

THE ASSOCIATION OF PARENTING STYLES WITH PREMARITAL SEXUAL BEHAVIOR IN ADOLESCENTS

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Abstract

One form of curiosity in adolescents is sexual behavior that can be misused, leading to premarital sexual behavior and resulting in teenage pregnancies, increased maternal and infant mortality rates, economic immaturity, mental development immaturity, and difficulty controlling emotions, ultimately leading to divorce. To prevent sexual behavior, proper parental upbringing is necessary to shape a child's behavior, and it also serves as proof of parental responsibility in the increasingly mature development and growth stages of a child. The purpose of this study is to determine the relationship between parental parenting styles and premarital sexual behavior in adolescents at SMA Negeri 1 Siau Barat. This research uses a quantitative research method and a cross-sectional research design with 130 research samples, employing convenience sampling as the sample collection technique. The research results show that 124 (95.4%) respondents have an authoritarian parenting style, 3 (2.3%) respondents have a permissive parenting style, and 3 (2.3%) respondents have a democratic parenting style. Premarital sexual behavior was found in 129 (99.2%) respondents who exhibited deviant behavior and 1 (0.8%) respondent who did not exhibit deviant behavior. The results of the Kruskal-Wallis statistical test showed a p-value of $0.009 < 0.05$, indicating a significant relationship between parental parenting styles and premarital sexual behavior in adolescents at SMA Negeri 1 Siau Barat. Recommendations for future researchers to add other variables such as peers, social media use, and sex education in schools.

Keywords: *Adolescents, Parental styles, Sexual Behavior Adolescents*

Abstrak

Salah satu bentuk rasa ingin tahu pada remaja adalah perilaku seksual yang dapat disalahgunakan, mengarah pada perilaku seksual sebelum menikah dan mengakibatkan kehamilan remaja, peningkatan angka kematian ibu dan bayi, ketidakmatangan ekonomi, ketidakmatangan perkembangan mental, dan kesulitan mengendalikan emosi, yang pada akhirnya menyebabkan perceraian. Untuk mencegah perilaku seksual, pendidikan orang tua yang tepat diperlukan untuk membentuk perilaku anak, dan juga berfungsi sebagai bukti tanggung jawab orang tua dalam tahap perkembangan dan pertumbuhan anak yang semakin matang. Tujuan penelitian ini adalah untuk mengetahui hubungan antara gaya pengasuhan orang tua dan perilaku seksual pranikah pada remaja di SMA Negeri 1 Siau Barat. Penelitian ini menggunakan metode penelitian kuantitatif dan desain penelitian cross-sectional dengan 130 sampel penelitian, menggunakan convenience sampling sebagai teknik pengumpulan sampel. Hasil penelitian menunjukkan bahwa 124 (95,4%) responden memiliki gaya pengasuhan otoriter, 3 (2,3%) responden memiliki gaya pengasuhan permisif, dan 3 (2,3%) responden memiliki gaya pengasuhan demokratis. Perilaku seksual sebelum menikah ditemukan pada 129 (99,2%) responden yang menunjukkan perilaku menyimpang dan 1 (0,8%) responden yang tidak menunjukkan perilaku menyimpang. Hasil uji statistik Kruskal-Wallis menunjukkan nilai p sebesar $0,009 < 0,05$, yang mengindikasikan adanya hubungan signifikan antara gaya pengasuhan orang tua dan perilaku seksual pranikah pada remaja di SMA Negeri 1 Siau Barat. Rekomendasi bagi peneliti di masa depan untuk menambahkan variabel lain seperti teman sebaya, penggunaan media sosial, dan pendidikan seks di sekolah.

Kata Kunci: Remaja, Gaya Pengasuhan, Perilaku Seksual Remaja

INTRODUCTION

Adolescence is a transitional phase from childhood to adulthood, specifically spanning the ages of 10-19. During this phase, adolescents have a high level of curiosity about new things they encounter (Andriani et al., 2022).

Adolescents also tend to enjoy adventure and challenges and are willing to take risks for their actions without careful consideration. If the decisions made in dealing with conflict are not appropriate, adolescents will fall into negative behaviours (Padut et al., 2021). One form of curiosity in adolescents is sexual behaviour, which can be misused and ultimately lead to premarital sexual behaviour (World Health Organisation, 2022).

