



Sexual Behavior of Youth

DKT Indonesia

Youths worldwide are considered a high-risk group for unplanned pregnancy and sexually transmitted diseases. They are in an exploratory phase of life and will less likely plan their sexual experiences. They are also often not informed on the importance of and the ways they could maintain their sexual health. Several practices that are common among youths include serial monogamy (remaining monogamous in a few short-lived relationships), use of ineffective preventive measures (such as withdrawal), and lack of condom use. Indonesia Demographic and Health Survey (DHS) 2017 on youths reported a total of 8% of male, and 2% of female at the age of 15-24 has already experienced sexual intercourse. Usage of condoms during the first sexual encounter, according to the report, were at only 27% among male, and 24% among female. Moreover, to the point, a total of 7% male, and 12% female were reported to have faced unintended pregnancy.

However, Indonesia's youth is a largely understudied and ignored group. Indonesian culture mandates that unmarried couples not to engage in sexual behavior, making reproductive health a difficult topic to broach with youths. However, to better equip young Indonesians with accurate information and decision-making tools, it is important to understand their sexual behavior and values as well as the issues they face.

Since 1996, DKT Indonesia has been operating a social marketing program with the goal of preventing unwanted pregnancy and sexually transmitted infections, including HIV/AIDS. Our programmes include the development of broad behavioral change campaigns as well as the marketing and distribution of high-quality, affordable contraceptives and condoms. Indonesian youths have been identified as an important target group for these activities.

In order to better understand the sexual behaviors of youth in Indonesia and to target the related programming more effectively, DKT has commissioned GFK, an independent research agency, to conduct a Youth Sexual Behavior Survey in November 2019. The study asked sensitive questions that have previously been avoided and conducted interviews in places, at times, and in a manner in which respondents would feel most comfortable giving candid answers. This report presents the key findings of this study.



The study interviewed 500 respondents aged between 15 and 24 in seven major cities: Greater Jakarta, Surabaya, Semarang, Denpasar, Medan, Makassar and Samarinda. The study includes an equal distribution of males and females, and respondents were evenly distributed between high- and low-income groups.¹

The sample was divided into random sample (n=400) and purposive sample of youths who have had sex (n=100). Based on answers in the study, the study further separated respondents into two groups: youths who have had and have never had sex in order to compare their behaviors, knowledge, and attitudes.

Though the sampling methodology used in this survey has limitations as statistics do not necessarily perfectly represent the overall population, it is still possible to analyze the knowledge, attitudes, and behaviors of high risk and hard-to-reach groups concerning sexual behavior and STIs/HIV/AIDS.




To minimize bias in the study, interviews were conducted by same-sex interviewers as the respondents. Respondents were offered to choose a private location where they felt comfortable answering sensitive questions. In addition, self-solving and indirect questions (such as asking about friend's behavior) were used as tools for very sensitive questions.

¹High income is defined as earning more than Rp.3 million per month and low income is defined as earning less than Rp.1.25 million per month.



RESPONDENT PROFILE

Gender of respondents is evenly split between males and females. Respondents for the segment of younger teens (15-17 yo), older teens (18-20 yo) and young adults (21-24 yo) are evenly distributed. Most of the respondents come from high income background (74%). No married respondents are included in the survey.






























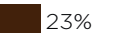
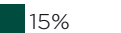
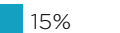








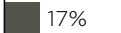
























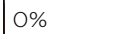








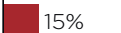
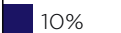




		TOTAL	JABODETABEK	SURABAYA	SEMARANG	DENPASAR	MEDAN	MAKASSAR	SAMARINDA
Base (All Random Respondents)		400	120	80	40	40	40	40	40
GENDER 	MALE	50%	58%	46%	45%	58%	55%	50%	23%
	FEMALE	50%	42%	54%	55%	43%	45%	50%	78%
AGE 	15 - 17 y.o	31%	33%	45%	25%	13%	40%	25%	15%
	18 - 20 y.o	37%	33%	26%	43%	53%	40%	38%	43%
	21 - 24 y.o	33%	33%	29%	33%	35%	20%	38%	43%
SEC 	HIGH INCOME	74%	67%	76%	75%	48%	53%	97%	92%
	LOW INCOME	26%	33%	24%	25%	52%	47%	3%	8%



Physical Intimacies are Common Practices among Respondents

Almost all respondents admit they have been physically intimate with their boyfriends or girlfriends. As many as 70% of respondents have held hands and hugged, while others report that they have done more, such as kiss on the mouth (43%) or on the cheek (24%). Several respondents are also reported to have had sexual intercourse (19%) and oral sex (9%) with their partner. The study shows a higher incidence of sexual intercourse in Greater Jakarta (28%) and Denpasar (35%).






















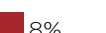
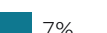



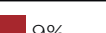



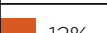
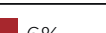
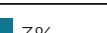
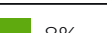



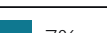










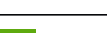

Sexual Experience by City

	TOTAL	JABODETABEK	SURABAYA	SEMARANG	DENPASAR	MEDAN	MAKASSAR	SAMARINDA
<i>Base (All Random Respondents)</i>	400	120	80	40	40	40	40	40
Holding hands	 70%	 67%	 68%	 63%	 90%	 58%	 78%	 75%
Hugging	 58%	 48%	 60%	 63%	 78%	 45%	 60%	 65%
French kiss	 43%	 40%	 36%	 55%	 55%	 38%	 43%	 45%
Kissing cheek	 24%	 27%	 19%	 38%	 33%	 23%	 15%	 15%
Masturbation	 13%	 15%	 11%	 15%	 25%	 15%	 3%	 3%
Petting	 17%	 19%	 18%	 15%	 33%	 20%	 5%	 8%
Oral sex	 9%	 13%	 6%	 18%	 13%	 3%	 0%	 5%
Have sexual intercourse (ML)	 19%	 28%	 13%	 15%	 35%	 5%	 10%	 10%
Don't know	 1%	 0%	 4%	 0%	 3%	 0%	 0%	 3%
None	 19%	 26%	 15%	 10%	 3%	 40%	 20%	 10%



Male respondents have more sexual experience, such as masturbation, oral sex, and sexual intercourse when compared to female respondents. The incidence of sexual intercourse is also higher among older respondents.

