

The influence of parenting patterns on adolescent sexual behavior

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Abstract

The relationship between parenting and sexual behavior in adolescents is the main topic of this study. The research employed descriptive correlation research method with cross sectional time approach. Respondents consisted of 80 adolescents and the sampling techniques used was total sampling techniques. Data were collected by using questionnaires and analyzed by using univariate analysis, and bivariate analysis with chi square test. The results of the study showed that democratic parenting was 67,5%, permissive parenting was 11,25%, authoritarian parenting was 7,5% and for the application of mixed parenting was 13,75%. The correlation test results obtained $p < 0,05$ ($P=0,00$) and coefficient value of 0,628 which means that there is a significant relationship and close relationship between parenting and adolescents sexual behavior.

Keywords: *sexual behavior, parenting, adolescents*

INTRODUCTION

Adolescents are part of the world's population and have a great influence on the development of the world. Adolescents and their various problems are global concern and made a major issue in the Commemoration of World Population Day which falls on July 11, 2013. Based on BKKBN data, in Indonesia the number of adolescents aged 10-24 has reached around 64 million or 27,6 percent of the total population of Indonesia. The large number of adolescents is a great potential for the advancement of the nation, but if it is not properly cultivated or left alone to develop in a negative direction, it will create a burden on the state (BPS, 2013).

Adolescence is a transitional period from childhood to adulthood which is characterized by complex, dramatic physical changes in puberty and emotional as well as important social adjustments to become adults. Such conditions make adolescents do not have mental maturity because they are still looking for identity so that they are very vulnerable to various influences in the social environment, including in their sexual behavior (Sarwono, 2011). Sexual behavior is a behavior that arises because of a sexual urge or activity to get pleasure from the sexual organs through various behaviors such as fantasizing, holding hands, kissing, hugging until sexual intercourse. Previous studies stated that the majority of adolescents had sexual intercourse the first time when they were in high school and around the age of 15-18 years (Soetjningsih, 2008). Mayabi (2016) in her study said that in 2007 in the United States, 48% of high school students had had sexual intercourse, and 15% had had four or more sex partners during sexual intercourse in their lives. 39% of high school students who are active in sexual



intercourse reportedly did not use condoms during sexual intercourse. This shows that adolescents engage in sexual activity with multiple partners and place them at greater risk. Jones (2008) said that in the last 20 years there has been an increase in the number of young women who have premarital sex such as in the United Kingdom, the United States, Canada and Australia. About 17% of teenage girls have premarital sex before age 16 and when they are 19 years old, three-quarters of teenage girls have premarital sex. Sexual behavior in adolescents can have a detrimental impact on the development of adolescents and the health of adolescents both physically and psychologically, or can hinder their future success and influence the development of a country. High-risk sexual behavior places adolescents at risk for sexually transmitted infections (STIs) including Human Immunodeficiency Virus (HIV), unplanned pregnancies, and being in sexual relations before becoming mature enough to know what makes a healthy relationship. Physical, cognitive and emotional immaturity of adolescents can increase the risk to adolescent reproductive health (Alimoradi, 2017).

The case of abortion is one of the effects of adolescent sexual behavior and shows an increasing tendency. The World Health Organization (WHO) estimates that there are 20 million unsafe abortion events in the world, 9,5% (19 of the 20 million acts of unsafe abortion) among them occur in developing countries. About 13% of the total women who have unsafe abortions end in death. The risk of death from unsafe abortion in the Asian region is estimated to be 1 in 3,700 compared to safe abortion.

In the Southeast Asia region, WHO estimates 4,2 million abortions are carried out every year, and around 750,000 to 1,5 million occur in Indonesia, of which 2,500 end in death, the number of abortions in Indonesia is estimated at 2,3 million per year. About 750,000 of them are carried out by adolescents. According to a report, every year there have been 1,5 million cases of abortion in the United States, hundreds of thousands in European countries, and more than 2 million in the Asian region. In Japan, since 1972, an average of 1,5 million abortions have been recorded every year. With reference to these figures, at least 40 to 60 million cases of abortion are recorded throughout the world every year (Gunawan, 2011).

Based on the results of the 2012 Indonesian Demographic Health Survey component of Adolescent Reproductive Health (2012 IDHS KRR), nationally there has been an increase in the number of adolescents who have had premarital sexual relations compared to data from the Indonesian Youth Reproductive Health Survey (SKRRI, 2007). Results of the (2012) SDRR KRR survey show that around 9,3% or about 3,7 million adolescents said they had had premarital sexual relations, while the results of the 2007 SKRRI were only about 7% or about 3 million adolescents. So that during the period 2007 to 2012 there was an increase in cases of adolescents who had premarital sexual intercourse as much as 2,3%.

