KLASICS
Kendari Journal of Maritime and Holistic Nursing
https://jurnal.karyakesehatan.ac.id/K
Volume 5 | Issue 1 | January | 2025
E- ISSN : 2774-6577

The Relationship Between Exposure to Pornographic Media and Risky Sexual Behavior in Adolescents at SMA Negeri 1 Bongomeme , Gorontalo Regency

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Keywords : Pornography Exposure , Risky Sexual Behavior , Adolescents

***Abstract** : Adolescence is vulnerable to negative influences, one of which is the urge to engage in risky sexual behavior. Risky sexual behavior includes actions driven by sexual desire, either with partners of the opposite sex or the same sex, without the bonds of marriage according to religious norms. One of the factors causing this behavior is exposure to pornographic media. Based on information from the vice principal, in 2023 one student was found watching pornography, and in 2021 two female students were expelled because they were pregnant. This study uses a correlation analytic design with a cross-sectional approach . The variables in this study consist of the independent variable of exposure to pornographic media and the dependent variable of risky sexual behavior in adolescents . The sampling technique used purposive sampling with a population of 157 respondents and a sample of 113 respondents. The instruments in this study used a questionnaire and the Chi- Square test. for data analysis with a p- value of 0.0 00 , which means that there is a relationship between exposure to pornographic media and risky sexual behavior in adolescents at SMA Negeri 1 Bongomeme . The conclusion is that there is a significant relationship between exposure to pornographic media and risky sexual behavior in adolescents at SMA Negeri 1 Bongomeme . Therefore, this study is expected to be a reference for schools in improving program efforts . adolescent reproductive health education to increase student awareness regarding the dangers of exposure to pornography in preventing the impact of risky sexual behavior in adolescents.*

Introduction

Adolescence tends to be easily influenced, especially by negative factors, so they have a greater need to understand various things, one of which is understanding related to sex (Regianshah, 2020). According to World Health Organization (WHO), adolescents are defined as people aged between 10 and 19 years. According to the United Nations (UN), adolescents are young people (youth) aged between 15 and 24 years (1) .

Changes during adolescence often trigger sexual urges. Many teenagers do not complete their self-development properly, so they are at risk of engaging in deviant behavior such as risky sexual behavior, especially when entering puberty (2) . Risky sexual behavior is an action influenced by sexual urges, which can be done by individuals with partners of the opposite sex, or same-sex couples, without the bonds of marriage according to religious norms. Teenagers are often involved in various stages of risky sexual behavior, ranging from holding hands, kissing, hugging, touching sensitive parts of the body (*petting*), oral sex, to sexual intercourse (3).

Risky sexual behavior in adolescents can lead to unwanted pregnancies (KTD), early childbirth, and early marriage. According to WHO in 2023, the highest rate of teenage pregnancy was in Sub-Saharan Africa, with 97/1,000 women aged 15-19 years. Based on the 2019 National Socio-Economic Survey, it was reported that 37% of KTD ended in abortion, especially in young unmarried women. The Gorontalo Provincial Health Office in 2023 recorded 126 young deliveries, while the Gorontalo District Health Office in 2023 reported 381 young deliveries, with the highest young deliveries in the sub-district Bongomeme reached 83 teenagers. The Gorontalo Provincial Health Office in 2023 recorded 168 early marriages with Gorontalo Regency reaching the highest number of early marriages, which was around 133 couples. In addition, other impacts of risky sexual behavior in adolescents can increase the risk of sexually transmitted infections (STIs) (3).

Sexually transmitted infections (STIs) are one of the impacts of risky sexual behavior in adolescents, such as unprotected sex and changing partners can lead to the risk of STIs, including HIV/AIDS. The Gorontalo Provincial Health Office in 2023 recorded 28 adolescents where Gorontalo Regency was the area with the highest number of STIs in adolescents with a total of 24 people. According to WHO in 2018, around 30% of the 40 million PLWHA are adolescents aged 15 years and over. In Indonesia, HIV/AIDS cases continue to increase, with 20% of the 48,300 PLWHA being adolescents aged 15-24 years (4). The Gorontalo Provincial Health Office in 2023 reported 991 cases of HIV/AIDS, with 308 of them being teenagers aged 15-24 years infected with HIV/AIDS, of which 115 were still students. The report from the Gorontalo Provincial Health Office reported that the highest cases occurred in Gorontalo Regency with 284 cases of PLHIV, 2 of whom were teenagers.

