

Premarital Sexual Behavior in Middle School Students: Family Conditions and Information Sources

Maria Nona Nancy¹, Chatarina Novianti²

¹ Universitas Nusa Nipa, Indonesia; nancykoseng2016@gmail.com

² Universitas Flores, Indonesia; Zefanobadhe@gmail.com

ARTICLE INFO

Keywords:

Family Conditions;
Sexuality Information Sources;
Sexuality Information Sources

Article history:

Received 2021-08-10

Revised 2022-01-08

Accepted 2022-11-30

ABSTRACT

Premarital sexual behavior is a teenage problem that gets a lot of attention globally. This study aims to determine premarital sexual behavior in adolescents in terms of family conditions and sources of sexuality information. Family conditions can be seen from several indicators, including based on caregivers, primary caregivers, place of residence and family integrity. The researcher developed a scale based on sexual behavior, specifically touching, kissing, making out (petting), and having sex (coitus). The respondents of this study were teenagers in Sikka Regency, totaling 348 people with an age range of 12–18 years. Data analysis was performed using descriptive statistics. This study found that premarital sexual behavior in adolescents in Sikka Regency was enough high at 82%. Other findings show that the highest premarital sexual behavior in adolescents occurs in adolescents who are cared for by grandparents, while the main caregivers who are most at risk are those whose children are cared for by other families, living in boarding houses with orphaned conditions. Another condition is that teenagers who are most vulnerable to sexual behavior are teenagers who get sexual information from the media.

This is an open access article under the [CC BY-NC-SA](#) license.



Corresponding Author:

Maria Nona Nancy

Universitas Nusa Nipa, Indonesia; nancykoseng2016@gmail.com

1. INTRODUCTION

Teenagers are often referred to by most people as the "transitional age." The transition in question is the transition from childhood to adulthood. Of course, as you enter the process towards adulthood, changes occur both physically, cognitively, and psychosocially. The psychological effects of the timing of puberty and sexual maturity depend on how adolescents and those in their world view the changes that accompany them. A series of psychological changes will accompany the physical development of a teenager. Orth, (2017); Knafo-Noam, (2015).

Teenagers are often referred to by most people as the "transitional age." The transition in question is the transition from childhood to adulthood. Of course, as you enter the process towards adulthood, changes occur both physically, cognitively, and psychosocially. The psychological effects

of the timing of puberty and sexual maturity depend on how adolescents and those in their world view the changes that accompany them. A series of psychological changes will accompany the physical development of a teenager. Orth, (2017); Knafo-Noam, (2015).

Hidayati, (2019); Parnawi, (2021) revealed that the increase in sexual interest in adolescents makes adolescents begin to be sensitive to sexual matters so that, with a little external stimulus (seeing romantic things or hearing sexually-smelling stories), adolescents begin to be aroused. This condition provides opportunities for adolescents to behave like adults (making out, having sexual relations). This behavior is called premarital sexual behavior. Menurut Ali & Asrori, (2019). Premarital sexual behavior includes all behavior based on sexual desire, both with the opposite sex and with the same sex, that occurs prior to marriage. The forms of this behavior vary from feelings of attraction to the behaviors of dating, making out, and having sex. Bogale & Seme (2014) revealed that the impact of sexual activity on adolescents not only resulted in adolescents being exposed to STIs, including HIV/AIDS, but also unwanted pregnancies in adolescent girls. Unwanted pregnancies can lead to In Sikka, this behavior is also increasing from year to year. Data from the Office of Population Control and Family Planning, Women's and Children's Empowerment in Sikka Regency, which was quoted from a report by the Plan International Indonesia foundation, showed that the number of early marriages in 2019 was 450 cases, while in 2020 the data up to June reached 269 cases. This figure is actually far from the actual case. The development of modern technology has caused a shift in lifestyles towards a more modern one, including changes in the dating styles of young people today. They express their love for their partner through actions such as holding hands, hugging, or kissing on the cheek, as well as sexual relations outside of marriage. Ratnasari and Rambli (2017). The unavailability of accurate and correct information about healthy sexual behavior in adolescence makes adolescents try to find information on their own. Peers, internet media, television, magazines, and other forms of media are often used by teenagers to meet the demands of sexual curiosity. On the other hand, many parents and families think that it is taboo to provide information about sexuality to teenagers. Segrin & Flora (2018) found evidence that good parent-child communication correlates with lower child involvement in delinquent behavior. Galvin, Braithwaite, & Bylund (2015) revealed that openness on the topic of communication about sexuality was proven to be correlated with the tendency of adolescents to practice safe sex.

