfaye & Agenagnew, 2020). This perception is supported by a study (Basit, 2017) that found that a lack of self-awareness in adolescents can lead them to engage in deviant behavior. In this study, it was also found that some of the respondents said that free sex or premarital sex, especially being alone at night, was normal.

4.1.4. Self-knowledge

The results showed that self-awareness can prevent premarital sex. Knowledge combined with self-control can prevent premarital sex. Therefore, we need to increase knowledge about premarital sex in order to increase self-knowledge and ultimately be able to prevent ourselves from having premarital sex. This perception is in line with research (Susilawati et al., 2019) that a lack of knowledge about premarital sex and students' negative perceptions of premarital sex can lead to premarital sex. Therefore, we need to increase self-awareness to prevent premarital sex.

4.2. Prevention through religion

The results showed that prevention of premarital sex can be done in terms of religion, especially by having a good religious provision. The provision of religion that is owned and coupled with an understanding of religion can prevent someone from having premarital sex because they already know the consequences of their actions later. This perception is supported by research (Farahani, 2018), which states that someone with a lack of religious understanding tends to easily deviate from religious

teachings. Thus, the factors that influence students' premarital sex can be seen in their religious attitudes toward religious teachings (Setijaningsih et al., 2019). Especially premarital sex behavior. This means that the higher the level of religion and religious understanding possessed, the further students will be away from premarital sexual behavior or prevented from premarital sexual behavior.

4.3. Prevention on campus

The results showed that the prevention of premarital sex on campus can be done by increasing the security and supervision of the campus area, establishing a student protection committee, providing education and prohibiting premarital sex, and reducing night meetings on campus. This prevention is done to minimize the occurrence of premarital sex cases on campus by utilizing campus security and regulations. This research is in line with the research (Irfawandi, 2023) that the application of strict rules and supervision is necessary to prevent misconduct such as sexual violence, premarital sex, and violence in the campus environment. Prevention from the campus, in addition to increasing security, can also be done by providing adequate education for students, protection for victims, and strict law enforcement against perpetrators in order to create a deterrent effect and minimize repeated incidents in the campus environment.

4.4. Prevention through education

The results showed that prevention of premarital sex can be done through education. Providing education to students can prevent premarital sex, with the education provided being related to religion, health, and premarital sex itself. Providing this education must be done by people who are experts in their field, otherwise, the education will be difficult to accept and will only be listened to by the students. The aim of this provision is to increase student's knowledge so that they are aware of and know about premarital sex, the dangers of premarital sex, and everything related to premarital sex itself so that they can later prevent premarital sex. This perception is in line with research (Hidayat & Nurhayati, 2020), which states that providing education or information related to premarital sex can increase students' knowledge and can be used as a provision to prevent premarital sex. Support and counseling should also be provided to monitor and prepare students' psychological development or physical and mental preparation to deal with problems that students will face. The provision of this education also aims to provide understanding so that students are careful in their dealings with the opposite sex and can prevent premarital sex.

4.5. Prevention by parents

The results showed that prevention of premarital sex can be done by parents. Parental prevention can be in the form of education, advice, attention, and maintaining closeness with children. The ability to advise and educate children can be influenced by parental education, where lack of parental education can lead to children losing their way because their parents cannot guide and advise their children. Being close to children will influence the child's mindset and perspective. This close relationship can make children open to their parents. Paying attention to children is also a behavior that can strengthen the closeness between parents and children. This perception is in line with research (Hidayat & Nurhayati, 2020) which states that parents have their own role in preventing premarital sex. The role of parents can take the form of education and counseling. Adolescents really need parental encouragement to build courage and confidence to face the problems they will face in the future. This study also states that when the role of parents is poor, adolescents tend to have serious premarital sexual behavior. On the other hand, if the role of parents is good, the premarital sexual behavior of adolescents is mild. Furthermore, research (Waliyanti & Dewantari, 2021) states that maintaining closeness between children and parents is one of the factors that make it easier for parents to provide sexual education to their children. This closeness can make children feel that parents are the place to tell stories or confide in. With this closeness, parents can prevent premarital sex because there is closeness and openness between children and parents anyway.

5. Conclusion

Students perceive the prevention of premarital sex as self-inflicted with the ability to resist, self-control, self-awareness, and self-knowledge. Prevention in terms of religion with good religious provisions, while on campus can be prevented by regulations and security in the campus environment and other prevention can be done through education, and prevention by parents by educating, advising, paying attention, and maintaining closeness to children.

Adolescents or students are advised to find the right information related to premarital sex and can exercise good self-control in order to prevent premarital sex in themselves when they are alone or even on campus.

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