

FREE SEX ATTITUDE OF YOUNG ADOLESCENTS AND PERSONALITY STRUCTURE OF SIGMUN FREUD

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Abstract: this study discusses free sex attitude of young adolescent and personality structure of Sigmund Freud. The first part of this paper examines young adolescents' problem and the second part is about personality structure of Sigmund Freud. Free sex attitude of young adolescents is, nowadays, unresolved social issue which should not considered as simple issue due to its serious impact that may appear. This is an action which breaks certain norms and harm nation young generation. Young adolescent is a growth and development period of human life, in a process of growth from birth to transition period, from childhood to adulthood. In teen phase, improvement of sexual drive is the cause of free sex. Free sex is an attitude which is based on sexual drive to obtain sexual pleasant with opposite sex and it is out of legal marriage status. Personality structure of Sigmund Freud comprises three systems namely: id, ego and superego. These three aspects are psychological structure. Human personality acts or functions intact instead of separated segments. Id is a biological component, while ego is psychological component and superego



is social component. Reviews of both personality structure of Sigmund Freud and free sex attitude of young adolescent are: (1) id: sexual drive improves and biological sexual maturity is imbalance with psychological maturity, (2) ego: Kissing, Necking, Petting and Intercourse, (3) superego: bad morality of the young adolescents in responding sexual drive.

Keywords: Free Sex Attitude, Young Adolescents, Personality Structure of Sigmund Freud

INTRODUCTION

Nowadays, free sex in adolescents no longer becomes strange thing in the society. Even, it has been considered as part of our life ritual, particularly in current young generation. The terms of taboo and sin, as if, is no longer exist. This is supported by lack of society's knowledge about sex which causes the case goes out of control. Free sex issue has become unresolved social issue. The impact of the action is quite serious and complex, due to it breaks norm and disadvantage nation's young generation. This should become concern for both parents and teachers due to the perpetrator and its victim are mostly young people (adolescents).

Based on survey in 2012 in Indonesia adolescents, 4,5% of male adolescents in age of 15-19 and 14,6% of them in age of 20-24 have committed to do premarital sex and 0,7% of female adolescents in age of 15-19 and 1,8% of them in age of 20-24 have committed to do the same.¹ Meanwhile, data of Indonesian Children Protection Commission and Ministry of Health in October of 2013 state that 62,7% of young adolescents in Indonesia have committed to do premarital sex. Even, another data went much worse in which it is found that 62,7% of Junior High School female students in Gorontalo have committed to do sexual intercourse.²

¹ Kementerian Kesehatan RI. *Situasi Kesehatan Reproduksi Remaja* (Jakarta: Pusat Data dan Informasi, 2015)

² Karakternews, *Astaga, Siswi SMP Tak Perawan 62,7 % dan Aborsi 21,2 %*. (Online), (<http://karakternews.com>, Diakses 20 April 2017)



LITERATURE REVIEW

Adolescents

Ali and Asrori³, Desmita⁴, Sunarto and Hartono⁵, Hurlock⁶ Adolescent derives from the latin word (*adolescere*) which means “grow” or “growing adult”, adolescents in age range of 12 years to 22 years. Then, according to Danim⁷ and Department of Health⁸, period of adolescents in students is in age of 12 – 19 years. Adolescence is a period of growth and development that is went through by every human being in the process of development from birth to transition, from childhood to adulthood Banun and Setyorogo⁹, and Fatimah¹⁰.

