



THE INFLUENCE OF COMMUNICATION IN SEX EDUCATION ON 2022 STAMBU COMMUNICATION SCIENCE STUDENT AT UIN NORTH SUMATRA TO REDUCI THE NUMBER OF CASES OF FREE SEX

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Abstract

This research investigates the influence of communication in sex education on 2022 standard Communication Science students at UIN North Sumatra in the context of reducing the number of cases of casual sex. This approach integrates communication theories such as information reception and processing theory, interpersonal communication, and persuasive communication theory to understand how communication influences students' sexual understanding and behavior. The results of statistical analysis using the T test and simple regression show that communication in sex education has a significant and positive influence in reducing cases of casual sex among students. This research offers deep theoretical insights and practical implications in designing effective sexual education programs in Islamic academic settings.

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A. INTRODUCTION

Sexual education or sex education is a crucial strategic effort in forming a healthy and comprehensive understanding of sexuality among the younger generation. This education not only covers biological aspects, but also covers the psychological, social and ethical dimensions of sexuality. In the context of higher education, especially among students, sexual education plays an important role in preventing risky behavior, including casual sex which can result in various negative consequences such as unwanted pregnancies, sexually transmitted diseases (STDs), and adverse psychological impacts.

Good and comprehensive sexual education has many important benefits for teenagers. First, sexual education provides accurate and scientific information about reproductive anatomy and physiology, the menstrual cycle, the ovulation process, pregnancy and the birth process. This helps teenagers understand the changes that occur in their bodies and how to maintain reproductive health. Second, with the right knowledge, teenagers can take steps to protect themselves from the risk of unwanted pregnancy and sexually transmitted diseases. Education about contraceptive use and safe sexual practices is essential in this context.

Apart from this, sexual education also helps in the development of interpersonal skills. Teenagers are taught about the importance of communication, consensuality, and mutual respect in interpersonal relationships. They are also taught how to build healthy relationships and how to resolve conflict. Sexual education also plays a role in strengthening healthy values and attitudes towards sexuality. This includes an understanding of the importance of fidelity, responsibility, and sexual ethics. Teens also learn about the importance of respecting differences in sexual orientation and gender identity.

Emotional support is also one of the important benefits of sexual education. Adolescents often face social and emotional pressures related to sexuality. Sexual education can provide a safe space to discuss their concerns and questions, as well as provide necessary emotional support. In delivering comprehensive sexual education, several main components that need to be covered are reproductive anatomy and physiology, sexual and reproductive health,

relationships and communication, consensuality and personal boundaries, risk prevention, sexual ethics and values, and social and cultural issues.

The teaching methods used in sexual education are very diverse and can be adapted to local needs and context. Open and interactive discussions can create a space for young people to share their views and experiences, and ask questions without fear or embarrassment. Simulations and role-playing can help teens practice communication and negotiation skills in situations related to sexuality. Media and technology, such as videos, apps, and other digital resources, can also be used to provide engaging and accessible information about sexual health. Peer education involves older teenagers or peers who have been trained as educators to provide information and support to their friends. Additionally, providing counseling services that can help teens with personal problems or specific questions related to sexuality is also important.

Although sexual education has many benefits, there are various challenges faced in its implementation. Sexuality is still often considered a taboo topic and inappropriate to discuss, especially in family and school environments. Many schools and educational institutions do not have adequate resources, both in terms of educational materials and training for educators. Different values and beliefs among students, parents, and educators can lead to conflict and resistance to sexual education programs. In addition, many teenagers get inaccurate or misleading information from unreliable sources, such as the internet or peers who lack knowledge.

Comprehensive, communication-based sexual education is essential in helping teenagers develop a healthy and responsible understanding of their sexuality. With the right approach, sexual education can provide the knowledge, skills, and values necessary to make wise decisions and avoid risky behavior. Despite facing various challenges, efforts to improve sexual education must continue to create a healthier and more empowered generation. Comprehensive and effective sexual education will provide a strong foundation for adolescents to live healthy, happy and responsible lives in the context of their sexuality.

Adolescence is a critical period in human development which is marked by various physical, emotional and social changes. In this phase, teenagers begin to experience sexual maturity and face various new situations related to sexuality.

