

Conference Paper

Pre-marital Sexual Behaviour in Student Dating: A Literature Review

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Students are often sexually active, but many of them delay their marriage to reach their education goals. This literature review aims to describe about premarital sexual behavior in students dating. The data was collected by Public media database with keywords: "Sexual Behaviour, Pre-marital, Student". The inclusion criteria were students, with a romantic partner who had engaged in sexual activity, available free full text, qualitative study and published between 2014-2020. From 8 eligible journals met these criteria in the Public media database. The research indicates 7 themes concerning premarital sexual behaviour: love, disregard for virginity, considering pre-marital sex as normal, or a human right and sign of maturity, peer pressure, supporting a successful marriage, innate instinct. However, pre-marital sexual behavior can increase the risk of HIV and other sexual diseases. Hence, it is important for health workers to actively educate adolescents about reproductive health and pre-marital sex.

Keywords: Pre-marital, Sexual Behaviour, Student, Dating

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1. Introduction

Sexual behavior is behavior namely, hugging, kissing, masturbation, petting, intercourse, lip kissing, deep kissing, genital stimulator, oral sex, anal sex and sexual intercourse [1]. Student at University is individual who are being educated in lectures session. Students are categorized in adolescent group which include the age of 18/19 years old up to 24/25 years old. Adolescents are Men or women who have not married yet with age limitation to 15-24 years old. Adolescents are transition period between childhoods to adulthood in processing by growth, and show up various a change also reproductive health risk [2]. The research showed sexual behavior that usually done by adolescents such as, handrail 60-70%, lip kissing 30-40%, hugging 35,3%, felt palpable 20,1% and conducting sexual intercourse 2-5%. BKKBN research result in 2020 stated that the average from 100 adolescents in Jakarta, Bogor, Depok, tanggerang and Bekasi Cities,

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there were 54% adolescent had been conduct premarital sexual behavior. Premarital sexual occurrence at Surabaya reached 47%, in Bandung and Medan 52%[3]. Free sex behavior on adolescent affects on HIV/AIDS contagious infection cases that tend to develop in Indonesia. Students were ages on 17-22 years old can be categorized as adolescent. Students are communities who free in expressing themselves. They are adolescent who productive sexual, but many of them delay their marital to reach their high education status consequently they are in doing high risk sexual behavior.

Besides that, in this era the role of parenting is getting reduced., in other side social environment effects are bigger so that it increases vulnerability on students [4]. Some researches about sexual behavior on students at Indonesia University showed some sexual activities done by students such as, chatting(100%), cheek kissing(15-90%), 6 handrail (70-100%), hugging (15-90%), hanging around with couple(90-100%), lip kissing(15-80%), felt palpable or sensitive (37,8%), petting(8-40%), oral sex(3-30%), and sexual intercourse(2-30%)[5]. Nowadays, many researches correlated with sexual behavior both quantities and qualitative. To obtain the description widely in qualitative, the researcher was interested in carrying out literature review that correlate how the description of premarital sexual behavior on adolescent dating.

2. Methods

This is a literature review of the existing literature to colecting and analysing about reasons have premarital sexual behavior in student dating.

2.1. Search Strategy

The Search Strategy aims to find articles that have been published. Data from this literature review was obtained through an online search process. A literature review with literature was done in August 2020. The searching of data resource used Public media database. The keywords used are sexual behaviour, premarital, and students. The researcher gave the searching limitation with journals were published in 2014-2020. The searching of journals were done by Public media database and then selected or extracted by researcher independently. The literature review was consist of all research about premarital sexual behaviour in student dating, available of free full text and In English language, it was published from 2014 to 2020 and research study was qualitative study.

2.2. Screening Articles

Article screening is carried out through the initial title and then abstract screening to identify which articles have the potential to meet the inclusion criteria. After that, one by one from all articles were reviewed by researcher. Additional articles not found in the initial literature search were obtained by reviewing references in the study. Researcher conducted an examination of all titles and abstracts in order to avoid repeating the article and assessed all articles according to inclusion criteria. Inclusion criteria were used to select study. The inclusion criteria are as follows students, no married yet, have partner or boyfriend or girlfriend, and have sexual behaviour with their partner.

2.3. Data Extration

Each article is processed data by making a summary of each article which includes, author, year, country of original of the study, sample (including the number of samples and inclusion criteria), intervention procedure, results, and limitations of the study.

2.4. Assessment Quality of Study

Assessment of the quality of each article in this literature review used the standard format of Joanna Briggs Institute (JBI) Critical Appraisal Checklis for Qualitative Studies. The criteria used to evaluate whether each article have good quality and a minimum risk of bias consist of 10 questions or checklist item. And the article assessed with choose among four answers menu/checklist are as follows yes, no, unclear or not applicable.