The number of premarital sex events in the world is seen from the high number of unwanted pregnancies and sexually transmitted diseases that cause death (WHO, 2013). The Chairperson of the Indonesian Child Protection Commission (KPAI) in 2011 in Indonesia, found that adolescents who had premarital sex were 93.7%. Whereas in Yogyakarta Special Region (DIY) around 18,18% (BPPM, 2013). The increasing interest in sex in adolescents and the lack of knowledge of adolescents about premarital sex behavior, coupled with the lack of openness of families in discussing sex problems, causes adolescents to always seek information about sex independently. Adolescents

tend to get information about sex through inappropriate sources and are not aware of the consequences of this risky sexual behavior. Based on BKKBN (2013) research, many adolescents who fall into unhealthy sexual behavior are caused by a lack of knowledge about healthy reproductive health. According to Sarwono (2011), adolescent's knowledge of reproductive health is still very low, as evidenced by 83,7% of adolescents who do not understand reproductive health and only 3,6% know the importance of reproductive health.

Internal causes that cause adolescents to engage in unhealthy sexual behavior are permissiveness, lack of self-control, unable to make decisions about a healthy sexual life or cannot be assertive about the invitation of friends or girlfriends (Kartika and Farida, 2008). As according to Seotjiningsih (2008) research results show that the factors that influence adolescent premarital sex behavior are teenage parents' relationships, peer negative pressure, low understanding of religion (religiosity).

Sex problems in adolescents often worry parents as well as educators, officials, government, experts, and so on. Marriage at an early age of adolescence was eventually a solution due to sexual behavior which in turn caused problems that were no less complicated. In any situation, sexual behavior in adolescents is not beneficial. Though adolescents are a transition to maturity, where they should start preparing themselves for adult life, including in their sexual aspects. Thus, a very wise attitude is needed from parents, educators, and society in general and of course from the adolescents themselves, so that they can pass the transition safely. As for what is meant by sexual behavior are all behaviors that are driven by sexual desire both with the opposite sex and with the same sex. These forms of behavior can vary, ranging from feelings of interest, to the behavior of dating, making out, and having sex. Sexual objects can be other people, people in fantasy or self (Sarwono, 2012).

As a result of free sexual behavior in adolescents as above can be the reason that adolescent sexual behavior should be raised to be a serious problem and should be considered a way out, although to change a behavior especially sexual behavior is not easy and simple, because adolescent behavior is a very complex problems that are mostly related to other social aspects. Parental treatment is crucial for family relationships, because once a relationship is formed it will spur the relationship to last. Parents should also be able to recognize their children well and recognize their unique attitudes and talents, develop and foster their personalities without forcing them to be someone else (Tridhonanto, 2014).

The low awareness and control of the community has an effect on adolescent sexual behavior. Some people just keep quiet when they see adolescents dating and kissing in front of the house. The low social control of the community resulted in some adolescents feeling free to behave sexually because adolescents consider the community will not reprimand or forbid it (Wartati, 2012). Along with the increasingly complex problems faced by adolescents, BKKBN has a program that focuses on reproductive health in order to ensure the fulfillment of sexual and reproductive health rights of adolescents, carried out integrated efforts from various fields, in order to provide reproductive health information as early as possible to adolescents through the Information Center and Adolescent Reproductive Health Counseling (PIK-KRR) or PIK-adolescents. This is intended to increase adolescent knowledge, so that later adolescents are able to act responsibly.

The existence and role of PIK-KRR in adolescents is indeed needed, but the role of parents is more important than the government program. Parenting in the family have a strategic value in the formation of a child's personality. Since childhood, the child has received education from both parents through exemplary and daily living habits in the family. Whether or not the exemplary and life habits of parents in the family affect a child's mental development.

The purpose of this study was to determine the relationship of parenting to teenage sexual behavior

RESEARCH METHODS

This study is a descriptive correlation research that aims to find a relationship between parenting and sexual behavior in adolescents. The time approach used is cross sectional, namely measurements taken on variables of parenting and variables of sexual behavior carried out at the same time. The population in this study were all students of class XI SMK Negeri 1 Sewon Bantul majoring in culinary which amounted to 80 students. The technique used in sample collection using total sampling technique is done by taking all class XI respondents majoring in culinary.