Baumeister, Sari, Tondok, & Muttaqin (2020) said sexual desire can spur a person to perform premarital sexual behavior, but this can be prevented if a person is able to control himself. This is because self-control is the ability to control one's sexual behavior so that premarital Teaching, educating, and nurturing means also instilling certain values (moral values and religious values) according to ethnicity, culture, and subculture prevailing in society, Sriyanti, (2012). A number of research results show that parenting practices and relationships in the family, such as parent-child relationships, have an important influence on the welfare of children and adolescents. Yap & Baharudin, (2016) and moral development, Hasanah, (2019). Another study found that poor parenting practices such as lack of monitoring, inconsistent discipline, and absence of positive parenting were associated with delinquent behavior in children and adolescents.

Several previous studies found that there were several significant predictors of sexual behavior in adolescents, namely family function, family structure, and self-efficacy. The study also found that there was a very significant relationship between single-parent families and sexual behavior in adolescents. Thambu (2021) said that family or kinship characteristics such as family structure and communication within the family are the main factors that influence adolescent sexual behavior. Other research conducted by Manurung, Masae, & Tira (2018) regarding the sexual behavior of adolescent girls in Kalabahi, NTT found that the knowledge of adolescent students in the good category was 114 people (81.43%), attitudes were categorized as positive as many as 119 (85%), behavior did not engage in sexual activity as many as 121 (86.43%), and had sexual intercourse without using a condom as many as 11 people (7.86%). In general, this research shows that most teenagers are good sexually. However, there are still teenagers who have unsafe sexual behavior.

2. METHODS

The research is descriptive quantitative research (Rukajat, 2018). The respondents of this study were teenagers in Sikka Regency, which amounted to 348 people with an age range of 12–18 years, with the reason that teenagers of that age were early and middle teens who were still in junior high and high school. measurement of premarital sex behavior using a premarital sex behavior scale made by researchers using forms of premarital sexual behavior, namely touching, kissing, making out (petting), and having sex (coitus). Data analysis was carried out using descriptive statistics.

3. FINDINGS AND DISCUSSION

Table 1. Description of Premarital Sexual Behavior Statistics

Interval	Frekuensi	Percentage	Category
91-120	27	8 %	High
61-90	286	82 %	High enough
30-60	35	10 %	Low
Total	348	100 %	

Based on table 1 above, it can be seen that 82% of adolescents in Sikka district have sexual behaviors in the highenough category and than 10% low category and the smallest is the high category of 8%.

Table 2. Overview of Premarital Sexual Behavior Based on Caregivers

Raised	N	Mean
Parent	302	72.96
Grandparents	19	78.11
Another family	27	77.74
Total	348	

Based on the table above, adolescents who are most at risk for sexual behavior are those who are cared for by grandparents, followed by other families, and the lowest tendency to have sexual behavior is adolescents who are cared for by their parents.

Table 3. Overview of Sexual Behavior Based on Primary Caregivers

Main Caregiver	N	Mean
Mother father	249	72.84
Father	17	71.88
Mother	45	73.84
Another Family	37	79.37
Total	348	

Based on the main caregiver, sexual behavior in adolescents is more at risk of being cared for by other families than the main caregiver of the father, meaning that father's involvement in parenting has a good effect on sexual behavior in adolescents.