The Department of Women's Empowerment and Child Protection (Kemen PPPA) revealed that 66.6% of boys and 62.3% of girls in Indonesia view pornography on the internet (5). The study " Attorney General's Final Report on Pornography " shows that male adolescents aged 12-17 years are the main users of pornographic media on the internet. Exposure to pornographic media can influence adolescent sexual behavior, especially if they lack knowledge about sexuality, this can potentially damage reproductive health in adolescents (6).

Based on the results of the interview with the Vice Principal of SMA Negeri 1 Bongomeme, in 2021, two pairs of students were expelled from school because the female students of both couples were pregnant. In addition, in the last 5 years, 10 students decided to drop out of school, after a few days later they were reported to have married. In 2023, the school conducted a raid to check students' belongings and electronic devices. One student was found to have often watched pornographic content on his cellphone, and another student was found to have carried condoms in his bag. In addition, from the results of interviews with 10 students of SMA Negeri 1 Bongomeme, it was found that they often watched videos containing pornography so that they engaged in sexual behavior with their partners such as hugging and kissing, and one student was found to have engaged in risky sexual behavior, namely *petting.*

Based on the background that has been described, the author is interested in conducting research that aims to determine "The relationship between exposure to pornographic media and risky sexual behavior in adolescents at SMA Negeri 1 Bongomeme ".

RESEARCH METHODS

This research was conducted at SMA Negeri 1 Bongomeme , Gorontalo Regency. This study used a correlation analytic design with a cross-sectional approach . The sampling technique in this study used purposive sampling with a population of 157 respondents and for the sample in this study as many as 113 adolescent students of class XI, the instrument in this study used a questionnaire.

Results

Characteristics Respondents

Table 1 Characteristics Respondents

Category	n	%
Respondent Age		
15-18 Years (Teenager Mid)	112	99,12
19-21 Years (Late Teenage)	1	0,88
Gender		
Man	57	50,4
Woman	56	49,6
Class		
Class XI-1	22	19,47
Class XI-2	22	19,47
Class XI-3	22	19,47
Class XI-4	24	21,23
Class XI-5	23	20,36
Puberty		
Wet dream	57	50,4
Menstruation	56	49,6
In Progress Relationship (Dating)		
Yes	74	65,48
No	39	34,52
Previously In A Relationship		
Yes	29	25,66
No	84	74,34

Source: Data Primary, 2024

Based on table 4.1 it can be seen that characteristics Respondent in study This part big aged 15-18 years (teenagers) mid as many as 112 respondents (99.12%). Based on results study obtained the average type sex with amount most namely man as many as 57 respondents (50.4%). Based on characteristics class part big Respondent is at in class XI-4 with number of 24 respondents (21.23%), Based on puberty part big various sex a man who has going through puberty that is dream wet totaling 60 respondents (53.10%). Based on characteristics respondents who are to weave relationship (dating) as many as 74 respondents (65.48%). Based on the previous Once to weave relationship special part big Respondent previously Not yet Once to weave connection special (*exboyfriend*) totaling 84 respondents (74.34%),

Analysis Univariate

Table 2 Analysis Univariate

Analysis Univariate	Amount	
	(n)	*(%)*
Pornography Exposure		
Exposed	60	53.10 %
Not Exposed	53	46.90 %
Risky Sexual Behavior		
Low Risk	57	50.4 %
High Risk	56	49.6 %

Source : Data Primary, 2024

Based on table 4.2, it shows that from 56 respondents studied, it was found that most of the respondents were exposed to pornography, as many as 60 respondents (53.10%). The results of the study showed that from 113 respondents studied, it was found that most of the respondents were in the low risk category, namely 57 respondents (50.4%) and those in the high- risk category were 56 respondents (49.6%).

Discussion

Exposure to Pornographic Media to Teenagers at SMA Negeri 1 Bongomeme

Based on the results of research conducted at SMA Negeri 1 Bongomeme, it was noted that the majority of students had been exposed to pornographic media, with a total of 60 people (53.10%). This is based on the results of the analysis which showed that many of them often access sexual information, such as images or videos containing pornographic/sexual elements via their mobile phones .

This is in line with research conducted (7) , research conducted on 90 respondents showed that the majority, namely 50 respondents (55.6%) had been exposed to pornographic media, which was indicated by adolescents who expressed that they often watched pornography through technological media, one of which was via the internet. This technological development makes it easier for adolescents to access pornographic content through various platforms, such as the internet and digital applications. This convenience allows individuals, especially adolescents, to access sexual material easily, either intentionally or unintentionally. Based on research conducted on 113 respondents at SMA Negeri 1 Bongomeme , as many as 60 respondents (53.10%) knew that they had been exposed to pornographic media. This is

influenced by several factors, one of which is the hormonal changes that occur during adolescent puberty, which not only affect physical development but also their emotions and behavior. These changes often trigger a high curiosity about various things, including negative things such as exposure to pornographic media. In addition, when analyzed further, characteristics based on gender can also have an effect. Based on the results of the interview, it was found that male adolescents were more dominantly exposed to pornography than female adolescents. This may be caused by several factors, including stronger biological drives in male adolescents, the influence of a more permissive social environment on sexual exploration behavior in males, and easier and more frequent access to media containing pornographic content.

