

The Relationship of Reproductive Health Education from Teachers and Parents with Adolescents' Attitudes to Free Sex at SMA Negeri 1 Tapa

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ABSTRACT

Adolescence is a developmental stage characterized by rapid physical, psychological, and social changes, making adolescents more vulnerable to engaging in risky sexual behaviors. Reproductive health education provided by teachers and parents plays a crucial role in shaping adolescents' attitudes toward free sex. However, limited communication and comprehensive education may increase the risk of unhealthy sexual behaviors. This study aimed to analyze the relationship between reproductive health education provided by teachers and parents and adolescents' attitudes toward free sex at SMA Negeri 1 Tapa. This quantitative analytical study employed a cross-sectional design. The study population consisted of 478 students, with 83 respondents selected using proportionate stratified random sampling. Data were collected using structured questionnaires and analyzed through univariate analysis and Spearman Rank correlation with a significance level of 5% ($\alpha = 0.05$). Most respondents received reproductive health education from teachers at a moderate level (56.7%) and from parents at a high level (73.5%). Adolescents' attitudes toward free sex were predominantly in the moderate category (51.8%). The findings revealed a significant relationship between reproductive health education provided by teachers and adolescents' attitudes toward free sex ($p = 0.022$; $r = -0.252$). Likewise, a significant relationship was found between reproductive health education provided by parents and adolescents' attitudes toward free sex ($p = 0.022$; $r = -0.252$). The correlation coefficients indicated a weak negative relationship, suggesting that better reproductive health education was associated with more positive attitudes in rejecting free-sex behavior. Reproductive health education provided by teachers and parents is significantly associated with adolescents' attitudes toward free sex. Strengthening collaboration between schools and families through continuous, comprehensive, and age-appropriate reproductive health education is essential to foster responsible attitudes toward reproductive health among adolescents.

INTRODUCTION

Adolescents are a population with an age period of 10-19 years. Adolescence or time adolesens It is a very crucial period of development which is characterized by physical, psychological, and social changes that take place rapidly. In this phase, adolescents begin to search for identity, experience increased biological drive, and are in the stage of exploration of various behaviors including sexual behavior. These changes make adolescents a vulnerable group to risky decisions especially when the information and guidance received are inadequate, therefore understanding the factors that influence adolescent attitudes, especially related to promiscuous sex (Anggraini et al., 2022).

Previous studies have also supported the finding that low levels of reproductive health knowledge are closely related to adolescent sexual behavior. Other research also revealed that adolescents who have limited

knowledge of reproductive health tend to engage more often in risky sexual behaviors with a lack of knowledge of reproductive health being the dominant factor influencing the tendency to risky sexual behaviors in adolescents. In the midst of technological developments and wider exposure to digital media, reproductive health education is an important component in shaping adolescents' understanding of the risks of sexual behavior (Nurvitasari & Wahyudi, 2025)

Risky sexual behavior among adolescents has become a global concern, Based on WHO data (2022), around 43.1% of adolescents worldwide have had premarital sexual intercourse, with about 500,000 adolescents experiencing pregnancy each year, and 70% of them unmarried, this condition shows that there are still many adolescents who do not understand the risks of irresponsible sexual behavior. A similar situation also occurred in Indonesia. The phenomenon of premarital sexual behavior is a serious challenge in Indonesia, data from the BKKBN (2023) shows that 7.1% of adolescents have had sexual intercourse before marriage, This condition is exacerbated by the high rate of early marriage in adolescents (Permata Sari et al., 2024)

Research (Andriani et al. 2022) states that the causes of the increase in early marriage in Indonesia are influenced by many factors, including low education, customs, and free sex in adolescents. The Central Statistics Agency (BPS, 2024) noted that around 10.35% of women aged 15–19 years in Indonesia have been married before the age of 25, although this figure has decreased from the previous year, but it is still far from the national target of 8.74% by 2025 (Lestari et al., 2019).