Table 4. Overview of Premarital Sexual Behavior by Place of Residence

Living together	N	Mean
Parent	231	72.40
Grandparents	11	72.73
Another Family	33	70.97
Rent	63	79.32
Dormitory	10	75.40

Based on the place of residence of premarital sexual behavior in adolescents, the higher rate is living in a boarding house at 79.32, a dormitory at 75.40, grandparents at 72.73, parents at 72.40, and the lowest rate is living with other families at 70.97

Table 5. Overview of Premarital Sexual Behavior Based on Family Integrity

Family Condition	N	Mean
Intact	304	72.88
Single Father	9	74.22
Single Mother	17	76.24
Orphan	18	83.22
Total	348	73.61

Based on family conditions, the highest sexual behavior in adolescents is from orphans, followed by single mothers, single fathers, and the lowest is the condition of whole families.

Table 6. Premarital Sexual Behavior Based on Sexual Behavior Information Source

Source of Sexual Information	N	Mean
Friend	137	74.14
Media	132	76.34
Parent	42	71.19
School	37	64.68
Total	348	73.61

Based on the sources of sexual information, premarital sexual behavior in adolescents is 76.34 higher than in media, 74.14 for friends, 71.19 for parents, and the lowest is 64.68

Discussion:

The research found that 82% of adolescents in Sikka district have sexual behaviors in the high enough category, meaning that sexual behavior carried out by adolescents is risky behavior that can cause adolescents to experience negative things as a result of these risky behaviors. Adolescent behavior is influenced by the behavior of parents in raising children (Suryana, 2016). Research conducted by Dempster, Rogers, Pope, Snow, & Stoltz (2015) found that harsh restrictions on adolescents increased the likelihood of sexual behavior occurring, particularly among adolescent boys. According to Mahmudah, Yaunin, & Lestari (2016), adolescents who have high sexual behaviors have sexual relations on the basis of curiosity or trial and error and do it in places such as hotels or guesthouses. Furthermore, Nugroho (2016) said that sexual content increases premarital sexual behavior. Generally, teenagers are regularly exposed to sexual material on television, movies, and magazines, while adolescents who behave sexually are in the safe category (10%), meaning that adolescents have good control of sexual behavior.

Barseli, Ahmad, & Ifdil (2018) said the ability to control oneself is the result of learning, which is related to the educational process, while education is always motivated by culture. The way parents

raise and teach their children always involves cultural aspects. Teaching, educating and nurturing means also instilling certain values (moral values and religious values) in accordance with the ethnic, cultural and subculture prevailing in society. Research conducted by Vasilenko, Kugler, Butera, & Lanza (2015) found that adolescents who had sexual experiences had a significant effect on family structure: living with single parents.

Other things found in this research are adolescents who are most at risk for sexual behavior are those who are cared for by grandparents. Adolescents who are cared for by grandparents provide opportunities for risky sexual behavior in adolescents. This is due to grandparents' declining physical and mental health, which makes them less capable of controlling or supervising children, especially teenagers. In line with that, Tegariyani and Santoso Fono, Fridani, & Meilani, (2019) said that children who live with their fathers and mothers will be better off than children who live with only fathers or mothers, or with other caregivers. This is because fathers and mothers have their respective roles in raising children. Parents play a very important role in educating children about the values of sexual life. Temun Grabau & Ma (2017) revealed that the position of parents and the values held by parents and peer groups have a major influence on adolescents.

Based on the main caregiver, sexual behavior in adolescents is more at risk of being cared for by other families than the main caregiver of the father, meaning that father's involvement in parenting has a good effect on sexual behavior in adolescents. Research Handayani & Kustanti, (2020) found that the more positive the involvement of the father in parenting, the lower the intention of premarital sexual behavior in adolescents. The absence of the father in the child's growth and development can also have an unpleasant impact on the father, namely feelings of guilt internally due to feeling not present in the child's life (Handayani & Kustanti, (2020). In a developmental psychology review, the view of parent-child relationships generally refers to the attachment theory proposed by John Bowlby. Bowlby identified the influence of parenting behavior as a key factor in parent-child relationships that are built from an early age. Children who get the involvement of the father's role in their upbringing will be motivated to do their best and have an impact until adulthood and have good psychological well-being (Proctor et al., 2017).