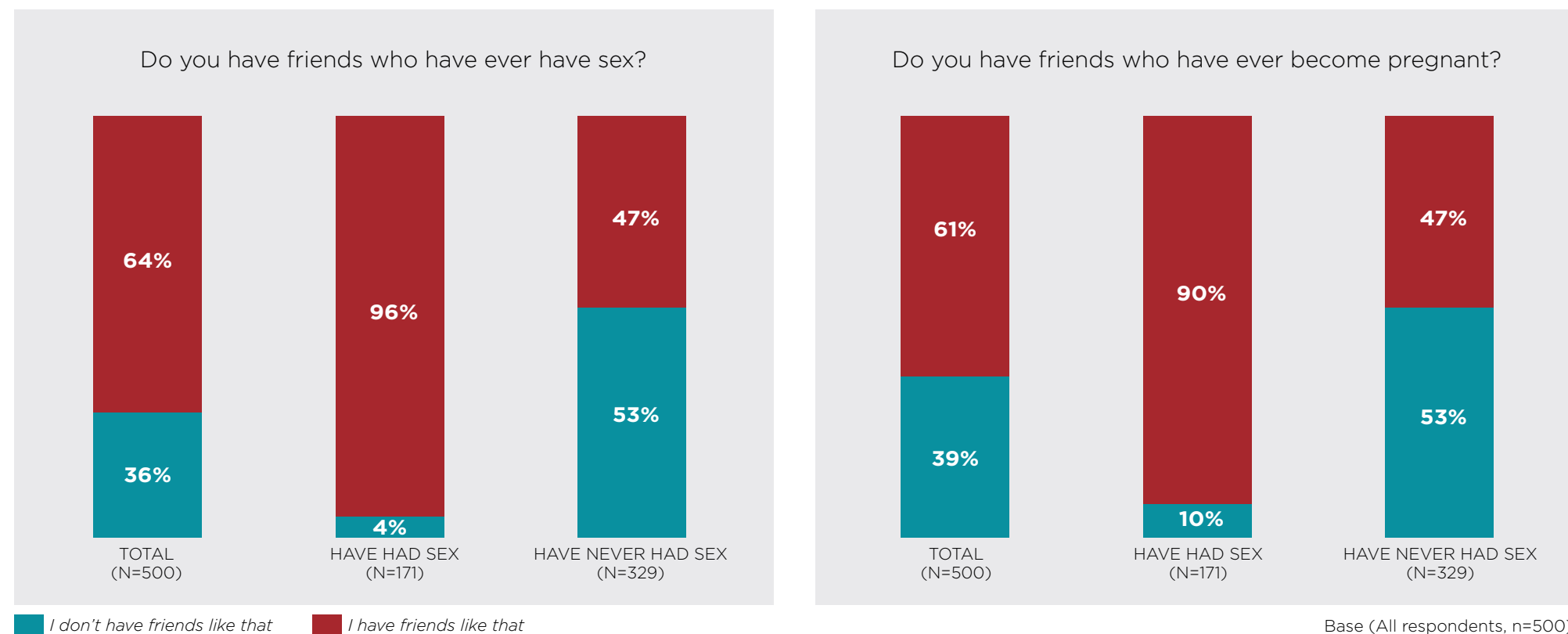
Sexual Experience by Gender, Age, and Sexual Activity

	GENDER		AGE		
	MALE	FEMALE	15 - 17 y.o	18 -20 y.o	21 - 24 y.o
<i>Base (All Random Respondents)</i>	199	201	123	147	130
Holding hands	 68%	 72%	 56%	 75%	 77%
Hugging	 61%	 54%	 36%	 63%	 72%
French kiss	 47%	 38%	 25%	 44%	 58%
Kissing cheek	 30%	 18%	 10%	 24%	 37%
Masturbation	 18%	 8%	 7%	 14%	 16%
Petting	 25%	 9%	 6%	 17%	 28%
Oral sex	 12%	 6%	 3%	 8%	 15%
Have sexual intercourse (ML)	 26%	 10%	 7%	 17%	 30%
Don't know	 1%	 2%	 2%	 1%	 1%
None	 21%	 17%	 36%	 12%	 12%



In addition to asking respondents about their own sexual experience, the study also asked them if they have friends who have had sex and have had unwanted pregnancy. More than half of the respondents mention that they have 'at least a few' friends they know who have had sex or have had unwanted pregnancy (64% and 61% respectively).

