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## The Relationship Between Parenting Style and Self-Efficacy To Premarital Sexual Behavior Of High School Students In Gunungkidul

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### A B S T R A C T

**Introduction:** The teenage age group is the most vulnerable category to various negative behaviors, such as risky sexual behavior. Consequently, there is an increase in adolescent health issues, such as the spread of sexually transmitted infections, unwanted pregnancies, early marriages, and abortions. Parents play a crucial role in providing the foundations of teenagers' personalities and guiding them to make responsible decisions, including those related to their sexuality. All forms of interaction between parents and teenagers manifest in the form of parenting styles. In addition to the role of parents, teenagers themselves must also have high self-efficacy to avoid premarital sexual behavior. **Objective:** This study aims to examining the relationship between parenting styles and self-efficacy with premarital sexual behavior among high school adolescents in Gunungkidul Regency. **Method:** This study is a quantitative research employing a cross-sectional study design. **Results:** Adolescents engaging in premarital sexual behavior have a risk of 36.21%. There is a significant relationship between parenting styles and premarital sexual behavior among high school adolescents ( $p < 0.05$ ). There is also a significant relationship between self-efficacy and premarital sexual behavior. Gender and peer influence are significantly associated with premarital sexual behavior ( $p < 0.05$ ), while exposure to information is not related to premarital sexual behavior ( $p > 0.05$ ). The study concludes that adolescents who receive permissive parenting styles and have low self-efficacy are more likely to engage in risky premarital sexual behavior.

### INTRODUCTION

The adolescent age group is the most vulnerable category to various negative behaviors, including risky sexual behavior. Risky sexual behavior is defined as sexual behavior that poses a threat to health due to exposure to diseases that can be transmitted through sexual relationships, such as hepatitis C, hepatitis B, Human Immunodeficiency Virus (HIV), and various other sexually transmitted infections (CDC, 2015). Common reproductive health issues that often arise as a result of risky sexual behavior include unintended pregnancies, early marriages, and abortions (Honarvar et al., 2016).

Parents play a crucial role in providing the foundations of teenagers' personalities and guiding them to make responsible decisions, including those related to their sexuality. All forms of interaction between parents and teenagers manifest in the form of parenting styles (Santrock, 2007). In addition to parenting styles, another factor that can influence teenagers' sexual behavior is self-efficacy. Adolescents with low self-efficacy are more prone to engaging in risky sexual behavior compared to those with high self-efficacy. Adolescents with low self-efficacy tend to rely on the support of others (Hamilton et al., 2017). According to the 2017 Indonesia Demographic and Health Survey (SDKI), 7% of women aged 15-19 years have already become mothers. This figure includes 5% who have already given birth and 2% who

are currently pregnant with their first child (BKKBN et al., 2018). The characteristics of teenage mothers or pregnant teenagers vary based on the region, with a higher percentage found in rural areas (10%) compared to urban areas (5%). According to the Health Profile of the Special Region of Yogyakarta Province, the number of childbirths among teenagers in 2017 was 725 cases, with the distribution as follows: Gunungkidul (257 cases), Bantul (222 cases), Sleman (122 cases), Yogyakarta City (68 cases), and Kulon Progo (56 cases) (Dinkes Provinsi DIY, 2017).

Child marriage is one of the social issues in Gunungkidul Regency. Until 2017, Gunungkidul Regency still had the highest rate of child marriage compared to other regencies and cities in the Special Region of Yogyakarta Province. The high incidence of child marriage in Gunungkidul Regency is closely related to the high rate of unintended pregnancies among teenagers. According to data from the Gunungkidul Health Office in 2015, there were 405 cases of teenage childbirth, of which 236 were caused by unintended pregnancies. However, in 2016, the number decreased to 310 cases, with 121 cases attributed to unintended pregnancies. Meanwhile, according to data from the Wonosari Religious Court, the number of marriage dispensation requests was 151 in 2014, 105 in 2015, 85 in 2016, 67 in 2017, and 79 in 2018. From this data, it can be concluded that the number of marriage dispensations in Gunungkidul Regency tends to decrease each

year, except for a slight increase in 2018. Based on the information provided, the researcher is interested in investigating the relationship between parenting styles, self-efficacy, and premarital sexual behavior among adolescents in Gunungkidul Regency. prevalence of insomnia in health workers is quite high, which is 75%(Jahrami et al., 2021). The findings of the psychological impact attracted researchers to conduct similar research in Indonesia.