Based on the place of residence of premarital sexual behavior in adolescents, the higher rate is living in a boarding house at 79.32, a dormitory at 75.40, grandparents at 72.73, parents at 72.40, and the lowest rate is living with other families at 70.97. This means that the less supervision from parents or other adults, the more opportunities there will be for teenagers to engage in premarital sexual behavior. Teenagers who have the most sexual behavior are teenagers who live in boarding houses. In line with what was said (Nurhidaya, 2017), the cause of adolescent premarital sexual behavior in boarding houses is because teenagers who live alone without parental supervision or boarding house owners, living alone becomes a source of risk for sexual behavior because of the lack of control over the freedom given.

Based on family conditions, the highest sexual behavior in adolescents is from orphans, followed by single mothers, single fathers, and the lowest is the condition of whole families. Intact family conditions provide low opportunities for premarital sexual behavior in adolescents compared to incomplete family conditions, both for single parents and orphans. In line with that, Nainggolan (2016) said that adolescents with harmonious or intact families have lower sexual behavior than those who are less harmonious or intact. This is probably because adolescents feel protected when they feel they have a close relationship with their parents and they are involved in adolescent life. The family can be a filter from the negative behavior of teenagers. Mariani & Murtadho (2018) show that there is a relationship between parental attention and premarital sexual behavior by adolescents. In addition, family conditions also influence high-risk premarital sexual behaviour.

Based on the sources of sexual information, premarital sexual behavior in adolescents is 76.34 higher than in media, 74.14 for friends, 71.19 for parents, and the lowest is 64.68. Media sources contribute more to premarital sexual behavior than knowledge of sex information from friends, parents, and school. In line with what was said by Istawati (2017), the main factor that affects

teenagers in free sex is the openness of information sources from various mass media, both watching movies, television, and accessing the internet, which are difficult to select, so that it can have a negative influence on teenagers. Another factor is peers. Teenagers begin to broaden their social relationships with peers and regard their peers as kings. Therefore, adolescents tend to be more influenced by the interests and appearance of friends than by parental direction.

4. CONCLUSION

Premarital sexual behavior is the encouragement of sexual desire both with the opposite sex and the same sex without going through an official marriage process according to law and religion, with forms of behavior such as touching, kissing, making out, and having intercourse. The study found that the majority of adolescents in Sikka district had fairly high sexual behavior of 82%. Sexual behavior in adolescents is quite high in terms of risky sexual behavior, which is defined as sexual behavior that has unwanted consequences such as abortion, pregnancy outside of marriage, sexually transmitted diseases (STDs), and HIV/AIDS. The study also shows that the highest premarital sexual behavior in adolescents occurs in adolescents who are cared for by grandparents or other main family caregivers and reside in boarding houses with orphaned family conditions, while adolescents who are most at risk of sexual behavior are adolescents who have access to resources. sexual information from the media. The findings of this study are the first in Sikka district, considering that such research has never been conducted. Given the limitations of this study, the researcher recommends further researchers look at premarital sexual behavior in adolescents by considering the factors of value education in the family, culture, and marital structure between patrilineal and matrilineal.

Acknowledgments: We sincerely appreciate Nusa Nipa University for their support. We would also like to thank several senior and junior high school in Sikka District and the administrative staff and principals for facilitating the data collection for facilitating the data collection. Our deepest gratitude goes to the study participants for their willingness to participate in the study and for their genuine responses.

Conflicts of Interest: We declare that this research was carried out objectively and there is no conflict of interest from any party or institution.