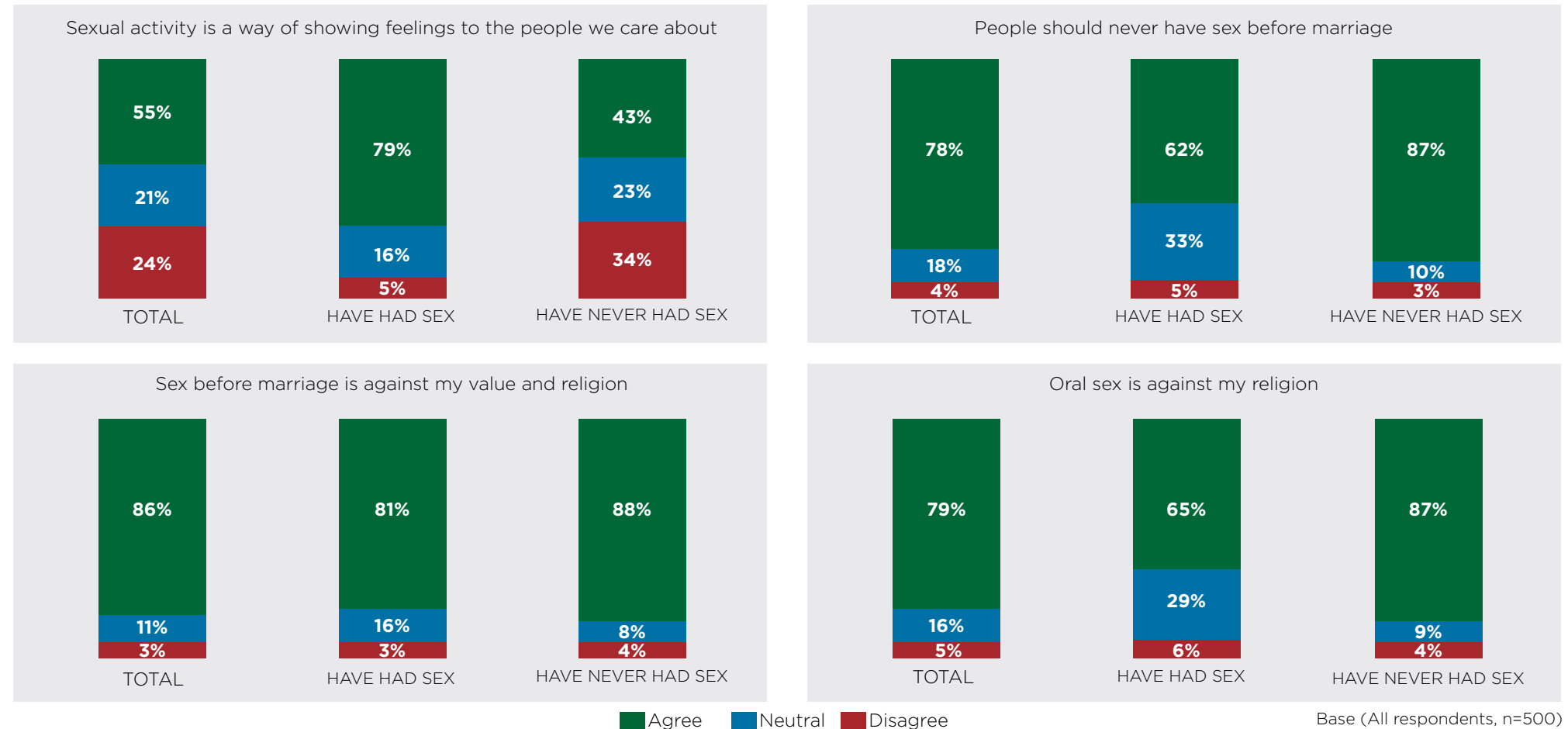
Friend's Sexual Activity



All Agrees That Sex Is Against Their Own Values

In general, respondents still uphold their values in not condoning premarital sex. When asked about sex before marriage, majority (86%) clearly state that such behavior is against their values and religion. However, there are several different interpretation of sexual activity among those who have had sex and those who have not. The majority of respondents who have had sex (79%) tend to see it as a way to show their feelings to the people they care about. There were 43% of respondents who have never had sex that share the same view.

Youth values



Those Who Have Had Sex Made Their Debut at A Very Young Age

Among respondents who have had sex, the most common age for sexual debut is between 18-20 years old. However, a significant proportion (29%) admit that their first experience occurred at the age of 15-17 years old. The majority says that the first time they had sexual intercourse was with their boyfriend or girlfriend (94%). As to location of sexual debut, 42% of respondents admit that they did it in a hotel, and an alarming 39% said that they did it at home (either their own house, their partner's, or someone else's house).



The relatively young age of sexual debut (in which sexual debut begins even before the age of 15 for some teens) is alarming. This finding confirms the importance and need to provide young people with the information and tools they need to make sound decisions regarding their sexual health.

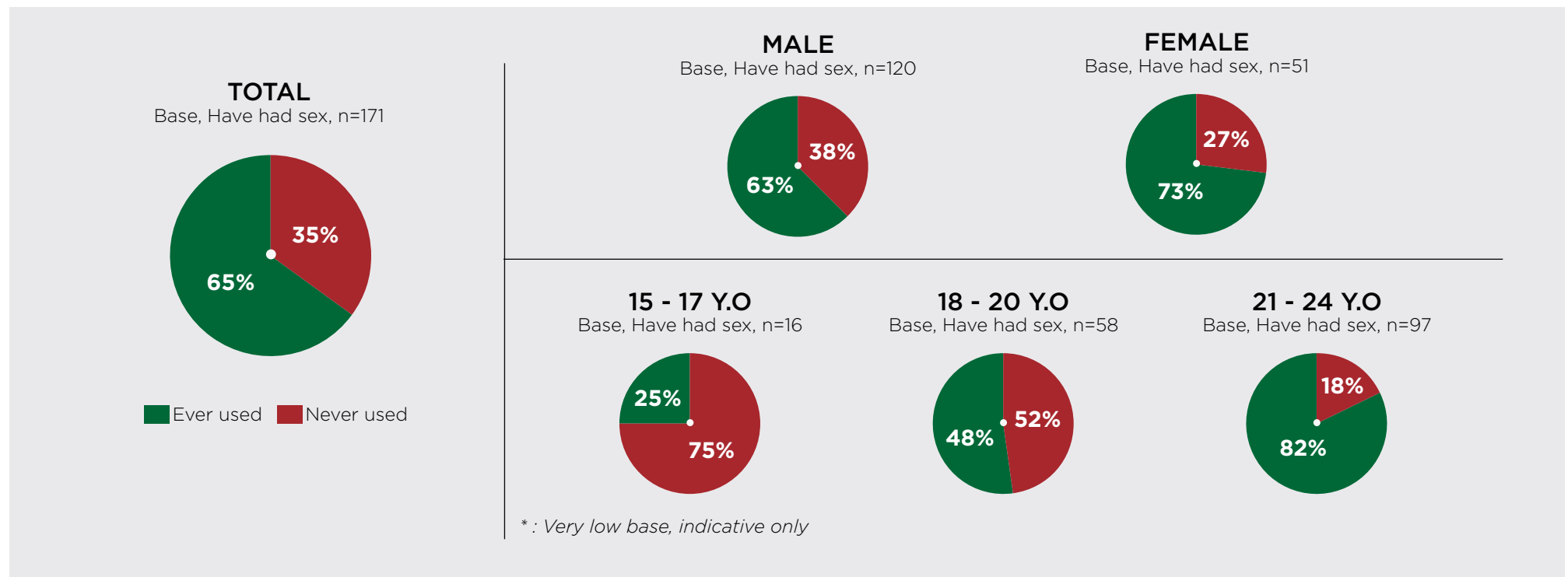


The Use of Contraceptives is Still Relatively Low Among Those Who Have Had Sex

The majority (76%) of those who have had sex say that sexual intercourse is not something they plan and is usually more impulsive. In fact, only 24% was reported that their first sex act was premeditated.