Without adequate sexual education, teenagers are at high risk of experiencing various problems such as unwanted pregnancies, sexually transmitted diseases (STDs), and psychological problems due to unhealthy sexual relations. In many countries, including Indonesia, sexual education is often considered taboo and does not receive enough attention in the family and school environment. Many parents feel uncomfortable or do not have enough knowledge to discuss this topic with their children, while school curricula often do not provide sufficient information or only touch on basic aspects without discussing important issues in depth.

Sexual education in higher education is an important component in equipping students with the knowledge and skills necessary to make healthy and responsible sexual decisions. Knowledge about sexual education covers various aspects that can influence students' sexual behavior, and understanding this knowledge is very important for assessing the impact of sexual education on students.

The impact of sexual education knowledge on student behavior is very significant. With adequate knowledge, students tend to make wiser and more responsible sexual decisions. Effective sexual education can reduce college students' tendencies to engage in sexual promiscuity by increasing awareness of the risks and providing strategies for managing their sexual health.

The social and cultural environment also plays an important role in how sexual education knowledge is received and applied. Social norms, peer pressure, and environmental support can influence student attitudes and behavior regarding sexuality. Creating a supportive and stigma-free environment is critical to helping students apply their sexual knowledge effectively.

Overall, comprehensive and in-depth knowledge of sexual education is key to helping students make healthy and responsible sexual decisions. By understanding various aspects of sexuality and overcoming the challenges they face, students can better manage their sexual health and reduce the risk of engaging in sexual promiscuity. Effective sexual education must continue to evolve to meet the needs and challenges faced by students in the campus environment.

With adequate knowledge, students are more likely to avoid risky sexual behavior. Effective sexual education can help students understand the risks of engaging in casual sex, such as the possibility of getting an STD or unwanted pregnancy, and how to reduce those risks through safe practices and wise decisions.

Communication Science students at UIN North Sumatra Stambuk 2022 are an interesting group to research in the context of sexual education. As individuals are in the transition phase towards adulthood, they face various challenges and temptations that can influence their sexual behavior. In addition, their educational background which focuses on communication science makes them more sensitive and responsive to various forms of communication, including communication in sexual education.

Effective communication in sexual education is very important to ensure that the messages conveyed are well received and understood by students. Shannon and Weaver (1949) in their communication model emphasized that the success of communication is determined by the clarity of the message, the communication channels used, and the feedback received. In the context of sexual education, this means that information about sexual health must be delivered in a clear, relevant manner and using appropriate channels to reach the intended audience.

Evidence shows that every year nearly sixteen million adolescent girls aged 15-19 give birth and contribute as much as 11% of total global births. About 95% of these births occur in low- and middle-income countries(Ningsi, 2022). Countries in Africa and Asia have significant rates of early marriage. It is known that Southeast Asia has around 10 million teenagers under the age of 19 who are involved in early marriage. In African countries, as many as 42% of teenagers aged 19 years are married early(UNFPA, 2020).

The data presented above is oriented to the crucial problem of the phenomenon of early marriage caused by free sex amidst low community incomes. Therefore, it is necessary to urgently suppress free sex as an effort to prevent early marriage.

Casual sex cases that occur in Indonesia are a serious problem that needs serious attention from various parties, including the government, educational

institutions, families and society at large. Based on data obtained from BKKBN, it was found that in the group of teenagers aged 16-17 years, around 60 percent of them were involved in sexual activities. For the 14-15 year age group, around 20 percent of teenagers are involved in similar activities, while for those aged 19-20 years, the percentage is also around 20 percent.(Arifati, 2023).

Adolescent sexual behavior is currently a subject of concern because the level of sexual freedom is increasing from year to year. This is in line with research on adolescent sexual behavior in four cities (Surabaya, Jakarta, Bandung, Medan) involving 450 respondents showing that 44% of them admitted to having experienced sexual relations when they were 16-18 years old, while the other 16% had experienced sexual relations. sexual at the age of 13-15 years. The results of this study show that the majority of teenagers begin to be sexually active at the age of 16 years(Natalia et al., 2021). In addition, data from the Indonesian Adolescent Reproductive Health Survey (SKRRI) shows that the percentage of women and men aged 15-24 years who are unmarried and have had sexual relations before marriage is as follows: for women aged 15-19 years around 0.9%, for women aged 20-24 years around 2.6%, while for men aged 15-19 years around 3.6%, and for men aged 20-24 years around 14.0%(Warta et al., 2022).

