

## THE INFLUENCE OF SMARTPHONES ON BEHAVIOR SEXUAL TEENAGE IN HUTAGAOL VILLAGE PEATALUN, BALIGE DISTRICT TOBA DISTRICT YEAR 2022

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### ABSTRACT

**Background :** Smartphone is one of the information technology or mobile phones which are often called smart phones. Smartphones provide easy free access and social media services. As a result of the negative impact of smartphones, it is easy for teenagers to access porn/sex media, resulting in deviant sexual behavior.

**Destination :** This study aims to analyze the influence of smartphones on sexual behavior in adolescents in Hutagaol Peatalun Village, Balige District, Toba Regency.

**Method:** the type of research used is descriptive analytic. With a cross sectional approach method with a sample size of 35 people and the sampling technique used is the Sloving . formula

**Results :** The influence of smartphones on adolescent sexual behavior was obtained value = 0.000 ( $\alpha < 0.05$ ).

**Conclusion :** the influence of smartphone use with adolescent sexual behavior.

**Keywords :** Smartphone, Behavior, Sexual, Teens

### INTRODUCTION

Adolescence comes from the Latin word adolescence which means to grow or become an adult. Adolescence describes the development of adolescents from physical, social, intellectual and emotional development. According to the World Health Organization (WHO), adolescents are people aged 10-19 years. The number of teenagers in Indonesia based on the youth

profile in 2021 is 46 million people (Anon 2021). In adolescents aged 15-19 experienced sexual behavior in women as much as 18% and 8% in men. Meanwhile, adolescents aged 10-19 years in Asian countries account for 60% or one-fifth of the world's population (WHO 2018). Teenagers do dating as much as 84% for boys and 80% for girls, when dating teenagers do activities holding hands for

boys 75% for girls 64%, hugging 33% for boys and 17% for girls, doing palpable/ touched in men 22% in women 5%. As many as 2% of adolescents in women have sexual intercourse and in men as much as 8% (bkkbn 2018). Adolescents have premarital sex as much as 30% of girls and 50% of boys (IDHS 2017). Adolescents exposed to COVID-19 in women aged 13-15 years as many as 8,199 in men 8,181, in women affected by COVID-19 at the age of 16-18 in women as many as 10,780 in men as many as 9,806 (Indonesia Health Profile 2020).

Adolescents are residents with an age range of 10 to 19 years according to WHO. At the time of adolescence will experience growth and development very quickly. Adolescence is divided into 3, namely: 1) early adolescence starting from the age of 11-14 years. 2) Middle adolescence starts from the age of 14-17 years. 3) late adolescence starts from the age of 17-20 years. The emergence of behavior that leads to negative things is often referred to as juvenile delinquency, so the lack of self-control will affect adolescents, especially in behavior. Forms of delinquency in adolescents such as smoking, sexual abuse and drug use (Irfan, Aswar, and Erviana 2020).

Behavior is the emergence of a stimulus or a person's stimulus to an existing response. While sexual is the urge or stimulation that causes sex. An action that comes from within or from outside oneself with a sexual urge is called adolescent sexual behavior (Pratiwi 2021). Forms of adolescent sexual behavior such as dating hugging, holding hands, can even get into sexual relations. This is sometimes done when teenagers start dating or in a relationship with the opposite sex. This happens because of the curiosity of the hypothalamus. Forms of adolescent behavior include; the emergence of feelings of attraction or a sense of belonging to the opposite sex and the same sex, kissing, cheeks, making out, dating, touching sensitive intimate areas, even having sex (Zamriyani dan Aulia 2021).

Functional use and internet-based applications are called smartphones. Freedom in the internet will lead to non-contact sexual behavior. Some non-contact sexual behavior is exposing pornography, sending photos or videos that are not suitable for viewing, exposing oneself to pornographic material. At the age of 13-17 years, sexual violence is often experienced by every teenager (Rsayid dan DKK 2020).

Excessive use of Smartphones can cause teenagers to become dependent and can affect their behavior. Smartphone in the Indonesian dictionary is a smart phone that has many functions. There is a digital operational system in it in the form of applications that make it easier to do their work and are more sophisticated communication media. The use of smartphones in adolescents will lead to addiction if they are not supervised by their parents. Because of this addiction, teenagers will use smartphones to become number one in themselves so that it is their duty and responsibility.(Irfan et al. 2020).

Meanwhile, the use of smartphones for adolescents who cannot cope with the transition period will lead to anti-social behavior because they are focused on smartphones, game addiction, physiological, psychological decline, disturbed rest patterns, disturbed learning desires, using narcotics, up to the occurrence of not going to school or skipping school. addicted to watching pornographic videos or watching adult films, causing free sex behavior.

Smartphones make it easier for users to communicate but can lead to confusion(Ferianti dan Sunawan 2021).

## METHOD

This research is descriptive analytic with Cross Sectional approach. Cross sectional research was conducted in February 2022 in Hutagaol Peatalun Village, Balige District, Toba Regency. The independent variable is the influence of smartphones and the dependent variable is the sexual behavior of adolescents. The research population, namely adolescents aged 16-19 years in Hutagaol Village, amounted to 39 people who used smartphones and the number of research samples was 35 people according to the inclusion criteria, namely adolescents aged 16 to 19 years and already had a smartphone. The instrument in this study used a questionnaire. Data analysis using univariate analysis and bivariate analysis using chi square statistical test with a value of  $\alpha = 0.05$ .

## RESULTS

Univariate analysis to describe each research variable.