When asked whether they had ever used contraception, 35% of youth who have had sex admit that they have never used contraception before. In terms of gender, 38% of male respondents have never used contraceptives, while the number of female youth who have had sex is slightly lower (27%). The use of contraceptives is highest among older respondents (82% in the 21-24 years age group), and is lowest among the youngest (25% in the 15-17 years age group).

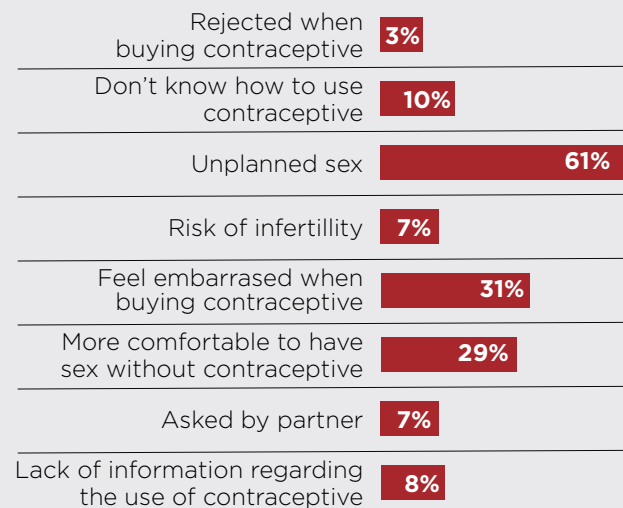
Contraceptive Ever Used



The most common contraceptive method used by respondents who have used contraceptive is condoms. The most common reason to use contraception is to avoid pregnancy, and because their partners request it. Those who have never used contraceptive cited the main reasons for not using contraceptives are because the sex is never planned, and they are ashamed to buy it. There are 29% of respondents who have never used contraceptive that contributed their reluctance in using contraceptive to the belief that it will reduce the pleasure.