3. Results

Main focus of this literature review was premarital sexual behavior in student dating. The Eligible journals are 8 articles. All selected journals that have ie are all college students aged 18-35 years, are not married, have a boy or girlfriend or partner and have had sexual activity. All of journals have similarity which all of them discuss their reasons for having premarital sexual behavior. The difference among the eight journals is that two journals, namely the research of Mehrolhassani and McAlister, only focus on the concept of virginity of a relationship [7, 12], two journals namely the journal of Rahmani and Ariayudha discuss more fully explained the reasons about internal and external factors for sexual intercourse [8, 10], four journals describing premarital sexual behavior

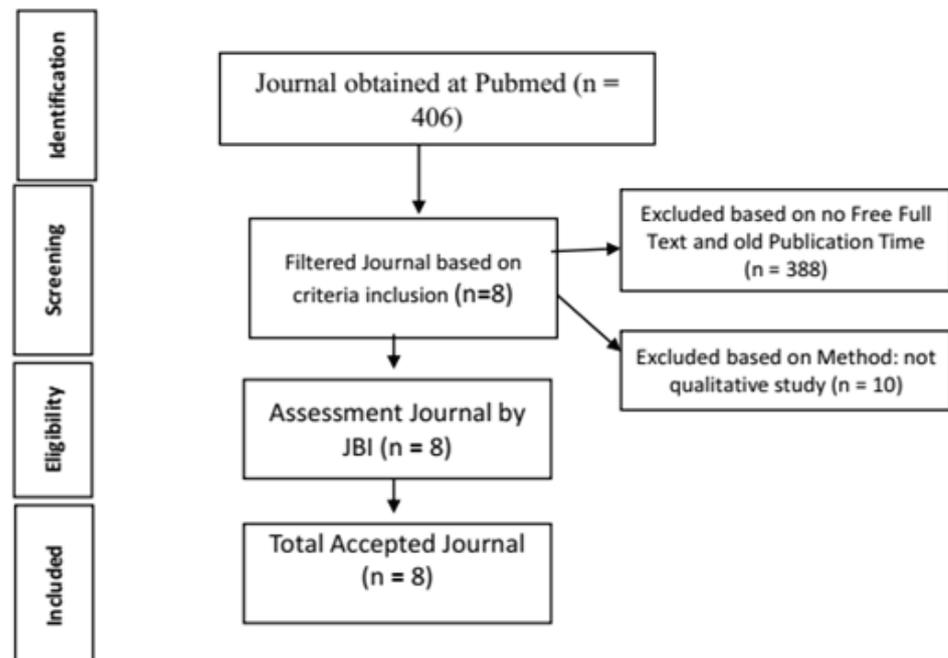


Figure 1: Prisma Schema for Searching Literature

on students dating in Indonesia, namely the research of Kirana, Ariayudha, Khairunnisa and Israwari [3, 4, 10, 11]. Meanwhile, three journals describe the sexual behavior of students in Iran, namely the research of Mehrolhassani, Rahmani, and Ghaffari [7–9].

From 8 articles found can be taken 7 theme correlated premarital sexual behavior in student dating, as follow;

3.1. Love each other is main reason to conduct premarital sexual behaviour.

Dating is different gender and loves each other and makes commitment, the proximity of two people based on the love and approaching session in searching life couple. The sort of dating behaviors of course are many several of variations, beginning from hanging around, dinner, and handrail. At the same time of era development, the dating styles has developments and terms with its popular term is KNPI (Kissing, Necking, Petting, and Intercourse)[6]. In Other Research delivered that a few students believed that virginity means two people' commitment in a relationship. These two individuals might have had relationships with others in the past, but this does not mean the loss of virginity. Virginity means being committed to your emotional partner in a relationship. Therefore, a person's virginity is revealed over time in a relationship [7].

Premarital sexual behavior is as commitment form, close and serious relation to marriage. Women are conducted sexual activities to their dating couple, because the reason to keep their couples loyal to their relationship to the marriage session. They believe that sexual conducting and loyal are really correlation with it, they believe their couples only want to do sexual activities only with their couples [8].

3.2. Keep Virginity is Ancient Culture

In few research delivered that for them, virginity was meaningless and a myth. They perceived it as a fictional story that has become a custom over time and refers to the inequality between women and men, exploitation of women by men, and a bitter myth. Their opinions are Virginity had no meaning or value[7]. Also many research found that premarital sexual behavior is a era trend recently and it is not only may be done by men but also women [1]. Women are able to conduct premarital sexual activities as many as men and it is a mutual activity that done by one each other [8].

3.3. Premarital sexual behavior is normal thing and it is human basic need

Most of young women who had premarital sexual experiences believe that sexuality was a normal thing and it became a need [8]. In other study, some of the students said they had a positive attitude to conduct having sex. Some of them believed that the premarital sexual intercourse is necessary. Regarding sexual behavior, many of the students state that their friends considered this kind of sex as ordinary [9].

