



RELATIONSHIP OF PARENTAL ROLE AND SELF-CONTROL TOWARDS ADOLESCENT PREMARITAL SEXUAL BEHAVIOUR

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ABSTRACT

In Indonesia, the rate of premarital sexual behavior among adolescents continues to increase. In fact, HIV/AIDS and unwanted pregnancies cases increases every year as a result of adolescent premarital sexual behavior. The factors that can influence adolescent premarital sexual behavior is parental role in educating, guiding, and accompanying their children and self-control of adolescents. This study aims to determine the relationship between parental role and self-control towards adolescent premarital sexual behaviour in SMA "P" Kota Bandung. The research method used was a quantitative correlation with a population of 556 students from 10th to 11th grade. The sample was taken using purposive sampling technique with a total of 235 respondents were obtained. The research data were obtained using a questionnaire regarding parental role, self-control, and premarital sexual behavior. The research data analyzed by using univariate and bivariate analysis with Spearman Rank correlation test. The results showed that a significance value of $p = 0,000$ (p value $< 0,05$) was obtained for the parental role and p value of $0,000$ (p value $< 0,05$) for the self-control. It can be concluded that there was significant relationship between parental role and self-control with adolescent premarital sexual behavior in SMA "P" Kota Bandung.

Keywords: adolescent; parental role; premarital sexual behavior; self-control

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INTRODUCTION

In Indonesia, premarital sexual behavior in adolescents is encountered more frequently. Usually, premarital sexual behavior is often carried out by adolescents while in a relationship with their partner. This statement is in alignment with the SDKI (2017) which noted that 84% of men and 80% of women stated that they had a relationship that generally start at the age of 15 to 17 years. They also admit that there are various activities carried out when in a relationship, where these activities already indicate a risky sexual behavior. Some of these activities include holding hands in 75% of men and 64% of women, hugging in 33% of men and 17% of women, kissing lips in 50% of men and 30% of women, and caressing or being caressed in 22% of men and 5% of women. SDKI (2017) also shows that around 8% of male adolescents and 2% of female adolescents aged 15-24 years admit that they had sexual intercourse without being married. In fact, various negative impacts can occur as a result from premarital sexual behavior. One of these negative impacts is the transmission of sexually transmitted diseases (STDs) HIV/AIDS and unwanted pregnancies. In 2017, there were approximately 48,300 cases of HIV/AIDS, with 20% of those infected with HIV were adolescents at the age of 15-24 years and 9,280 of them were AIDS cases (Kementrian Kesehatan RI, 2018).

According to Seotjningsih in Rukman et al. (2019), one of the external factors that has a significant impact on premarital sexual behavior among adolescents is either parents or family. The parents play an important role as the initial and main environment that provides a informations and instills values that can be used as a guide or basis for adolescents behavior (Rukman et al., 2019). This statement is also supported by the Ecological Model Youth Development theory which states that parents have the greatest power in influencing adolescents lives, including their sexual behavior (S. W. Sari et al., 2020). BKKBN revealed that there are several important roles that must be carried out by parents in terms of guiding their children towards the adult phase. These roles include educator, role model, companion, counselor, communicator, and friend (Saputra, 2021). In addition to parents as an external factor, one of the various internal factors that can have an impact on premarital sexual behavior is a lack of self-control. According to Santrock (2012) the tendency of adolescents to have distorted behavior is driven by environmental conditions and their difficulties in controlling themselves. Adolescents with good self-control tend to make decisions and take actions after prior consideration in order to get positive results from their environment (Putri et al., 2019).

West Java Province is one of the provinces with a high prevalence of premarital sexual behavior among adolescents. This statement is supported by the data from BKKBN (2017) which shows that 2.4% of adolescents have engaged in premarital sexual behavior in West Java, with 10.9% of them experiencing unwanted pregnancies. According to BPS (2020), Bandung City is the city with the largest population of adolescents, where 60% of the total adolescents in Indonesia are in Bandung City. The data obtained in 2017 showed that 39.6% of adolescents from all schools in Bandung City had engaged in free sex (Haerayani, 2018). Other than that, data released by Badan Sensus Kota Bandung also showed that around 65% of high school adolescents had premarital sex, with 20% of these adolescents had an abortion (BKKBN, 2017). According MCR-PKBI in Haerayani (2018), senior high school or vocational high school is the most vulnerable school level to carry out premarital sexual behavior.

