



7<sup>TH</sup> INTERNATIONAL CONFERENCE  
ON HEALTH PRACTISE AND RESEARCH

"Transforming Healthcare with Technology for Better Quality of Life"

Journal homepage: <https://ojs.universitastelogorejo.ac.id/index.php/ichpr>



## SOSIAL MEDIA EXPOSURE, LIFE VALUES, AND RELIGIOSITY AS DETERMINANTS OF ADOLESCENTS' ATTITUDES TOWARD PREMARITAL SEX BEHAVIOR IN JAKARTA

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### ARTICLE INFO

#### Article history:

Received 06 Desember 2025

Accepted 12 Desember 2025

#### Keywords:

*Adolescent attitude, premarital sexual behaviour, digital media exposure, life values, religiosity*

### ABSTRACT

Adolescence is a transitional phase characterized by physical, psychological, and social development, including sexual maturity. Adolescents are a vulnerable group for premarital sexual behavior. One important factor influencing behavior is adolescent attitudes. Adolescent attitudes towards behavior are influenced by various internal and external factors. This study aims to analyze the determinants related to adolescent attitudes towards premarital sexual behavior at SMA Yadika 6 Pondok Aren in 2025. A quantitative study with a cross-sectional design was conducted among 182 students selected using proportional stratified random sampling. Data were analyzed using the chi-square test. The results showed a significant relationship between digital media exposure ( $P = 0.033$ ), life values ( $p = 0.018$ ), and religiosity ( $p = 0.000$ ) with adolescent attitudes towards premarital sexual behavior. Meanwhile, there was no significant relationship between knowledge ( $p = 0.739$ ). Digital media exposure, life values, and religiosity are important determinants of adolescents' attitudes toward premarital sexual behavior. Adolescents are encouraged to be more selective when accessing information through digital platforms, while families, schools, and communities must collaborate to strengthen moral and religious values to promote healthy attitudes and improve adolescent well-being.

## INTRODUCTION

Adolescence is the transition period from childhood to adulthood. According to the WHO, the age range for adolescence is between 10 and 19 years. This period is characterized by rapid physical, psychological, and intellectual growth. With sexual maturity and anatomical and physiological changes, adolescents will experience or begin to develop feelings of attraction to the opposite sex. This period is considered vulnerable because without adequate knowledge about reproductive health, adolescents are vulnerable to juvenile delinquency, such as premarital sex.<sup>1</sup>

The large number of adolescents further reinforces the urgency of this issue. The WHO reports that there are 1.3 billion adolescents worldwide, and this number is predicted to continue to increase until 2050, particularly in low- and middle-income countries.<sup>2</sup> In Indonesia, according to BPS data, it is estimated that there will be 66,919 thousand teenagers aged 10-24 years in 2023.<sup>3</sup>

In Banten Province itself, 18.94% of its population are teenagers aged 16-18 years. In South Tangerang City, there were 212,420 teenagers recorded in 2021. This data indicates a fairly high number of teenagers in South Tangerang City. Based on research by Parihat, R.D. (2015) at South Tangerang High School, it was found that 2.8% of teenagers had had sexual intercourse, with an abstinence proportion of

90.8%.<sup>4</sup> Another study also found a proportion of abstinence of 38.4%, which means that the majority of teenagers engage in premarital sex<sup>5</sup>. Therefore, the relevance to the problem can be very high and there needs to be aspects that support teenagers to become qualified so that they do not cause problems, such as premarital sexual behavior.<sup>6</sup>

Premarital sexual behavior is a response to sexual urges that occur before marriage, such as kissing, hugging, holding hands, masturbation and having sexual intercourse.<sup>7</sup> Data from the 2021 Indonesian Adolescent Reproductive Health Survey (SKRRI) shows that the majority of adolescents have had physical contact with their partners. 29.5% of boys and 6.2% of girls have touched their partner's genitals, 48.1% of boys and 29.3% of girls have kissed, and 79.6% of boys and 71.6% of girls have held hands with their partners.<sup>8</sup> This behavior has the potential to cause serious impacts, such as sexually transmitted infections (STIs), unwanted pregnancies, guilt, anger, stress, self-loathing, and loss of hope for the future.<sup>9</sup>

In the Theory of Planned Behavior (TPB), attitude is a key factor in determining behavioral intentions. Attitudes are formed from an individual's beliefs about the consequences, both positive and negative.<sup>10</sup> Research by Sabilla et al. (2021) stated that adolescents who have an approving attitude are 3.2 times more likely to engage in premarital sexual relations than adolescents with a disapproving attitude<sup>11</sup>.