This phenomenon shows that adolescents in Indonesia still face major challenges in terms of understanding, self-control, and decision-making related to sexuality. One of the fundamental causes is the lack of correct and comprehensive information about reproductive health, The lack of open communication between adolescents and parents, as well as the limited role of schools in providing preventive health education are the main triggers for the emergence of risky sexual behavior among adolescents (Ningsi, 2022).

This condition also occurs at the regional level, including in Gorontalo Province. Based on data obtained from the PBS Central Statistics Agency in 2025, early marriage in Gorontalo Province reached 15.29 percent and became the 8th province with the highest rate of early marriage in Indonesia. This is also proven based on information from the Gorontalo religious high court published by the Hulondalo.id website showing that the rate of early marriage in Gorontalo Province is still very worrying. In the period from January to August 2025, there were 347 applications for marriage dispensation involving teenagers under the minimum age of marriage. Gorontalo Regency was recorded as the region with the highest number of cases, namely 84 cases, followed by Bone Bolango Regency with 80 cases, Gorontalo City with 76 cases, North Gorontalo Regency with 50 cases, Pohuwato Regency with 36 cases, and Boalemo Regency with 21 cases.

The Deputy Registrar of Appeals of the Gorontalo Religious Court explained that the high rate of early marriage is related to the lack of family supervision of school-age children. Junior high and high school teenagers are a vulnerable group because they tend to be more open to friends or the surrounding environment than to their parents, so families only know about the problem when the situation is urgent. This condition encourages the Religious Court to appeal to parents and teachers to increase supervision and communication with them.

This phenomenon shows that sexual behavior problems in adolescents do not only occur in large cities, but have also spread to areas with social control that were previously considered strong. This means that adolescents in Gorontalo also face the same risk of promiscuous sexual behavior due to a lack of effective education and supervision.

One of the main factors contributing to the increase in promiscuous sex behavior in adolescents is the lack of reproductive health education from parents and teachers. Some parents still consider talking about sexuality to be taboo, so children don't get the right information and end up finding out through peers or social media who often provide wrong information. On the other hand, reproductive health education in schools often only discusses biological aspects, without emphasizing the moral, social, and emotional dimensions, in fact, the role of teachers as formal educators and parents as primary educators at home has a great influence in shaping adolescents' attitudes towards sexual behavior. Thus, synergy between teachers and parents is very important to equip adolescents with the correct knowledge and values about reproductive health (Ronaldo Divalo Ginting et al., 2024).

Teachers play a strategic role as facilitators who can provide scientific information and instill moral values through classroom learning and counseling activities. The education provided by teachers can improve students' understanding of the physical and psychological changes that occur during puberty as well as the risks of promiscuous sex behavior (Agung Indra Wijaya, 2023).

Meanwhile, parents have an important role to play in providing supervision, open communication, and positive emotional support. According to (Sabilah et al., (2024) Collaboration between schools and families can reinforce reproductive health messages and help shape more responsible behaviors in adolescents. In other words, teachers and parents are the two main pillars in sexuality education that complement each other and determine the direction of shaping adolescents' attitudes towards free sex.

The results of previous research also reinforce the importance of this synergy. Research by (Maria Elisa., (2025) in East Nusa Tenggara showed a significant relationship between parental and teacher support and adolescent free sex behavior ($p\text{-value} = 0.000$). The study found that adolescents who received educational support from teachers and parents tended to have more positive attitudes toward reproductive health and rejected risky

sexual behaviors. This proves that the greater the exposure to reproductive health education from both parties, the better the attitude of adolescents in dealing with the temptation of promiscuous sexual behavior.