SMA "P" Kota Bandung is one of the high schools located in the center of Bandung City. It's also a high school with a high level of juvenile delinquency. The results of a study conducted by Arifin (2018) showed that there were 206 students of SMA "P" Kota Bandung who were involved in juvenile delinquency (84.8%). Also, through interviews with the counseling teacher of SMA "P" Kota Bandung, it was found that there were students who dropped out from the school due to unwanted pregnancies and there were several students who were given warning letters because they had excessive dating activities. Based on a preliminary study conducted by researchers to ten students of SMA "P" Kota Bandung it is known that 7 out of 10 students have dated or currently have a partner, with most of the activities that are usually done when dating are holding hands, embracing, and kissing their partner on forehead or cheeks. This study aims to determine the relationship between parental role and self-control towards adolescent premarital sexual behaviour in SMA "P" Kota Bandung.

METHOD

This study used a correlational quantitative research design with a cross-sectional approach. The population in this study were 566 students from 10th to 11th grade in SMA "P" Kota Bandung. The sample was taken using purposive sampling technique with the inclusion criteria are students who were actively pursuing education at SMA "P" Kota Bandung, students who have been dating/having a partner, and students who live together with their parents. On the other hand, the exclusion criteria are students who were not willing to be a

respondent. From using all of the criteria, the number of samples obtained in this study was 235 respondents. The instruments that used to collect data from the research sample were questionnaires regarding premarital sexual behavior, parental role, and self-control which has been proven valid and reliable. The questionnaire regarding adolescent premarital sexual behavior was modified from Kosati (2018) and has been tested for validity with a value of $r=0,524-0,797$ and reliability test with a value = $0,860$. The questionnaire regarded parental role was modified from Winarti & Alamsyah (2020), Kusumaningtyas (2019), and Kosati (2018), which has been tested for validity with a value of $r=0,352-0,732$ and reliability test with a value= $0,872$ Meanwhile, the questionnaire regarding self-control was modified from Hermanda (2016) and has been tested for validity with a value = $0,398-0,896$. and reliability test with a value= $0,932$. Validity and reliability tests were conducted by researcher on 32 adolescents in Bandung City who had the same characteristics as the research sample. The ethical approval has been obtained from the Ethics Committee of ‘Aisyiyah University Bandung with letter number 747/KEP.01/UNISA-BANDUNG/III/2024. The research data analyzed by using univariate and bivariate analysis. The univariate analysis used was descriptive statistic to determine the frequency distribution of respondent characteristic as well as all of the variables and the bivariate analysis was carried out by using the spearman rank correlation test to determine the relationship between parental roles and self-control towards premarital sexual behavior.

RESULTS

Table 1.
Respondent’s Characteristics (n= 235)

Respondent Characteristics	f	%
Gender		
Male	70	29,8
Female	165	70,2
Age		
15	7	3
16	84	35,7
17	131	55,7
18	12	5,1
19	1	0,4
Grade		
X	92	39,1
XI	143	60,9
Current Residence		
Together with Parents	235	100

Through the data presented in Table 4.1, it was known that most of the respondents are female with a total of 165 students (70.2%) and aged 17 years with a total of 131 students (55.7%). It was also known that the majority of respondents come from 11th grade with a total of 143 students (60.9%) and all respondents live with their parents (100%).

Table 2.
Respondent’s Premarital Sexual Behavior (n= 235)

Premarital Sexual Behavior	f	%
No Risk	20	8,5
Low Risk	191	81,3
High Risk	24	10,2

Based on the data displayed in table 2., it was known that most of the respondents, 191 students (81.3%), had premarital sexual behavior in the low risk category.

Table 3.