Thus, attitude is the initial gateway that determines whether a teenager will engage in a particular behavior. Before an attitude is formed, there are background factors that influence attitudes, including knowledge, media exposure, life values, and religiosity

Adolescents' knowledge about reproductive health and sexual behavior plays a crucial role in shaping their attitudes toward premarital sexual behavior. Good knowledge provides an adequate informational foundation for adolescents to consider the consequences of such behavior. This is in line with research by Bahdad et al. (2023), who found a relationship between reproductive health knowledge and adolescent attitudes, with higher levels of knowledge tending to correlate with a rejection of premarital sexual behavior. Adolescents can acquire this knowledge through the social media they frequently consume.<sup>12</sup>

Media can be a source of learning through social learning processes. However, high social media exposure, especially to sexually charged content, can shape adolescents' attitudes toward premarital sexual behavior. Research by Pripuspitasari et al. (2024) found an influence of social media exposure on premarital sex. The higher the intensity of social media exposure, the greater the likelihood of premarital sex among adolescents.<sup>13</sup>

Although social media exposure plays a role in shaping adolescents' attitudes toward premarital sexual behavior, each individual's

response can vary depending on their moral foundation. Adolescents' values are a key factor that can influence how they respond to the exposure they receive, as they serve as a guideline for assessing the rightness or wrongness of a behavior. Research by Fadillah & Widyatuti (2018) found that 64% of adolescents with low values tended to have a higher tendency toward premarital sexual behavior, compared to the group with high values.<sup>14</sup>

Life values are often closely related to religiosity, as religious teachings are a powerful source of value formation for adolescents in responding to certain behaviors. Research by Mulyawati & Sukmasari (2018) found a relationship between religiosity and premarital sexual behavior with a p-value of 0.000. This finding suggests that religion shapes a specific set of morals and beliefs within an individual. Adolescents with a strong religious understanding tend to disapprove of premarital sexual behavior that violates norms.<sup>15</sup> In Islamic teachings, behavior that is close to adultery is prohibited, in QS Al-Isra verse 32. This verse is harsher than the words 'Do not do it', because even approaching adultery is not allowed, let alone committing adultery, which is clearly more prohibited.

Preliminary study results indicate that some adolescents reject romantic relationships at school, while others accept and support them. This research is expected to provide insight into

the key factors contributing to adolescent attitudes, providing a basis for formulating more effective reproductive health promotion strategies.

## **METHOD**

This research is a quantitative study with a cross-sectional design conducted at SMA Yadika 6 Pondok Aren in June–July 2025. The study population was all 333 students of grades X and XI. The minimum sample size was calculated using the Slovin formula ( $\alpha=0.05$ ) to obtain 182 respondents selected using a probability sampling technique with a proportionate stratified random sampling type. The research instrument was a structured questionnaire that included variables of social media, knowledge, religiosity, gender, and the dependent variable, namely attitudes towards premarital sexual behavior.

Data collection was conducted through self-administered questionnaires by respondents after receiving an explanation of the research objectives and obtaining informed consent. Data analysis used univariate and bivariate (chi-square) analysis. This study obtained permission from the school and adhered to research ethics by maintaining the confidentiality of respondent data.

## **RESULT**

This study involved 182 respondents from SMA Yadika 6 Pondok Aren. Based on the characteristics of the respondents, the majority were female, namely 119 people (65.4%), while

63 people were male (34.6%). In terms of age, the majority of respondents were in the 17–18 age group, namely 98 people (53.8%), followed by 15–16 years old with 82 people (45.1%), and only a small portion were 19 years old with 2 people (1.1%). The attitudes of adolescents towards premarital sexual behavior showed that the majority of respondents, namely 147 people (80.8%) had an attitude of disapproval, while 35 people (19.2%) had an attitude of agreeing. Based on the distribution of factors related to adolescent attitudes, it was found that the majority of respondents were exposed to social media, namely 126 people (69.2%), while those who were not exposed were 56 people (30.8%). Regarding the knowledge variable, the majority of respondents had good knowledge, namely 134 people (73.6%), while those with poor knowledge were 48 people (26.4%).

