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The Impact of Social Media Use on Sexual Behavior Among Adolescents: Literature Review

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ABSTRACT

Introduction: One of the common sexual issues is sexual behavior, which is predominantly engaged in by adolescents aged 15-24. Approximately 15–20% of teenagers in Indonesia have had premarital sex, and around 2.3 million adolescents have undergone abortions. Additionally, there have been 1.7 million cases of unintended pregnancies (UP) and births among teenagers under the age of 24. The increase in sexual behavior among teenagers can be attributed to several factors, one of which is exposure to sexual content on social media. Most teenagers typically engage in sexual activities of their own volition, influenced by social media.

Objective: The objective of this study is to understand the influence of social media use on adolescent sexual behavior.

Method: This study is a scoping review using the PRISMA approach. The data sources for this research were obtained by accessing electronic databases or journal provider websites online from Google Scholar, PubMed, and Scopus, which have published articles in the last 5 years.

Result: The ease of access to information about sexual behavior through social media can encourage teenagers to engage in sexual activities. However, social media can also provide information on preventing sexual behavior, helping teenagers avoid such actions. Therefore, the use of social media among teenagers has both positive and negative influences and impacts on sexual behavior.

Conclusion: Social media use among adolescents has both positive and negative impacts. The negative impact of social media can include easy access to sexual or pornographic content, which may encourage adolescents to engage in sexual behavior. On the other hand, the positive impact is that adolescents can use social media as a source of information on sexual education to prevent them from engaging in sexual behavior.

Keywords: Social Media Usage; Sexual Behavior; Adolescents

INTRODUCTION

Adolescence is a period when individuals enter puberty, which is the stage of sexual development from childhood to adulthood (1). During adolescence, many negative or deviant behaviors are often exhibited by teenagers, who consider such behaviors to be normal (2). Additionally, adolescence is a period filled with curiosity about everything, including sexual matters (3). Sexual issues often trap adolescents in risky sexual behaviors, which can lead to premarital sex (4).

One of the common sexual issues is sexual behavior, which is actively engaged in by the majority of adolescents aged 15-24 years (5). The sexual behaviors exhibited by adolescents vary widely, ranging from sexual abstinence, sexual fantasies, flirting, touching, hugging, and kissing to genital-involving actions such as oral sex, anal sex, and vaginal sex, or premarital sexual behavior (6). Premarital sexual behavior among adolescents is risky and has negative consequences, including health vulnerabilities and even the potential for death (7). Sexual activity among adolescents and young adults is increasing worldwide, putting them at higher risk compared to other age groups. This rise is accompanied by consequences such as unwanted pregnancies, which can lead to ongoing issues like abortion and premature birth, as well as the transmission of sexually transmitted infections (STIs), including HIV, which can result in death (8).

Based on data from the 2017 Indonesia Demographic and Health Survey (IDHS), 59% of women and 74% of men had their first sexual experience at the age of 15-19 years. Additionally, there are 44 million people aged 15-24, with about 8% of male adolescents and 2% of female adolescents admitting to having engaged in premarital sex. Furthermore, 11% of these adolescents have experienced unwanted pregnancies. According to research conducted by Marliana Rahma in 2018, about 15-20% of adolescents in Indonesia have engaged in premarital sex, and as many as 2.3 million adolescents have had abortions. Additionally, there are 1.7 million cases of unwanted pregnancies and births by adolescents under the age of 24 (9). Premarital sexual behavior among adolescents not only leads to an increase in abortion cases but also contributes to the rise in sexually transmitted infections such as HIV/AIDS. In 2017, there were 48,300 cases of HIV/AIDS in Indonesia, with 20% of them among adolescents (10).

The increase in premarital sexual behavior among adolescents can be attributed to several factors, one of which is exposure to sexual content on social media (11). Social media exposure is currently a significant concern, as internet access has become a necessity and a part of everyday life for everyone (12). According to guidelines issued by the Indonesian Ministry of Education and Culture for parents, storybooks, magazines, pictures, videos, and the internet, as well as social media, are sources of pornographic content that are easily accessible to children and adolescents through electronic media. A study conducted by North Carolina, as cited by Kusumaningsih (2023), states that most adolescents engage in sexual activity due to their own willingness, which is influenced by social media (13). The higher the use of social media and the more frequent access to pornographic content, the greater the impact on adolescent sexual behavior (14).

