

THE RELATIONSHIP OF KNOWLEDGE, ATTITUDE AND FAMILY SUPPORT WITH EFFORTS TO PREVENT UNWANTED PREGNANCY (KTD) DUE TO SEXUALLY FREE (Study on Young Girls at Sman 1 Cimarga Rangkas Bitung Lebak Banten in 2023)

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Abstract.

Background : Adolescents are indeed very vulnerable to promiscuity, this situation is very concerning, from this behavior unwanted pregnancy often occurs which has a negative impact on socio-economic health and others. Therefore, prevention efforts can be made as early as possible based on the knowledge and attitude and support from parents. One of the things that happens to young women is the many cases of unwanted pregnancies (KTD). Like at SMAN 1 Cimarga Rangkas Bitung Lebak Banten in 2022 there were 2 students who were pregnant out of wedlock, and lots of various deviant sexual behaviors.

Writing purpose : Aims to determine the relationship between knowledge, attitudes and family support with efforts to prevent adverse events due to free sex in young women at SMAN 1 Cimarga Rangkas Bitung Lebak Banten in 2023.

Research methods : This study used quantitative and analytic methods with a cross sectional approach. A sample of 72 young women was obtained using proportional random sampling. The data was obtained using a questionnaire that had been tested for validity, then the data was analyzed using a frequency distribution and chi square test.

Research result : The knowledge of female adolescents is mostly good (56.9%), positive attitude (58.3%), family support including support (59.7%) and prevention of adverse events in young women due to free sex (66.7%). There is a relationship between knowledge and efforts to prevent adverse events due to free sexual intercourse in young women (p value 0.000), there is a relationship between attitudes and efforts to prevent unwanted pregnancy due to free sexual intercourse in young women (p value 0.000) and there is a relationship between family support and efforts to prevent unwanted pregnancy due to free sex in young women (p value 0.000).

Conclusions and recommendations : Knowledge, attitude, family support related to efforts to prevent adverse events due to free sex in young women. Therefore, adolescents can increase knowledge and increase positive attitudes and do better pregnancy prevention.

Keywords: knowledge, attitude, support, unwanted pregnancy.

1. INTRODUCTION

Adolescence is a period of transition/transition/transition period which is full of turmoil, namely childhood to independent adulthood. Pregnancy can be a dream. But it may also be considered disastrous if the pregnancy itself is not/not yet wanted (Ambarwati, 2015). Various forms of sexual urges will cause these adolescents to express forms of sexual relations, free sex is a very vital problem experienced by adolescents which will result in high rates of spread of sexually transmitted diseases (STDs), pregnancies outside of marriage or unwanted pregnancies and abortions among adolescents. (Mufti, 2018).

Unwanted pregnancy (KTD) in adolescents is a condition where adolescents do not want the birth process of a pregnancy. These pregnancies can result from various factors such as rape or from sexual behavior/sexual intercourse before marriage.

Unwanted pregnancies have a negative impact on the physical, psychological, social, economic and others. Therefore, it is important to prevent unwanted pregnancies in adolescents as early as possible by various layers of society.

Prevention efforts can be carried out by adolescents such as avoiding things that lead to sexual behavior, carrying out positive activities, participating in youth activities and others. This can happen if teenagers have good knowledge. From this knowledge a positive attitude will arise towards prevention efforts by avoiding things that can lead to premarital sexual behavior.

Knowledge is a predisposing factor for the occurrence of a behavior. Knowledge is the result of knowing and this occurs after people sense a certain object either through sensing, smelling, tasting and touching. In addition to knowledge, attitude is an assessment and relatively persistent feelings, beliefs, and behavioral tendencies (Notoatmodjo, 2017).

Another factor is the important role of the family, especially parents in preventing unwanted pregnancies. The lack of attention and information about reproductive health and the low level of control in adolescents can result in children being free to socialize. The problem of sex education in society is considered a cultural taboo. This causes the delivery of information about reproductive health to adolescents to be hampered so that children do not understand it properly (Mu'tadin, 2015).

