

**OVERVIEW OF ADOLESCENTS' KNOWLEDGE LEVELS AND
ATTITUDES REGARDING PREMARITAL SEX AT NAILUL MUNA AND
ARAFAH DORMITORY IN 2026**

Hanik Atul Umayah¹, Munica Rita Hernayanti², Margono³

1,2,3 Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta,
Jl. Mangkuyudan MJ III/304, Yogyakarta 55143. (0274)374331.

Email: hanikmaya54@gmail.com

ABSTRACT

Background: *Premarital sexual behavior among adolescents is increasing due to technological developments and easy access to information. Lack of knowledge and inappropriate attitudes may increase the risk of unwanted pregnancy, sexually transmitted infections, and psychological problems.*

Objective: *To describe the level of knowledge and attitudes of adolescents regarding premarital sex at Nailul Muna and Arafah Dormitories in 2026.*

Methods: *This study used a quantitative descriptive method with a cross-sectional design. The research subjects were 50 teenagers. Data were collected using questionnaires and analyzed univariately using frequency distribution.*

Results: *Nearly half of the adolescents had a good level of knowledge about premarital sex (22 respondents; 44%), followed by a fair level of knowledge (15 respondents; 30%) and a poor level of knowledge (13 respondents; 26%). The majority of adolescents exhibited a positive attitude toward the prevention of premarital sex (35 respondents; 70%), while 15 respondents (30%) exhibited a negative attitude. Social media was identified as the primary source of information by 47 respondents (94%).*

Conclusion: *The majority of adolescents demonstrated a good level of knowledge and a positive attitude toward the prevention of premarital sex. Nevertheless, efforts to enhance reproductive health education remain necessary to further improve adolescents' knowledge and attitudes regarding premarital sex.*

Keywords: *knowledge, attitude, adolescents, premarital sex.*

GAMBARAN TINGKAT PENGETAHUAN DAN SIKAP REMAJA TENTANG SEKS PRANIKAH DI ASRAMA NAILUL MUNA DAN ARAFAH TAHUN 2026

Hanik Atul Umayah¹, Munica Rita Hernayanti², Margono³

1,2,3 Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta,
Jl. Mangkuyudan MJ III/304, Yogyakarta 55143. (0274)374331.

Email: hanikmaya54@gmail.com

ABSTRAK

Latar Belakang: Perilaku seks pranikah pada remaja semakin meningkat akibat perkembangan teknologi dan mudahnya akses informasi. Kurangnya pengetahuan dan sikap yang kurang tepat dapat meningkatkan risiko kehamilan tidak diinginkan, infeksi menular seksual, dan gangguan psikologis.

Tujuan: Mengetahui gambaran tingkat pengetahuan dan sikap remaja tentang seks pranikah di Asrama Nailul Muna dan Asrama Arafah Tahun 2026.

Metode: Penelitian ini menggunakan metode deskriptif kuantitatif dengan desain cross sectional. Subyek penelitian sebanyak 50 remaja. Data dikumpulkan menggunakan kuesioner dan dianalisis secara univariat dengan distribusi frekuensi.

Hasil: Tingkat pengetahuan remaja tentang seks pranikah hampir setengahnya dalam kategori baik sebanyak 22 responden (44%), cukup 15 responden (30%), dan kurang 13 responden (26%). Sikap remaja sebagian besar berada pada kategori positif dalam pencegahan seks pranikah sebanyak 35 responden (70%) dan negatif sebanyak 15 responden (30%). Sumber informasi paling banyak berasal dari media sosial sebanyak 47 responden (94%).

Kesimpulan: Sebagian besar remaja memiliki tingkat pengetahuan baik dan sikap positif dalam pencegahan seks pranikah, namun edukasi kesehatan reproduksi tetap perlu ditingkatkan.

Kata Kunci: pengetahuan, sikap, remaja, seks pranikah.