This is in accordance with (8), Exposure to pornographic media is a form of visual expression presented through various media, such as photos, paintings, films, and erotic videos. In adolescents, this exposure is influenced by various factors, including age, gender, curiosity and developmental stage during puberty. When entering puberty, physical changes such as wet dreams in boys and menstruation in girls can increase curiosity about sexuality, which often drives them to find out about pornography. In addition, gender factors also play an important role, men tend to be exposed to pornography more often because of more open sexual exploration, while women are more influenced by social norms that apply in dating relationships.

Based on the results of the study conducted on 113 respondents at SMA Negeri 1 Bongomeme, it was found that a small number of students were not exposed to pornographic media, amounting to 53 respondents (46.90%), this was obtained from the analysis results showing that there were some students who did not know about pornography and some of them felt unhappy/disliked to see magazines/ posts that displayed pornographic/sexual elements. This could be caused by the emergence of fear or concern from respondents regarding the negative impacts of exposure to pornographic media.

This is in line with research conducted (9). Analysis of the study on 157 respondents found that the majority of adolescents who were not exposed to pornographic media were 93 respondents (59.2%). This is indicated by the emergence of adolescents' fear of watching pornography and the existence of religious norms that can shape adolescent mortality. When adolescents are not exposed to pornography and they want to find out about their understanding of sexuality, they will prefer to learn through healthy sexual education materials, so they tend to have a more positive view of sexuality. This helps them make wiser decisions and develop healthy relationships in the future. Based on a study conducted on 113 respondents at SMA Negeri 1 Bongomeme , it was found that 53 respondents (46.90%) were not exposed to pornographic media. This is influenced by several important factors, such as adequate sexual education, moral education, the application of strong religious values, and family support that plays a role in providing supervision and positive values. In addition, fear or concern about the negative impacts of exposure to pornography, such as the possibility of negatively influencing behavior, is also a reason that drives them to stay away from pornographic content. These factors together create protection against exposure to pornographic media among adolescents.

This is in accordance with the theory (10), In adolescence, individuals are in a very critical phase of physical and emotional development, where they are searching for their identity and forming an identity that will affect their future. At this stage, adolescents are very vulnerable to various influences from the surrounding environment, including exposure to pornographic content. The inability of adolescents to distinguish between good and bad information, as well as their emotional instability, causes them to tend to imitate the behavior they see which results in them engaging in sexual behavior. Therefore, the importance of adequate sex education, strengthening moral values, and family and environmental support is very much needed to help adolescents form a healthy identity and reduce the negative influence of pornographic content.

Risky sexual behavior in adolescents at SMA Negeri 1 Bongomeme

The results of the study conducted at SMA Negeri 1 Bongomeme , found that the majority of students behaved in low-risk sexual behavior with a total of 57 respondents (50.4%). Based on the results of the analysis, it showed that respondents only carried out forms of sexual behavior such as holding hands and hugging. In addition, some of them reached the stage of sexual behavior such as kissing.

This is in line with (11), Of the 159 respondents, 121 people (37.8%) showed low-risk premarital sexual behavior. Respondents tend to avoid explicit sexual behavior, such as intercourse, and choose forms of physical interaction that are considered safer and more normative, such as hugging and kissing. Awareness to maintain these boundaries is influenced by several factors, including the positive influence of family, friends, and community. This factor plays an important role in helping respondents make wise and responsible decisions regarding sexual health. Based on research that has been conducted on 113 respondents at SMA Negeri 1 Bongomeme, most students have low- risk sexual behavior, namely 97 respondents (85.84%), from the results of the analysis, this data shows that most respondents have low sexual behavior such as holding hands, hugging and kissing. Based on the results of the interview, respondents said that this could be influenced by positive support from the surrounding environment such as their parents, so that they could control their behavior which was limited to low- risk sexual behavior such as holding hands and hugging. It can be concluded that the influence of the external environment including peers can trigger sexual behavior in other teenagers. Therefore, it is important for teenagers to choose an environment and not to engage in sexual behavior that can damage their future.