3.4. Choosing to conduct premarital sexual relationship is a human right and showing a maturity

Most of the students said that choosing premarital sexual relationship is a human right and it cannot be denied, as an example God created the apple to be eaten and sexual as well, desire is made to be able to have it and it is not so important done it was done after or before the marriage[8].In another study, delivered that Sexual behaviour that feeling independent and grown up can encourage a person to have sex outside of marriage[9].

3.5. Friend's invitation became the encourage factors of premarital sexual behavior

Students conduct premarital sexual activities are one of invitation form that from their close friend and do the free sex. Research subject stated that always make discussion about their sexual activity experiences to their close friends. They felt happy to discuss it while they were gathering [10].

3.6. Premarital sexual behavior gave experiences and supporting their success in marriage

Almost studies found that Some participants believed that premarital sexual relationships could be a way to reach perfection, relaxation and increased self-confidence. They reported that, occasionally, they preferred to experience sexual relationships in order to become relaxed after a mental fatigue or stressful event. In fact, the sexual relationship for these young women was a means to feel more comfortable and become relaxed. They believed that these occasional sexual relations could not satisfy them and they looked for a meaningful sexual relationship to gain perfection [8]

3.7. Sexual behavior occurrences were not started by the intention but the instinct

The sexual instinct is an internal desire for the opposite sex present in all people. A large number of students reported the libido and sexual drive, inner passion and precocious puberty as the reasons for having sex [9]

Most of research subject were not done the intention of having sex. Accordance to them, all happens conducted spontaneity. Most of the research subject was not planning to have sex when they wanted to meet their couples. Sexual experiences happened intentionally through in some stages and there was sexual desire that getting increase on the couple dating [1],besides there was no intention of it, in the research stated that private bedroom and car were place which liked by research subject to watch and access pornography movie and enjoying with their couple dating and their other friends as well [10].

4. Discussion

All the informants who had ever done premarital sexual relationship had had close friends and couple dating. Informants had made a date since they were in Junior High School, High School and studying at University. Informants had the reasons to want to know the sensation of having sex with their close friends with different gender that only to seek an attention of the friend dating, felt that they had adulthood, and want to love each other. It can be concluded that couple dating has an important role to conduct the premarital sexual relationship. All of them happened because of high desire to explore their couple's body which caused by seduction of conversation about sexuality [11]. The adolescent who had friends ever had sexual relationship tend to 1,8 times much more agree to conduct premarital sexual relationship than friends who had ever done or had experienced in premarital sexual relationship who triggered them to conduct having sex [10]. So, it can be resumed that the role of friends in the same age is one of the factor that caused students done premarital sexual relationship because they usually made conversation about premarital sexual relationship and it became as an example to take a decision.

In international studies, personal beliefs and attitudes are well documented as the strongest factors for premarital and risky sexual behaviors. Young people who have permissive attitudes toward premarital sexual activity are more likely to engage in premarital sexual behaviors more frequently and have more sexual partners [12].

Subject research thought that dating was a process to make relationship to be more seriously to find a life couple. Subjects said that they usually discussed about anything to their couple including about sexuality cases [10].

In other hand, Virginity as the lack of sexual intercourse before marriage has been considered as a value and sign of piety in many religions for centuries [12]. Nevertheless, the cultural and social place of virginity and the attitude of people toward premarital sexual relationship has been changed considerably within the last few years following the incorrect perceptions of virginity and changes in the world value system [13]. Premarital sex is accepted in many countries and measures have been taken to secure this relationship [14]. On the other hand, in some countries, virginity is considered a value for females, especially at the time of marriage. It is considered as a sign of woman's chastity and respectability [15]. For example, in Zimbabwe, a woman's virginity is a sign of loyalty to marital life. Generally, different countries have different approaches to this subject, which is based on their cultural and religious context [16]. Internet is a source of information to obtain about the sexuality for students. By searching internet,

subjects freely accessed sexual contents wherever and whenever they wanted it. The occurrences of premarital sexual behavior on adolescent because the effects of reading and watching the pornography movie consequently made a desire to do it[17].

Based on the research had been done, can be concluded that information medias always were used by research subjects was internet. Internet usually was accessed through research subject of research. Information was always accessed about sexuality and pornography. Technology getting modern and advanced can spread the information rapidly and easily both positively and negatively. The information can effect someone's sexual behavior [10].

5. Conclusion

There were found 7 themes about reasons have premarital sexual behaviour as follows; Love each other is main reason to conduct premarital sexual behaviour; Keep Virginity is Ancient Culture; Premarital sexual behavior is normal thing and it is human basic need; Choosing to conduct premarital sexual relationship is a human right and showing a maturity; Friend's invitation became the encourage factors of premarital sexual behavior; Premarital sexual behavior gave experiences and supporting their success in marriage; and Sexual behavior occurrences were not started by the intention but the instinct. There are many premarital behavior that lead to the increasing the risk of HIV and other sexual disease. Hence, it is important for health workers especially nurses to be more actively for educate about adolescent reproductive health especially regarding premarital sexual behavior on adolescent.

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Conflict of Interest

The authors have no conflict of interest to declare.

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