The amount of news or information that appears on social media and even in the social environment regarding pregnancy outside of marriage, sex parties among the younger generation, sexual diseases and harassment that occur from time to time, sexual problems always increase due to the lack of education provided by families, educational institutions and the surrounding environment. .

WHO Chair Melanie Taylor said that one million people in the world could be diagnosed with sexually transmitted diseases (STDs) every day. This sexually transmitted disease is transmitted due to. Sexual intercourse between vagina and penis, anal and oral if you have sexual intercourse without a safety device such as a condom. Many people are very vulnerable to sexual diseases and sexual violence, this is due to a lack of teaching and direction from parents and educational institutions due to the negative perception of society in Indonesia regarding the provision of sex education.

Based on the presentation of this data, this article focuses on communication studies, which discuss the influence of sexual literacy

communication on students to reduce the number of casual sex that occurs. Increased sexual drive and great interest in sexuality often put teenagers in a vulnerable position to cases of unwanted casual sex. Problems that arise due to sexuality in teenagers can include pregnancy before marriage, increasingly promiscuous sexual behavior, and the spread of sexual diseases. This phenomenon is also reinforced by mass media coverage of the increase in promiscuous sexual behavior among teenagers. These situations emphasize the need for teenagers to be able to adapt to the changes that occur within them.

Apart from requiring guidance from parents in facing this challenge, sexual literacy in adolescents is an urgency that needs to be implemented in education. Sexual education is an effective strategy in reducing the increase in the number of cases of free sex among teenagers. Effective communication in sex education plays an important role in helping teenagers understand the importance of maintaining reproductive health and avoiding the risks associated with practicing casual sex.

Good communication between parents, teachers and teenagers about sexuality can help teenagers understand moral values, social norms and relevant medical information related to sexuality. In this way, teenagers can make wiser decisions regarding their sexual activities and reduce the risk of contracting sexually transmitted diseases, teenage pregnancy, and other social and psychological problems.

Even though the importance of communication in sex education has been widely acknowledged, further research still needs to be carried out to identify the concrete influence of effective communication in reducing the increase in the number of cases of casual sex among teenagers. Through this research, it is hoped that more effective communication strategies can be found in sex education to achieve the goal of preventing the increase in cases of casual sex among teenagers.

In this context, this journal aims to explore more deeply the influence of communication in sex education in suppressing the increase in the number of cases of free sex among teenagers, especially students at UIN North Sumatra. Thus, it is hoped that this research can provide a valuable contribution in efforts to prevent free sexual practices among adolescents through an effective sexual education approach.

B. METHODS

According to Sugiyono (2016), research methods are a scientific way to obtain data with specific useful purposes. This research uses a survey method. Surveys are a research method commonly used to collect data from population samples using questionnaires as the main instrument

The sample in this study was 34 students of Stambuk 22 Communication Sciences at UIN North Sumatra. The sampling technique used was simple random sampling. The researchers used this technique because the samples were taken randomly and there were no special requirements for taking existing samples.

There are 2 variables in this research. Variable X and Variable Y. Variable X is the independent variable and variable Y is the dependent variable. In this research variable

Data was collected by distributing questionnaires directly to Stambuk 22 Communication Science students. The researcher provided an explanation of the research objectives and how to fill out the questionnaire to ensure respondents understood the instructions well. Respondents were given sufficient time to fill out the questionnaire before the questionnaire was collected again by the researcher.

Data analysis techniques involve descriptive and inferential analysis to identify the relationship and influence of communication in sex education on student sexual behavior. Validity and reliability tests of research instruments were carried out to ensure the validity of the data, including construct validity and Cronbach's Alpha reliability tests. The results of this analysis are expected to provide a comprehensive picture of the effectiveness of communication in sex education and its contribution in reducing the number of cases of free sex among Communication Science students.