This is supported by the theory of " Bandura " self-confidence plays an important role in influencing and controlling the intention to avoid and reject deviant behavior, such as free sex. Adolescents who have the ability to control their intentions are usually supported by a high level of self-confidence, which helps them stay away from risky sexual behavior. Decision-making in adolescents is greatly influenced by their level of self-confidence about sexual risk. This self-confidence is an important factor in interpersonal skills that adolescents must have, because it helps them develop a positive understanding of sexual health. In addition, self-confidence makes it easier for them to make wise sexual decisions. Increasing knowledge, attitudes, and skills will further support adolescents' ability to face challenges related to sexual risk (12).

Based on the results of the research conducted at SMA Negeri 1 Bongomeme, it was found that students who behaved sexually at high risk , namely 56 respondents (49.6%). This behavior was identified from the analysis showing that some students admitted to having committed sexual acts such as Oral Sex , touching the intimate area of their partner, and even some students had sexual intercourse to the point of rubbing his genitals against his partner (petting).

This is in line with (13), Of the 71 respondents, 64.8% (46 people) were exposed to high-risk media and also engaged in high-risk sexual behavior, such as anal sex, oral sex, and intercourse. The main factors influencing high-risk sexual behavior in this study included exposure to pornographic media, lack of communication with parents, and low understanding of reproductive health. Of these factors, the study shows that the media has the greatest influence in shaping adolescent sexual behavior compared to other factors. Based on research that has been conducted on 113 respondents at SMA Negeri 1 Bongomeme , 56 respondents (49.6%) were found in the category of high sexual behavior such as Oral Sex , holding sensitive areas and some even reaching the Petting stage . Based on the results of the analysis, it was found that respondents admitted to an increase in high-risk sexual behavior, especially during puberty (marked by wet dreams and menstruation). This increase is influenced by excessive exposure to pornography. In addition, several respondents revealed that they carried out this behavior because of invitation from their partners, which made them admit to engaging in sexual acts such as oral sex, touching sensitive areas (genitals), to the point of Petting.

This is in line with the STARDA theory. Risky sexual behavior is behavior that is driven by sexual desire, whether done by oneself, the opposite sex, or the same sex without the bonds of marriage according to religion. Teenagers engage in various types of risky sexual behavior consisting of certain stages, namely starting from holding hands, kissing the forehead, wet kissing, hugging, holding or touching sensitive areas, petting , oral sex and intercourse (sexual intercourse). Risky sexual behavior can cause various problems. The things that arise in adolescents who engage in premarital sex are the risk of transmitting sexually transmitted diseases and HIV/AIDS, impaired fertility, uterine cancer, permanent disability, unwanted pregnancies (KTD) which result in abortions in adolescents (14).

The relationship between exposure to pornographic media and risky sexual behavior in adolescents at SMA Negeri 1 Bongomeme

bivariate analysis using the Chi- Square test to see the relationship between variables, a significant value was obtained, namely a p-value of 0.000 where this value is <0.05, which indicates a significant relationship between exposure to pornographic media and risky sexual behavior .

The results of the analysis showed that there were 41 respondents (68.3%) who were exposed to pornographic media with high- risk sexual behavior, from the results of the analysis there was an increase in high- risk sexual behavior in adolescents who were exposed to pornographic media. This is influenced by a very strong factor from exposure to pornographic media on sexual behavior in adolescents. Based on the questionnaire answers, some of their students said they often watch videos containing pornography so that they engage in sexual behavior such as Oral Sex , touching sensitive areas such as genitals and breasts, until there were 3 students who engaged in risky sexual behavior to the stage The box .

This is in line with (15), which shows that adolescents exposed to pornography have a higher tendency to engage in risky sexual behavior. For example, a survey at SMA Negeri 5 Palu found that 19.3% of adolescents exposed to the media were involved in unsafe sexual behavior. This is influenced by several factors such as lack of education about reproductive health. weak supervision from parents, and easy access to pornographic content through digital media. This phenomenon requires the role of education and prevention activities in schools to reduce the negative impact of exposure to harmful media. By increasing awareness and providing adequate sex education, it is hoped that adolescents can be wiser in dealing with the influence of the media and avoid behavior that can endanger their health and future.

This is supported by the theory of "Media Exposure" Theory ” states that repeated media exposure can shape an individual's attitudes, perceptions, and behavior. In the context of pornography, adolescents who are frequently exposed tend to consider risky sexual behavior as something normal. Pornographic content often eliminates the negative consequences, thus encouraging adolescents to imitate the behavior without understanding the risks. Continuous exposure reinforces this mindset, especially if there is no adequate supervision or education. This theory emphasizes the importance of controlling media exposure and proper education to prevent risky sexual behavior (16).