REFERENCES

- Ali, M., & Asrori, M. (2019). *Psikologi remaja: Perkembangan peserta didik*.
- Barseli, M., Ahmad, R., & Ifdil, I. (2018). Hubungan stres akademik siswa dengan hasil belajar. *Jurnal EDUCATIO: Jurnal Pendidikan Indonesia*, 4(1), 40–47.
- Bogale, A., & Seme, A. (2014). Premarital sexual practices and its predictors among in-school youths of shendi town, west Gojjam zone, North Western Ethiopia. *Reproductive Health*, 11(1), 1–9.
- Butterworth, G. (2014). *Principles of developmental psychology: An introduction*. Psychology Press.
- Cascio, C. J., Moore, D., & McGlone, F. (2019). Social touch and human development. *Developmental Cognitive Neuroscience*, 35, 5–11.
- Cichocka, A. (2016). Understanding defensive and secure in-group positivity: The role of collective narcissism. *European Review of Social Psychology*, 27(1), 283–317.
- CP, F. A., & Notobroto, H. B. (2013). Faktor yang memengaruhi perilaku seksual pranikah remaja yang bertunangan. *Jurnal Biometrika Dan Kependudukan*, 2(2).
- Dempster, D., Rogers, S., Pope, A. L., Snow, M., & Stoltz, K. B. (2015). Insecure parental attachment and permissiveness: Risk factors for unwanted sex among emerging adults. *The Family Journal*, 23(4), 358–367.
- Fauzian, R. (2020). *Pengantar Psikologi Perkembangan*. CV Jejak (Jejak Publisher).
- Fono, Y. M., Fridani, L., & Meilani, S. M. (2019). Kemandirian dan Kedisiplinan Anak yang Diasuh oleh Orangtua Pengganti. *Jurnal Obsesi: Jurnal Pendidikan Anak Usia Dini*, 3(2), 537.
- Galvin, K. M., Braithwaite, D. O., & Bylund, C. L. (2015). *Family communication: Cohesion and change*.

Routledge.

