

**THE EFFECTIVENESS OF THE TEENAGERS' FRIENDS WEBSITE  
EDUCATIONAL MEDIA TO IMPROVE TEENAGERS' KNOWLEDGE  
ABOUT FREE SEX AT STATE VOCATIONAL SCHOOL 8  
PEKANBARU**

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**Abstract**

Premarital sex refers to sexual behavior between two individuals who are not legally married and is frequently found among adolescents due to a lack of knowledge and comprehensive sexual education. A preliminary survey at SMK Negeri 8 Pekanbaru revealed cases of pregnancy outside marriage. Objective: This study aimed to evaluate the effectiveness of a website-based educational medium in improving adolescents' knowledge about premarital sex at SMK Negeri 8 Pekanbaru. Methods: This study employed a pre- experimental design with a one-group pre-test and post-test approach. A total of 67 tenth- grade students were selected through total sampling. Data were collected using a questionnaire administered before and after the educational intervention delivered through the "Teman Remaja" website. Results: Findings showed that prior to the intervention, most respondents had fair to poor knowledge levels (24 students; 35.8%). After the intervention, knowledge levels improved, with 47 students (70.1%) reaching a good level. A paired sample t-test revealed a p-value <0.001, indicating a significant difference in knowledge levels before and after the intervention. Conclusion: The "Teman Remaja" website-based education effectively improved adolescents' knowledge about premarital sex and can serve as an alternative strategy for promoting adolescent reproductive health, with potential for further development through extended and sustainable implementation. (250 Word), (Georgia 11 with 1,15 space).

**Keyword:** Premarital sex; Website; Knowledge

**INTRODUCTION**

Free sex or in popular language called extra-marital intercourse or kinky-sex is a form of sexual liberation that is considered unnatural . Free sex is an activity carried out by two people at a time and place that has been mutually agreed upon by two people of the opposite sex who are not yet married. Free sexual behavior is sexual activity carried out outside of marriage which is the same as adultery, this behavior is considered as sexual behavior which is a social problem for society and the state because it is carried out outside of marriage .

This is because, of Indonesia's total population of 270,203,917 in 2021, two-thirds are of productive age . Seventeen percent of these Indonesians are adolescents, aged 10-19, totaling 46 million. Meanwhile, Java Island ranks first as the island with the highest percentage of adolescents, at 60%, with West Java Province having the highest percentage of adolescents on the island, at 18%. Central Java Province itself has a teenage population of 14%.

In Indonesia, the number of adolescents aged 10-24 years reaches 65 million people or 30% of the total population, and as many as 15-20% of school-age adolescents in Indonesia have engaged in sexual relations outside of marriage (Andriani et al., 2022). Based on BPS data, Indonesia is one of the 10 countries with the highest rates of early marriage in the world, with the number of women married before the age of 18 estimated at 1,220,900 (Sofiani, 2022). Based on data from the Indonesian Child Profile in 2018, as many as 39.17% or 2 out of 5 girls aged 10-17 were married before the age of 15. Around 37.91 % married at the age of 16 and 22.92% married at the age of 17. These figures place Indonesia in the seventh highest ranking

in the world and ranked second in ASEAN (Puspasari et al., 2020). Data from the 2020 National Socio-Economic Survey (SUSENAS) showed that 8.91% of Indonesian women married for the first time at the age of 7-15 years and the highest number was in South Kalimantan reaching 12.15% and West Java 11.48% (M. Aditya 2023).

Sexual relations among teenagers today are quite concerning, as sexual freedom increases year after year. A study of adolescent sexual behavior in four cities (Surabaya, Jakarta, Bandung, and Medan) involving 450 teenagers found that 44% of respondents admitted to having sexual experience between the ages of 16 and 18, and 16% admitted to having sexual experience between the ages of 13 and 15. This study concluded that most teenagers begin sexual intercourse at age 16 (Shanty Natalia et al . 2021). The results of the 2017 Indonesian Youth Reproductive Health Survey (SKRRI) stated that the percentage of women and men aged 15-24 who were unmarried and had engaged in premarital sexual relations was 0.9% for women aged 15-19, 2.6% for women aged 20-24, while for men aged 15-19 it was 3.6% and 14.0% for men aged 20-24 (Warta et al. 2022).