Most respondents (162 people, 89.0%) had strong life values, while only 20 (11.0%) had low life values. Meanwhile, the religiosity of respondents was dominated by the high category, with 165 (90.7%) and 17 (9.3%) having low life values.

The results of the bivariate analysis using the Chi-Square test showed a significant relationship between social media exposure and adolescent attitudes towards premarital sexual behavior ( $p=0.033$ ;  $OR=2.253$ ; 95% CI: 0.821–0.387). This indicates that adolescents exposed

to social media are 2.2 times more likely to approve of premarital sexual behavior compared to adolescents who are not exposed

Table 1. Frequency Distribution of Characteristics of Female Students of Yadika 6 High School, Pondok Aren

<b>Variable</b>	<b>Category</b>	<b>n</b>	<b>%</b>
Gender	Men	63	34,6
	Women	119	65,4
Age	15 - 16 Years	82	45,1
	17 - 18 Years	98	53,8
	19 Years	2	1,1
Attitude	Agree	147	80,8
	Disagree	35	19,2

*Source: Primary and Secondary Data, 2025*

Table 2. Frequency Distribution of Factors Related to Adolescent Attitudes at SMA Yadika 6 Pondok Aren

<b>Variable</b>	<b>Category</b>	<b>n</b>	<b>%</b>
Social media Exposure	Exposed	126	69,2
	Not Exposed	56	30,8
Knowledge	Poor	48	26,4
	Good	134	73,6
Life Values	Strong	162	89,0
	Weak	20	11,0
Religiosity	High	165	90,7
	Low	17	9,3

*Source: Primary Data, 2025*

Tabel 3. Univariate Bivariate Table

Independent Variables	Dependent Variables				Total		P-value	OR	CI 95%
	Disagree		Agree		n	%			
	n	%	n	%	n	%			
<b>Social Media Exposure</b>									
Exposed	107	84,9	19	15,1	126	100	0,033	2,253	0,821 - 0,387
Not Exposed	40	71,4	35	19,2	56	100			0,455 - 3,036
<b>Knowledge</b>									
Poor	41	85,4	7	14,6	48	100	0,739	1,175	0,455 - 3,036
Good	117	87,3	17	12,7	134	100			1,171 - 10,04
<b>Life Values</b>									
Strong	144	88,9	18	11,1	162	100	0,018	3,429	1,171 - 10,04
Weak	14	70,0	6	30,0	20	100			1 - 18,09
<b>Religiosity</b>									
High	148	89,7	17	10,3	165	100	0,000	6,049	2,052 - 18,099
Low	10	58,8	7	41,2	17	100			9

Source: Primary Data, 2025

For the knowledge variable, the test results showed a p-value of 0.739 with an OR of 1.175 (95% CI: 0.455–3.036), indicating no significant relationship between knowledge and adolescent attitudes toward premarital sexual behavior. This means that the level of knowledge does not directly influence adolescent attitudes.

Meanwhile, life values were significantly associated with adolescent attitudes ( $p=0.018$ ;  $OR=3.429$ ; 95% CI: 1.171–10.041). Respondents with weak life values were 3.4 times more likely to approve of premarital sexual behavior compared to respondents with strong life values.

Religiosity also showed a highly significant relationship with adolescent attitudes ( $p=0.000$ ;  $OR=6.049$ ; 95% CI: 2.052–18.099). This means that adolescents with low levels of religiosity were six times more likely to approve of premarital sexual behavior compared to adolescents with high levels of religiosity. Thus, religiosity was the most dominant factor related to adolescent attitudes in this study.

## **DISCUSSION**

### **Adolescent Attitudes Towards Premarital Sexual Behavior**

This study showed that the majority of respondents (80.8%) disapproved of premarital sexual behavior, while 19.2% approved. Respondents with an affirmative attitude generally considered behaviors such as holding hands, hugging, and kissing to be normal. These findings indicate a process of normalizing mild sexual behavior among adolescents, which could potentially lead to riskier premarital sexual behavior if not balanced with self-control and environmental supervision.