HCw are the main strength of health service facilities (Fasyankes) in providing medical services. Therefore, it is expected that Fasyankes management will be able to evaluate the psychological status of HCw to improve intervention and health care(Xiao et al., 2020). In the context of the COVID-19 outbreak that has had an impact on various sectors, it is important to pay attention to the psychological vulnerability of workers, especially HCw who are on the front line in handling this outbreak(Ho et al., 2020). Thus, the purpose of this study is to summarize research articles that discuss the impact of psychology on healthcare workers throughout Indonesia during the Covid-19 pandemic.

## METHOD

This study is a quantitative research employing an observational method and utilizing a cross-sectional study design. The research was conducted in Gunungkidul Regency in March 2022. The independent variables in this study are parenting styles and self-efficacy. The dependent

variable is premarital sexual behavior, considering the external variables of gender, exposure to information, and peer influence. The research subjects are students who meet the inclusion and exclusion criteria. The total sample size in this study is 232 respondents, selected through total sampling technique. Bivariate analysis and multivariate analysis are conducted. Bivariate analysis is performed using the chi-square test, while multivariate analysis is conducted using logistic regression with a p-value < 0.05 and a confidence level of 95%.

**RESULTS**

**Univariable Analysis Results**

**Table 1.** Characteristics of Respondents based on Research Variables

Variable	Total (n)	%
<b>Gender</b>		
Women	159	68,53
Man	73	31,47
<b>Sexual orientation</b>		
Heterosexual	232	100
Homosexual	0	0
Bisexual	0	0
Continued Table 1		
Variable	Total (n)	%
<b>Age</b>		
15	50	21,55
16	111	47,84
17	59	25,43
18	12	5,17
<b>Residence</b>		
Live with both parents	212	91,38
Living with a single parent	18	7,76
Boarding	2	0,86
<b>Information disclosure</b>		
Not exposed	103	44,40
Exposed	129	55,60
<b>Friends of the same age</b>		

Low	132	56,90
High	100	43,10
<b>Parenting Parents</b>		
Authoritarian	39	16,81
Democratic	117	50,43
Permissive	76	32,76
<b>Self-efficacy</b>		
High	141	60,78
Low	91	39,22
<b>Premarital Sexual Behavior</b>		
Not risky	148	63,79
At risk	84	36,21

Table 1 shows that the number of respondents was more women (68.53%) compared to men. All respondents have sex orientation as heterosexual. The research respondents were 15-18 years old and at most 16 years old (47.84%) and most of the respondents lived with both parents (91.38%). Some respondents have been exposed to premarital sexual information, which is around 55.60% and some respondents have never been exposed to premarital sexual information.

More respondents received lower peer influence (56.90%) compared to high peer influence. Some respondents received democratic parenting from their parents (50.43%) while those who received permissive parenting were 32.76% and the least were respondents who received authoritarian parenting (16.81%). More respondents had high self-efficacy (63.79%) than respondents with self-efficacy low. Premarital sexual behavior in respondents was mostly not risky (63.79%).

**Bivariable Analysis Results**

**Tabel 2.** Relation of Parenting Parenting and Self-efficacy to Premarital Sexual Behavior

Variable	Premarital Sexual Behavior				P-value
	Not Risky		At Risk		
	n	%	N	%	
<b>Parenting Parents</b>					
Authoritarian	25	64,10	14	35,90	0,035
Democratic	83	70,94	34	29,06	
Permissive	40	52,63	36	47,37	
<b>Self-efficacy</b>					
High	103	73,05	38	26,95	0,000
Low	45	49,45	46	50,55	

Data obtained in Table 2 shows that there is a relationship between parenting and premarital sexual behavior in adolescents ( $p < 0.05$ ). Whereas in the variable self-efficacy p-value  $<0.05$  and 95% CI value passed 1 which means that statistically there is a significant relationship between self-efficacy and premarital sexual behavior.