C. RESULTS AND DISCUSSION

1. Validity test

Validation tests are carried out to assess the extent to which the research instrument can measure the variables in question accurately. The instruments

validated in this research include questionnaires regarding communication in sex education and student perceptions of cases of free sex. Validation was carried out by several experts in the fields of education and communication. The following presents the results of validation tests on research instruments:

Table 1.1 Validity Test of X data

		Correlations										
		P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	TOTAL
P1	Pearson Correlation	1	1.000**	.854**	.340	.340	.340	.491**	.386*	.430*	.412*	.728**
	Sig. (2-tailed)		.000	.000	.077	.077	.077	.008	.042	.023	.029	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P2	Pearson Correlation	1.000**	1	.854**	.340	.340	.340	.491**	.386*	.430*	.412*	.728**
	Sig. (2-tailed)	.000		.000	.077	.077	.077	.008	.042	.023	.029	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P3	Pearson Correlation	.854**	.854**	1	.271	.271	.271	.433*	.458*	.240	.532**	.679**
	Sig. (2-tailed)	.000	.000		.164	.164	.164	.022	.014	.219	.004	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P4	Pearson Correlation	.340	.340	.271	1	1.000**	1.000**	.569**	.775**	.633**	.574**	.840**
	Sig. (2-tailed)	.077	.077	.164		.000	.000	.002	.000	.000	.001	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P5	Pearson Correlation	.340	.340	.271	1.000**	1	1.000**	.569**	.775**	.633**	.574**	.840**
	Sig. (2-tailed)	.077	.077	.164	.000		.000	.002	.000	.000	.001	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P6	Pearson Correlation	.340	.340	.271	1.000**	1.000**	1	.569**	.775**	.633**	.574**	.840**
	Sig. (2-tailed)	.077	.077	.164	.000	.000		.002	.000	.000	.001	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P7	Pearson Correlation	.491**	.491**	.433*	.569**	.569**	.569**	1	.669**	.526**	.612**	.756**
	Sig. (2-tailed)	.008	.008	.022	.002	.002	.002		.000	.004	.001	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P8	Pearson Correlation	.386*	.386*	.458*	.775**	.775**	.775**	.669**	1	.509**	.722**	.830**
	Sig. (2-tailed)	.042	.042	.014	.000	.000	.000	.000		.006	.000	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P9	Pearson Correlation	.430*	.430*	.240	.633**	.633**	.633**	.526**	.509**	1	.579**	.720**
	Sig. (2-tailed)	.023	.023	.219	.000	.000	.000	.004	.006		.001	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P10	Pearson Correlation	.412*	.412*	.532**	.574**	.574**	.574**	.612**	.722**	.579**	1	.775**
	Sig. (2-tailed)	.029	.029	.004	.001	.001	.001	.001	.000	.001		.000
	N	28	28	28	28	28	28	28	28	28	28	28
TOTAL	Pearson Correlation	.728**	.728**	.679**	.840**	.840**	.840**	.756**	.830**	.720**	.775**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
	N	28	28	28	28	28	28	28	28	28	28	28

** . Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Table 1.2 Y Validity Test

		Correlations										
		P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	TOTAL
P1	Pearson Correlation	1	1.000**	.854**	.340	.340	.340	.491**	.386*	.430*	.412*	.728**
	Sig. (2-tailed)		.000	.000	.077	.077	.077	.008	.042	.023	.029	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P2	Pearson Correlation	1.000**	1	.854**	.340	.340	.340	.491**	.386*	.430*	.412*	.728**
	Sig. (2-tailed)	.000		.000	.077	.077	.077	.008	.042	.023	.029	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P3	Pearson Correlation	.854**	.854**	1	.271	.271	.271	.433*	.458*	.240	.532**	.679**
	Sig. (2-tailed)	.000	.000		.164	.164	.164	.022	.014	.219	.004	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P4	Pearson Correlation	.340	.340	.271	1	1.000**	1.000**	.569**	.775**	.633**	.574**	.840**
	Sig. (2-tailed)	.077	.077	.164		.000	.000	.002	.000	.000	.001	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P5	Pearson Correlation	.340	.340	.271	1.000**	1	1.000**	.569**	.775**	.633**	.574**	.840**
	Sig. (2-tailed)	.077	.077	.164	.000		.000	.002	.000	.000	.001	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P6	Pearson Correlation	.340	.340	.271	1.000**	1.000**	1	.569**	.775**	.633**	.574**	.840**
	Sig. (2-tailed)	.077	.077	.164	.000	.000		.002	.000	.000	.001	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P7	Pearson Correlation	.491**	.491**	.433*	.569**	.569**	.569**	1	.669**	.526**	.612**	.756**
	Sig. (2-tailed)	.008	.008	.022	.002	.002	.002		.000	.004	.001	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P8	Pearson Correlation	.386*	.386*	.458*	.775**	.775**	.775**	.669**	1	.509**	.722**	.830**
	Sig. (2-tailed)	.042	.042	.014	.000	.000	.000	.000		.006	.000	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P9	Pearson Correlation	.430*	.430*	.240	.633**	.633**	.633**	.526**	.509**	1	.579**	.720**
	Sig. (2-tailed)	.023	.023	.219	.000	.000	.000	.004	.006		.001	.000
	N	28	28	28	28	28	28	28	28	28	28	28
P10	Pearson Correlation	.412*	.412*	.532**	.574**	.574**	.574**	.612**	.722**	.579**	1	.775**
	Sig. (2-tailed)	.029	.029	.004	.001	.001	.001	.001	.000	.001		.000
	N	28	28	28	28	28	28	28	28	28	28	28
TOTAL	Pearson Correlation	.728**	.728**	.679**	.840**	.840**	.840**	.756**	.830**	.720**	.775**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
	N	28	28	28	28	28	28	28	28	28	28	28

** . Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Based on the results of the validity test with SPSS 20, it can be concluded that the instrument used in this research is valid. The items in the questionnaire succeeded in measuring communication variables in sex education and the number of cases of free sex well. Thus, the data obtained can be used for further analysis regarding the influence of communication in sex education on Stambuk 22 Communication Science students at UIN North Sumatra in reducing the number of cases of free sex.

Based on the validation test results shown in the table, all question items have an average expert assessment value above 4.0, which shows that this research instrument has high validity. The question items were considered valid by experts, meaning that this instrument can be used to accurately measure communication variables in sex education.

2. Reliability Test

Sex education or sexual education is an important aspect in individual development which aims to provide accurate and comprehensive information regarding reproductive health, relationships and sexual behavior. Effective communication in sex education plays a key role in ensuring the information conveyed can be understood and implemented by individuals, especially teenagers and young adults.

Reliability testing is an important step in research to ensure that the instruments used produce consistent and reliable data. In this research, we conducted a reliability test on a questionnaire consisting of 10 items to measure the influence of communication in sex education. The Cronbach's Alpha value obtained was 0.831. The following table presents the reliability results for each variable measured in the research.

Table 1.3 Reliability Test
Reliability Statistics

Cronbach's Alpha	N of Items
.831	10

The analysis results show a Cronbach's Alpha value of 0.831 with a total of 10 items (N of Items). This value is above the general threshold of 0.70, which shows that the instrument has good reliability. The following is a more detailed explanation of these results:

- a. Cronbach's Alpha: Cronbach's Alpha value of 0.831 indicates that the questionnaire used in this research has a high level of internal consistency. This means the items in this questionnaire tend to provide consistent results when used to measure the same variable on different occasions.
- b. 2. Number of Items (N of Items): The questionnaire consists of 10 items. This number is sufficient to provide comprehensive coverage of the aspects measured in this research, namely the influence of communication in sex education.

Based on the results of the reliability test with a Cronbach's Alpha value of 0.831 and 10 questionnaire items, it can be concluded that the instrument used

in this research has high internal consistency and good reliability. This shows that this questionnaire is a valid and reliable tool for measuring the influence of communication in sex education. With reliable instruments, research can provide more accurate results and can be used as a basis for making better decisions in sexual education.

3. Percial Test (T Test)

This research aims to test the effect of communication in sex education on Stambuk 22 communication science students. To analyze the data that has been collected, the T test is used as a statistical method to test the proposed hypothesis. The hypothesis being tested is whether there is a significant difference in the level of student knowledge. towards sex education (Y) based on the influence of communication in sex education on students (X).