Development of Sex in Adolescents

According to Gunarsa¹¹, Perry and Potter¹², Kozier¹³, and Surtiretna¹⁴, the development of sex in adolescents is as follows:

1) Teenage Girls

Girls around age of 9 to 11 years has begun to arise the first signs of sexual maturity namely breast and hip enlargement. After that, it is continued with hair growth in the outer pubic area and armpit. Her voice

³ Ali, Mohammad dan Asrori Mohammad, *Psikologi Remaja* (jakarta: Bumi Aksara, 2015)

⁴ Desmita, *Psikologi Perkembangan* (Bandung: PT Remaja Rosdakarya, 2015)

⁵ Sunarto dan Hartono, B. Agung, *Perkembangan Peserta Didik* (Jakarta: Rineka Cipta, 2013)

⁶ Hurlock, Elizabeth B. *Psikologi Perkembangan* (Jakarta: Erlangga, 2002)

⁷ Danim, Sudarwan, *Perkembangan Peserta Didik* (Bandung: Alfabeta, 2013)

⁸ Depkes RI. *Yang Perlu diketahui Petugas Kesehatan Tentang kesehatan Reproduksi*. (Jakarta: Depkes 2001)

⁹ Banun, Fadila Oktavia Sari dan Setyorogo, Soedijono, *Faktor-Faktor Yang Berhubungan Dengan Perilaku Seksual Pranikah Pada Mahasiswa Semester V STIKes X Jakarta Timur 2012*, dalam *Jurnal Ilmiah Kesehatan*, Nomor 5, Volume 1, hal 12-19 (2013)

¹⁰ Fatimah, Enung, *Psikologi Perkembangan (Perkembangan Peserta didik)* (Bandung: CV. Pustaka Setia, 2006)

¹¹ Gunarsa, D. Singgih dan Gunarsa, D. Singgih, *Psikologi Untuk Membimbing* (Jakarta: PT. BPK. Gunung Mulia, 2007)

¹² Potter, Patricia A. dan Perry, Anne Griffin, *Buku Ajar Fundamental Keperawatan Konsep, Proses, dan Praktik, Edisi 4 volume* (Jakarta: EGC, 2005)

¹³ Kozier, *Fundamental of Nursing: Concepts, Process and Practice* (New Jersey: Pearson prentice hall, 2004)

¹⁴ Surtiretna, Nina, *Bimbingan Seks bagi Remaja*, (Bandung: Remaja Rosda Karya, 2001)



changed melodious, the skin is getting nice and smooth. Increase estrogen levels affect the genital. The uterus begins to enlarge, and there is an increase of vaginal lubrication. The first time of menarche or the arrival of menstruation, will generally arise after the peak of growth acceleration. Age of having menarche is not the same for all young women. Menarche can occur at the age of 8 years and not until the age of 16 years or older. With presence of first menstruation, it does not mean that the equipment of breeding equipment is perfect

2) Teenage Boys

The process of sex maturation in young men ranges between age of 11 and 15 years, with an average age of 13 and 14 years. This process begins with the growth of testicles. Growth of hair in the external genital area is slower. The acceleration of the testicles grows approximately at the same time as the acceleration of height. Then, a year later the length of the external genital or penis, testicular, prostate, and seminal vesicles begins to increase that are affected by an increase of levels of testosterone in the body. Young men begin to have moustache and beards, feathers begin to grow in area of armpits and genital. With the growing bones in the front of the neck (Adam's apple), their voices turn to be rupture and hoarse, because the ropes in their throats are being adjusted to adult voices, as well as the shoulder plane becomes larger than the waist. Instead of voice changes, there are also young men who have growth or thickening of hair in the chest.

Free Sex Behavior

Angelina and Matulesy¹⁵, Susanti and Setyowaty¹⁶, Desmita¹⁷, Ghifari¹⁸ Free sex behavior is a behavior based on sexual drive to obtain sexual pleasure with the opposite sex without a legal marriage. The forms

¹⁵ Angelina, Dika Yuniar dan Matulesy, Andik, *Pola Asuh Otoriter, Kontrol Diri dan Perilaku Seks Bebas Remaja SMK*, dalam *Jurnal Psikologi Indonesia*, Vol. 2, No. 2, hal 173–182 (2013)

¹⁶ Susanti, Evi dan Setyowaty, Rr. Nanik, *Persepsi Siswa Kelas XI SMK Negeri 4 Surabaya Terhadap Perilaku Seks Bebas Di Kalangan Pelajar Surabaya*, dalam *Jurnal Kajian Moral dan Kewarganegaraan*, Nomor 1 Volume 3, Hal 1-15 (2013)