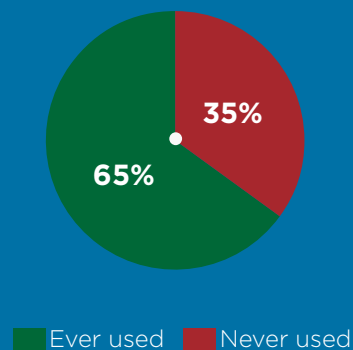
REASON FOR NOT USING CONTRACEPTION

Base, Have had sex and don't use contraceptive, n=59



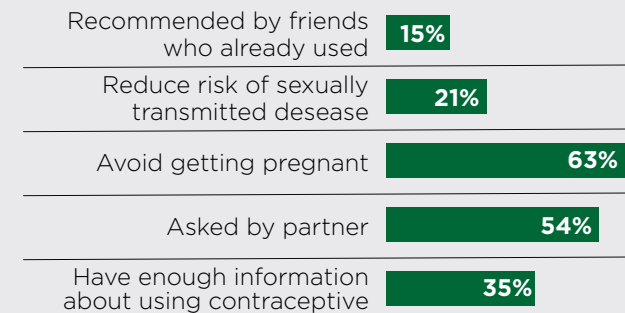
TOTAL

Base, Have had sex, n=171



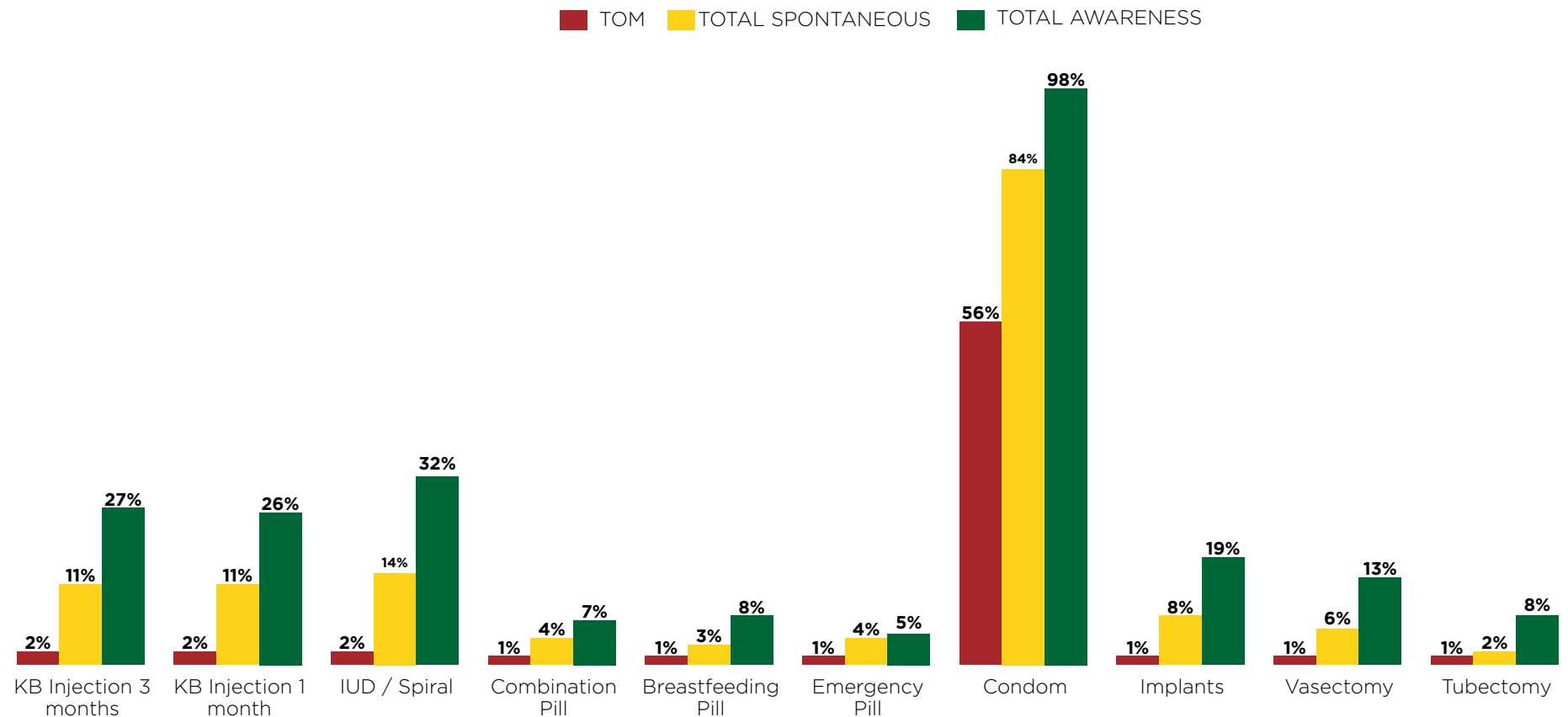
REASON FOR USING CONTRACEPTION

Base, Have had sex and use contraceptive, n=112



Regarding awareness of modern contraceptives, almost all respondents who have sex and who have not (98%) spontaneously mention condoms, followed by injections (53%), and pills (20%) as the best-known methods of contraceptive.

Contraceptive Method Awareness

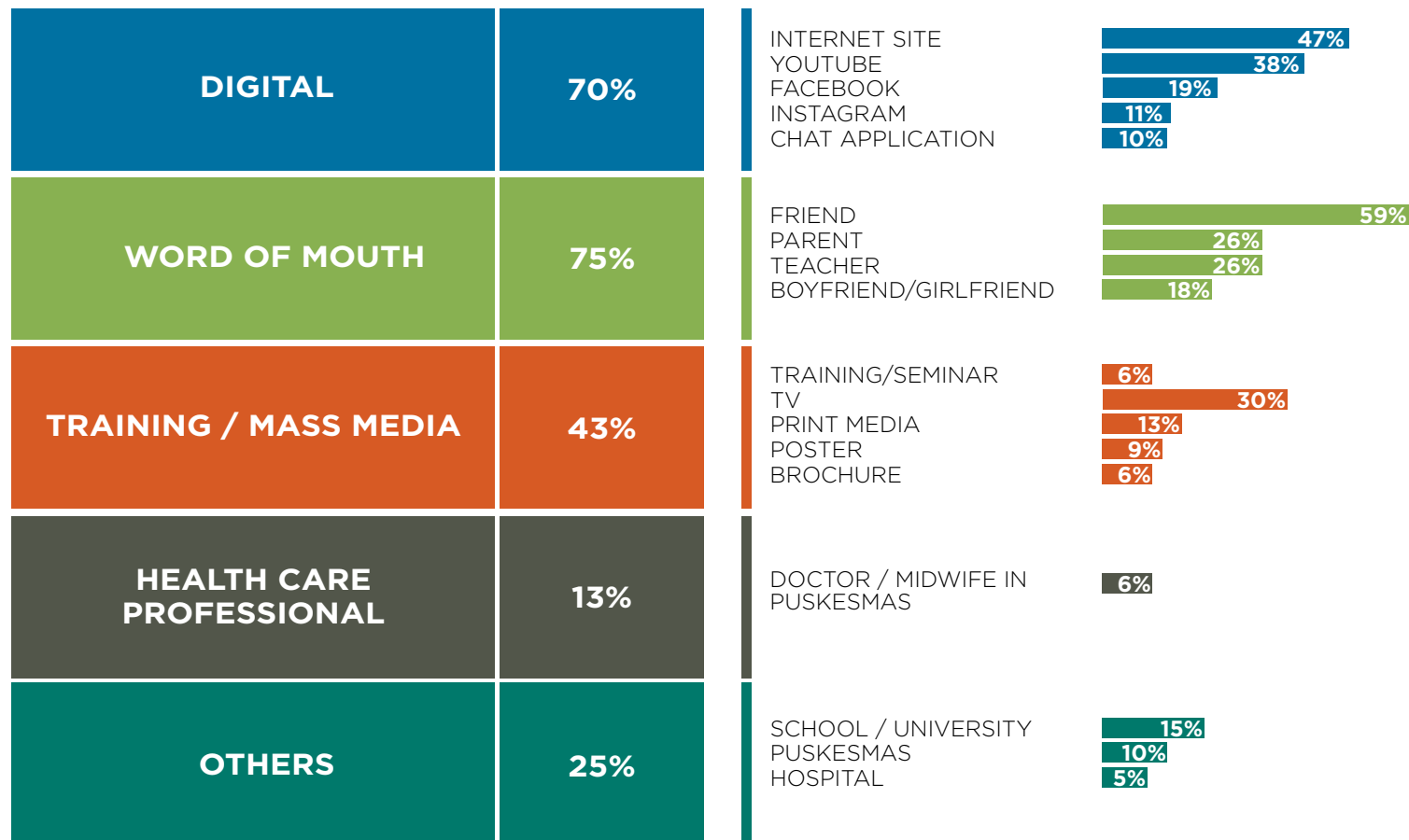


Base (All random respondents, n=400)



Respondents reported that they obtain most of their knowledge about modern contraceptive methods from websites (47%), social media (especially YouTube – 38%), friends (59%), and TV (30%). Meanwhile, other sources of information are less dominant. Only 6% cited health professional (doctors/midwives), 10% cited Puskesmas, 5% cited hospitals, and 15% cited schools/universities as their sources of information.