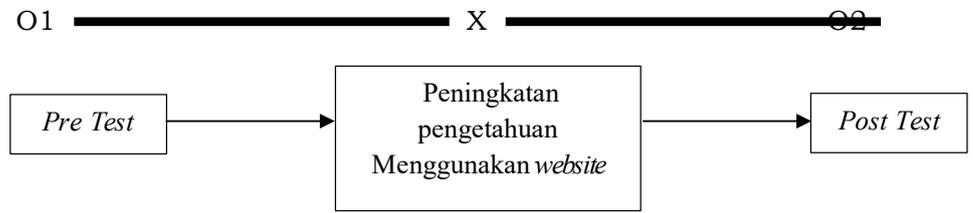
In this case, what is meant by sexual behavior includes kissing on the lips/mouth and tongue, touching and kissing sensitive areas, touching genitals, oral sex (inserting genitals in the mouth) and sexual intercourse (Asparian, Andrian & Lestari, 2015). Forms of adolescent behavior based on SKAP 2018 data include dating (70%), holding hands (76%), hugging (33%), kissing on the lips (14%), touching or stimulating (4%) and having sexual intercourse (2.3 % ). Unsafe sexual behavior and carried out with inappropriate partners can cause health problems. The negative impacts caused by risky sexual behavior include unwanted pregnancy, unsafe abortion, psychological shock to the transmission of other sexually transmitted infections (Rabiatul, 2019). Sexual education should be a provision for children entering adolescence. Children who receive good sexual education will automatically have complete sexual knowledge. Children have various curiosities, one of which they want to know about is sexuality. The topic of sexuality is still a problem among teenagers. Sexuality from a teenage perspective is defined as intimate relationships.

Website media is widely used by teenagers since the internet has reached homes and schools, so the time teenagers spend accessing the internet has increased because it is easy to access, cheap, and private. Research on the benefits of the internet for human life, especially for teenagers, is still a matter of debate. Based on several previous studies, the use of websites is linked to sex education, or comparing its use among school-going and drop-out teenagers. Websites are a source of reproductive health information for adolescents. However, the motivation to access websites to seek reproductive health information is still rare compared to communication and entertainment. One relevant study is the study by Ernawati et al. (2014) entitled "Use of Website-Based Information Systems among Adolescents." This study aimed to determine the relationship between the use of web-based information and knowledge about reproductive health in adolescents. The results showed that the average frequency and duration of website access for reproductive health information by adolescents was 1.36 times per week and 1.65 hours, respectively. However, no significant relationship was found between the use of web-based information systems and knowledge about reproductive health in adolescents, although there was a trend towards an increase in the frequency and duration of website visits for reproductive health-related information. Based on a preliminary survey at SMKN 8 Pekanbaru, it shows that no research has ever been conducted on the use of website media as an educational tool to increase students' knowledge about free sex.

## **RESEARCH METHODS**

This type of research is quantitative research. This method is called a quantitative method because the research data is in the form of numbers and the analysis uses statistics. This

study used a pre-experimental design with a one-group pretest-posttest approach. This study uses a paradigm where a group is given treatment and the results are then observed. However, before treatment, a pretest is administered to determine the initial conditions. The research flow used is that the research class is given a pretest (O1) followed by treatment (X), namely health education using e-leaflets, followed by a posttest (O2).



**Information :**

- O1: *Pre-test* or initial data collection regarding increasing knowledge of teenagers about Free Sex before being given education.
- X : Providing education on using websites for teenagers.
- O2 : *Post test* or final data collection regarding improvements knowledge of teenagers about free sex after being given education.

203 students in class X at State Vocational School 8 Pekanbaru .  
The sample size required in this study uses the *Slovin* sample formula :

**Information:**

- n : Number of Samples
- N : Population Size

$$n = \frac{N}{1 + Ne^2}$$

e : Percentage of inaccuracy due to sampling error 10 %

$$n = \frac{N}{1 + Ne^2}$$

$$n = \frac{203}{1 + 203(0.1)^2}$$

$$n = \frac{203}{1 + 203(0.01)}$$

$$n = \frac{203}{2.03}$$

$$n = \frac{203}{2.03}$$

$$n = 66.9 \rightarrow \text{rounded to 67 respondents}$$

**RESEARCH RESULTS**

A study conducted on June 19, 2025, examined the effectiveness of a website promoting free sex education for teenagers at SMK Negeri 8 Pekanbaru, involving 67 participants. Data collection was conducted directly using a questionnaire distributed to assess adolescents' knowledge. The collected data were then analyzed using univariate and bivariate analysis.

- A. Univariate Analysis
  - 1. Respondent Characteristics Based on Age based on age consist of ages 1.5 - 1.7 years

**Table 1 Distribution of Respondents' Age Characteristics**

<b>Age</b>	<b>N</b>	<b>%</b>
<b>15 years</b>	2	3.0
<b>16 years</b>	35	55.2
<b>17 years</b>	30	44.8
<b>TOTAL</b>	67	100.0

Based on the table above, it can be seen that the age distribution of respondents ranges from 15-17 years and the majority are 16 years old, namely 35 people (55.2 %).