¹⁷ Desmita, *Psikologi Perkembangan* (Bandung: PT Remaja Rosdakarya, 2005)

¹⁸ Ghifari, Abu Al, *Gelombang Kejahatan Seks Remaja Modern* (bandung: Mujahid Press, 2003)



of free sex behavior according to Sarwono¹⁹ and Santrock²⁰ are: (1) Kissing: Mutual contact between two human lips or a partner driven by sexual desire, (2) Necking: Touching without sticking the genitals, usually done by hugging, holding the breast, or performing oral sex on the genitals but not doing intercourse, (3) Petting: Touching with sticking genitals, namely by swiping the genitals with a partner but not doing intercourse, (4) Intercourse: Sex or intercourse outside of marriage. Problems of sexuality commonly encountered by adolescents include: (1) because sexual drive increases and (2) adolescent biological sexual maturity has not been balanced by psychological maturity. The increase of sexual drive can be caused by misbehaving individual behavior, such as watching or reading pornographic images or writing, dating uncontrollably, or responding positively to an environment that does not keep the interaction with the opposite sex. Normatively, unmarried people are not allowed to do sexual intercourse.²¹

Personality Structure of Sigmund Freud

Suryabrata²², Corey²³, Archer Jr. and Mc.Carthy²⁴, Taniputera²⁵ Personality structure according to Sigmund Freud consists of three systems: id, ego, and superego. The three aspects of personality are not acting independently but are psychological structures. A person's personality acts or functions as a whole and not as a separate segment. Id is a biological component, while ego is the psychological component and superego is a social component.

¹⁹ Sarwono, Sarlito Wirawan, *Psikologi Remaja ed revisi* (Jakarta: Raja Grafindo Persada, 2002)

²⁰ Santrock, John W. *Life Span Development 8 ed* (New York: Mc Graw-Hill, 2002)

²¹ Eco Tropikal, *Kebutuhan Bimbingan Moral dalam Pencegahan Pengaruh Pergaulan Bebas di Kalangan Siswa SMA Negeri 9 Manado, dalam Jurnal Jendela Ilmu, Volume 1, Nomor 1, Hal 1-14* (2012)

²² Suryabrata, Sumadi, *Psikologi Kepribadian* (Jakarta: Raja Grafindo Persada, 2014)

²³ Corey, Gerald, *Teori dan Praktek Konseling & Psikoterapi* (Bandung: Refika Aditama, 2007)

²⁴ Archer Jr. James dan Christopher J. McCarthy, *Theories of Counseling and Psychotherapy (Contemporary Applications)* (Person Education, Inc, Upper Saddle River, 2007)

²⁵ Taniputera, Ivan, *Psikologi Kepribadian* (Yogyakarta: Ar-Ruzz Media, 2005)



Id is the original system of personality; which means that human beings are born only with id. Id is the main source of energy / psychic energy and place of instinct (biological aspect). Nature: Id is not organized, blind, demanding, and urging or always imposing its will. As the crater keeps to boil and turbulent, Id cannot tolerate tension, and it functions to reduce / release tension and immediately return to homeostatic conditions (homeostatic: psychological terms which means the symptoms of the whole mechanism to remain constant or attempt to get balance if the constant circumstances are disturbed) Principle: Pleasure (pleasure principle). Controlled by the principle of pleasure whose purpose is to reduce tension, avoid suffering, and gain pleasure. Id is illogical, immoral, and driven by one interest: to satisfy instinct / instinctual needs based on the principle of pleasure. Id is never "mature" / mature and still just as spoiled personality. It never thinks but only wants or takes action. Id is unconscious or out of consciousness. Ego is a system that has contact with the outside world / reality world (psychological aspect) Function: Ego acts as an "executive" governing, controlling and managing personality. As a "traffic police" for Id, superego, and the external world, it acts as a mediator between instinct and the surrounding environment.