Advancements in technology today can encourage adolescents to engage in sexual behavior due to the easy access to information that can influence them. Additionally, continuous exposure to pornography through media can increase their sexual desires (15). According to a study by Novanda and Supriyanto, adolescents are often involved in the negative impacts of social media, including extravagant lifestyles, the spread of fake news, criminal activities, and promiscuous sex (16). However, social media can also be utilized as a platform for providing information, sexual health education, and creative and innovative counseling that is easily accessible to teenagers, with the aim of reducing or preventing sexual behavior among adolescents (17). The ease with which adolescents can access socio-sexual information through social media necessitates efforts or control measures, such as increased parental supervision and monitoring by those close to them, to ensure the appropriate use of social media for their age, especially for adolescents, as many of them do not fully understand the effects of sexual behavior (18). Therefore, it is essential to understand the impact of social media use on sexual behavior, including both its positive and negative effects on teenagers.

METHOD

The method used in this study is a Literature Review with the PRISMA approach (Preferred Reporting Items for Systematic Review and Meta-Analyses Extension for Scoping Reviews). This method is employed to assess acceptable articles and to focus the study more specifically, which will later be used to draw conclusions. The articles used as sources of information were accessed through electronic databases or online journal providers such as Google Scholar, PubMed, and Scopus, covering publications from the last 5 years.

The keywords used in the article search were "social media use," "social media access," "sexual behavior," and "adolescent sexual behavior." The inclusion criteria were: (1) original research; (2) open access and full-text articles; and (3) articles relevant to the use or access of social media influencing premarital sexual behavior. The exclusion criteria were: (1) articles with literature review research methods; and (2) articles that were inaccessible or incomplete in text. A total of 1,076 articles were found, with 722 articles from Google Scholar, 338 articles from

Scopus, and 16 articles from PubMed. The literature search is summarized in the PRISMA Diagram in Figure 1. Based on the search and review of articles conducted through the database, 12 relevant articles were found, consisting of 10 national articles and 11 international articles. These articles were then summarized and compiled into a table as follows.

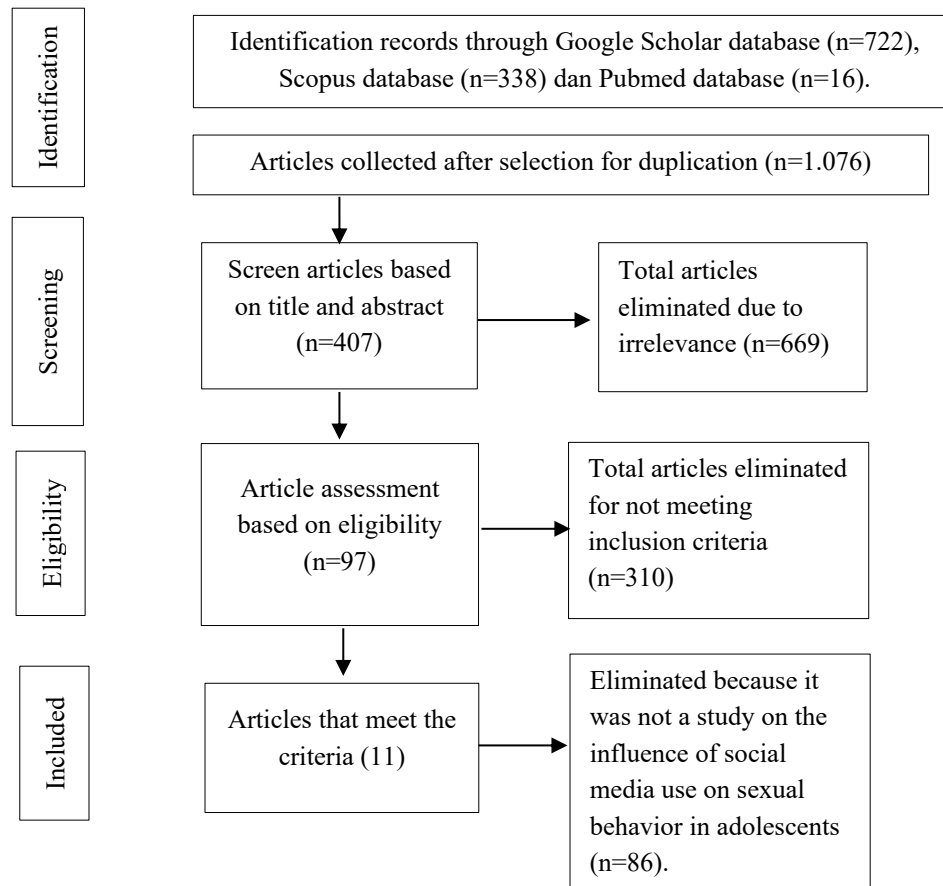


Figure 1. PRISMA diagram

RESULTS

Based on the search and review of articles conducted through the database, 12 relevant and suitable articles were identified, comprising 10 national articles and 11 international articles. These articles were then summarized and compiled into Table 1 as shown.