The results of the next analysis showed that 19 respondents (31.7%) were exposed to pornographic media with low -risk sexual behavior . This phenomenon can be influenced by several factors, such as their level of knowledge about the dangers of risky sexual behavior, their ability to control themselves, religious moral values and norms instilled in the family. Based on the questionnaire answers, several students said that there was an influence of pornographic media on their thoughts and behavior, but they were still able to control their actions so as not to engage in excessive risky sexual behavior, usually they only engage in sexual behavior such as holding hands and hugging. This shows that even though they are exposed to pornographic media, some teenagers have good self-defense mechanisms, such as awareness of its negative impacts and the ability to limit its influence in their lives.

This is in line with research (14), showing that although adolescents in Padang City High Schools are often exposed to pornographic media, the majority of them

have low-risk sexual behavior. In addition to exposure to pornography, there are several other factors that influence adolescent sexual behavior, namely knowledge, culture, mass media, personal experience, and the individual's emotional condition. The role of parents is very important in shaping positive behavior in adolescents, especially to prevent risky sexual behavior. Emotional closeness and warmth of parental attitudes towards children are key factors, including providing attention and relevant information about sexual behavior. It is important for this information to be conveyed according to gender, for example a father talking to his son and a mother to her daughter. The results of this study emphasize that gender roles have a significant influence on the development of adolescent sexual behavior.

This is supported by the theory of "Social Albert Bandura " which explains that adolescents can learn behavior through observation, including sexual behavior shown in pornographic media. Through the process of observation and imitation, adolescents who are exposed to pornography can imitate the behavior they see, especially if the behavior is considered attractive or without negative impacts. If there is no adequate supervision or education, repeated exposure can form a misperception of sexuality, encouraging adolescents to imitate risky behavior. Therefore, it is important to provide comprehensive sex education and supervision from the family so that adolescents can manage the influence of the media wisely (17).

The next analysis results found 15 respondents (28.3%) who were not exposed to pornographic media with high-risk sexual behavior. This can be influenced by the Curiosity factor which encourages teenagers to explore sexuality, especially during puberty when hormones and emotional drives increase. In addition, the students said they received an invitation to engage in sexual behavior from their partners. Based on the questionnaire answers, the students said they were curious to engage in sexual behavior that they had never done, therefore they found out about the sexual behavior from their partners and one of the students said that she had once found out about sex through a pornographic video shown directly by her partner.

This is in line with Safitri's research (2020), The results of the study showed that premarital sexual behavior is often considered deviant behavior, with the main cause coming from within the individual himself. Factors that trigger premarital sex include the desire to try new things and negative environmental influences including the influence of dating. Common forms of premarital sexual behavior range from kissing (kissing) to having sex with a partner without a marriage bond.

This is supported by the theory of (18). Adolescents are a vulnerable group to reproductive health problems, during this period there is a great desire to try and learn new things. Adolescence is a period of rapid growth and development, both physically, psychologically and intellectually. The typical nature of adolescents is to have a great sense of curiosity, like adventure and challenges and tend to dare to take risks and their actions without prior careful consideration. Adolescence is a transition period from childhood to adulthood and during this period their souls are still full of turmoil. Not a few of them actually behave deviantly, some even lead to free sex, criminal acts and drug abuse.

The results of the analysis showed that there were 38 respondents (71.7%) who were not exposed to pornographic media so that risky sexual behavior was in the low category. This can be influenced by the existence of comprehensive reproductive health education, as well as positive influence from the family. Based on the questionnaire answers, some students were not exposed to pornographic media and did not engage in risky sexual behavior.

This is in line with research by (19), this study explains that family supervision and open communication between parents and children can prevent adolescents from accessing pornographic media, thereby reducing the possibility of them engaging in risky sexual behavior .

This is supported by the theory of " Social Control Theory ” relates to adolescent sexuality through an explanation of how social bonds in the family, peers, and institutions such as schools can influence adolescent behavior, including sexual behavior. In this theory, the existence of strong bonds with the family, such as open communication and moral guidance, as well as support from peers

who support responsible sexual behavior, can prevent adolescents from engaging in risky sexual behavior. Schools also play a role by providing comprehensive sexual education, which provides knowledge about the risks of unsafe sexual behavior. If social norms in the adolescent environment support irresponsible sexual behavior, then adolescents are likely to be influenced. Social Control Theory emphasizes the importance of strong social bonds in encouraging adolescents to make healthier sexual decisions, reducing the risk of sexually transmitted diseases, unplanned pregnancies, and deviant sexual behavior (20).

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