According to the Great Indonesian Dictionary (2023), premarital sexual behaviour is any behaviour driven by sexual desire, whether towards the opposite sex or the same sex, performed before a legal marriage bond exists. Common forms of premarital sexual behaviour among adolescents include kissing, holding hands, fantasising, touching sensitive body parts, masturbation, and oral sex (Purnama et al., 2020). Pre-marital sexual behaviour in adolescents can be influenced by several factors, including knowledge, personal experience, and cultural factors (Andriani et al., 2022).

According to Firdaus et al. (2023), problems that can occur if adolescents engage in premarital sexual behaviour include: out-of-wedlock pregnancy, sex addiction, contracting sexually transmitted diseases (STDs), and decreased academic performance. The impacts of premarital sexual behaviour that will affect adolescents include increased maternal and infant mortality rates, economic immaturity, mental development not yet ready for family responsibility, difficulty controlling emotions well leading to divorce, adolescents often

experiencing excessive anxiety, feeling inferior, and frequently being ostracised in friendships or society (Nurdin, 2024).

The impact of teenage pregnancy is detrimental to both the mother and the foetus, and is closely linked to increased maternal mortality and morbidity (Simanjuntak et al., 2024). Teenage pregnancy can have negative impacts on the physical, psychological, and social health of adolescents. The impact on the condition of the foetus carried by adolescents is premature birth and low birth weight. Adolescents are also prone to psychological problems due to increased anxiety, external pressure, and dependence on the family's socioeconomic status, which can lead to abortion (Wahyuningsih et al., 2024).

The global prevalence of premarital sex among adolescents is 6.9%. Among males, 10.0% have engaged in premarital sexual behaviour, while the figure is 4.2% for females (Zhou, 2023). In Indonesia, The 2017 SDKI KRR reported similar dating behaviours; indicator summaries show that approximately 64% of women and 75% of men held hands, 17% and 33% hugged, 30% and 50% kissed on the lips, and 5% and 22% engaged in touching or stimulation. The prevalence of premarital sexual behaviour cases among adolescents in North Sulawesi, specifically in the city of Manado, who have ever had sexual intercourse with the opposite sex is 9.2% for males and 3.3% for females (Simak & Sekeon, 2022). Premarital sexual behaviour in North Sulawesi, particularly on the campus of Manado State University (UNIMA), shows that 2.9% of students aged 18-21 have ever had sexual intercourse (Sartika, 2020).

One of the factors that causes adolescents to engage in premarital sexual behaviour is inconsistent parenting styles. Parenting styles significantly influence a child's personality and behavioural development within a family. As the world evolves in this modern era, parents are beginning to remove boundaries in

children's social lives, including no longer providing sex education and poor communication between parents and children (Putri & Kustin, 2023).

There are three types of parenting styles: authoritarian, democratic, and permissive. Authoritarian parenting controls and forces children in all aspects without giving them the opportunity to express their opinions or discuss things. Democratic parenting has a good reciprocal relationship between parents and children, while permissive parenting allows children to do as they please without guidance (Umboh et al., 2019).

The right parenting style applied to a child, tailored to their circumstances and situation, plays a crucial role in shaping a child's behaviour. This research is based on the concept from Dorothy E. Johnson's Behavioural System theory, which includes recurring patterns of how to behave towards a specific purpose. Behavioural systems are influenced by external factors; parental upbringing is an external influence that affects children's behaviour (Elon et al., 2021). According to research by Pandensolang et al (2019), there is a significant relationship between parenting styles and premarital sexual behaviour in adolescents.

According to Umboh et al (2019), there is a significant relationship between parenting styles and premarital sexual behaviour in adolescents. Researchers also found some findings through interviews with one of the nurses working at the Hiung health centre, which is the only nearby health facility accessible via WhatsApp. According to the nurse's testimony from 2019-2024, there were 35 adolescents who experienced premarital sexual behaviour, resulting in out-of-wedlock pregnancies.