Various previous studies related to knowledge, attitudes and family support in efforts to prevent unwanted pregnancies have been carried out. Such as Mufti's research (2018) which found knowledge influences adolescent behavior in preventing unwanted pregnancy of 0.274. Knowledge itself is influenced by formal education factors. Knowledge is very closely related to education, where it is hoped that with higher education the person will also have a wider knowledge.

Then Mahayani's research (2019) found that there was a relationship between attitudes and efforts to prevent unwanted pregnancy in Primbana Medan Private High School students with a p value of 0.001. Having a positive attitude towards the prevention of adverse events makes adolescents avoid negative things. Research by Amarta, et al (2018) found that there was a relationship between attitudes of ignorance in health education regarding prevention of sexual behavior through increased assertiveness in young women.

Likewise with Nikmah's research (2018) that statistically shows that there is a relationship between the role of parents and the level of adolescent knowledge about reproductive health in efforts to prevent unwanted pregnancies with a p value of 0.029. The role of parents in educating children greatly determines the formation of character and the development of a child's personality.

Judging from various previous studies regarding prevention efforts by adolescents, it indicates that adolescent behavior varies which can be based on knowledge of the attitudes and roles of parents. Preliminary study results in young women at SMAN 1 Cimarga Rangkas Bitung Lebak Banten which was carried out in November 2022 found data recorded during 2022 there were 2 students who were pregnant out of wedlock. Direct observations were made for 2 days of students' sexual behavior at SMAN 1 Cimarga during recess, data obtained that as many as 4 pairs of students holding hands on the terrace of the class, as many as 2 pairs holding shoulders. Meanwhile, when it was time to go home, outside the school gate there were 4 couples holding their waists. Furthermore, the researchers asked about the actions taken by the school if it found students who had an unfavorable attitude towards sexual behavior.

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Based on the description above, the writer intends to conduct research on the relationship between knowledge, attitudes and family support with efforts to prevent unwanted pregnancies (KTD) due to free sex in young women at SMAN 1 Cimarga Rangkas Bitung Lebak Banten in 2023.

RESEARCH METHODOLOGY

The research conducted is correlation analytic research, namely research that seeks to find relationships between variables and analyze the data that has been collected, so that it is necessary to make a hypothesis and there must be a hypothesis test. The research will be carried out using a cross-sectional approach, in which the variables on the research object are measured or collected at the same time. Using this method, it can be seen the relationship between knowledge, attitudes and family support with efforts to prevent unwanted pregnancy in young women. This research was conducted in January 2023 at SMAN 1 Cimarga Rangkas Bitung Lebak Banten. The population in this study were all young women at SMAM 1 Cimarga, totaling 252 people, while the sample was 72 people obtained by proportional random sampling technique. Data collection in this study used a questionnaire format, namely by giving it directly to adolescents who had been selected as respondents regarding knowledge, attitudes, family support and prevention of unwanted pregnancy. Then the data were analyzed by univariate and chi square test.

RESEARCH RESULT

1. knowledge, attitudes, family support and prevention of adverse events in young women

Table.1
**Frequency distribution of knowledge, attitudes, family support and prevention of
adverse events in young women**

Variable	Frequency (f)	Percentage (%)
Knowledge		
Well	41	56.9
Not enough	31	43.1
Amount	72	100.0
Attitude		
Positive	42	58.3
Negative	30	41.7
Amount	72	100.0
Support		
Support	43	59.7
Not very supportive	29	40.3
Amount	72	100.0
Prevention of adverse events		
Well	48	66.7
Not enough	24	33.3
Amount	72	100.0

The data in table 5.1 shows that the description of the respondents' knowledge about adverse events mostly had good knowledge of 41 people (56.9%), most of them had a positive attitude of 42 people (58.3%) and received support from family of 43 people (59.7%), then 48 people (66.7%) had good adverse events prevention behavior.