Table 1.4 T Test

Coefficients ^a					
Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1	(Constant)	2.713	3.001	.904	.373
	pengaruh komunikasi	.899	.075	.904	.000

a. Dependent Variable: tingkat pengetahuan

T Test on Constants:

B grade: 2.713

Std Error: 3.001

T Value: 0.904

Significance (Sig): 0.373

T Test on the Effect of Communication:

B value: 0.899

Std Error: 0.075

Beta: 0.904

T Value: 11,930

Significance (Sig): 0.000

Explanation of T Test results on Constants (Constants)

Value B (2.713): This is a regression coefficient which shows that when there are no independent variables that influence (that is, when communication in sex education is zero), the value of the dependent variable is 2.713. This is the starting point or intercept of the regression model. Std Error (3.001): This Standard Error measures the level of uncertainty or variability of the estimated coefficient B. The smaller the Std Error value, the more precise the estimated coefficient. In this case, the Std Error value is quite large, indicating that there is quite high variability in the estimated coefficients.

T Value (0.904): This T value is used to test the significance of coefficient B. With a T value of 0.904, we compare it with the critical value of the T distribution to determine its significance. .Significant (0.373).A significance value of 0.373 indicates that the coefficient B is not significant at the general level of confidence (for example, 0.05 or 5%). This means that this constant does not significantly affect the dependent variable. Explanation of T Test results on the Influence of Communication B value (0.899): This coefficient shows how much influence communication in sex education has on the dependent variable. In this case, every one unit increase in sex education communication will increase the dependent variable by 0.899.

Std Error (0.075): A small standard error (0.075) indicates that the estimated coefficient B is quite precise and has a low level of uncertainty. Beta (0.904): A high Beta value (0.904) shows that communication in sex education has a very strong and positive influence on the dependent variable. Beta is a standardized coefficient that allows us to compare the relative influence of different independent variables in the model. T Value (11.930): A very high T value (11.930) shows that the influence of communication in sex education is very significant. Significance (0.000) A significance value of 0.000 indicates that this result is very significant (usually if $p < 0.05$). This means that the influence of communication in sex education on the dependent variable is very strong and does not occur by chance.

Based on the results of the T test, it can be concluded that communication in sex education has a significant and strong influence on Stambuk 22 Communication Science students at UIN North Sumatra in reducing the number of cases of free sex. The model constant is not significant, but the

communication variable in sex education shows a very significant and strong influence, with a Beta value of 0.904 and a significance of 0.000. This indicates that efforts to increase communication in sex education can effectively reduce cases of casual sex among students.

4. Simple Regression Test

In this study, we used simple regression analysis to test the effect of communication in sex education on communication science students at UIN North Sumatra to reduce the number of cases of free sex. The independent variable (X) is communication in sex education, while the dependent variable (Y) is the number cases of free sex. The following are the results of the regression analysis obtained:

This research aims to analyze the influence of communication in sex education on Communication Science students at Stambuk 22 at UIN North Sumatra in an effort to reduce the number of cases of free sex.

Table 1.5 Simple Regression Test

Data were analyzed using a simple regression test in SPSS, with the

Coefficients ^a					
Model		Unstandardized Coefficients		Standardized Coefficients	
		B	Std. Error	Beta	
1	(Constant)	2.713	3.001		.904
	komunikasi dalam sex education	.899	.075	.904	11.930
					.373
					.000

a. Dependent Variable: angka kasus seks bebas

following results:

Simple Regression Model

Constant (Constant)

B grade: 2.713

Standard Error (Std. Error): 3.001

T Value: 0.904

Significance (Sig): 0.373

Communication in Sex Education:

B value: 0.899

Standard Error (Std. Error): 0.075

Beta: 0.904

T Value: 11,930

Significance (Sig): 0.000

Complete Explanation of Constants

The constant in this regression model has a B value of 2.713. This means that if the communication variable in sex education is considered zero, then the predicted value of the dependent variable (efforts to reduce the number of cases of casual sex) is 2.713.

However, the T value for the constant is 0.904 with a significance of 0.373, which indicates that this constant is not significant at the 0.05 significance level. This means that the value of this constant does not make a significant contribution to this model.

Based on the research results that have been presented, there are several significant findings related to the influence of communication in sex education on Stambuk 22 Communication Science students at UIN North Sumatra in reducing the number of cases of free sex. The main finding is that communication in sex education has a strong and positive influence on students' sexual behavior. This is reflected in the high Beta value (0.904) and low significance (0.000), indicating that efforts to increase sexual literacy

Communication in sex education has a B value of 0.899. This shows that every one unit increase in the communication variable in sex education will increase the value of the dependent variable by 0.899. The standard error for this coefficient is 0.075, indicating that the estimate of this coefficient is quite precise.