**2. Respondent Characteristics Based on Gender**

Respondent characteristics based on gender are divided into two, namely male and female.

**Table 2 Frequency Distribution of Respondents' Gender**

<b>Gender</b>	<b>N</b>	<b>%</b>
<b>Man</b>	30	44.8
<b>Woman</b>	37	55.2
<b>Total</b>	67	100.0

Based on the table above, it shows that the majority of respondents were female, amounting to 37 people ( 55.2 %) and male, amounting to 30 people ( 44.8 %). Univariate analysis in this study was used to determine the average frequency distribution of knowledge scores about Free Sex in adolescents at SM K N egeri 8 Pekanbaru before and after being given website education about Free Sex

**Table 3 Frequency Distribution of Knowledge Level Before and After Website Education**

<b>Knowledge About Free Sex</b>	<b>Respondent Group</b>			
	<b>Pre-Test</b>		<b>Post-Test</b>	
	<b>Fr</b>	<b>Pe (%)</b>	<b>Fr</b>	<b>Pe (%)</b>
<b>Good</b>	19	28.4	47	70.1
<b>Enough</b>	24	35.8	19	28.4
<b>Not enough</b>	24	35.8	1	1.5
<b>Total</b>	67	100.0	67	100.0

Based on the table above, it shows that before being given education Using the website about Free Sex , the majority of respondents' knowledge level was at a sufficient or poor level, namely 24 people ( 35.8 %). However, after being given education using the website about Free Sex, the respondents' knowledge level changed to a good level, namely 47 people ( 70.1 %).

**DISCUSSION**

Bivariate analysis was conducted to determine the relationship between the independent variable (Effectiveness of Website Media Education) and the dependent variable (Knowledge about Free Sex Among Adolescents at SM K N) indicated by a p-value <0.05. Furthermore, to determine whether the research data was normally distributed in the data before and after the intervention was given, the Kolmogorov Smirnov test was used . Based on the data normality test using the Kolmogorov Smirnov test , a Sig value of >0.05 was obtained, indicating that the data was normally distributed. Next, a dependent T-test (Paired Sample T-test) statistical test was conducted to determine whether or not there was significant effectiveness between variables. If the p- value < 0.05 then there is a significant effectiveness between the independent variable and the dependent variable.

Table 4 Paired Sample T-test Results

<b>Intervention</b>	<b>Mean</b>	<b>Median</b>	<b>N</b>	<b>Std. Division</b>	<b>T</b>	<b>P – Value</b>
<b>Pretest</b>	65.90	70.00	67	21,513	-7,640	< ,001
<b>Posttest</b>	86.87	90.00	67	9,568		

Based on the table above, the score results before being given website education to teenagers with a Mean of 65.90, while after being given website education to teenagers, an increase was obtained with a Mean of 86.87, so that the p-value results are < .001 < 0.05 indicating a significant difference between the initial and final variables. So that HO is rejected, meaning there is no relationship between the effectiveness of the website on increasing knowledge about free sex in teenagers and Ha is accepted, meaning this shows the effectiveness of website education about free sex on knowledge in teenagers at SMK Negeri 8 Pekanbaru.

In the discussion, the meaning of the research results will be explained and compared with related theories and research, as well as discussing the research results that have been described in the results chapter. In accordance with the specific objectives of this research, the discussion of the research results is carried out to find out. In this discussion, univariate and bivariate data analysis will be explained, as well as comparisons with relevant previous research to provide a broader context regarding this phenomenon.

A. Univariate Analysis

1. Respondent Characteristics Based on Age

Respondents who participated in this study came from class X. Based on Table 4.1, it is known that the respondents in this study were aged between 15 and 17 years , with the majority being 16 years old, namely 35 people (55.2%). This age is included in the early adolescence phase, namely an important transition period from childhood to adolescence marked by quite significant biological, cognitive, and socio-emotional changes.

Maimunah's research ( 2017) , adolescence is a developmental or transitional stage, typically beginning around the age of 12 or 13 and ending in the late teens or early 20s. During this developmental stage, individuals experience physical, cognitive, and psychosocial changes. Adolescence is the most crucial stage of subsequent development in life. This period is usually marked by many experiments and new activities undertaken by adolescents, one of which is sexual activity.

2. Respondent Characteristics Based on Gender

The majority of respondents were male, 30 people ( 44.8 %) and female, 37 people ( 55.2 %). Based on Table 4.2, it is known that the majority of respondents in this study were

male, namely 30 people ( 44.8 %), while there were 37 female respondents ( 55.2 %). This inequality shows that women's participation in research on free sex education is higher than men's .