2. Relationship between knowledge and efforts to prevent adverse events due to free sex in young women

Table 2
Relationship between knowledge and efforts to prevent adverse events due to free sex in young women

Knowledge	Prevention of adverse events				Total		P-value	OR (95% CI)
	Well		Not enough					
	n	%	n	%	N	%		
Well	36	87.8	5	12.2	41	100	0.000	11,4
Not enough	12	38.7	19	61.3	31	100		
Amount	48	66.7	24	33.3	72	100		

Based on the results of table 2 above, of the 41 respondents who had good knowledge, most of them had good prevention behavior for unwanted pregnancy due to free sex as many as 36 people (87.8%), while of the 31 respondents who had less knowledge, most had the behavior for preventing unwanted pregnancy. 19 people (61.3%) did not perform well. The statistical test results obtained a p value of 0.000 (<0.05), meaning that there is a relationship between knowledge with efforts to prevent adverse events due to sexual promiscuity in young girls at SMAN 1 Cimarga Rangkas Bitung Lebak Banten in 2023. Respondents who have good knowledge are 11.4 times more likely to have good preventive behavior compared to respondents who have less knowledge.

3. Relationship between attitudes and efforts to prevent unwanted pregnancy due to free sex in young women

Table 3
Relationship between attitudes and efforts to prevent unwanted pregnancy due to free sex in young women

Attitude	Prevention of adverse events				Total		P-value	OR (95% CI)
	Well		Not enough					
	n	%	n	%	N	%		
Positive	40	95.2	2	4.8	42	100	0.000	55.0
Negative	8	26.7	22	73.3	30	100		
Amount	48	66.7	24	33.3	72	100		

Based on the results of table 3 above, out of the 42 respondents who had a positive attitude, most of them had the behavior to prevent adverse events due to free sex as many as 40 people (95.8%), while of the 30 respondents who had a negative attitude, most had the behavior to prevent unwanted pregnancy. 22 people (73.3%) did not perform well. The statistical test results obtained a p value of 0.000 (<0.05), meaning that there is a relationship between attitudes with efforts to prevent unwanted pregnancy due to free sexual intercourse in young girls at SMAN 1 Cimarga Rangkas Bitung Lebak Banten in 2023. Respondents who have a positive attitude are 55.0 times more likely to have good preventive behavior compared to respondents who have less negative attitudes.

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4. Relationship between family support and efforts to prevent unwanted pregnancy due to free sex in young women

Table 4

Relationship between family support and efforts to prevent adverse events due to free sex in young women

support	Prevention of adverse events				Total		P-value	OR (95% CI)
	Well		Not enough					
	n	%	n	%	N	%		
Support	37	86.0%	6	14.0%	43	100	0.000	10.09
Not enough	11	37.9%	18	62.1%	29	100		
Amount	48	66.7	24	33.3	72	100		

Based on the results of table 4 above, out of the 43 respondents who received family support, most of them had the behavior to prevent adverse events due to free sex as many as 37 people (86.0%), while of the 29 respondents who did not receive family support, most of them had the behavior to prevent unwanted pregnancy. 18 people (62.1%) were not good enough. The statistical test results obtained a p value of 0.000 (<0.05), meaning that there was a relationship between family support with efforts to prevent adverse events due to free sexual intercourse in young women at SMAN 1 Cimarga Rangkas Bitung Lebak Banten in 2023. Respondents who receive family support have a 10.09 times greater chance of having good preventive behavior compared to respondents who receive less family support.

DISCUSSION

1. Description of knowledge, attitudes, family support and prevention of adverse events in young women

a. Knowledge

Based on the results of the study, it was found regarding unwanted pregnancies that the description of the respondents' knowledge about unwanted pregnancy mostly had good knowledge as many as 41 people (56.9%). The data indicates that most of the respondents can answer the questions asked correctly.