Tabel 1. Results of Literature Review articles

No	Title	Authors	Location	Year	Study Desain	Result
1	Hubungan Penggunaan Situs Media Sosial dengan Perilaku Seksual Remaja di SMAN 14 Kota Tangerang	Syifa Nuraeni, Azizah Al Ashri Nainar dan Hikmah	Kota Tangerang.	2021	Correlational analytic research with a Cross-Sectional approach.	The results of the chi square statistical test with a 2x2 distribution table show a p value = $(0.031) < \alpha (0.05)$, so it can be stated that there is a relationship between the use of social media sites and adolescent sexual behavior.
2	Pengaruh Media Sosial dan Peran Keluarga terhadap Perilaku Seksual Remaja di Wilayah Kerja Puskesmas Kabil	Mona Rahayu Putri, Rachmawati Abdul Hafid dan Sri Dewi Haryati	Puskesmas Kabil, Kota Batam.	2020	Analytic observational study with Cross Sectional design.	The results of the bivariate analysis conducted using the Chi-Square test found that there was an effect of social media use on adolescent sexual behavior with a p value of 0.001.

3	Perilaku Seksual PraniKah Remaja Dampak Penggunaan Media Sosial pada Sebagai Media Sosial	Wiga Ayu Putri Agustin, Roshinta Sony Anggari dan Haswita.	Banyuwang i.	2023	Quantitative descriptive design with cross sectional approach method.	The results of the Spearman Rank test obtained a p value = 0.000 ($P < 0.05$), thus the results of this study indicate a relationship between the use of social media and whether or not premarital sexual behavior in adolescents.
4	Hubungan Paparan Media Sosial (Instagram) dengan Perilaku Seks Bebas pada Remaja di SMA Negeri % Samarinda	Yuliani Winarti dan Monica Andriani	Samarinda, Kalimantan Timut.	2019	Quantitative research design with cross sectional design.	This study was conducted and used the chi-square test which obtained a p-value of 0.027 where the value was smaller than the α significant level of 0.05 so that there was a significant relationship between electronic media exposure and free sexual behavior in adolescents.
5	Faktor-faktor yang berhubungan dengan frekuensi akses pornografi dan dampaknya terhadap perilaku seksual pada remaja di kota bogor (Studi di SMA X Kota Bogor)	Sabrina Gayatri, Zahroh Shaluhiah dan Ratih Indraswari	Kota Bogor.	2020	This study used a quantitative method with a cross-sectional design.	The results of this study showed that adolescents had accessed pornography with a low frequency of <2 times per day and had non-risky sexual behavior of 78.6% and risky sexual behavior of 21.4%.
6	Dampak Sosial Media Terhadap Perilaku Berpacaran Remaja di SMAN 1 Bahorok	Kahar Mashuri	Bahorok, Sumatra Utara	2020	Analytic survey research with a cross-sectional approach sectional approach..	The results obtained from this study were that most respondents had accessed porn videos through their social media as many as 57 respondents (57.6%), and shared porn videos with their friends through social media as many as 54 respondents (54.5%).
7	Hubungan Penggunaan Media Sosial WhatsApp Berkonten Pornografi dengan Perilaku Seksual Berisiko pada Remaja di SMKN X Jakarta Timur	Nurwati Rettob dan Murtiningsih	Jakarta Timur	2021	Correlation study design.	The results of the study showed a significant relationship between the use of WhatsApp social media with pornographic content and risky sexual behavior among adolescents at SMKN X East Jakarta with a p-value = 0.040.
8	Hubungan Status Berpacaran, Paparan Media, Teman Sebaya Dan Peran Orang Tua dengan Perilaku Seksual PraniKah pada Remaja Pria di Indonesia (Analisis	Rachmadya Wira Shakti, Andrei Ramani dan Ni'mal Baroya	Indonesia	2021	Observational analytic with Cross Sectional design.	The results of this study found that there is a relationship between media exposure (owning a smartphone, accessing the internet, accessing types of print and electronic media simultaneously with frequent access intensity, and accessing through 4 media