A similar condition was also found based on the results of initial observations made by researchers at SMA NEGERI 1 TAPA on January 17, 2026 using the interview method conducted with students, it was found that there were 10 students who had been dating and engaged in risky sexual behavior because they were often influenced by their boyfriends such as being asked to hold hands, hug. This was also done with interviews with counseling guidance teachers and the results were obtained that in 2020 there were 2 students who dropped out of school because they wanted to get married for certain reasons, interviews were also conducted with research friends as alumni in 2018 at the school also said the same thing, where at that time it happened that one of the students dropped out of school because she was pregnant out of wedlock. As such, this issue needs to get serious attention to prevent a wider social and psychological impact on adolescents.

Based on the description above, it can be concluded that low exposure to reproductive health education from teachers and parents has the potential to influence adolescents' attitudes towards risky sexual behavior. Therefore, the researcher was interested in conducting a study entitled "The Relationship between Reproductive Health Education from Teachers and Parents and Adolescents' Attitudes to Free Sex at SMA NEGERI 1 TAPA."

RESEARCH METHODOLOGY

This research was conducted at SMA Negeri 1 Tapa This research was conducted on February 07-27, 2026. The research design used in this study is analytics with a design Cross Sectional Study, which is a research design to study the dynamics of the correlation between risk factors and effects, by way of approach, observation or data collection at the same time (point time approach). This means that each research subject is only observed once and measurements are made on the character status or subject variables at the time of examination (Herdiani, 2021). The purpose of this study is to see the relationship between reproductive health education from teachers and parents and adolescents' attitudes towards free sex.

The population in this study is all students of SMA NEGERI 1 TAPA both male and female students totaling 478 students, the population consists of students in grades X, XI, and XII whose respective levels are further divided into several study groups (for example, class X consists of X-1, X-2, and X-3).

Data Analysis Techniques

Univariate Analysis

Univariate analysis aims to describe the characteristics of each variable studied. The research variables studied were reproductive health education from teachers and exposure to reproductive health education from parents, adolescents' attitudes towards free sex, this univariate analysis was used to obtain the frequency distribution of each variable.

Bivariate analysis

Bivariate analysis is a method used in research involving two variables. The goal is to test hypotheses, understand meaning, and measure the degree of relationship between dependent and independent variables. Bivariate analysis helps to understand how two variables interact with each other, whether in the form of comparisons, associations, or correlations. This analysis is used to look at the influence between independent variables and bound variables.(Arifin et al., 2022). The bivariate analysis in this study is to find out relationship of the two variables, namely the independent variable X (Reproductive Health education from guruX1 and parentsX2), and dependent Y (Adolescent attitudes towards promiscuous sex), using a statistical test that is Spearman Rank with a significant level of 10% (0.1).

RESULTS

Respondent Characteristics

Table 1 Characteristics of SMAN 1 TAPA Students by Gender

Yes	Gender	Respondent Distribution	
		Frequency (N)	Percentage (%)
1	Male	12	14,5
2	Women	71	85,5
Total		83	100

Source: Primary Data 2026

Based on Table 1, the characteristics of respondents by gender show a difference in the number between males and females in this study. Of the total 83 respondents, most of them were women with a total of 71 people (85.5%), while male respondents amounted to 12 people (14.5%). The data shows that the participation of respondents in this study is dominated by adolescent girls.

Univariate Analysis**Distribution of respondents based on reproductive health education from teachers**

Table 2. Distribution of Reproductive Health Education Level from Teachers of SMAN 1 Tapa

Yes	Health Education from Teachers	Respondent Distribution	
		Frequency (N)	Percentage (%)
1	Low	10	12
2	Medium	47	56,7
3	Height	26	31,3
Total		83	100

Source: Primary Data 2026

Based on the table above, the health education provided by teachers shows that most of them are in the medium category, namely 47 people (56.7%). Furthermore, 26 respondents (31.3%) were in the high category, while the least number was in the low category, namely 10 people (12%). This data shows that the majority of respondents have obtained health education from teachers at a moderate level.