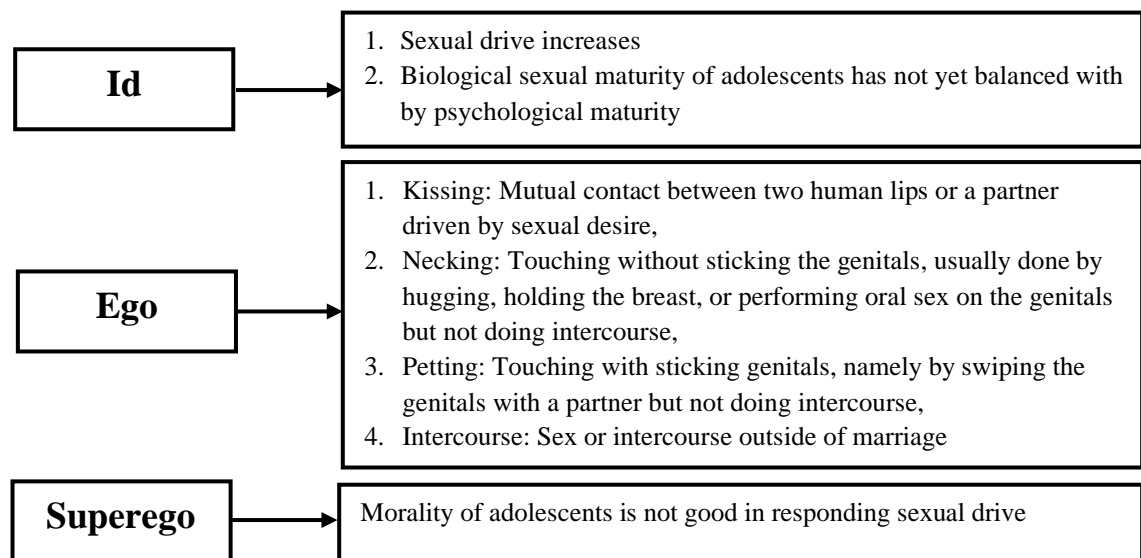
The ego controls consciousness and implements censorship. Freud's healthy personality if; Ego can function fully, that is executive function, function as traffic police and awareness control function. On the other hand, the person is not healthy if the 3 functions do not play a role. Principle: reality. Under the command of the principle of reality, the ego acts realistically and thinks logically and formulates action plans for the sake of satisfying needs. What is the relationship between ego and id? Ego is the place of intelligence and rationality that brakes and controls the id's lust. If the id only knows of subjective reality then the ego distinguishes between the mental figure and the objects that exist in the outer world.

Superego is the holder of justice of the personality and has social aspect. It is the moral code of a person whose primary concern is to see whether the action is good or bad, right or wrong. Superego represents the ideal and not the real and the goal is not for the sake of fun but for the sake of perfection. Superego represents the traditional and ideal values of the society that parents have taught their children. Function: inhibits id



impulses, persuade ego to replace moralistic goals with realistic and strives for perfection. Then, as the internalization of the standards of parents and society, the superego is associated with rewards and psychological punishment. The rewards are feelings of pride and self-love and the punishments are feelings of guilt and inferiority. Principle: morality.

Based on the explanation of free sex in adolescents and personality structure of Sigmund Freud, thus it can be described as follow:



CONCLUSION

Adolescence is a period of growth and development of life that is went through by every human being in the process of development from birth to transition, from childhood to adulthood. In the adolescent phase, increase sexual drive leads to free sex behavior, free sex behavior is a sexually motivated behavior to gain sexual pleasure with the opposite sex without legitimate marriage. The personality structure of Sigmund Freud consists of three systems: id, ego, and superego. The three aspects of personality are not acting independently but are psychological structures. A person's personality acts or functions as a whole and not as a separate segment. Id is a biological component, while ego is the psychological component and the superego is a social component.



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