Respondent's Forms of Premarital Sexual Behavior (n= 235)

Premarital Sexual Behavior	Sexual Activity Forms	f	%
No Risk	Not doing everything	20	10,2
Low Risk	Having sexual fantasies	36	15,3
	Holding hands	213	90,6
	Hugging	126	53,6
	Kissing cheeks	68	28,9
High Risk	Kissing lips	13	5,5
	Kissing neck	8	3,4
	Caressing partner's body	13	5,5
	Touching partner's intimate parts	2	0,9
	Petting	1	0,4
	Having sexual intercourse	1	0,4

Table 3. shows that holding hands and hugging with their partner were the most common sexual activities practiced by the majority of respondents, with 213 respondents (90.6%) for holding hands and 126 respondents (53.6%) for hugging. Both of these activities belong to the category of low risk premarital sexual behavior.

Table 4.
Respondent's Parental Role (n= 235)

Parental Role	f	%
Good	128	54,5
Not Good Enough	107	45,5

Table 4., it was known that the majority of respondents, 128 students (54.5%) had parents who played a good parental role.

Table 5.
Respondent's Self-Control (n= 235)

Self-Control	f	%
Good	131	55,7
Not Good Enough	104	44,3

Table 5., it is known that most of the respondents, 131 students (55.7%) have good self-control.

Table 6
Relationship of Parental Role and Adolescent Premarital Sexual Behavior (n= 235)

Parental Role	Premarital Sexual Behavior						Total	
	High Risk		Low Risk		No Risk		f	%
	f	%	f	%	f	%		
Good	7	3,0	109	46,4	12	5,1	128	54,5
Not Good Enough	17	7,2	82	34,9	8	3,4	107	45,5

p = 0,000 (r) = - 0,143

Table 6. shows that most of the respondents, 109 students (46.4%), had parents who played a good parental role and had low risk premarital sexual behavior. The results of the Spearman rank correlation test obtained a significance value of $p = 0.000$ and a correlation coefficient value of $r = -0.143$. The significance value of $p < 0.05$ indicates that there is a relationship between parental roles with adolescent premarital sexual behavior. The correlation coefficient value of 0.143 with a negative correlation direction indicates that the relationship between the two variables is very weak and in the opposite direction. This opposite direction correlation means that the more good parental role, the lower the risk of adolescents premarital sexual behavior.

Table 7.

Self-Control	Premarital Sexual Behavior						Total	
	High Risk		Low Risk		No Risk		f	%
	f	%	f	%	f	%		
Good	0	0	117	49,8	14	6,0	131	55,8
Not Good Enough	24	10,2	74	31,5	6	2,5	104	44,2

p = 0,000 (r) = - 0,323

Table 7. shows that most of the respondents, 117 students (49.8%), had good self-control and had low risk premarital sexual behavior. The result of spearman rank correlation test obtained a significance value of $p = 0.000$ and a correlation coefficient value of $r = - 0.323$. The significance value of $p < 0.05$ indicates that there is a relationship between self-control and adolescent premarital sexual behavior. The correlation coefficient value of 0.323 with a negative correlation direction indicates that the relationship between the two variables is weak and in the opposite direction. This opposite direction correlation means that the more good the self-control of adolescents, the lower the risk of premarital sexual behavior.

DISCUSSION

Premarital Sexual Behavior of Adolescent

Based on the results of this study, it is known that most adolescents of SMA “P” Kota Bandung, with a total of 191 students, (81.3%) have low risk premarital sexual behavior, with the most common behaviors being holding hands and hugging their partner. This study is in line with the research of Sibarani et al. (2022) at SMA X Jakarta Barat. The results showed that the majority of respondents had less risky dating behavior, with a total of 88 students (68.8%). In this study, actions that are included in less risky dating behavior, namely holding hands, hugging and kissing foreheads or cheeks. The result of Nurul & Mariza's (2018) research at SMA Kota Bima also showed that the highest percentage of sexual behavior is held by the behavior of holding hands, spending time together, pampering, and hugging, where these four behaviors are part of the low risk premarital sexual behavior. Aside that, the results of this study are also in accordance with the characteristics of the respondents, where the majority of respondents, 131 students (55.7%) were 17 years old. The age of seventeen years old is included in the middle adolescence category. Middle adolescence is a period where an individual has a great desire to explore and try everything that has never been experienced or done by him (Saputro, 2018). At this time, the endocrine glands are also actively producing new hormones that cause changes in primary sex characteristics and produce secondary sex characteristics. These hormonal changes also trigger sexual urges (Ajhuri, 2019). Through the characteristics and developments that occur at that age, this allows them to fall into premarital sexual behavior

Rusmiati & Hastono (2015) also revealed that along with the increasing age of adolescents, their reproductive organs are also developing. The development of these reproductive organs affects the sexual desire which is manifested in the form of increased attraction to the opposite sex and the desire to fulfill sexual needs. This theory is reinforced by the results of research by Suseno et al. (2021) in NTB which shows that low risk sexual behavior has a high percentage in the 15-19 years old group, while the percentage of high risk sexual behavior is very high in the 20-24 years old.