	Lanjut Data SDKI 2017)					sources at once), with premarital sexual behavior in male adolescents in Indonesia.
9	Pengaruh Penggunaan Gadget Terhadap Perilaku Seks Remaja	Puspita Sukmawaty Rasyid, Juli Gladis Claudia dan Yusni Podungge	Kabupaten Gorontalo	2020	Analytic survey with a cross-sectional study approach.	This study concludes that there is an influence of gadget use on adolescent sexual behavior obtained p value = 0.001 ($\alpha < 0.05$).
10	Exposure to sexually explicit media in early adolescence is related to risky sexual behavior in emerging adulthood	Wen-Hsu Lin, Chia-Hua Liu dan Chin-Chun Yi.	Taiwan Utara	2020	Prospective Cohort Study	The result of this study is that exposure to sexually explicit media in early adolescence is strongly associated with three risky sexual behaviors: early sexual behavior, unsafe sex, and sexual partners in late adolescence.
11	Pengaruh Penggunaan Media Sosial Terhadap Perilaku Seksual pada Remaja	Budiman, Dzul Akmal dan Asiyami Ranistiya Widyaningrum.	Lembang, Kabupaten Bandung Barat.	2020	Quantitative approach with analytic survey research method with cross sectional survey design.	Based on the results of statistical tests obtained a p -value of 1.000, it can be concluded that there is no significant relationship between social media utilization and sexual behavior in adolescents.

Based on the table above, the results show that 10 articles indicate that social media use has an impact on sexual behavior among teenagers, while 1 article states that social media use does not influence sexual behavior in teenagers. Additionally, the findings reveal that the most influential medium on sexual behavior is social media in general, as mentioned in 6 articles. Specifically, 2 articles highlighted the influence of WhatsApp, 1 article focused on Instagram, 1 article addressed explicit media access, and 1 article discussed both print and electronic media.

DISCUSSION

Currently, the internet and social media are sources of all kinds of information that are easily accessible and can influence an individual's knowledge, attitudes, and behavior, including that of adolescents. When adolescents do not receive adequate and clear information about reproductive health and health education, it can impact their sexual behavior. Conversely, if adolescents receive sufficient information through social media, it can help them avoid engaging in sexual behaviors that could be harmful to themselves (10).

Based on the table, the research conducted by Nuraeni, Nainar and Hikmah, shows a relationship between the use of social media sites and sexual behavior among adolescents at SMAN 14 Kota Tangerang, with a p -value of 0.031. The relationship between social media use and sexual behavior among adolescents may be due to the presence of sexual content on social media, which sparks curiosity in adolescents and encourages them to engage in sexual activities. Therefore, social media has the potential to stimulate adolescents to replicate the sexual behaviors they encounter online (19).

Based on research conducted by Putri, Hafid, and Haryati, the results of the bivariate analysis indicate a significant influence between social media use and adolescent sexual behavior, with a p -value of 0.001. Adolescents' knowledge about reproductive health remains low because they still consider reproductive health information to be taboo, leading them to seek information about sexuality independently through social media. Excessive use of social media increases the risk of adolescents engaging in sexual behavior (20).

Research conducted by Agustin, Anggari, and Haswita shows that the Spearman rank test results yielded a p -value of 0.000 (<0.05), meaning H_0 is rejected and H_a is accepted, indicating a significant relationship between social media use and premarital sexual behavior among adolescents. In this study, social media use had a positive impact because adolescents who used social media less frequently exhibited better premarital sexual behavior. Adolescents who rarely use social media are less exposed to information about sexual behavior, which helps them avoid discussions related to premarital sex (12).

Based on the research conducted by Winarti and Andriani, which used the Chi-Square test, a p-value of 0.027 was obtained. This value is less than 0.05, indicating a significant relationship between social media exposure (Instagram) and sexual behavior among adolescents at SMA Negeri 5 Samarinda. The rapid and easy dissemination of information through social media results in a lack of boundaries on the content that users encounter. There are over 1 million pornographic contents easily accessible through Instagram. Additionally, SMA Negeri 5 Samarinda does not provide mass media that offers information on preventing promiscuous sexual behavior within the school environment, leading many students to access such information through social media (21).

Research conducted by Gayatri, Shaluhiah, and Indraswari found that the Chi-Square test results showed a p-value of 0.010 (<0.05), indicating a relationship between the categories of pornography accessed by adolescents and their sexual behavior. Additionally, an analysis of the types of pornographic content accessed showed a p-value of 0.000 (<0.05), indicating a relationship between the types of pornographic content accessed and sexual behavior. Adolescents accessing pornographic content will understand the categories and types of pornography, which can increase their sexual desires and may lead them to engage in activities similar to what they have seen (22).

Based on the research conducted by Kahar Mashuri, using the Chi-Square statistical test, a p-value of 0.039 (<0.05) was obtained, indicating a significant relationship between social media use and dating behavior among adolescents at SMAN 1 Baborok. Additionally, this study found that negative social media use can result in risky dating behavior that may lead to sexual behavior in 26.6% of respondents, whereas positive social media use resulted in risky dating behavior related to sexual activity in only 1% of respondents (23).