Source of Information of Contraception



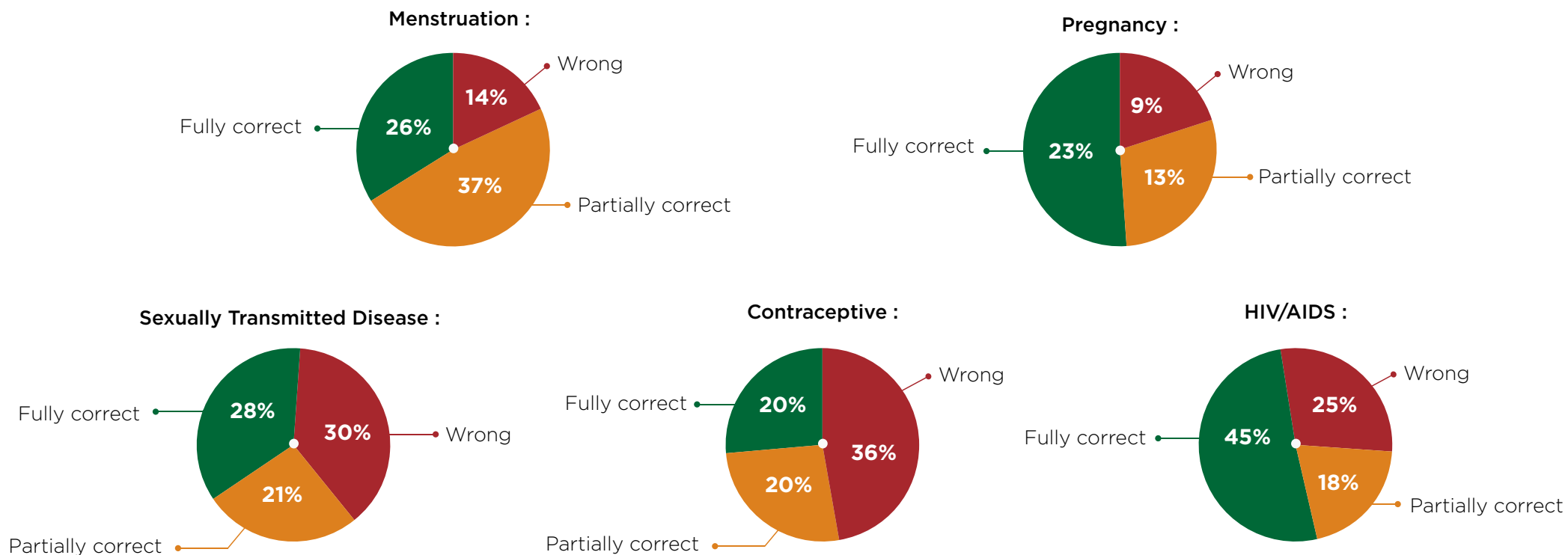
Base (All respondents, n=500)



More Accurate Information on Sexual Reproductive Health is Needed

As part of this study, youth respondents were asked a series of statements to evaluate their level of knowledge on several reproductive and sexual health topics such as menstruation, pregnancy, contraception, and Sexually Transmitted Diseases (STD), as well as HIV/AIDS. The highest percentage of correct answers is on the topic of HIV/AIDS (63% answered correctly on all questions), while for other topics less than 50% of respondents are able to give full correct answers.