This difference can be attributed to A preliminary study conducted by researchers by distributing questionnaires containing general knowledge of adolescent reproductive health also showed that female adolescents had higher knowledge than male adolescents (in the appendix). This result is not different from the results of research by Rahman (2011 ) and Muflih ( 2015), on school adolescents in Kelantan, Malaysia, which found that female adolescents had higher knowledge of reproductive and sexual health than male adolescents. In addition, this research is also in accordance with Andriani's research, ( 2022), where this research shows from various review articles that the level of adolescent knowledge about free sexual behavior is still very low, namely below 65%, women have a relatively good level of knowledge and attitudes.

According to Parida et al., ( 2024) , the difference in knowledge levels between men and women occurs because women are generally more sensitive and receptive to input, thus creating motivation to maintain cleanliness, personal health, and their environment. According to research by Rosen et al., ( 2018) , women have a higher level of knowledge than men. This is due to differences in respondents' interests in obtaining information. The researcher's assumption is that the results of this study can be important for considering a gender-sensitive educational approach, so that the Free Sex education material can be well received by all groups of teenagers, both boys and girls.

#### B. Bivariate Analysis

Based on the results of data analysis in table 4.3 of 67 respondents, it shows that knowledge before being given education using the website of teenage friends about free sex was at a sufficient level and less, namely as many as 24 people (35.8%). And after being given education using the website of teenage friends about free sex, the level of student knowledge increased to good, namely as many as 47 people (70.1 %). Based on the results of data analysis using paired sample T-test on 67 respondents, Table 4.4 shows that the average knowledge value before being given education was Mean is 65.90 , whereas after education increases it becomes with the Mean is 86.87 The difference in increase was 20.90 points, with a p-value of <0.00 1 which means it is smaller than  $\alpha = 0.05$ .

This shows that there is a significant difference between knowledge before and after the intervention. Thus,  $H_0$  is rejected , meaning there is no relationship between the effectiveness of the website and increasing knowledge about free sex among teenagers, and  $H_a$  is accepted, meaning that education through the Teman Remaja website is effective in increasing the knowledge of teenagers at State Vocational Schools. 8 Pekanbaru on Free Sex.

These results are consistent with Piaget's learning theory in Suparno ( 2016) , which states that adolescents aged 13–16 are able to think abstractly and grasp complex concepts such as gender identity and sexual orientation, especially when presented in a visual and interactive format. Research by Anggraini & Putri ( 2022) supports that digital educational media has a significant influence in improving students' understanding of sexual and social issues, as it facilitates access to information and presents material in an engaging manner. Furthermore, Sari & Rahmawati ( 2023) explain that increasing adolescents' knowledge about the issue of casual sex also contributes to the development of more tolerant and empathetic attitudes. This means that appropriate education not only increases knowledge but also helps build an inclusive social environment in schools.

Researchers assume that the level of knowledge increases after being given educational material delivered through the Teman Remaja Website which can be understood well by students even though the process is carried out independently using personal devices and briefly

explains the contents of the Teman Remaja Website . And the material presented is actually interesting material and occurs in the daily lives of teenagers. So in this one simple study, teenagers have been able to identify free sex well. Researchers believe that this delivery method is still able to convey the core educational message needed, considering that the material has been designed with simple language, attractive visuals, and is appropriate for the developmental age of adolescents.

Furthermore, the research material is of interest to adolescents, as it provides education related to things they frequently do and are likely to experience at their age . Furthermore, the school environment, including support from teachers and school administrators, contributes to the educational intervention process. Researchers believe that the conducive field atmosphere and active involvement of students during the education process reflect the readiness of the environment to receive material related to adolescent health issues, including the topic of Free Sex which is still sensitive in some circles.

## CONCLUSION

Based on the results of the study on the Effectiveness of the Teenage Friends Website Education on Free Sex to Increase Knowledge of Teenagers at SMK Negeri 8 Pekanbaru , several important conclusions were obtained as follows : Before being given education using the website, the majority of respondents at State Vocational Schools were teenagers . 8 Pekanbaru have insufficient and sufficient knowledge (35.8%) about Free Sex The majority of respondents are in State Vocational Schools 8 Pekanbaru has a good increase in knowledge ( 70.1 %) about Free Sex after being given education using the teen friend website . There is an effective education website for Teenage Friends regarding free sex To Improve Knowledge Among Teenagers at State Vocational School 8 Pekanbaru with The p-value of  $< 0.001 < 0.05$  indicates a significant difference between the initial and final variables. Therefore,  $H_a$  is accepted and  $H_o$  is rejected.

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