**Tabel 3.** Relationship of External Variables with Premarital Sexual Behavior

Variable	Premarital Sexual Behavior				p-value
	Not Risky		At Risk		
	n	%	n	%	
<b>Gender</b>					
Women	113	71,07	46	28,93	0,001
Man	35	47,95	38	52,05	
<b>Information disclosure</b>					
Not exposed	72	69,90	31	30,10	0,084
Exposed	76	58,91	53	41,09	
<b>Friends of the same age</b>					
Low	102	77,27	30	22,73	0,000
High	46	46	54	54	

**DISCUSSION**

Parenting patterns are defined as the ways or methods used by parents to enable their children to grow into socially mature individuals

(Santrock, 2007). Parenting patterns are associated with the formation of identity and self-esteem in adolescents (Kerpelman et al., 2016). The bivariate analysis results indicate that there is a relationship between parental parenting patterns and premarital sexual behavior among adolescents. Adolescents raised with permissive parenting patterns have a 1.60 times higher likelihood of engaging in risky sexual behavior compared to those who receive authoritarian parenting patterns. This research is supported by a study conducted by Cherie & Berhanie (2015), which states that democratic and authoritarian parenting styles act as protective factors with lower risks of premarital sexual behavior among adolescents compared to permissive parenting styles. This is because adolescents raised with authoritarian or democratic parenting styles have closer relationships with their parents, engage in open communication about sexuality, and are under parental supervision (Cherie & Berhanie, 2015).

Self-efficacy is an individual's assessment of their ability to plan and achieve what they want to do. Research findings indicate that adolescents with low self-efficacy are at a 2.77 times higher risk of engaging in risky premarital sexual behavior compared to adolescents with high self-efficacy. This aligns with a study by Rosdarni et al. (2015), which stated that adolescents with low self-efficacy are at a 2.58 times higher risk of engaging in risky sexual behavior compared to adolescents with high self-efficacy (Rosdarni, 2015). Low self-efficacy contributes to

adolescents' inability to resist risky premarital sexual behavior, and it may even lead them to engage in sexual relationships with different partners or individuals of the same gender (Dempster et al., 2015).

The findings of this study are supported by research conducted by Aboussalam *et al.* (2016) which states that self-efficacy can protect adolescents from engaging in risky sexual behavior, as higher levels of self-efficacy are associated with lower involvement in risky sexual behaviors. Self-efficacy influences one's cognition, motivation, and mood. Adolescents are motivated to persevere in challenging situations due to their high self-efficacy.

Self-efficacy has been proven to be capable of modifying risky sexual behavior. This finding becomes crucial in conducting health promotion interventions to address risky sexual behavior among adolescents. By providing health promotion programs that enhance high self-efficacy, adolescents can make better decisions regarding sexual health, thereby reducing the risk of sexually transmitted infections among vulnerable populations (Jenkins, 2014).

This study also indicates that a higher proportion of male adolescents are more likely to engage in premarital sexual behavior compared to female adolescents. The chi-square test results demonstrate a significant relationship between gender and premarital sexual behavior among adolescents. This can be attributed to the

prevailing societal norms that are more lenient towards males compared to females. Female adolescents face a greater risk of stigmatization if they are involved in sexual activities with partners (Kreager et al., 2016).

Similar findings were reported by Widman *et al.* (2016), stating that male adolescents are more vulnerable to engaging in risky sexual behavior compared to female adolescents. This vulnerability arises from the fact that male adolescents are more susceptible to negative peer influences. Additionally, male adolescents tend to seek validation of their masculinity from their male peers. Consequently, when they have friends who have already engaged in risky sexual behaviors, they feel motivated to participate in such behaviors themselves to be perceived as masculine by their peers.