Judging from the data from this study, respondents had good knowledge, meaning that from the questions asked, many respondents answered correctly about unwanted pregnancy such as understanding, ideal age for marriage, definition of free sexual behavior, causes of unwanted pregnancy, impact and prevention efforts. This good knowledge is inseparable from the sources of information obtained by adolescents either by reading or listening or actively seeking information.

According to Notoatmodjo (2017), that knowledge is the result of "knowing" and this happens when someone senses a certain object. Sensing of objects occurs through the five human senses, namely sight, hearing, smell, taste and touch alone. At the time of sensing to produce knowledge is greatly influenced by the intensity of perceptual attention to objects.

Although in this study the factors influencing knowledge were not examined, according to Wawan and Dewi's theory (2015) it was stated that many factors influenced knowledge including education, employment and age, sources of information. Sources of information can come from health workers, peers, teachers or from the internet media which provide information related to unwanted pregnancies and matters related to them. Based on the results of the researchers during the research carried out, most of the respondents had a cultural background who still believed that knowledge about sex was

already open, so they did not hesitate to seek information or talk about unwanted pregnancies. So that most young women in high school were included in the category of good knowledge.

b. Attitude

The results obtained regarding the attitude of young women towards the behavior of preventing unwanted pregnancy, the majority had a positive attitude as many as 42 people (58.3%).

The data shows that most of the respondents' attitudes are positive, this can be seen from the respondents' answers, such as respondents agree that by carrying out activities to prevent negative things. Respondents said they agreed that having sexual intercourse before marriage was not normal, sexual intercourse was not before marriage as proof of love, teenagers also agreed that if KTD could occur even if it was only 1 sexual intercourse, the impact received by teenagers who had KTD was the view negative from society and will be ostracized by the environment.

The results of this study are in accordance with the research of Tetty and Yolanda (2012) regarding adolescent perceptions of premarital sexual behavior in high school. This study shows that some adolescents state that premarital sexual behavior is an effort to get to know each partner better, in the sense that some adolescents have a favorable attitude (72%).

Thus it is, respondents understand that free sex behavior is negative because it can lead to unwanted pregnancy. They are aware of the boundaries of values, duties and responsibilities in society. Because it is important for adolescents to get sex education, not only about issues of gender and sexual relations, it will but in it there is human development, human relations, sexual behavior and others.

c. Family support

The research results obtained regarding family support for efforts to prevent adverse events due to sexual premarital marriage found as many as 43 people (59.7%). In this case, the data indicates that parents play an important role in preventing unwanted pregnancy and controlling children so that they avoid free sex behavior.

This can be seen from the results of the answers in the questionnaire, the respondents said that most of the parents listened to the complaints of the respondents, taught them about the growth and development of adolescents, facilitated their children to go to school seriously, limited children to dating, provided information that they studied well and so on.

Family support according (Friedman, 2013) is the attitude, the act of accepting the family towards its family members, in the form of informational support, appraisal support, instrumental support and emotional support. Family support is a form of interpersonal relationship which includes attitudes, actions and acceptance of family members, so that family members feel that someone is paying attention.

According to the researcher's analysis, family support is dominant in preventing unwanted pregnancy in young women by limiting or controlling children's behavior. This means that the parenting style applied by parents will affect the way children get along, so that children will feel cared for and control their interactions.

d. Adverse events prevention behavior

The results showed that in terms of good prevention of unwanted pregnancy behavior, as many as 48 people (66.7%) had positive behavior. This data illustrates the actions taken by respondents to avoid actions that could lead to free sex behavior.

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As it can be seen that according to Widyastuti (2014), unwanted pregnancy is a condition when the partner does not want the birth process of a pregnancy. This pregnancy can be the result of a sexual behavior or sexual relationship either intentional or unintentional. Efforts to prevent unwanted pregnancy in this case are caused by free sex or premarital sex. Premarital sex is an intimate relationship, the physical and emotional union of two individuals of different sexes without any binding law between the two either by custom, religion or law. This sexual relationship does not happen by itself but is driven or motivated by internal factors that cannot be observed directly (invisible). Thus the individual is moved to engage in premarital sex behavior (Martopo, 2013).

