THE ROLE OF PARENTS AND ADOLESCENT COMMUNICATION WITH ADOLESCENT SEXUAL BEHAVIOR

Larasati Romadhona¹, Ade Krisna Ginting²*

¹STIKes Bhakti Husada Ckarang, Indonesia
²Politeknik Bhakti Asih Purwakarta, Indonesia

Corresponding Author: larasatiromadhona736@gmail.com

ABSTRACT

As many as 8% of men and 2% of women in Indonesia aged 15-24 years who are never married have had sexual relations. The average age at which they first had sexual intercourse was around 17 years. Apart from that, the first marriage was carried out at the age of <15 years (2.6%) as well as the age of the first marriage at the age of 15-19 years (23.9%). Pregnancy rates in adolescents aged < 15 years (0.02%) and pregnancies aged 15-19 years (1.97%). The purposed of this research is to determine the relationship between the communication roles of parents and adolescents with adolescent sexual behavior. This research uses a quantitative design, the research design uses a cross sectional approach. The sampling technique uses simple random sampling, a sample of 60 respondents. Data was taken using a questionnaire and analyzed using Chi-square.

The results of this research show a relationship between parent-adolescent communication and adolescent sexual behavior. The statistical test results obtained a p value: 0.000 and obtained OR= 4.667. It is hoped that parents will improve the quality of communication with their teenage children, as well as improve their efforts in communicating, especially regarding reproductive health issues, so that it will have an impact on changes in teenage sexual behavior

Keywords: Adolescent, Communication, Parents, Sexual Behavior

INTRODUCTION

Adolescence is a critical developmental period when adolescents begin to develop romantic traits and sexual identities and is an important time to learn about how to engage in healthy romantic relationships and sexual behaviors, which then set the foundation for healthy adult relationships. In addition, adolescence is a time when it is time to focus health promotion efforts to reduce the risk of negative impacts on sexual health such as teenage births and sexually transmitted infections (STIs). (Lantos et al., 2019)

During adolescence, teenagers generally have free sexual behavior, which has become a problem today. Sometimes teenagers openly show affection on social media. Teenagers are a group that is easily influenced, so they are easily carried away by the current, especially in an era where change is so fast. Today's teenagers can mix freely with people of the opposite sex to an alarming point. Many teenagers embrace each other affectionately without paying attention to other people in the surrounding environment and this is often found on social media and in public facilities. (Hapsari et al., 2022)

There are various adolescent problems encountered in Indonesia, including 2.6% of first marriages being aged <15 years, as well as 23.9% of first marriages being aged 15-19 years. The pregnancy rate among teenagers aged <15 years is 0.02% and pregnancy aged 15-19 years is 1.97%. Based on data, 33.3% of teenage girls and 34.5% of teenage boys aged 15-19 years were dating at the age of <15 years. This data shows that teenagers still have low awareness about the importance of reproductive
health knowledge and at this age there are concerns that they do not have adequate life skills, which has an impact on teenagers and increases risky sexual behavior, for example having sex before marriage. (Kemenkes, 2019)

Besides that, based on an analysis of current adolescent problems according to the BKKBN Directorate of Health and Prosperity, they are unwanted pregnancies, abortion, early marriage, sexually transmitted diseases, drugs, HIV/AIDS. The causes of young marriage include low education, free sex among teenagers, economic needs, the culture of marrying young, arranged marriages, or because of pregnancies outside of marriage. Early marriage among children also has an economic impact, where child marriage is estimated to be one of the causes of economic losses of 1.7% of Gross National Income (GDP). Young marriages that occur in teenagers also have an impact on education where girls who marry <18 years of age are 4 times more likely to be unable to complete secondary or equivalent education. Early marriage also has an impact on health, especially as a cause of complications during pregnancy and childbirth. This is the second highest etiology in girls aged 15-19 years. If a young mother gives birth, her reproductive organs will be at risk of being damaged. Women who marry at a young age are more at risk of experiencing domestic violence (KDRT) and divorce. Likewise, babies born to mothers aged < 20 years have a chance of dying at the age of < 28 days (1.5 times higher than mothers aged 20-30 years). Marriage at a young age also increases the risk of stunting (1 in 3 toddlers is stunted). (BKKBN, 2021)(BKKBN, 2021)

According to the Demographic and Health Survey, 8% of men and 2% of women in Indonesia aged 15-24 years who are never married have had sexual relations. The average age at which they first had sexual intercourse was around 17 years. The results of this research also indicate that sexual behavior is often carried out without careful consideration. For women, although the main reason for having sexual intercourse for the first time was because they loved each other (54%), quite a few also did it because they were forced to (16%), or it just happened (15%). For men, the main reason is mutual love (46%), but quite a large proportion of them do it out of curiosity/want to know (34%), and it just happens (15%). These data need to be of concern because there are serious impacts that cause risky sexual behavior in teenagers. Around 1 in 8 women aged 15-19 years who have sexual relations before marriage have experienced an unwanted pregnancy. On the other hand, only around 22% of men aged 15-19 years who had sexual intercourse before marriage used condoms in their first sexual intercourse, and this only increased to 24% in their last sexual intercourse, indicating that there was no significant change in behavior even though they had previous sexual experience. This causes an increase in reproductive health problems. (BKKBN, 2018)