Other studies have also indicated that male adolescents who have friends who have engaged in premarital sexual intercourse are 11 times more likely to engage in risky sexual behavior. On the other hand, female adolescents who have friends with a history of premarital sexual intercourse are 4 times more likely to engage in risky sexual behavior. These findings highlight the significant influence of peer relationships on adolescents' sexual behavior and the differential impact it has on males and females (Suparmi & Isfandari, 2016).

Adolescents and young adults frequently use media and are exposed to information containing

sexuality-related content. Mass media influences the formation of sexual behavior among adolescents by transferring values and sexual norms. In this regard, the media is considered a supportive factor in the process of sexual socialization among adolescents (Taleghani et al., 2016). Having good sexual information knowledge provides an opportunity for longer abstinence. Exposure to explicit or implicit sexual information through the media creates vulnerability for adolescents to engage in premarital sexual behavior. However, the results of this study indicate that there is no relationship between information exposure and premarital sexual behavior. The results of bivariate and multivariate analyses demonstrate that there is no statistically significant association between information exposure and premarital sexual behavior.

The findings of this study contrast with research conducted in the United States, which suggests that adolescents who are exposed to sexual content in the media tend to develop stronger intentions to engage in sexual relationships and activities (L'Engle et al., 2006). The study conducted by Puspasari *et al.* (2017) indicates that adolescents who are exposed to high levels of information have the lowest proportion of engaging in premarital sexual relationships compared to other categories. Conversely, low intensity or non-exposure to information demonstrates a higher prevalence of engaging in premarital sexual behavior.

This study found that adolescents with a high level of peer influence are at risk for engaging in premarital sexual behavior. The likelihood of engaging in risky premarital sexual behavior among respondents with high peer influence is 3.99 times greater compared to those with low peer influence. This aligns with previous research conducted by Bongardt et al. (2015), which suggests that adolescents who perceive their peers as more sexually active are more likely to approve of sexual relationships, and adolescents who experience pressure to be sexually active tend to engage in sexual activity themselves (van de Bongardt et al., 2015).

Adolescents who have friends who have engaged in premarital sex are more likely to participate in risky sexual behavior themselves. The risk of engaging in premarital sexual behavior is higher for male adolescents compared to female adolescents. This difference can be attributed to the existence of distinct social norms among male and female adolescents (Suparmi & Isfandari, 2016). Similarly, the findings of a study by Maryatun, (2013) state that premarital sexual behavior among adolescents can occur due to motivation and influence from peers. Adolescents have a tendency to adopt significant information from sources they consider trustworthy. Positive peer influence can encourage adolescents to engage in safe sexual behavior, thereby reducing risky sexual behavior (Tolera et al., 2019).

The study conducted by Kasahun et al., (2017) revealed that respondents who experienced peer pressure to engage in sexual activity were 2.5 times more likely to be involved in risky sexual behavior compared to those who did not face peer pressure. This can be attributed to the fact that adolescents spend a significant amount of time with their peers, making them the most influential agents of socialization when it comes to teenage sexuality. Furthermore, adolescence is a period when individuals seek attention and recognition from their peers, leading them to exhibit risky sexual behavior in order to gain recognition from their friends.

### CONCLUSIONS

The research findings indicate that the majority of the respondents' premarital sexual behavior, 63.79%, was not risky. However, there is a significant relationship between parenting style, self-efficacy, gender, and peer influence with premarital sexual behavior among teenagers.

Based on these conclusions, it is recommended for parents to engage in open discussions with their children about various topics, including reproductive health, and not consider sexual matters as taboo. This way, children can feel comfortable being open with their parents. Adolescents are also advised to maintain self-efficacy and engage in positive activities such as joining study groups, participating in school organizations, and other constructive endeavors. By doing so, they can resist negative influences from their surroundings.

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