Parental Role of Adolescent

Through the results of this study, it is known that the most parents of adolescent in SMA “P” Kota Bandung have a good parental role, with a percentage of 54.4%. The good parental role shows that parents realize the importance of their role as educators, role models, companions,

supervisors, counselor, communicators, and friends for their children who are in the adolescent phase. This study also shows similar results with Mariani & Murtadho (2018) research at SMAN Negeri 1 Jombang and Hasanah & Setiyabudi (2020) at SMA Kabupaten Cilacap. It was shown that the majority of respondents involved in the study had parents who played a good parental role, with a total of 140 students (52.2%) and 42 students (56,8%). This finding is also supported by the characteristics of the respondents, where all respondents, with a total of 235 students (100%) live with their parents. Parents who live in the same house with their adolescent tend to be able to supervise their development and can directly limit and control their children's daily relationships. . Aside from that, they can also provide teaching on how to coexist with society. This action aims to shape the character of adolescents who are polite and care about the surrounding environment (Hanum et al., 2023).

The results of this study are also supported by Haryani et al. (2015) who revealed that parental role is not only limited to providing education, but also in setting a good example for children. Parents can be role models and provide examples for them regarding how to establish relationships with their peers. Other than that, giving adolescents the freedom to gather with their peers, accompanied by keeping an eye on the activities carried out by them is one of the important roles of parents in the lives of adolescents. Because when there is no strict supervision and healthy communication in the family, adolescents are at risk of engaging in bad behavior. It is also said that supervision carried out by parents and active interaction between the parents and adolescent tends to avoid adolescents from sexual behavior (Mariani & Murtadho, 2018). According to Nurul & Mariza (2018), good communication between parents and adolescents also helps increase their understanding of reproductive health and is also likely to avoid premarital sexual behavior.

Self-Control of Adolescent

Based on the results of this study, it is known that the majority of adolescents at SMA “P” Kota Bandung, namely 131 respondents (55.7%) have good self-control. This can be interpreted that the average adolescent in the school has a good ability to control behavior, manage information and make judgments, and in deciding on an action, especially related to premarital sexual behavior. Putri et al. (2019) also stated that adolescents with good self-control tend to decide and carry out actions after prior consideration in order to obtain positive results from their environment. According to Nofitriani (2020), the higher a person's self-control, the stronger that person's control over actions or behaviors that are contrary to social norms. This also leads to positive behavior. Hurlock (1973) revealed that the ability to control oneself is also influenced by age or maturity. This means that in line with their age maturity, adolescents' self-control abilities will also increase over time. In this study, the research subjects had age characteristics that were in the middle adolescent group (15-18 years). This findings show similar results to Wardani & Alfiani (2022) who showed that high self-control is owned by most of their students aged 15-19 years, with a total of 134 respondents (61.5%). Fauzia & Taufik (2022) also showed that self-control of adolescents in Kendal district with characteristics aged 15-18 years is included in the high category.

This theory is also supported by the results of research by Astuti et al. (2021) in SMP Kota Lhokseumawe and Karniyanti & Lestari (2018) on Late Adolescents in Bangli. Astuti et al. (2021) showed that most of the respondents with a total of 180 respondents (62%) had an ineffective self-control picture. Karniyanti & Lestari (2018) showed that the level of self-control in most late adolescents in Bangli is classified as very high, with a total of 65 respondents (61.3%) with an age range of 17-21 years old. Through the results of this study, it can be concluded that the age characteristics of respondents who belong to the middle

adolescence group are in line with the results of the study which show that the majority of respondents have good self-control.