Youth Knowledge of Sexual and Reproduction Health

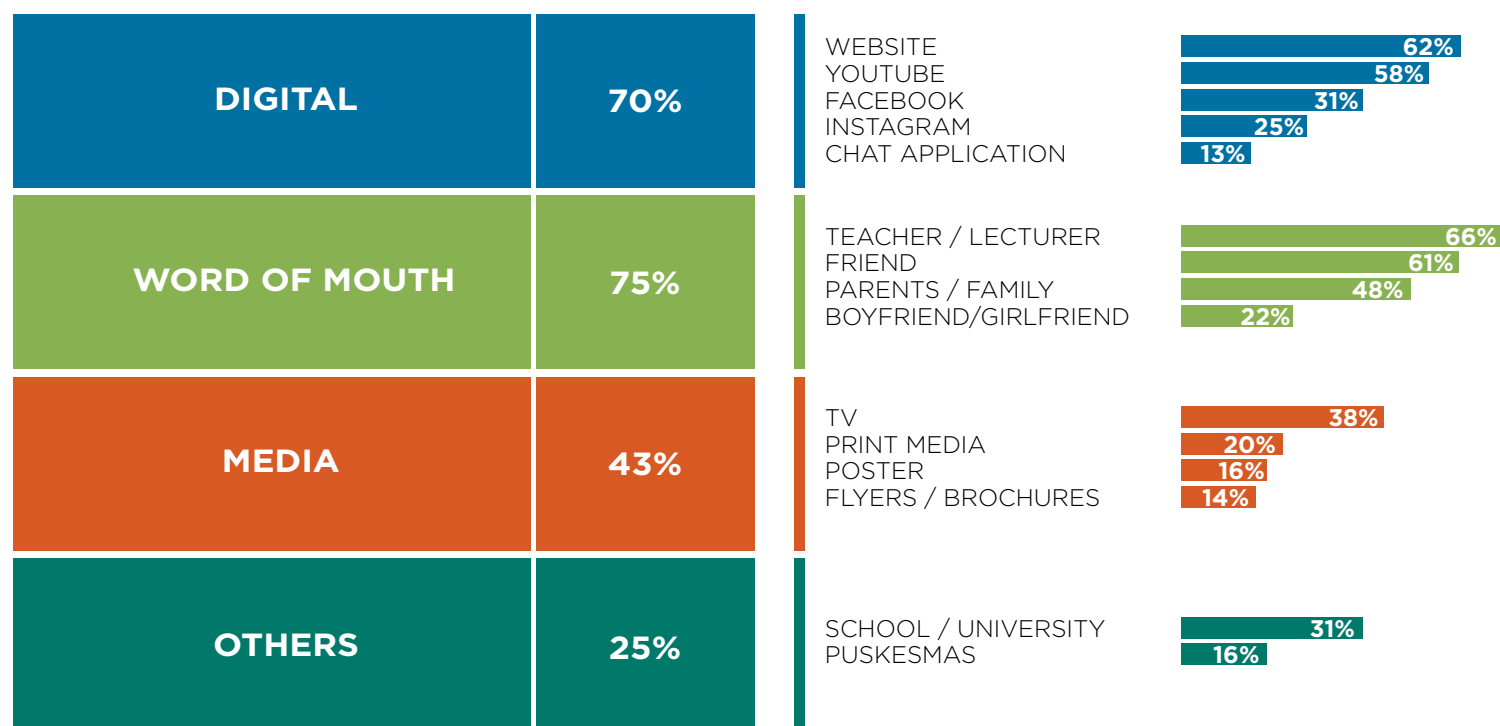


Base, Have had sex, n=171
Never had sex, n=329



When the respondents were asked about their main sources of information on sexual and reproductive health, teachers, friends, and family/parents are referred to as the most common sources of information (66%, 61%, and 48% respectively). Websites and social media also play significant roles in providing about sex and reproductive health to young people. Therefore, it is important to ensure the availability of correct and appropriate information regarding sex and reproductive health through these channels.

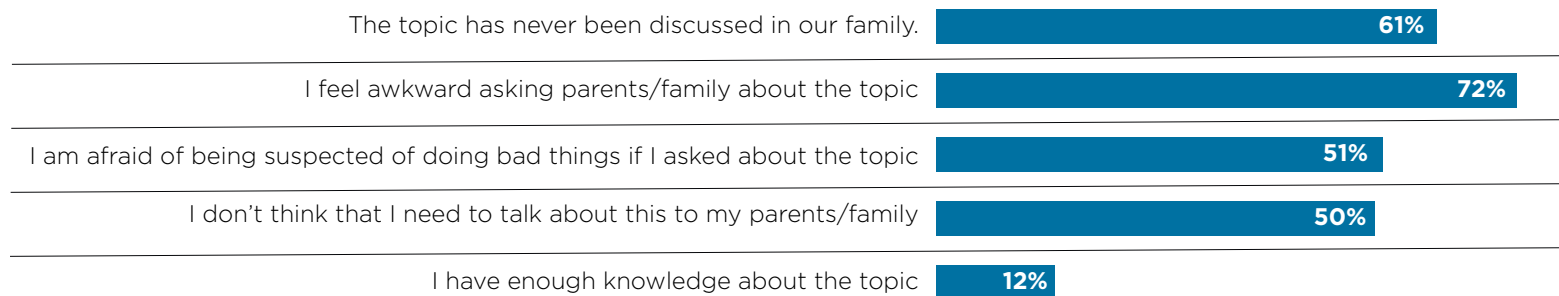
Source of Information of Sexual and Reproduction Health



Although teachers and parents are cited as one of the main sources of sexual and reproductive health issues, the majority of respondents admit that they feel awkward discussing these topics with teachers and parents. Those who have never received information on the topic from their parents and teachers mention that the topic is simply not discussed with them, and they are afraid that questions about the topic could lead them to receive negative perceptions from the adults.

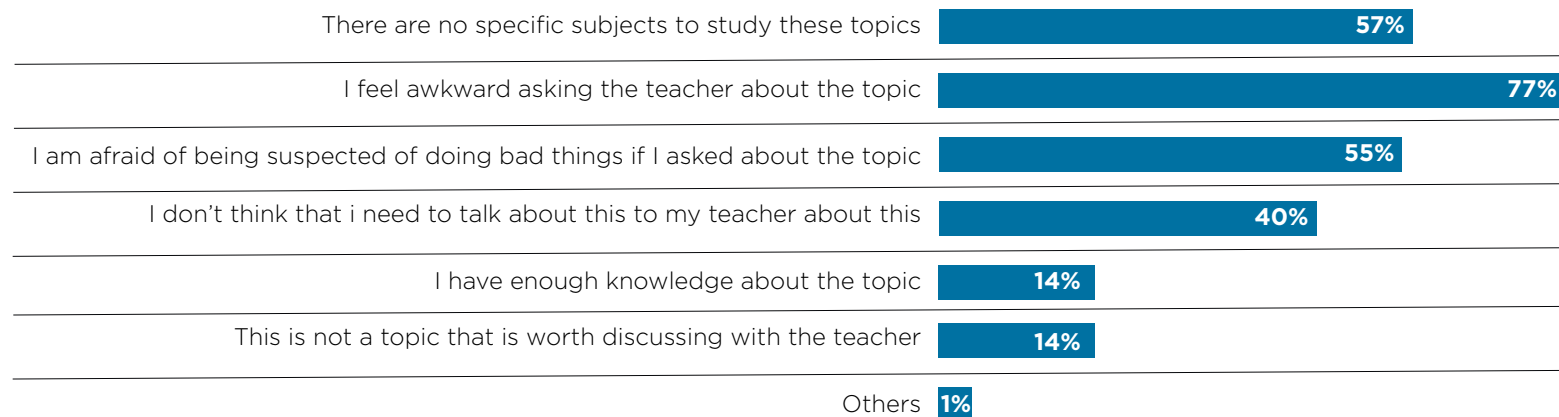
Role of Parents in Providing Sexual and Reproductive Health Information

Base (Those who never got information from parent/family, n=261)