The study by Rettob and Murtiningsih found that the Chi-Square statistical test yielded a p-value of 0.040 (<0.05), indicating a significant relationship between the use of pornographic content on WhatsApp social media and risky sexual behavior among adolescents, with an Odds Ratio (OR) of 2.470. This means that if adolescents use WhatsApp with negative, pornographic content, they are more likely to engage in risky sexual behavior (24).

The research conducted by Shakti, Ramani, and Baroya found that there is a significant relationship between media exposure such as smartphone ownership, internet access, types of media accessed, and the quantity of media accessed and premarital sexual behavior among adolescent males in Indonesia, with a p-value of 0.000 for the five variables (<0.05). It is concluded that high levels of media exposure significantly influence adolescents' likelihood of engaging in premarital sexual behavior (25).

Based on the research conducted by Rasyid, Claudia, and Podungge, it was found that adolescents who engage in sexual behavior and use gadgets extensively (53.3%) are more numerous than those who do not engage in sexual behavior and use gadgets. The statistical test results yielded a p-value of 0.005, indicating that there is an influence of gadget use on adolescent sexual behavior. This is because the tendency of adolescents to use gadgets provides easy access to social media, which impacts their behavior, including sexual behavior. The majority of adolescents with high gadget use frequently access social media to watch sexual or pornographic videos and also influence their partners or close friends to watch such videos (26).

The research conducted by Lin, Liu, and Yi found that approximately 50% of respondents had been exposed to sexual media content since the 8th grade on average. Open exposure to sexual media can significantly influence the onset of early sexual behavior, unsafe sex, and having multiple sexual partners, with a p-value <0.05 . Additionally, frequent exposure to sexual media can increase the likelihood of engaging in risky sexual behaviors. The study revealed two key findings: first, open exposure to sexual media during early adolescence has a strong impact on risky sexual behavior, early sexual initiation, unsafe sexual practices, and having multiple partners. Second, frequent open use of sexual media can lead to a higher likelihood of engaging in risky sexual behavior later on. Given the negative consequences of risky sexual behavior, such as sexually transmitted infections and unplanned pregnancies, which have significant social impacts on both adolescents and society, it is crucial to address these issues (27).

The research conducted by Budiman and Akmal, using multiple logistic regression tests on variables such as desire, utilization, and intensity of media use, found a p-value >0.25 . This indicates that there is no significant effect of social media use on sexual behavior among adolescents (28). This study is consistent with the research conducted by Vannucci and Simpson, which, with a 95% confidence interval (CI) of 0.16-0.25, indicates that there is no relationship between social media access and risky behavior (29). This is because there are still many other factors influencing sexual behavior in adolescents, such as knowledge, physical maturity, parental influence, peer pressure, religious norms, casual interactions, and other social factors (30).

Based on the review findings, it can be observed that nearly all articles state that social media use, internet access, and gadget usage have a significant relationship and influence on sexual behavior among teenagers. However, there are also articles that suggest social media use does not have a significant relationship with sexual behavior in teenagers. Consequently, the use of social media in daily life can have both positive and negative impacts, depending on how individuals understand and utilize social media. Currently, social media has become a common mediator, including among teenagers. Therefore, it is necessary to monitor teenagers' use of social media to ensure it benefits them and prevents them from engaging in sexual behavior. Conversely, if teenagers are not monitored or supervised, they may use social media to access content that encourages them to

engage in sexual behaviors, which can be harmful to themselves. This aligns with previous research, which found that the benefits of social media depend on who uses it, as social media can be a valuable source of information if used properly but can lead to an addiction to negative content if misused (31).

CONCLUSION

The impact of social media use or access significantly influences sexual behavior among adolescents. With current technological advancements, social media accessed through gadgets is easily used by adolescents, both for positive and negative purposes. The negative impact of social media today includes the ease of access and rapid spread of sexual or pornographic content, which can lead adolescents towards sexual behavior. However, it is important to remember that factors influencing adolescent sexual behavior are not limited to social media use alone.

Social media also has positive impacts for adolescents, such as serving as a source of information on sexual education, helping them understand sexual health and reproductive health. Additionally, it facilitates communication with people in their environment in a positive manner. Therefore, it can be concluded that social media use can influence sexual behavior in adolescents depending on how wisely they understand and utilize social media in selecting the content they view.

SUGGESTION

It is hoped that teenagers can use internet technology and social media wisely and cautiously, and that they will use these tools for positive purposes such as learning, educational media, and obtaining reliable information about sexual health to prevent sexual behavior among adolescents.

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