The sample in this study were students of class XI SMK Negeri 1 Sewon Bantul which numbered 80 people with inclusion criteria students were willing to become respondents, lived with parents, had or were having a boyfriend. Data sources were obtained through primary data with data collection tools using questionnaires. The questionnaire used a Likert scale for parenting and Guttman for sexual behavior. Data analysis used was univariate analysis using frequency distribution. Data were analyzed statistically by chi square test at significance level or p-value of 0,05.

RESULTS AND DISCUSSION

Characteristics of Respondents

Table 1. Frequency distribution of respondent characteristics

Respondent Characteristics	(%)
Gender	
Male	36
Female	64
Total	100
Age	
16 year	24
17 year	68
18 year	1
Total	100
To Get Information	
Yes	100
No	0
Total	100
Resources	
Teacher	40
Parents	36
Friend	24
Total	100

Table 2. Distribution of frequency of parenting style

Parenting Style	(%)
Permissive	11
Authoritarian	8
Democratic	68
Mix	18
Total	100

Sexual behavior in adolescents

Table 3. Distribution of frequency of adolescent sexual behavior

Sexual Behavior	(%)
At risk	12
Not at risk	88
Total	100

Relationship between Parenting and Adolescent Sexual Behavior

Table 4. Distribution of frequency in relation between parenting and adolescent sexual behavior

Frequency in Parenting	Sexual Behavior		
	Risk of	No Risk	Total
	%	%	%
Permissive	81	3	11
Authoritarian	4	4	8
Democratic	0	67	67
Mix	0	14	14
Total	85	80	100

Chi Square analysis used a significance level of $\alpha=5\%$. The results of the analysis using Chi Square obtained the results of $p < 0,05$ (0,000) this shows a significant relationship between parenting and adolescent sexual behavior at SMK 1 Sewon Bantul in 2017. The coefficient of 0,628 has a strong correlation strength and positive coefficient values indicate the meaning of increasing (good) parenting to children or adolescents, the better sexual behavior (the less risk).

Based on the results of research on parenting in adolescents, the most students (68%) were in democratic parenting style. Permissive parenting was 11%. Authoritarian parenting was 8% and for the application of mixed parenting was 14%. In this study, parenting is good in educating and giving good parenting to children or adolescents aimed at items that show that parents allow me to watch movies with my opposite sex at home, in the family room with family members others, and we commented on the film 78,75% and my parents explained to me that kissing a friend of the opposite sex is not permissible because it is deviant from the norm and religion of 67,5%. And parenting is not good, namely my parents allow me to have close friends of the opposite sex and allow me to be alone outside the home by 10%. Some parents of respondents who have never discussed with adolescents about relationship problems with the opposite sex so that I understand the limitations of relating to the opposite sex by 1% and about the danger of sexual behavior committed before marriage by 4%.

Respondents with democratic parenting style have received education and taken care by their parents. This parenting style forms adolescents' personalities which influence their behavior. Those parents are prioritizing the interests of their children who are rational and without hesitation controlling their children. It means that their children are able to protect themselves against bad sexual behavior. It was a warm approach with high control through understanding, explanation and attention. The adolescent has the right to choose what he wants with a note that parents keep providing an explanation of the impact of good and bad deeds. This is corroborated by Okorodudu (2010) who argues that democratic parenting style is characterized by obedience and responsiveness of parents despite being flexible, applying reasonable standards of behavior.

This study also found there were 14% parents who applied mix-parenting style. It meant parents combined permissive, authoritarian, or democratic parenting. Correspondingly, (Fajar, 2015) says that mix parenting is a parenting style in which parents combine three parenting styles that are democratic, permissive and authoritarian. Parents prefer to apply mix-parenting styles to meet their children needs. Parents will determine when to use authoritarian parenting, permissive and authoritative. It was found in this study that adolescents who were nurtured with mix parenting style have non-risky sexual behavior. This is because parents applied parenting style according to the situation of their children.

The implementation of parenting which was not appropriate influenced children's daily behavior especially their sexual behavior. It meant that adolescents were not fully able to control themselves and make decisions about various types of behavior including risky sexual behavior. Permissive parenting is depicted by parents' ignorance of the development of their teenage children. They tend to give all desires that their children want or they do not even want to know what their children want. Children will feel freer in determining what they want. In association and in addressing the external environment will be very limited to provide optimal assistance for their children (Sarwono, 2010). According from Sun trock (2011) there are some aspects in permissive parenting, such as the lack concern from parents towards their children's friendship; and parents do not care whether their children will be responsible or not for the actions that they have taken and done. Parents with permissive parenting tend to lack in giving sex education to their children. It is because of the lack of parent-child communication network so that children can get along freely without their parents' supervision. Parents who are reluctant to talk about sex problems to children also plays a role in the occurrence of premarital sex behavior among adolescents (Andayani, 2009).