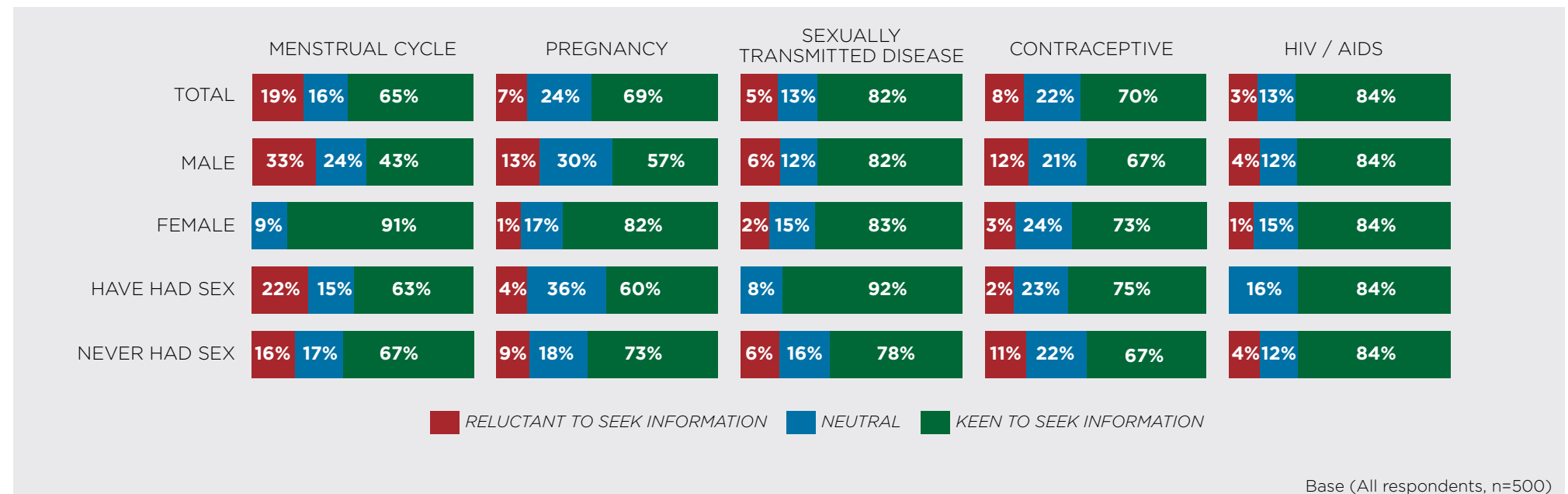
Role of Teachers in Providing Sexual and Reproductive Health Information

Base (Those who never got information from school/teacher, n=146)



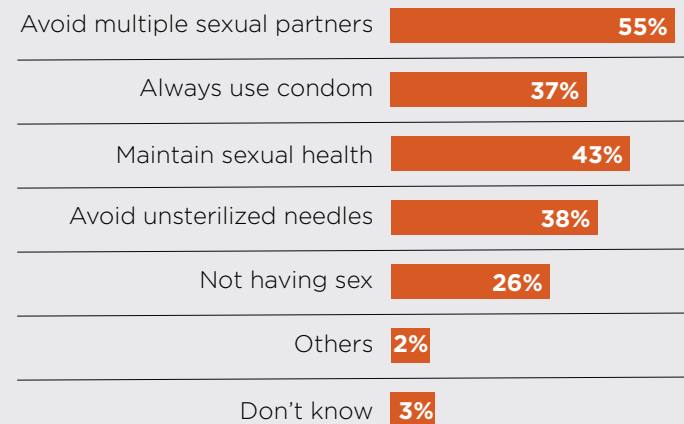
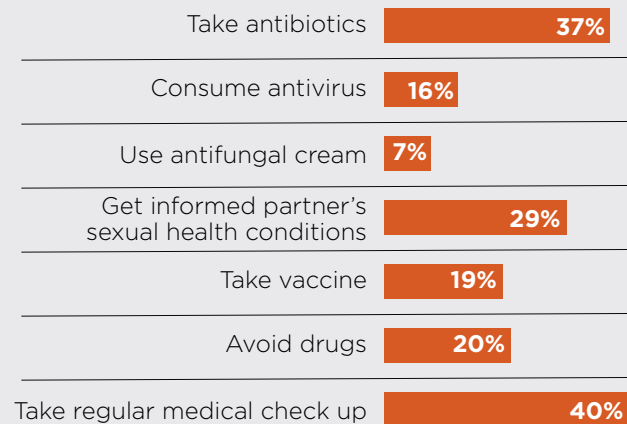
When questioned further, all respondents state that they are open to receiving information on sexual and reproductive health topics, and are likely to seek it in the future. The topics they are most interested in are STDs (including HIV/AIDS), contraceptives, pregnancy, and menstrual cycles.

Intention to Look on Information in the Future



When asked about the prevention of sexually transmitted diseases (STDs), respondents are able to identify several ways to prevent the transmissions. The main ways that are identified by youth (to prevent STDs) are by not having sexual relations with more than one person (55%), maintaining the health of sexual organs (43%), having regular health checks (40%), not having sex (26%), vaccination (19%), and not using drugs (20%). Only 37% of youth mention always use condoms and only 38% mention not to use non-sterile needles despite these being two of the most important ways to prevent contracting sexually transmitted diseases. These responses demonstrated that more information on STDs is needed among young people.

How to Prevent Sexual Transmitted Disease



Conclusions & Recommendations

- The respondents have some knowledge on pregnancy, STDs, HIV/AIDS, and other sexual and reproductive health (SRH) issues. However, this knowledge needs to be continuously improved to increase their self-perceived risks. The fact that the level of contraceptive usage among those who have had sex is still relatively low indicates low self-perceived risk among the respondents.
- The fact that youths engage in sexual activities regardless of their moral values needs to be accepted. Although the study indicates a higher level of respondents who have never had engaged in sexual intercourse, the majority admit to having friends who have done so. This reinforces the claim that sexual and reproductive health education should not be viewed only from morale and preventive perspective.
- Most of the respondents utilize digital media to obtain information about sexual and reproductive health, therefore it is important to provide accurate and reliable sources through this platform. It is also important to note that they also still rely on actual human interaction to get information on this topic such as from parents and teachers. Providing proper education about sexual and reproductive health for parents and teachers is as important as providing it for the youths.
- Educational and behavior change campaigns targeting youths can help ensure that they have the accurate information and tools they need to make sound decisions about their sexual health. This will result in a better ability to avoid pregnancy and prevent sexually transmitted diseases.





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