From the observations made by the researcher, the causes of premarital sexual behaviour in adolescents are due to the excessive freedom given to children by their

parents through the parenting style used. Children are allowed to do anything, and they engage in dating styles that are not appropriate before marriage. They have sexual relations outside the home, such as in boarding houses, and they also have poor dating styles like kissing on the lips, touching sensitive body parts, and ultimately engaging in sexual intercourse based solely on unrestrained lust. The most recent national data on hand-holding, embracing, kissing, and touching behaviors, suitable for direct comparison, is only derived from current sources. Nevertheless, the requirements of the school program at SMA N 1 Siau Barat necessitate more contemporary and location-specific assessments. Based on the researcher's findings, the researcher is interested in studying the title "The Relationship Between Parental Style and Premarital Sexual Behaviour in Adolescents at SMA Negeri 1 Siau Barat".

Methods

This study uses a descriptive correlational research method with a cross-sectional research design. The correlation study aims to find out whether there is a relationship between two variables: X, parental upbringing, and Y, premarital sexual behaviour, and to determine whether this study is clear and certain about whether there are significant or insignificant differences using statistical test results of the data (Hasbi et al., 2023).

To answer the first and second problem statements, namely, what is the description of parental parenting patterns in adolescents at SMA Negeri 1 Siau Barat, and what is the description of premarital sexual behaviour in adolescents at SMA Negeri 1 Siau Barat, the researcher used frequency data analysis with the percentage formula to group the data. To answer the third problem formulation and find out if there is a significant difference between parental parenting patterns and premarital sexual behaviour in adolescents at SMA Negeri 1 Siau Barat, researchers used the Kruskal-

Wallis statistical formula because the data obtained were not normally distributed, which was tested for normality using the Kolmogorov-Smirnov statistical formula. To see if there was a significant difference in this study, if the P-value <0.05 , then H_a was accepted and H_o was rejected, meaning there was a significant difference, while if the P-value >0.05 , then H_o was accepted and H_a was rejected, meaning there was no significant difference (Ahadi & Zain, 2023).

Population in this study consisted of all adolescents at Siau Barat State High School, totalling 441 students. The sample size obtained using Slovin's formula was 210 students. However, this sample was not fully met because some questionnaires were not completely filled out. Therefore, the final sample consisted of only 130 respondents who completed the questionnaire. The sampling technique used by the researcher is convenience sampling. Convenience sampling is a sampling method based on the ease and convenience of the researcher, where the researcher will choose who will be the respondents and are willing to be respondents in the research conducted at the right time (Siregar, 2023). The inclusion criteria for this study are adolescents living with their core parents, i.e., biological father and mother, adolescents who are willing to participate in the study by completing the informed consent form, and adolescents who are present during the study. Exclusive criteria are adolescents who were not present during the study and who did not complete the questionnaire fully.

Questionnaire parenting style assessment consists of 24 questions measured using a Likert scale. The reliability test used by previous researchers for the parental care measurement tool was 0.731, and the reliability test used by previous studies for the sexual behaviour measurement tool was 0.835.

The assessment of premarital sexual behaviour consists of 18 questions measured

using a Likert scale. Divided into two categories: deviant behaviour $> 50\%$ and non-deviant behaviour $\leq 50\%$. The interpretation of the authoritarian parenting style category assessment, previously determined by the researcher using a maximum score of 50 based on the points for each statement (strongly agree) of 5, then multiplied by the number of questions 10, the result is divided by the highest score of 50 and multiplied by 100. The democratic parenting style category assessment uses a maximum score of 30 based on the points for each statement (strongly agree) of 5, then multiplied by the number of questions 6, the result is divided by the highest score of 30 and multiplied by 100. The permissive parenting style category assessment uses a maximum score of 40 based on the points for each statement (strongly agree) of 5, then multiplied by the number of questions 8, the result is divided by the highest score of 40 and multiplied by 100 (Ridha, 2016).

The ethical principle considered by the researchers here is Autonomy, where respondents have the right to decide for themselves whether or not to participate in the research. Certainly, this research has good objectives and benefits, especially for the patients at the research site (Beneficence). In the implementation of this research, there are no dangerous elements or risks that could harm any party (Nonmaleficence). Furthermore, the collected data is kept private and confidential, and is used solely for research purposes (Confidentiality). The researchers do not discriminate against respondents based on religion, ethnicity, race, or nationality, and do not favor any particular group (Justice). Additionally, the researchers uphold the principles of truth and honesty (Veracity).