In West Java province, there was an increase in HIV cases from 2019 to 2020. This can be seen from the large number of HIV cases occurring in the 15-19 age group. In 2019 the number of HIV cases referring to men was 118 people and 65 women. Meanwhile, in 2020 HIV cases in West Java in the 15-19 year age group were 125 people and 34 people in girls. Referring to this data, it appears that there has been an increase in HIV cases in West Java. (Kemenkes, 2020)

According to research conducted at SMA Sexual activities commonly carried out by respondents in middle and high schools in Cilacap Regency include 50.7% kissing on the cheek, 49% hugging, 28.9% kissing involving the tongue, 23.7% masturbation, 15.1% necking, 13.8% touching the genitals, performing oral sex 10.1%, intercourse 8.2%, touching their genitals 6.5%, anal sex 4.9%. (Ulfah, 2019)

The impact of the era of globalization, contemporary developments also bring new challenges for teenagers and youth. The internet has become the main access to pornography, while a number of studies have shown a link between pornography and risky sexual behavior. Advances in information technology also open up opportunities for online prostitution.
or casual sex with partners met on dating applications. (BKKBN, 2018)

Globally, the decision to engage in risky behavior in teenagers based on research results has been proven to be influenced by a number of supporting factors including poor knowledge about sexuality and Sexually Transmitted Infections (STIs), drug use, peer pressure, teenage curiosity, poverty, supervision. Bad parenting, communication with parents, and the effects of globalization are closely related to risky sexual activity in adolescents. (El Kazdouh et al., 2019)

In the process of searching for self-identity, teenagers usually really need the attention given by their parents for the development of teenagers. During the search for identity, children should be given direction, guidance and education from their immediate environment in the hope that the identity search process will be able to produce positive attitudes and behavior in adolescents. However, in real life, some parents pay little or no attention at all to changes in the behavior and attitudes of their teenage children. Generally, some parents do not pay attention to their children’s psychological needs or communicate with their teenagers because they are busy working to ensure that the family’s economic needs are met. (Auliya, 2019). In fact, teenagers will usually be more careful about their sexual behavior if the teenager has open communication with their parents. However, in Indonesia, communication between parents and their teenage children related to reproductive health and sexuality is very limited and is something that is prohibited or not permitted in discussions between parents and their teenage children. (Banowo & Maulana, 2021).

Some parents do not understand how to react to changes in their teenage children. Many parents try to understand what their teenage children are thinking, but in reality this actually causes their teenagers to become increasingly uncontrolled and naughty. One of the things parents do is to limit children's freedom without giving children the opportunity to discuss and give arguments against themselves which results in children's behavior becoming increasingly uncontrolled and sometimes makes children fight their parents which in the end often causes conflict within the family, teenagers tend to become rebellious and like fighting, depressed and anxious. (Karlina, 2020)

Paying attention to the phenomena that occur in the field, there is a fairly high possibility of an increase in the incidence of risky sexual behavior in adolescents. This will happen if there is a lack of parental supervision and communication with children, in addition to the openness of global information, it will cause teenagers to sometimes misinterpret it, resulting in wrong behavior. So there is a big possibility of increasing the incidence of risky sexual behavior in teenagers. This can also be seen from research conducted at SMA X in Bekasi. The results of the research found that only 63.9% of teenagers obtained information about sex education from their parents, whereas most teenagers obtained information from electronic media in the form of the internet at 84.7%. Apart from that, teenagers have risky sexual behavior and the types of risky sexual behavior that are most often carried out are kissing on the lips by 36.4% (27 people), kissing on the neck and touching/touching sensitive body parts by 27% (20 people). (Hersyani Sukun & M Kusmiyanti, 2019) This is also in line with what was found at SMAN Pebayuran, Bekasi Regency, where it was found that 51.2% of teenagers had insufficient knowledge about efforts to prevent free sex, and 57.4% of teenagers had a negative role of friends in teenage sexual behavior. Based on the results of interviews with teachers, it was found that 0.054% of teenagers marry early every year due to pregnancy out of wedlock. (Ginting et al., 2023). The many phenomena that occur in the area around the research location make researchers interested in conducting research to see the gaps with previous research. Based on the data above, it appears that there has been a lot of research related to sexual behavior, especially in Bekasi City and Regency, but there has been no research that specifically discusses the role of parent-adolescent communication on adolescent sexual behavior in Bekasi City. Therefore, it is hoped that this research can provide new data which aims to see the relationship between the communication roles of
parents and teenagers with risky sexual behavior of teenagers at SMAN 1 Kedungwaringin in Bekasi Regency