- a. Distribution Of Teenagers Using Smartphones

**Table 1. Distribution of Smartphone Use on Adolescent Sexual Behavior in Hutagaol Peatalun Village, Balige District, Toba Regency.**

Variable	(F)	(%)
<b>Smartphone</b>		
<b>Effect</b>		
Well	9	25.7
Bad	26	74.3
<b>Sexual Behavior</b>		
Well	11	31.4
Bad	24	68.6
<b>Amount</b>	<b>35</b>	<b>100</b>

Based on table 1, it is known that most (74.3%) or 26 teenagers have a bad influence on smartphones and the remaining 9 people (25.7%) have a good influence on teenagers. It is known that 31.4% or as many as 11 teenagers in Hutagaol Peatalun Village, Balige District, Toba Regency in 2022 are categorized as good in terms of sexual behavior. In contrast, as many as 24 teenagers in Hutagaol Peatalun Village, Balige District, Toba Regency in 2022 were categorized as 68.6% or 24 teenagers. Bivariate analysis to see the effect of independent variables on the dependent variable to use chi squared analysis.

b. The effect of smartphone use on adolescent sexual behavior .

**Table 2. The Effect of Smartphones on Adolescent Sexual Behavior in Hutagaol Peatalun Village, Balige District, Toba Regency**

Smartphone Effect	Sexual behavior				Amount	P_Value
	Well		Enough			
	N	%	N	%	N	
Well	2	31.4	0		11	0.00
Enough	9		24	68.6	24	0

From table 2, 11 (31.4%) respondents got good category, but the remaining 24 respondents (68.6%) got enough category. From the Chi Square test obtained a significant value of 0.000 which means  $p < 0.05$ , so  $H_0$  is rejected and  $H_a$  is accepted, meaning that there is an influence of Smartphones on adolescent sexual behavior in Hutagaol Peatalun Village, Balige District, Toba Regency in 2022.

## DISCUSSION

**The Effect of Smartphones on Adolescent Sexual Behavior in Hutagaol Peatalun Village, Balige District, Toba Regency in 2022**

The results showed that the majority of respondents were 19 years old, with 11 people (31.4%) when compared to the first, second and third categories, 16, 17 and 18 years, with 8 people each (22.9%). Furthermore, the sex characteristics of the most respondents were women as many as 24 people (68.6%), while the male category was 11 people (31.4%). Most of the teens used smartphones 68.6% for a very long time with a sufficient level of sexual behavior, the remaining 31.4% were in the good category.

The results of statistical tests using Chi Square obtained = 0.000 which means  $H_a$  is accepted and  $H_o$  is rejected. so it can be concluded that the influence of smartphones on adolescent sexual behavior in Hutagaol Peatalun village, Balige district, Toba district.

According to Firman, at the age of teenagers it is possible to access various kinds of information, including implicit sexual scenes. Among teenagers, we often hear of increasing sexual rates among teenagers. Social networks are increasingly free. The results of smartphone research are one of the causes of sexual behavior in adolescents. Teenagers who use smartphones will be more likely to

access negative things. Lack of parental supervision has resulted in the desire of teenagers to watch romantic mingled films containing pornographic elements, negative influences from the environment and peers.(Ilmiah et al. 2022). Youth in Hutagaol Peatalun Village, Balige District, Toba Regency in 2022

Based on the results of the study showed that 31.4% or as many as 11 teenagers in Hutagaol Peatalun Village, Balige District, Toba Regency in 2022 were categorized as good in terms of sexual behavior. On the other hand, as many as 24 teenagers in Hutagaol Peatalun Village, Balige District, Toba Regency in 2022 were categorized as sufficient as many as 68.6% or 24 teenagers.

According to Sarah, exposure to information is another factor that can influence adolescent sexual behavior. Stating that there is a relationship between social media and sexual behavior  $P = 0.001$  ( $P < 0.05$ ).

## CONCLUSION

1.The results of the validity and reliability test show that there is no r table value for

the questionnaire that has a value  $< r$  table, where the value obtained exceeds the specified  $r$  table value  $> 0.3338$ . As for the reliability of each variable obtained a value of  $> 0.6$  where for the X variable with a value of 0.765 and Y with a value of 0.794. This proves that the questionnaire used in this study can be valid and reliable. The results of the univariate test showed that most (74.3%) or 26 adolescents had a bad influence on smartphones and the remaining 9 (25.7%) had a good influence on adolescents. In addition, 31.4% or as many as 11 teenagers in Hutagaol Peatalun Village, Balige District, Toba Regency in 2022 were categorized as good in terms of sexual behavior. On the contrary, As many as 24 teenagers in Hutagaol Peatalun Village, Balige District, Toba Regency in 2022 were categorized as sufficient as many as 68.6% or 24 teenagers. The results of the bivariate test showed that 11 (31.4%) respondents got the good category, but the remaining 24 respondents (68.6%) got the sufficient category. From the Chi Square test obtained a significant value of 0.000 which means  $p < 0.05$ , so  $H_0$  is rejected and  $H_a$  is accepted, meaning that there is an influence of Smartphone on adolescent sexual behavior in Hutagaol Peatalun

Village, Balige District, Toba Regency in 2022.

## SUGGESTIONS

### 1. For Health Services

For health services in Hutagaol Peatalun Village, Balige District, Toba Regency, Rasnayan is needed to improve the ability of services and counseling about sex education for adolescents in particular.

### 2. For Family

To continue to dig up information and supervise the use of smartphones in their teenagers so that they can be minimized from an early age. 3. For STIKES Institutions Partners Husada Medan

It is hoped that the results of this study can be used as reference material for further research

### 4. For Further Researchers

Given the limitations during the study, it is hoped that future researchers will be able to develop this research on the influence of smartphones on sex among adolescents so that they can develop researchers like this in the future and use shorter or fewer questionnaire research instruments to make it easier for respondents.

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