RESULT

To answer the problem statement regarding how the parenting styles of adolescents at SMA Negeri 1 Siau Barat can be seen in Table 1.

Table 1. Parenting Styles Overview

Parenting Styles	Frequency	Percentage
Authoritarian	124	95,4%
Permissive	3	2,3%
Authoritarian and permissive	3	2,3%
Total	130	100%

Based on Table 1, out of 130 respondents, it was found that the parenting styles were as follows: 124 respondents (95.4%) had an authoritarian parenting style, 3 respondents (2.3%) had a permissive parenting style, and 3 respondents (2.3%) had a combination of authoritarian and permissive parenting styles. Therefore, the majority of respondents believed that parenting styles were provided by their parents, specifically the authoritarian parenting style.

To answer the problem statement regarding how the description of premarital sexual behaviour in adolescents at SMA Negeri 1 Siau Barat can be seen in Table 2.

Table 2. Description of Premarital Sexual Behaviour

Premarital Sexual Behavior	Frequency	Percentage
Deviant sexual behavior	129	99,2 %
non-deviant sexual behavior	1	,8 %
Total	130	100 %

Table 2 shows that out of 130 respondents, 129 (99.2%) exhibited deviant sexual behaviour and 1 (0.8%) out of 130 respondents did not exhibit deviant sexual behaviour among adolescents at SMAN 1 Siau Barat. Therefore, the majority of adolescents at Siau Barat State High School 1 exhibit deviant sexual behaviour.

To answer the third problem statement, which is whether there is a significant relationship between parental parenting styles and premarital sexual behaviour in adolescents at

SMA Negeri 1 Siau Barat, please refer to Table 3.

Table 3. Relationship between parental parenting styles and premarital sexual behaviour in adolescents at SMA Negeri 1 Siau Barat

	P-value
Parenting Styles and premarital sexual behaviour in adolescents	0,009

Based on table 3, the statistical test results used by the researcher, namely the Kruskal-Wallis formula regarding the relationship between parental parenting styles and premarital sexual behaviour in adolescents at SMA Negeri 1 Siau Barat, have a significant value of $p\text{-value} = 0.009 < 0.05$, so H_a is accepted, which means "there is a significant relationship between parental parenting styles and premarital sexual behaviour in adolescents at SMA Negeri 1 Siau Barat."

Discussions

Parenting style is a form of communication involving interaction between parents and children (Sumiati et al., 2024). Parents interact using language that is easy for children to understand, parents convey the rules that children must follow at home, parents provide affection and attention for their children, and parental parenting styles also play a very important role in the process of shaping a child's character and behavior (Aguma et al., 2014).

Authoritarian parenting is a form of parenting that has unchangeable standards, a strict form of parenting accompanied by threats (Subagia, 2021). This authoritarian parenting style is a form of strict parental supervision applied to children. Parents often demand that children must obey all commands or rules in the house without involving their children's opinions. Parents often impose their will on their children, and parents with this authoritarian parenting style will punish their children's

disobedience to rules or commands in the house (Taib et al., 2020).

The results of this study are supported by research from Kaloh et al. (2024), which found that the majority of parenting styles used by the respondent's parents were authoritarian, with 56 respondents (57.1%). Another study by Putri and Nurmila (2021) found that 56 respondents (58.3%) had an authoritarian parenting style.

Based on the researcher's analysis and the responses from the respondents, the majority of adolescents at SMAN 1 Siau Barat are raised with an authoritarian parenting style because parents do not involve their children in decision-making, there is no two-way communication, the parents' opinions are always correct, and punishment is used to force obedience and ensure that children follow the rules. Physical and emotional punishment is used more often than positive reinforcement, which leads to children becoming aggressive outside the home.

Premarital sexual behaviour is a state where individuals are driven by high sexual desire, whether with the opposite sex or the same sex, before a formal bond as husband and wife exists (Buana et al., 2024). According to Fauzia and Taufik (2022), premarital sexual behaviours include holding hands, hugging, kissing, dating, touching sensitive areas, providing oral stimulation, and even engaging in more intimate acts such as intercourse.