The Relationship of Parental Role and Adolescent Premarital Sexual Behavior

Based on the results of the Spearman rank correlation test, it is known that there is a relationship between parental role and adolescent premarital sexual behavior (p value=0,000). Aside from that, the correlation coefficient value of $r = -0.143$ was also obtained. This can be interpreted that the strength of the relationship between the two variables is weak and the better the role of parents, the lower the risk of adolescent premarital sexual behavior. This study displays similar results to the research of Haryani et al. (2015) in SMKN 1 Sedayu and Suryaningrum (2022) in Cemagi Village. In Haryani et al. (2015), it was shown that the p value obtained was 0.000 ($p < 0.005$) with a correlation coefficient value of $r = 0.399$. In Suryaningrum (2022) which has respondent characteristics in the age range of 16-19 years old, it is shown that the p -value obtained is 0.000, with a correlation coefficient of 0.389. Sari & Ismarwati (2014) in a previous study also revealed that parents need to discuss all subjects related to sexual education openly, listen to children's stories without interruption, and provide feedback after finishing their story. This approach can make children feel safe and protected, making it easier for parents to monitor children's movements to prevent risky sexual behavior. Mariani & Murtadho (2018) revealed that supervision by parents and active interaction between the parents and adolescents also tend to cause delays, even avoidance of adolescents from sexual behavior.

However, although there is a relationship between parental role and adolescents' premarital sexual behavior, the relationship between the two variables is weak, which is indicated by the research findings showing that the majority of respondents, 109 students (46.4%), have parents who play a good parental role and have low risk sexual behavior. The weak relationship can be caused by various other factors. According to Rukman et al. (2019), there are a variety of external factors that can influence premarital sexual behavior among adolescents. These factors include parents or family, peers, and exposure to social media or pornographic media. This statement is supported by Sigalingging & Sianturi (2019) which shows that there is a relationship between peers and adolescent premarital sexual behavior (p value = 0.033).

The Relationship of Self-Control and Adolescent Premarital Sexual Behavior

Based on the results of Spearman rank correlation test, it is known that there is a relationship between self-control and adolescent premarital sexual behavior (p value=0,000). In addition, the correlation coefficient value of $r = 0.323$ was also obtained with a negative correlation direction, which means that the strength of the correlation between the two variables is weak and the better the self-control of adolescents, the lower the risk of adolescent premarital sexual behavior. The relationship between self-control and sexual behavior in adolescents shows that the ability of adolescent self-control plays a crucial role in controlling or refraining from negative influences, especially related to premarital sexual behavior (Putri et al., 2019). The findings of this study are also in line with Wardani & Alfiani (2022) and Noor (2015) at SMK Istiqomah Muhammadiyah 4 Samarinda which showed similar results. Wardani & Alfiani (2022) research shows that there is a relationship between self-control and adolescent premarital sexual behavior (p value = 0.000). For research by Noor (2015) at SMK Istiqomah Muhammadiyah 4 Samarinda, it was also shown that there was a significant negative correlation between self-control and adolescent sexual behavior, with a significance value = 0.000 ($p < 0.05$). These two results mean that the higher the self-control of adolescents, the

lower the sexual behavior of adolescents. On the contrary, the lower the self-control, the higher the adolescent sexual behavior.

However, despite the relationship between self-control and adolescent premarital sexual behavior, the strength of the relationship between the two variables is weak. The strength of this weak relationship can be influenced by the presence of other factors. According to Rukman et al. (2019), there are various internal factors that can influence premarital sexual behavior among adolescents. These internal factors include knowledge related to sexuality and reproductive health, religiosity, self-control, and self-esteem. This statement is supported by Mulyawati & Sukmasary (2018) research at SMK PGRI 1 Kota Sukabumi which shows that there is a correlation between religiosity and adolescent premarital sexual behavior (p value = 0.000).

CONCLUSION

This study aimed to determine the correlation between parental role and self-control towards adolescent premarital sexual behavior at SMA "P" Kota Bandung. The findings indicate there were a significant relationship between parental role (p -value = 0.000) and self-control (p -value = 0.000) with adolescent premarital sexual behavior at SMA "P" Kota Bandung. These findings can be an input for health workers, especially maternity and community nurses to maximize health services in promotive and preventive aspects of reproductive health and sexuality in the school environment.

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