Distribution of respondents based on reproductive health education from parents

Table 3 Distribution of Reproductive Health Education Level from Parents of Students of SMAN 1 Tapa

Yes	Health Education from Parents	Respondent Distribution	
		Frequency (N)	Percentage (%)
1	Low	0	0
2	Medium	22	26,5
3	Height	61	73,5
Total		83	100

Source: Primary Data 2026

Based on the table above, health education provided by parents shows that most of them are in the high category, which is 61 people (73.5%). Furthermore, 22 respondents (26.5%) were in the medium category, while there were no respondents in the low category (0%). This data shows that the majority of respondents have obtained health education from their parents at a high level.

Distribution of respondents based on adolescents' attitudes towards promiscuity

Table 4. Distribution of adolescents' attitudes towards free sex SMAN 1 TAPA students

No	Health Education from Parents	Respondent Distribution	
		Frequency (N)	Percentage (%)
1	Low	8	9.6
2	Medium	43	51.8
3	Height	32	38.6
Total		83	100

Source: Primary Data 2026

Based on the table above, adolescents' attitudes towards free sex of students at SMAN 1 Tapa show that most of them are in the medium category, which is 43 people (51.8%). Furthermore, 32 respondents (38.6%) were in the high category of 8 people (9.6%).

Bivariate Analysis

Table 5. Spearman Correlation Test Results of Free Variables and Bound Variables

X	Teenage Attitudes Towards Free Sex			
	N	%	P-Value	R Value
Teacher Education	83	100	0.022	-0.252
Parent Education	83	100	0.022	-0.252

Source: Primary Data 2026

Based on the results of the analysis in the table, it is known that from a total of 83 respondents after a statistical test using Spearman correlation (Rho), a significance value (p -value) of 0.022 (< 0.05) was obtained in the variable of teacher education on adolescents' attitudes towards promiscuous sex. The value of the correlation coefficient (r) obtained was -0.252. This shows that there is a significant relationship between health education from teachers and adolescents' attitudes towards promiscuous sex.

The correlation coefficient of -0.252 showed that the exposure to reproductive health education from teachers and parents had an inverse relationship with adolescents' attitudes towards promiscuous sex, where increased educational exposure tended to be followed by a change in adolescents' attitudes in the opposite direction, according to the direction of the measurement scale used in the study. In the measurement scale of this study, if a higher score indicates an attitude of refusing free sex, then a negative correlation means an increase in education followed by a decrease in an attitude of refusal to promiscuous sex. This means that health education provided by teachers and parents has a role in shaping adolescents' attitudes towards free sex. Improving the quality and intensity of education provided in the school and family environment is expected to strengthen adolescents' attitudes to avoid promiscuous sexual behavior.

DISCUSSION

Reproductive Health Education Level from SMAN 1 Tapa Teachers

Based on the results of the analysis of data on the level of reproductive health education from teachers of SMAN 1 Tapa, it shows that the majority of students have received health education from teachers at a moderate level, namely 47 people (56.6%). Furthermore, 26 respondents (31.3%) were in the high category, while the least number was in the low category, namely 10 people (12%).

The results of the study also show that the level of reproductive health education from teachers at SMAN 1 Tapa, the majority of whom are in the medium category. This can be attributed to the grade level of the respondents, where the results of the study found that most of the respondents with the middle category were in grade 12. Grade 12 students have a better level of exposure to sexual health education than grade 10 and grade 11 students due to age, emotional and cognitive maturity, and length of exposure to information in the school environment. Grade 12 students have been in the school environment for longer so it is possible that they have received reproductive health materials several times through lessons and socialization from teachers.

Theoretically, according to Jean Piaget's theory of cognitive development, adolescents are at a formal operational stage, in which individuals begin to be able to think abstractly, logically, and systematically. However, this ability is still in the developmental stage so it is not yet fully mature in understanding complex concepts such as reproductive health. This causes adolescents to be able to receive information, but not necessarily be able to internalize it deeply, so that the level of education they have tends to be in the medium category.