The positive behavior of young women describes actions that are beneficial or negative and avoids sexual behavior such as holding hands (holding a partner's arm), hugging (such as embracing the shoulder, embracing the waist), making out (such as kissing the cheeks, kissing the forehead, kissing the lips), touching sensitive parts of the body, rubbing the genitals up to inserting the genitals. Like wise, premarital sexual behavior in adolescents will appear when adolescents are able to condition the situation to realize their emotional impulses and thoughts about their sexual behavior or attitudes towards their sexual behavior.

2. Relationship between knowledge and efforts to prevent adverse events due to free sex in young women

The results showed that 36 respondents (87.8%) had good knowledge of unwanted unwanted pregnancy behavior due to free sexual intercourse, while 19 of the 31 respondents who had less knowledge had bad unwanted pregnancy prevention behavior. people (61.3%). The statistical test results obtained a p value of 0.000 (<0.05), meaning that there is a relationship between knowledge with efforts to prevent adverse events due to free sexual intercourse in young girls at SMAN 1 Cimarga Rangkas Bitung Lebak Banten in 2023.

Looking at these data, the authors argue that the behavior of preventing adverse events is based on knowledge, meaning that respondents who behave positively have good knowledge, while respondents who have negative behaviors have less knowledge. Thus it is, well-informed respondents try to avoid free sex behavior, because respondents know the impact of these actions.

A person's actions cannot be separated from the knowledge he has, the basic elements of one's knowledge of his actions are understanding and understanding of what he is going to do, beliefs about the benefits and correctness of what he is doing, and the urge to do something based on a perceived need (Notoamodjo, 2017)

The results of this study are in accordance with research by Pakal (2012) which shows that lack of knowledge has a 3.2 times greater risk of engaging in free sex behavior compared to well-informed adolescents. These results are in line with the research conducted by Karnasih Tjiptaningrum in Jakarta regarding the relationship between knowledge of adolescent reproductive health and prevention of premarital sexual intercourse using a cross-sectional study design. = 0.03).

Based on this description, it can be stated that knowledge has an important role for the prevention of adverse events. Lack of knowledge about reproductive health, limited information about free sex, the rise of pornographic films make teenagers fall into free sex behavior, which in turn chooses to marry at an early age. Knowledge itself is a very important domain in the formation of an action. Thus the formation of behavior towards someone because of existing knowledge in him the formation of a new behavior.

3. Relationship between attitudes and efforts to prevent unwanted pregnancy due to free sex in young women

The results showed that most of the respondents who had a positive attitude had good prevention of adverse events due to free sex (95.8%), while most of the respondents who had a negative attitude had bad behavior of preventing unwanted events (731.3%). The data illustrates that adolescents who have a positive attitude tend to avoid free sex behavior. This is reinforced by the results of statistical tests obtained p value 0.000 (<0.05), meaning that there is a relationship between attitudes with efforts to prevent unwanted pregnancy due to free sexual intercourse in young girls at SMAN 1 Cimarga Rangkas Bitung Lebak Banten in 2023.

Misrina (2020) states that someone who has a positive attitude will influence for the better, in contrast to someone who has a negative attitude will determine the behavior of teenagers who are not good because lifestyle, education and the environment in which individuals live can influence behavior and attitudes. somebody. The right information can make teenagers take an attitude according to the information they get, so that teenagers can adjust their attitudes and behavior according to their age.

Study Maurer and Smith (2013), most (80%) teenage pregnancies are unwanted and most teenagers know sex through the medium of dating. This is in accordance with Setyawati's research (2015), which said that teenagers who already have girlfriends have a tendency to seek attention from their boyfriends and if their relationship is too close then it is possible to fall into risky behavior for unwanted pregnancies.