METHOD

This research design is an analytical type with a cross-sectional approach. Whatever the population in the study, namely all class XI (science) students at Kedungwaringin Bekasi senior high schools in 2023, totaling 158 people. The samples in the research were teenagers who were students in class XI (science) at Kedungwaringin Bekasi senior high schools, totaling 60 respondents. The sampling technique in the research used a simple random sample (systematic random sampling). Samples were taken from each class. The inclusion criteria in this study were students in class XI at Kedungwaringin Bekasi senior high schools, willing to be respondents, still have parents, still communicating with their parents. Meanwhile, the exclusion criteria are female students who do not live and communicate with their parents.

The dependent variable in this research is adolescent sexual behavior and the independent variable is communication between parents and adolescents. Dependent variables and independent variables were measured by questionnaires to research respondents. Research data was filled in by students who were research respondents via a Google form which was distributed to class XI students at senior high schools Kedungwaringin Bekasi in January 2023.

Before data collection was carried out, the questionnaire used was tested for validity and reliability on 20 respondents. The validity test value was 0.84 and the reliability test was 0.789. The research data obtained was analyzed using the Chi-square test with a significance level (α=0.05) and processed using a data processing computer program.

RESULTS

Table 1 Frequency Distribution of Parental Communication Roles with and Adolescent Sexual Behavior

<table>
<thead>
<tr>
<th>Variable</th>
<th>n</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sexual Behavior</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not Risky</td>
<td>34</td>
<td>57</td>
</tr>
<tr>
<td>Risky</td>
<td>26</td>
<td>43</td>
</tr>
<tr>
<td>Parent and adolescent communication</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Good</td>
<td>32</td>
<td>56.7</td>
</tr>
<tr>
<td>Not Good</td>
<td>28</td>
<td>43.3</td>
</tr>
<tr>
<td>Total</td>
<td>60</td>
<td>100</td>
</tr>
</tbody>
</table>

Based on table 1, it was found that of the 60 respondents, the majority had sexual behavior in the no-risk category, 57% (34 respondents) and the majority of teenagers communicated well with their parents, 56.7% (32 respondents).

Table 2. The Role of Communication between Parents and Adolescents on Adolescent Sexual Behavior

<table>
<thead>
<tr>
<th>Parent and adolescent communication</th>
<th>Sexual Behavior</th>
<th>Total</th>
<th>P value</th>
<th>OR C1 95%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Not Risky</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Good</td>
<td>32</td>
<td>100</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>0</td>
<td>0,00</td>
<td>4.667 (2.29)</td>
</tr>
<tr>
<td>Not Good</td>
<td>6</td>
<td>35</td>
<td>2</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>8</td>
<td>0</td>
<td>9.48 (6.47)</td>
</tr>
<tr>
<td>Total</td>
<td>38</td>
<td>100</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>0</td>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

Based on table 2, the role of parent-adolescent communication on adolescent sexual behavior, the results show that there are no adolescents (0%) whose parent-adolescent communication is good and whose sexual behavior is poor. Meanwhile, communication between parents and teenagers is not good and 65% (22 respondents) have poor sexual behavior. The statistical test results obtained a p value: 0.000, so it can be concluded that there is a significant relationship between communication between parents and adolescents on adolescent sexual behavior. Based on the results of the analysis, a value of OR=4.667 which means that adolescents who
have poor parent-adolescent communication have a 4.6 times risk of poor adolescent sexual behavior compared to adolescents who have good parent-adolescent communication.

**DISCUSSION**

**Parent and Adolescent Communication**

Based on the research results, there are no teenagers (0%) whose parent-teen communication is good and who have poor sexual behavior. Referring to the results of research at SMAN 1 Kedungwaringin, according to respondents whose communication with their parents was poor, the majority answered that they did not receive information about sexual education from their parents, 57% (15 people). Based on these results, of course it will influence adolescent sexual behavior. Communication between parents and teenagers is important because parents have an important role in shaping the behavior and character of their teenagers. Family and parents are one small social aspect in the interaction environment for teenagers to receive sex education. Parents can have a positive influence on their children by providing moral education and teaching good values, even the role of parents in educating their teenage children is very determining in the formation of the child's character and personality development. (Taher & Ripka, 2022)

Parents also have a role in supervising and paying attention to their children's activities and ensuring that they are involved in positive activities. To prevent promiscuity, parents must take several actions including, giving time to children, monitoring children's activities while they are outside the home, providing sex education to children, providing support and guidance, making clear and constant rules. (Widyanti & Jatianingsih, 2023)