Education about reproductive health in adolescence is very important because adolescence is a transition phase to adulthood, where significant physical, psychological, and social changes occur. Without proper understanding, adolescents are vulnerable to risks such as unwanted pregnancies, sexually transmitted diseases, and psychological problems due to lack of information. Reproductive education helps them understand their bodies, maintain their health, and make responsible decisions (Elisa, 2025)

The Ministry of Education has emphasized the importance of reproductive health education as part of character education and the formation of a healthy generation carried out by teachers in schools. Schools can be a safe place for teenagers to obtain correct information (Ministry of Education and Culture, 2025). The reproductive education provided covers various aspects, ranging from understanding the reproductive organs, the puberty process, prevention of sexual violence, and the importance of respecting oneself and others. Teachers play a very important role in providing an open and inclusive discussion space, so that adolescents can ask questions without fear or embarrassment. Reproductive education will help raise awareness of the importance of mental and physical health. Thus, reproductive education is not just knowledge, but a long-term investment to create a healthy generation (Nurvitarsari, 2025)

This is supported by Anggariyanti's research (2025), showing that increasing the understanding of reproductive health in adolescents is highly dependent on providing education that is appropriate to the stage of age development, especially during puberty and adolescents in school. However, in practice, the education provided in schools is often still limited to basic materials and has not been delivered comprehensively, resulting in only a moderate level of understanding.

The results of the study also showed that the level of reproductive health education by teachers at SMAN 1 Tapa was in the high category with a total of 26 respondents (31.3%). Based on the results of the interviews, students with a high level of exposure to reproductive health education admitted that they were active in discussions when receiving material about reproductive health. In addition, students also said that there was openness of teachers in delivering material so that students could more easily understand the education provided. This shows that reproductive health education from teachers to students has been running well.

This can be attributed to the Social Learning theory from Bandura which emphasizes the role of teachers as models in the learning process. Teachers who are able to provide knowledge in an interactive and contextual

manner will be easier for students to imitate, so that their level of understanding of reproduction increases. The results of this study are in line with the research of Haryanti et al. (2025) which emphasized that the optimization of the UKS program in elementary schools can significantly increase students' knowledge scores, which is by 67%. Thus, the high percentage of respondents in the high category reflects the success of teachers in integrating innovative and participatory methods in reproductive health learning in schools.

Meanwhile, in this study there is a low category with a total of 10 respondents (12%) indicating that there are still obstacles in the education process. One of the obstacles that affects is the factor of student absenteeism in reproductive health counseling or socialization activities. From the results of interviews with these 10 respondents, on average they often skip to participate in counseling or sexual health socialization activities at school. Other barriers can be limited teacher experience in delivering sensitive material, or lack of support for school facilities.

According to the Health Belief Model (HBM), students with low knowledge tend to have greater barriers perception than the benefits obtained from reproductive health education, students who often do not attend classes or educational activities will have an impact on their knowledge so that students' reproductive knowledge is in the low category. This is in line with Triana & Pandu's (2023) research which found that teachers who have not received special training tend to lack confidence in delivering reproductive health materials, resulting in a low level of understanding of students as 47% still have low knowledge about reproduction. Therefore, although the number of low categories is relatively small, it is still a concern to improve the quality of teacher training and strengthen the support of school programs in providing health education to students.

Thus, it can be concluded that the majority of the level of reproductive health education from teachers who are in the medium category in SMAN 1 Tapa students is influenced by the age factor of adolescents who are still in the stage of cognitive and psychosocial development. Therefore, a more comprehensive, interactive, and appropriate educational strategy is needed in accordance with the characteristics of adolescent development so that their understanding can improve optimally and be able to form healthy attitudes and behaviors.

Reproductive Health Education Level from Parents of SMAN 1 Tapa Students

Based on the results of the study, the level of reproductive health education provided by parents shows that most of them are in the high category, which is 61 people (73.5%). Furthermore, 22 respondents (26.5%) were in the medium category, while there were no respondents in the low category (0%). This data shows that the majority of respondents have obtained health education from their parents at a high level.