The results of this study are supported by research from Marlita et al (2019), which found that 96 (85.7%) adolescents attending SMK Teknologi Pekanbaru had engaged in sexual behaviour or deviant behaviour, while 16 (14.3%) adolescents had never engaged in sexual behaviour or non-deviant behaviour, with a total of 112 respondents in that study.

Based on the researcher's analysis and the responses from the respondents, the causes of deviant sexual behaviour in adolescents at

SMA Negeri 1 Siau Barat are due to the influence of increasingly advanced social media development, peer influence, and a lack of sexual education from parents or local healthcare professionals.

Parenting styles play a very important role in the development of adolescents, especially in their behavioural development. There are three categories of parenting styles: authoritarian, permissive, and democratic. According to Haris (2023), authoritarian parenting is a form of strict and firm parenting that can have a negative impact on adolescent sexual behaviour. Permissive parenting is a form of parental parenting that often gives excessive freedom without clear supervision or boundaries for adolescents, which can lead to adolescents making poor decisions about themselves and negatively impacting their behaviour, leading them in a negative direction (Nurjanah et al., 2021). Democratic parenting is a form of parental parenting where parents are more open to communication and provide very clear guidance to adolescents, making them less likely to engage in negative behaviours (Sholibah, 2012).

Pre-marital sexual behaviour in adolescents is influenced by various factors, including a lack of knowledge and understanding of sexuality among adolescents, which can lead to risky sexual behaviour. Another factor is the lack of religious values in adolescents, which affects their attitudes and behaviour. Strong religious values in adolescents tend to help them control themselves and engage in positive behaviour. Peer influence on adolescent sexual behaviour also significantly impacts their behaviour; peers can encourage adolescents to engage in negative behaviours, such as sexual activity. The next factor is the role of parents in adolescents; poor communication between parents and adolescents can increase the risk of adolescents engaging in negative behaviours (Ferdiansah et al., 2024).

The results of this study are consistent with the research conducted by Zubaidah et al. (2020),

which found a significant relationship between parenting styles and sexual behaviour in adolescents with a p-value of $0.001 < 0.05$. According to research conducted by Sari (2020), there is a significant relationship between parenting styles and premarital sexual behaviour in adolescents with $P = 0.000 < 0.05$.

Parenting styles significantly influence premarital sexual behaviour in adolescents. Democratic parenting tends to yield the best results by encouraging open communication and support, while authoritarian parenting can lead to increased risky behaviour. Positive parent-child interaction and effective monitoring are crucial in reducing risky sexual behaviour in adolescents. Further research is needed to explore these dynamics in different cultural contexts and to develop targeted interventions for parents.

Conclusions

Based on the research conducted, the researcher draws authoritarian parenting is the predominant parenting style among adolescents at SMA Negeri 1 Siau barat. Premarital sexual behavior is present among these adolescents. Parenting style shows a statistically significant association with premarital sexual behavior in this population.

In this section, the researcher would like to provide suggestions for Academic establishments comprehensive, age-appropriate sexuality education (CSE) should be integrated throughout the academic year, as high-quality CSE enhances knowledge and protective behaviors without elevating sexual activity. Programs must adhere to international technical guidelines that prioritize skills development, informed consent, contraception, STI prevention, media literacy, and gender equity, accompanied by explicit learning objectives and outcome monitoring.

For Parents Transitioning from authoritarian to organized and supportive "authoritative" practices—characterized by explicit regulations and enhanced communication—correlates with postponed sexual initiation and safer sexual behaviors in adolescents. Two adjustable factors with the most substantial evidence are consistent parental oversight and transparent, adept parent-adolescent discourse around sexual boundaries with clear explanations so children can understand them, and also offer praise and support. By providing attention and affection, parents' roles and parenting styles can be well-received by children.

Adolescents gain from precise, impartial education and access to youth-oriented programs that enhance decision-making, rejection, and bargaining abilities. Engagement in school Comprehensive Sexual Education and reliable counselling mitigates misinformation and promotes safer decisions regarding sexual behavior.

Subsequent research should investigate the interaction of certain parenting features (monitoring, warmth, psychological control) with peer and media influences in shaping premarital sexual behavior. Employ designs and methodologies that facilitate effect estimation and intervention evaluation, rather than only correlation.

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