- Grabau, L. J., & Ma, X. (2017). Science engagement and science achievement in the context of science instruction: a multilevel analysis of US students and schools. *International Journal of Science Education*, 39(8), 1045–1068.
- Handayani, W., & Kustanti, E. R. (2020). Hubungan antara persepsi terhadap keterlibatan ayah dalam pengasuhan dengan intensi perilaku seksual pranikah pada remaja. *Jurnal EMPATI*, 7(1), 188–194.
- Hasanah, E. (2019). Perkembangan Moral Siswa Sekolah Dasar Berdasarkan Teori Kohlberg. *JIPSINDO, Jurnal Pendidikan Ilmu Pengetahuan Sosial Indonesia*, 6(2), 131–145.
- Hidayat, R., & Khalika, N. N. (2019). Bisnis dan Kontroversi Gerakan Indonesia Tanpa Pacaran. Retrieved October 17, 2019, from tirto.id website: <https://tirto.id/bisnis-dan-kontroversi-gerakan-indonesia-tanpa-pacaran-ck25>
- Hidayati, R. (2019). *Psikologi Perkembangan*.
- Istawati, R. (2017). Hubungan keterpaparan media massa, peran teman Sebaya terhadap tindakan seksual Di sma an-naas. *Jurnal Endurance: Kajian Ilmiah Problema Kesehatan*, 2(2), 124–131.
- Kail, R. V., & Cavanaugh, J. C. (2018). *Human development: A life-span view*. Cengage Learning.
- Kavé, G., & Knafo-Noam, A. (2015). Lifespan development of phonemic and semantic fluency: Universal increase, differential decrease. *Journal of Clinical and Experimental Neuropsychology*, 37(7), 751–763.
- Mahmudah, M., Yaunin, Y., & Lestari, Y. (2016). Faktor-faktor yang berhubungan dengan perilaku seksual remaja di Kota Padang. *Jurnal Kesehatan Andalas*, 5(2).
- Manurung, I. F. E., Masae, V. M. A., & Tira, D. S. (2018). Gambaran Perilaku Seksual Siswa Perempuan pada SMAN 1 Kalabahi Provinsi Nusa Tenggara Timur. *Nursing Sciences Journal*, 2(2), 27–35.
- Mariani, N. N., & Murtadho, S. F. (2018). Peran orang tua, pengaruh teman sebaya, dan sikap berhubungan dengan perilaku seksual pranikah pada siswa-siswi sma negeri 1 jambang kabupaten cirebon. *Jurnal Care Vol*, 6(2).
- Marchlewska, M., Cichočka, A., Łozowski, F., Górska, P., & Winiewski, M. (2019). In search of an imaginary enemy: Catholic collective narcissism and the endorsement of gender conspiracy beliefs. *The Journal of Social Psychology*, 159(6), 766–779.
- Nainggolan, D. M. (2016). *Hubungan antara Keharmonisan Keluarga dengan Kenakalan Remaja di Lembaga Pembinaan Khusus Anak Medan*.
- Nugroho, R. A. (2016). *Paparan pornografi dari media sosial dan perilaku berpacaran pada siswa SMK X, kelurahan cempaka putih, Kecamatan Ciputat Timur Kota Tangerang Selatan Tahun 2015*. Fakultas Kedokteran dan Ilmu Kesehatan Universitas Islam Negeri Syarif
- Nurhidaya, N. (2017). Analisis Motivasi Generasi Muda Dalam Melakukan Perilaku Menyimpang (Studi Kasus Perilaku Seks Pranikah Di Distrik Malaimsimsa Kota Sorong). *Jurnal Noken: Ilmu-Ilmu Sosial*, 2(1), 14–27.
- Orth, U. (2017). The lifespan development of self-esteem. In *Personality development across the lifespan* (pp. 181–195). Elsevier.
- Parnawi, A. (2021). *Psikologi Perkembangan*. Deepublish.
- Proctor, C., Linley, P. A., & Maltby, J. (2017). Life satisfaction. *Encyclopedia of Adolescence*, 1–12.
- Ratnasari, I., & Rambli, C. (2017). Gambaran Perilaku Seksual Pranikah Pada Mahasiswa Keperawatan Jurusan Kesehatan Politeknik Negeri Nusa Utara. *Jurnal Ilmiah Sesebanua*, 1(2), 73–77.
- Rukajat, A. (2018). *Pendekatan penelitian kuantitatif: quantitative research approach*. Deepublish.
- Sari, C. K., Tondok, M. S., & Muttaqin, D. (2020). The Role of Sexual Self-Control as Moderator between Sexual Desire and Premarital Sexual Behaviors. *Jurnal Psikologi*, 47(1), 43–55.
- Segrin, C., & Flora, J. (2018). *Family communication*. Routledge.
- Sriyanti, L. (2012). Pembentukan self control dalam perspektif nilai multikultural. *MUDARRISA: Jurnal Kajian Pendidikan Islam*, 4(1).

- Suryana, D. (2016). *Pendidikan Anak Usia Dini: Stimulasi & Aspek Perkembangan Anak*. Prenada Media.
- Thambu, N. (2021). Using Forum Theatre to Develop Various Levels of Thinking Skills among Moral Education Students in Secondary School. *Turkish Journal of Computer and Mathematics Education (TURCOMAT)*, 12(3), 1–13.
- Vasilenko, S. A., Kugler, K. C., Butera, N. M., & Lanza, S. T. (2015). Patterns of adolescent sexual behavior predicting young adult sexually transmitted infections: A latent class analysis approach. *Archives of Sexual Behavior*, 44(3), 705–715.
- Yap, S. T., & Baharudin, R. (2016). The relationship between adolescents' perceived parental involvement, self-efficacy beliefs, and subjective well-being: A multiple mediator model. *Social Indicators Research*, 126(1), 257–278.