The level of reproductive health education from parents in SMAN 1 Tapa students, the majority of whom are in the high category, can be attributed to the residence status of respondents who mostly live with their parents. This condition allows for more intense interaction between adolescents and parents, especially in terms of communication, supervision, and information related to reproductive health.

Theoretically, the family is the first and main environment in the process of socializing children. Parents have an important role as a source of information, a guide, and a control of children's behavior. In social learning theory, children acquire knowledge and behavior through direct interaction, observation, and communication with parents. The more often the interaction occurs, the greater the chance for children to receive the correct information, including related to reproductive health.

Parental involvement in reproductive education can prevent various risks such as promiscuity, teenage pregnancy, and misinformation from the media. By providing good knowledge, parents help children understand their boundaries, appreciate their bodies, and make smarter decisions.

The results of Harahap's research (2025) support this. Studies show that parents are the main source of reproductive health information for adolescents, and good communication between parents and children can improve adolescents' knowledge, attitudes, and decision-making regarding sexual and reproductive health. Open communication in the family has a great influence on the cognitive and behavioral development of adolescents. Conversely, a lack of communication can negatively impact adolescents' sexual understanding and behavior. This shows that the close relationship between parents and children, which generally occurs in adolescents living with their parents, plays an important role in improving the quality of education received.

The results of the study also show that the level of reproductive health education by parents of students at SMAN 1 Tapa is in the medium category with a total of 22 respondents (26.5%) which shows that reproductive health education from parents to children has been carried out, but is not fully optimal. The results of the interviews showed that some students were less active in participating in discussions or felt embarrassed to pay attention and ask questions when they received advice about sexual health from their parents. The shyness factor, the assumption that sexual topics are taboo, and the lack of open communication between parents and children can also affect the low exposure to sex education that some students receive.

This can be explained through Interpersonal Communication Theory which emphasizes the importance of openness, trust, and warmth in parent-child interaction. Many parents still feel that the topic of reproductive health is sensitive or taboo, so its delivery tends to be limited. This is in line with research by Sari & Pratiwi (2022) found that most parents in Indonesia provide reproductive health education in general, but it is not in-depth due to cultural barriers and awkwardness. Thus, the category is reflecting the efforts of parents in providing education, but it still needs to be improved in quality and intensity.

Thus, it can be concluded that the high level of reproductive health education from parents in SMAN 1 Tapa students is influenced by the status of living with parents which allows for intense communication, better supervision, and continuous provision of information. This condition shows that the presence of parents in adolescent life has a strategic role in improving the understanding of reproductive health optimally.

Adolescents' attitudes towards free sex in SMAN 1 Tapa students

Based on the results of the analysis of adolescent attitudes towards free sex of SMAN 1 Tapa students, it shows that the majority of students behave in the moderate category regarding free sex, namely 43 people (51.8%). Furthermore, 32 respondents (38.6%) were in the high category, while the least number was in the low category, which was 8 people (9.6%).

The results of the study showed that adolescents' attitudes towards free sex at SMAN 1 Tapa were in the moderate category that dominated, namely 43 respondents or 51.8% so that most adolescents did not completely reject free sex, but also did not fully accept. The results of the interviews showed that most students were aware of the negative impact of free sex, but sometimes still showed high curiosity. Students in this category tend to be easily influenced by the environment of friends and social media,

This is in accordance with Erik Erikson's theory of psychosocial development, in which adolescents are in the stage of searching for identity and often try various behaviors to find their identity. Environmental factors and social media greatly influence their attitudes. Relevant research by maria in 2022, found that exposure to sexual content in digital media increases permissive attitudes towards promiscuous sex, but its influence can be suppressed through reproductive health education programs in schools.

