

***The Relationship Between Pornography, Masturbation, And Orgasm (PMO)
And Self-Confidence Levels With
Student Concentration***

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ABSTRACT

Pornography, Masturbation, and Orgasm (PMO) behaviors, as well as self-confidence levels, are factors suspected to be associated with students' ability to concentrate on their studies. This study aims to analyze the relationship between PMO behaviors and self-confidence levels and students' ability to concentrate on their studies. This study employed a quantitative method with a cross-sectional design. The study sample consisted of 96 students selected using stratified random sampling. Data were collected using a questionnaire that had been tested for validity and reliability, then analyzed univariately and bivariately using the chi-square test. The results of the study indicate that the majority of respondents exhibited PMO behavior, self-confidence levels, and academic concentration in the moderate category. The results of the bivariate analysis show a significant relationship between PMO behavior and academic concentration ($p = 0.003$), as well as a significant relationship between self-confidence levels and academic concentration ($p = 0.002$). Based on the Antecedent Behavior Consequence (ABC) theory, PMO behavior is understood as a behavioral component that is theoretically related to behavioral consequences, while self-confidence is a psychological factor related to an individual's ability to focus attention during the learning process. This study concludes that there is a significant relationship between PMO behavior and concentration during study, as well as between self-confidence levels and concentration during study among college students. The study's findings are expected to serve as a basis for developing health promotion programs through Communication, Information, and Education (CIE) to raise awareness about healthy sexual behavior, strengthen students' self-confidence, and support a more optimal learning process.

Keywords: *Pornography, Masturbation, Orgasm (PMO), Self-Confidence, Academic Concentration, Students*