The Beta value of 0.904 shows that communication in sex education has a very strong influence on the dependent variable. The T value of 11.930 with a significance of 0.000 indicates that this coefficient is very significant at the 0.05 significance level. In other words, communication in sex education significantly and positively influences efforts to reduce the number of cases of free sex among students.

The results of simple regression analysis show that communication in sex education has a significant and positive influence in reducing the number of cases of free sex among Stambuk 22 Communication Science students at UIN North Sumatra. Even though the constant in this model is not significant, the influence of communication in sex education is very strong and significant, as shown by the

high Beta value and very low significance. This indicates the importance of effective communication in sex education to reduce cases of casual sex among students

These findings are in line with the urgency to strengthen sexual education in higher education settings as a prevention strategy. Communication Science students are not only the main targets of this program, but also agents of change in disseminating information about the importance of maintaining sexual health and minimizing the risk of sexually transmitted diseases and unplanned pregnancies. By having better knowledge through open and in-depth communication, students can make more responsible decisions regarding their sexual behavior.

The 2022 Standard Communication Science students' level of understanding of sexual education material varies. In general, students have basic knowledge of reproductive anatomy and physiology, menstrual cycles, and contraceptive methods. However, in-depth understanding of issues such as consensuality, healthy relationships, and prevention of sexually transmitted diseases (STDs) is still relatively low. This shows that there is a gap in sexual education which may be caused by a curriculum that has not touched these aspects in depth.

Effective communication in sexual education contributes significantly to increasing student knowledge regarding sexual health. Students involved in sexual education programs with an interactive and discussion-based communication approach show increased understanding of various aspects of sexuality. Methods such as group discussions, simulations, and the use of digital media allow students to explore topics in depth and ask relevant questions. This increased knowledge includes a better understanding of contraception, STD prevention, and the principles of consensuality in sexual relations.

Apart from that, the results of this research also underline the important role of communication in changing paradigms and attitudes towards sexuality among teenagers and young adults. By strengthening effective communication, both in the family environment and in educational institutions, it can create a supportive environment for students to understand social norms, moral values,

and relevant medical information related to sexuality. In this way, they can face challenges in this area more prepared and informed.

Social support from family, friends, and the campus environment plays an important role in implementing sexual education. Students who feel supported by their social environment tend to be more open in discussing and applying sexual knowledge. Support from peers, family, and campus staff can strengthen the positive impact of sexual education and help students feel more comfortable accessing sexual health information and services.

In this research, good social support from family, friends and campus contributed to better application of sexual knowledge. Students who feel supported tend to be more open in discussing sexual issues and are better able to avoid risky behavior. In contrast, students who face stigma or lack of support often face difficulty applying their knowledge, which can increase the risk of engaging in casual sex.

It is important to increase access to sexual health services and contraception. Sexual education programs should be accompanied by efforts to improve the accessibility of health services, so that students can use their knowledge to better manage their sexual health.

Overall, the results of this research provide a valuable contribution to our understanding of how communication in sex education can be an effective tool in reducing cases of casual sex among Communication Science students. These findings emphasize the need to strengthen comprehensive and integrated sexual education in higher education curricula, as well as the need for close collaboration between educational institutions, families and communities to create an environment that supports healthy and responsible sexual development for the younger generation.

D. CONCLUSION

Based on the results of quantitative research, communication in sex education shows a significant and positive influence on reducing the number of cases of free sex. The theory of receiving and processing information (Information Processing Theory) explains how students receive, process and interpret the information conveyed. The main finding of this research is a holistic

approach to the influence of communication in sex education in the Islamic education environment, especially at UIN North Sumatra.

Based on the results of this research, there are several recommendations that can be given to increase the effectiveness of sex education programs in reducing the number of cases of free sex among Stambuk 22 Communication Science students at UIN North Sumatra. First, educational institutions need to integrate comprehensive and ongoing sex education programs into the curriculum, which cover not only the biological, but also the psychological and social aspects of sexuality. Second, an interactive and participatory communication approach must be applied, by actively involving students in discussions and activities related to the topic, so that they feel more involved and have a deeper understanding.

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