The results of the study showed that adolescents' attitudes towards free sex at SMAN 1 Tapa were in the high category of 32 respondents or 38.6%. A high attitude towards promiscuous sex indicates strong self-control and stronger moral and religious values. Respondents said they were more open to receiving advice from parents, teachers, and health workers. In addition, some students stated that religious values, family norms, and reproductive health education were the main reasons they rejected promiscuous sexual behavior.

Adolescents in this category tend to be able to maintain social boundaries, choose a positive friendship environment, and avoid activities that have the potential to lead to risky sexual behavior. According to Travis Hirschi's theory of social control, deviant behavior can be minimized if individuals have a strong attachment to family, school, and social norms. Adolescents in this category have good social support, open communication with parents, as well as an environment that emphasizes the importance of maintaining healthy sexual behavior.

The results of this study also show that there is a teenage attitude towards free sex at SMAN 1 Tapa in the low category of 8 respondents or 9.6%. Adolescents in this category tend to be more permissive towards premarital sexual behavior, less able to set boundaries in association, and more easily influenced by peer invitations or social media content. Some students admitted that they rarely get in-depth sexual health education from their families and schools. Low attitudes toward promiscuous sex can increase the risk of risky sexual behavior in adolescents.

According to Albert Bandura's social learning theory, this behavior is formed through observation and imitation of the surrounding environment, including peers and the media. This permissive attitude often arises due to a lack of knowledge about reproductive health risks, as well as weak parental supervision. Recent global research (WHO, 2024) confirms that adolescents with permissive attitudes towards promiscuous sex are more susceptible to unwanted pregnancies and sexually transmitted infections. Therefore, interventions in the form of sex education and reproductive health campaigns are essential for adolescents today.

Researchers assume that most adolescents are in the moderate category in attitudes toward promiscuous sex, which suggests that they are still influenced by environmental and media factors. Meanwhile, adolescents with low attitudes are still present, thus underscoring the need for sex education as well as family and school support to reduce the risk of unhealthy sexual behavior.

The Relationship of Reproductive Health Education from Teachers and Parents to Adolescents' Attitudes Towards Free Sex

Based on the results of a statistical test using Spearman correlation (Rho), a significance value (p-value) of 0.022 (< 0.05) was obtained on the variables of teacher and student education on adolescents' attitudes towards promiscuous sex. The value of the correlation coefficient (r) obtained was -0.252. The results of the study showed that there was a significant relationship between reproductive health education from teachers and parents and adolescents' attitudes towards free sex. This means that the alternative hypothesis (H_a) is accepted and the zero hypothesis (H_0) is rejected, so it can be concluded that reproductive health education has a meaningful relationship with adolescents' attitudes towards promiscuous sex.

Theoretically, reproductive health education is an important part of shaping adolescent attitudes and behaviors. In the theory of Knowledge-Attitude-Practice (KAP), it is explained that good knowledge will affect the formation of attitudes, which will further have an impact on individual behavior. Adolescents who receive adequate reproductive health education tend to have a better understanding of the risks and consequences of proper-free sexual behavior, thus forming a more cautious attitude and not supporting such behavior (Liao, 2023).

In addition, in the theory of social learning by Albert Bandura, individuals learn through the process of observation, imitation, and interaction with their social environment. Teachers and parents play a role as the main role models in providing information, values, and norms related to reproductive health. Through intense communication and interaction, adolescents can absorb the correct information and internalize the values given, thus influencing their attitudes towards free sex (Wahyuni, 2022).

The results of this study are in line with Teda's (2025) research. Recent studies show that appropriate reproductive health education provided by parents and teachers is significantly related to adolescents' more negative attitudes towards promiscuous sexual behavior. Other research has also found that adolescents who receive comprehensive reproductive health information tend to have a more responsible attitude and are able to avoid risky behaviors. The results of the latest research reveal that open communication between parents, teachers, and adolescents can increase understanding and form a more positive attitude in maintaining reproductive health. Conversely, a lack of education can lead to misunderstandings and increase the risk of unhealthy sexual behavior in adolescents.