This study also found in authoritarian parenting, there are 4% respondents who conduct risky sexual behavior. Parents with authoritarian parenting have less responsive but very demanding response. Authoritarian parenting style is associated with parents who emphasize adherence and suitability with respect to a less warm environment. In addition, authoritarian parents show a low level of trust and involvement in their children, prevent open communication, and apply strict control. Most adolescents who come from authoritarian families show poor social skills, low level of self-esteem, and high level of depression (Hoskins, 2014). This sometimes encourages them to do bad things including risky sexual behavior.

Sexual Behavior in Adolescents

Sexual behavior is all behavior that is driven by sexual desire with the opposite sex ranging from attracted to dating behavior, even doing intercourse. In this study, the results of the chi square test were 0,628 with p -value 0,000 $p < 0,05$. Therefore, it can be concluded that there is a relationship between parenting and sexual behavior in adolescents. Coefficient value of 0,628 shows that by conducting the better parenting style, the better sexual behavior of adolescents. Thus, adolescents do not engage in sexual behavior, especially risky sexual behavior. The results of the study illustrate that parenting style brings a significant relationship ($p < 0,05$) to adolescent sexual behavior. Therefore, the better parenting provided by the parents, the lower the adolescents are to conduct sexual behavior, especially risky sexual behavior. The results of this study are in accordance with Aprilyadi (2010) that the influence of good parenting style will encourage individuals to maintain their attitudes toward sexual behavior. This is because parenting style which is well obtained by adolescents will make them have good self-control of themselves and they are able to control themselves not to be affected by things that are not good and stay on the right track.

According to Sarwono (2012) one of the causes of sexual behavior in adolescents is influenced by parenting style. The lack of open communication between parents and their children in sexual problems can lead to sexual deviations. Passive sex education (without two-way communication) can affect a person's attitude and behavior. It is because giving sex education for children is not enough by seeing and hearing once or twice, but it must be done gradually and continuously. Parents must correct the incorrect information accompanied by an explanation of the risk of wrong sexual behavior. In this study, risky sexual behavior is found in parents who apply permissive and authoritarian parenting style. It has an influence on adolescent sexual behavior. Parents should give attention and understanding to their children. Parents must provide control over behavior carried out on children or adolescents and tell which limits are allowed and not allowed. Parents who apply a permissive style provide greater opportunities for adolescents to conduct sexual behavior, including risky sexual behavior. This is because the freedom given to adolescents since their parents never control adolescent behavior. This was explained in Nurmaguphita's (2016) study which explained that permissive parenting was significantly associated with risky sexual behavior in adolescents.

In line with the research of Hoskins (2014) which states that permissive parenting is characterized by high levels of responsiveness and low levels of control. Permissive parents do not set rules in the family, including in adolescents, and avoid control of adolescent behavior. Adolescents from parents who apply permissive parenting often take deviant actions such as substance use, making mistakes in school, and being less involved and less positively oriented towards school.

This study also explained that parents who apply authoritarian parenting could influence adolescent sexual behavior including risky behavior. This explains that if parents take care their children with a very high authoritarian tendency, it can increase the high-risk sexual behavior. Parenting style that tend to provide restraints, restrictions and always ask what their children do do not have a good effect on the behavior of their children (Fuad, 2010).

It is in line with Ugoji's research (2015) which revealed that there was a significant relationship between autocratic parenting style and involvement in risky sexual behavior among adolescents. Adolescents who are nurtured through autocratic parenting style are lack in their social competence because they expect strict adherence to parental rules and directives without explaining the rules to them. It makes the children vulnerable to violence or openly rebellious by engaging in risky sexual behavior.

CONCLUSION

Based on the results of the research and discussion, it can be concluded that parenting style in adolescents mostly (67,5%) are democratic parenting. Sexual behaviors in adolescents mostly (87,5%) have non-risky sexual behavior. There is a significant relationship and a close relationship between parenting style and adolescents sexual behavior in Sewon Bantul Vocational High School 1 in 2017 with $P < 0,05$ ($P = 0,00$) and 0,628 coefficient value.

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