Analysis by gender showed that more male respondents (26.8%) agreed with the survey than female respondents (14.3%). This finding aligns with the Indonesian Demographic and Health Survey (IDHS) (2017), which stated that men are more likely to engage in premarital sex due to curiosity, while women are more influenced by emotional factors. Consistent with research by Fariningsih (2021) and Yolanda et al. (2019), these results confirm that although the majority of adolescents reject premarital sexual behavior, some still agree, warranting further attention.<sup>15,17</sup>

### **The Relationship between Social Media Exposure and Adolescent Attitudes**

Social media exposure was found to be associated with adolescents' attitudes toward premarital sexual behavior. The majority of respondents (70%) reported high levels of social media exposure, including exposure to sexually charged content. This exposure has the potential to shape permissive attitudes through the normalization of sexual behavior in films, articles, images, and videos circulating on digital platforms.

However, not all exposed adolescents agreed. Respondents with high religiosity and strong life values were able to select the content they consumed, so media exposure did not directly influence their attitudes. This supports research by Yong & Simon (2019), which asserted that media is a dominant factor in shaping adolescents' perceptions of sexuality, although its influence is mediated by moral and religious values. Thus, social media has the potential to be a risk factor, but it can also function as an educational medium if balanced with digital literacy, parental supervision, and strengthening moral values.<sup>18</sup>

## **The Relationship between Knowledge and Adolescent Attitudes**

Knowledge did not show a significant relationship with adolescents' attitudes toward premarital sexual behavior. Some respondents with good knowledge still expressed agreement. This indicates that adolescents' reproductive health knowledge is not yet comprehensive and is not automatically internalized in their attitudes.

This finding is in line with Suwarni & Bustan (2017) who stated that knowledge is not always directly proportional to attitudes, because attitudes are more influenced by social norms, personal experiences, and media influences.<sup>19</sup> Attitudes are determined by an individual's beliefs about the benefits or consequences of behavior and subjective norms, not just their level of knowledge. Therefore, reproductive health education interventions need to be integrated with values reinforcement, family guidance, and media literacy.

Teenagers with good knowledge still tend to engage in premarital sexual behavior. This may be due to adolescents' inherent curiosity and desire to try new things, as well as the sources of information they obtain that are also related to premarital sexual behavior. Incomplete knowledge can lead to misperceptions among adolescents.

## **The Relationship between Life Values and Adolescent Attitudes**

Life values have been shown to be significantly related to adolescent attitudes. Respondents with strong life values consistently reject premarital sexual behavior, while those with weak values tend to be more permissive. Life values serve as a filter in decision-making, thus acting as a protective factor in forming disapproval of premarital sexual behavior.

This result is consistent with research by Fadillah & Widyatuti (2018) which shows that low life values increase the risk of involvement in premarital sexual behavior.<sup>13</sup> This is in line with the study, which found that the majority of respondents (98.4%) with high levels of religiosity believed that God was always watching over them. This belief plays a crucial role in strengthening adolescents' moral commitment to avoiding premarital sexual behavior.

Religion itself, through its teachings and norms, provides clear guidance regarding the boundaries of interaction between the opposite sex before marriage. For religious adolescents, these teachings serve not only as a guide to behavior but also as a source of motivation to maintain positive life values. Thus, the integration of strong life values and high religiosity

among the respondents in this study was a significant protective factor in preventing their involvement in premarital sexual behavior.

### **The Relationship between Religiosity and Adolescent Attitudes**

Religiosity is the most dominant variable influencing adolescent attitudes. Respondents with high levels of religiosity were more consistent in rejecting premarital sexual behavior because they used religious teachings as a guide for self-control. Belief that God is always watching, religious practices, and social support from religious circles were important factors in strengthening disapproval.

These findings support research by Elfriza et al. (2024) which showed a negative relationship between religiosity and premarital sexual behavior. The higher the religiosity, the less likely adolescents were to support or engage in premarital sexual behavior.<sup>30</sup> Religiosity not only serves as a personal belief but is also strengthened by social support from family and the religious environment surrounding adolescents. This combination of spiritual beliefs, religious practices, and social control makes adolescents more resilient in the face of peer pressure and media

exposure.

### **CONCLUSION**

This study highlights that digital media exposure plays a significant role in shaping adolescents' attitudes toward premarital sexual behavior. Adolescents frequently exposed to social media content especially content with sexual elements—are more likely to develop permissive attitudes. However, this influence is not uniform; strong life values and high religiosity can buffer the impact of media by helping adolescents filter and resist inappropriate content. Thus, digital media serves as both a *risk factor* and a potential *educational tool*, depending on adolescents' value systems and digital literacy.

### **ACKNOWLEDGMENTS**

The author would like to thank the students of SMA Yadika 6 Pondok Aren who helped become respondents in the research.

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