Based on this description, it indicates that the attitude of adolescents towards efforts to prevent unwanted pregnancy as a result of sexual activity is positive, in this case adolescents tend to avoid actions that can lead to free sex. Adolescents have an awareness of the importance of adolescent development such as learning and socializing well. So that adolescents are able to control their sexual behavior. These results are consistent with Lawrence Green's theory which states that one of the factors that facilitates or underlies a person's actions is their attitude. Attitude is a determinant of behavior which is a closed reaction or response from a person to a stimulus.

4. Relationship between family support and efforts to prevent unwanted pregnancy due to free sex in young women

Based on the results of the study, it was found that most of the respondents who received family support had good prevention of adverse events due to free sex (86.0%), while most of the respondents who received less family support had poor prevention of unwanted events (62.1%). Looking at these data, the authors argue that most of the respondents have positive behavior as a result of the role of parents. Families who play a role in raising young women have a positive correlation with the prevention of unwanted pregnancy. This is reinforced by the results of statistical tests obtained p value 0.000 (<0.05), meaning that there is a relationship between family support with efforts to prevent unwanted pregnancy due to free sexual intercourse in young girls at SMAN 1 Cimarga Rangkas Bitung Lebak Banten in 2023.

The role of parents is to instill good parenting in adolescents. Equip children with a moral and religious basis. Religious values instilled in children from an early age can be a provision to deal with the changes that occur. Parents need to instill education and knowledge so that teenagers can live independently, be disciplined, and be responsible (Munawaroh, 2010).

The results of this study are in line with Nikmah (2018) in his research which found that the role of parents in preventing unwanted pregnancies (KTD) in class X

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students of SMA N 2 Banguntapan Bantul in 2018, most of the categories played a good role, namely 27 respondents (73.0%) , but there was 1 respondent (2.7%) who had a less role category, the results of the statistical test found that there was a relationship between the role of parents in preventing unwanted pregnancies (KTD) in class X students of SMA N 2 Banguntapan Bantul in 2018.

Parents who remind the information that their children have received about the dangers of early marriage on their reproductive health, and direct or guide them to stay on track. In addition, it is natural for adolescents to have a responsible attitude in acting, besides that adolescents are able to plan a good future and are able to make decisions wisely so that early marriage does not occur and can avoid factors that can adversely affect their reproductive health.

CONCLUSION

1. The description of the knowledge of young women mostly includes good (56.9%), positive attitude (58.3%), family support including support (59.7%) and prevention of adverse events in young women due to free sex (66.7%)
2. There is a relationship between knowledge and efforts to prevent adverse events due to free sexual intercourse in young girls at SMAN 1 Cimarga Rangkas Bitung Lebak Banten in 2023 with a p value of 0.000.
3. There is a relationship between attitudes and efforts to prevent adverse events due to free sexual intercourse in young girls at SMAN 1 Cimarga Rangkas Bitung Lebak Banten in 2023 with a p value of 0.000.
4. There is a relationship between family support and efforts to prevent unwanted pregnancy due to free sexa young girl at SMAN 1 Cimarga Rangkas Bitung Lebak Banten in 2023 with a p-value of 0.000.

SUGGESTION

1. For Teenagers

Adolescents are advised to increase their knowledge and understanding of the dangers of free sex so that adolescents can avoid the problem of free sex as an effort to prevent unwanted pregnancy by seeking information from health workers.

2. For SMAN 1 Cimarga

The results of this study can be used as input in efforts to improve the knowledge and attitudes of adolescents towards preventing unwanted pregnancy by conducting scientific seminars on reproductive health for adolescents, holding student discussions about sexuality and the effectiveness of spiritual activities.

3. For Further Researchers

Further research is needed related to the behavior of preventing unwanted pregnancy due to free sex by using more complex variables such as the role of the school, the role of peers, parents and others by using a broader method.

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