In the results of the study, it was found that there were students with low exposure to sexual health education but had a high attitude towards free sex or tended to reject this behavior. This can happen because there are other factors that are more dominant in shaping their attitudes, such as religious education, family moral values, and parental supervision. Based on the results of the interviews, some students admitted that although they did not receive much formal sexual education, they often received advice from their parents about maintaining socializing, maintaining self-respect, and obeying religious teachings. A disciplined and religious family environment makes students have strong boundaries in interacting with the opposite sex.

In addition, there are students with a high level of exposure to sexual health education but still have a permissive or low attitude towards promiscuous sex. Based on the results of the interviews, this condition can be influenced by the social environment and media that are more dominant than the education received. Some students claim to be aware of the risks of free sex from school and parents, but they consider such behavior to be normal in modern adolescence.

The influence of peers and social media makes them see premarital sexual relationships as a form of personal freedom or proof of maturity. The development of technology and social media makes adolescents easily exposed to content that normalizes free sexual behavior. Although they have sufficient knowledge, not all adolescents are able to apply this knowledge in their daily attitudes and behaviors. Knowledge without strengthening moral values, self-control, and environmental supervision can cause adolescents to remain permissive towards promiscuous sex.

Reproductive health education provided by parents and teachers plays an important role in shaping adolescents' attitudes towards free sex. The higher the reproductive knowledge students have, the greater their awareness of the risks and consequences of risky sexual behavior. This is in line with the Health Belief Model which explains that individuals with good knowledge will have a higher perception of the threat of the negative impacts of promiscuous sex, so they tend to avoid it. Research by Nurhayati et al. (2023) shows that open family communication about reproductive health is positively related to adolescents' more cautious attitudes in relationships. Similarly, the study of Setiyorini et al. (2024) confirms that school-based educational interventions are able to increase adolescents' self-efficacy to reject invitations to promiscuous sex.

Thus, the researcher assumes, the better the education provided, the more adolescent attitudes are formed who tend to reject or do not support promiscuous sexual behavior. Therefore, it is necessary for teachers and parents to play an active role in providing reproductive health education in a sustainable, comprehensive, and in accordance with adolescent development in order to form a healthy and responsible attitude.

CONCLUSION

The level of reproductive health education provided by teachers to SMA Negeri 1 Tapa students is mostly in the medium category (56.7%), followed by the high category (31.3%) and the low category (12%). This shows that the majority of students have obtained reproductive health education from teachers at a sufficient level.

The level of reproductive health education provided by parents to SMA Negeri 1 Tapa students was mostly in the high (73.5%) and medium category (26.5%), and there were no respondents in the low category. This data shows that the role of parents in providing reproductive health education is relatively good.

The attitude of adolescents towards free sex of SMAN 1 Tapa students shows that the majority of students behave in the moderate category regarding free sex, which is as many as 43 people (51.8%). Furthermore, 32 respondents (38.6%) were in the high category, while the least number was in the low category, which was 8 people (9.6%).

There was a significant relationship between reproductive health education from teachers and adolescents' attitudes towards promiscuous sex, with a p-value of 0.022 (< 0.05) and a correlation coefficient (r) of -0.252, indicating a weak relationship with negative directions.

There was a significant relationship between reproductive health education from parents and adolescents' attitudes towards promiscuity, with a p-value of 0.022 (< 0.05) and a correlation coefficient (r) of -0.252, indicating

a weak association with negative directions. This indicates that the better the education provided, the more adolescents' attitudes tend to be less supportive of promiscuous sexual behavior.

ADVICE

The next research is expected to develop the variables studied by adding other factors that have the potential to influence adolescents' attitudes towards promiscuous sex, such as peer influence, social media, social environment, and cultural factors. In addition, it is recommended to use different research designs, such as regression in order to find out the influence and cause-and-effect relationship in more depth. A larger sample count and a wider coverage of the research area are also recommended so that the results of the study can be generalized more optimally.

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