**Adolescent Sexual Behavior**

Based on the research results, it was found that 43% of teenagers had risky sexual behavior. Referring to the research results, it was found that the majority of teenagers who had risky sexual behavior were teenagers with male gender, amounting to 0.62%. Sex differences can be influenced by the social and cultural environment, as well as the development and growth of each characteristic's anatomical structure. Men's more aggressive nature influences sexual behavior. Culture influences teenage boys to be independent earlier than teenage girls. In the patrilineal culture that most Indonesians believe in, men are formed to be more established individuals compared to women who are formed to always be able to follow what men say. This is also reflected in the behavior of women who are more reserved due to limited opportunities. For young women to be able to give opinions in their social environment (Suci Dwi Aningsih et al., 2023)

The role of Parent and Adolescent Communication in Adolescent Sexual Behavior.

The results of this research are in accordance with research at Central Jakarta High School which states that interpersonal communication and adolescent knowledge have a very significant negative influence on adolescent sexual behavior. The results of this research mean that if interpersonal communication between parents and teenagers improves as well as knowledge about good sex, this can reduce risky sexual behavior among teenagers. Therefore, based on the results of this research, it was concluded that interpersonal communication and sexual knowledge have a negative influence on sexual behavior. (Saputra & Erdiansyah, 2019)

Parental knowledge, accurate information and the ability of parents to convey sexual material to their teenage children are important components in reducing teenage sexual behavior. (Maimunah et al., 2020). The results of other studies also show the fact that older parents are more experienced in communicating and their teenage children are more open to talking to than younger parents. Adolescents who have a positive attitude towards communication with their parents are more likely to discuss and discuss reproductive health issues than those who have a negative attitude towards such communication. More...
than half of adolescent respondents stated that communication skills were important for discussing reproductive health issues with their parents, if they were good listeners. If parents have good listening skills, they will most likely motivate sons and daughters to talk to their parents (Vongsavanh et al., 2020). Other research also shows that communication with the extended family, especially parents, about sex can influence teenagers' sexual behavior. Communication with family and parents about sex is suitable for teenagers at this stage of development because it can encourage teenagers to make wise decisions about their sexual activities. Apart from parents, extended families may take a bigger role for teenagers because teenagers are afraid and worried about their parents' judgment regarding their sexual behavior, so that teenagers are more open to extended family members to discuss safer sexual behavior, compared to parents. who tend to focus on delaying sex. (Grossman et al., 2019)

In research at SMK N 1 Bantul, it was explained that one of the main reasons why teenagers have premarital sexual behavior in the mild, moderate and severe categories is due to the role of parents. This is in accordance with Lawrence Green's theory which explains that there are several behavioral factors including reinforcing factors, predisposing factors and enabling factors. Regarding sexual behavior, the factors that influence it are reinforcing factors, namely support or the role of parents. Referring to the results of research in Bantul, teenagers with good parental roles tend to have mild premarital sexual behavior, teenagers whose parental roles are less good tend to have moderate premarital sexual behavior, while teenagers who have poor parental roles tend to have moderate premarital sexual behavior: heavy premarital sexual behavior. (Hidayat & Nurhayati, 2020)

Communication between parents and children about reproductive health and sexuality, especially in the early stages of teenagers experiencing puberty, is very important in shaping what teenagers believe, how they think, and how teenagers behave regarding their sexual behavior and health. Parents also need to be empowered with factual and up-to-date information about sexual and reproductive health to ensure discussions between parents and adolescent children who are experiencing puberty can be useful. The expected supportive communication is that parents do not issue threats but instead carry out friendly communication about romantic and sexual relationships. The goal of parent-adolescent communication about sexual and reproductive health is to help adolescents understand the consequences of engaging in romantic relationships and help them set priorities in life, and focus more on education. (Maina et al., 2020)

Adolescent-parent sexual communication is the main thing as a means for parents to transmit sexual values and knowledge to their children. Parents are also important role models for teenagers. They can directly or indirectly convey values, traditions and lifestyle to their children. Positive communication within the family helps adolescents develop values, security, and a sense of worth that can lead to healthy decision making, including around reproductive and sexual health. To facilitate communication with their teenage children, parents need to improve their skills in communicating about reproductive health in teenagers by increasing the knowledge gained in school programs. In addition, programs in children's schools must involve many sectors such as health and education services which provide many sources of information. in order to change negative attitudes regarding sexual behavior. With the hope of communication with parents, students' attitudes will become more positive. Apart from that, parents should not discriminate between genders when discussing reproductive health for both men and women. Parents in particular should also discuss reproductive health issues with daughters because they will bear unplanned burdens such as unwanted pregnancies. (Vongsavanh et al., 2020)

In the social environment of adolescents during the growth and development period, family and peers are important factors as
sources of protective factors and risk factors for risky sexual behavior and contracting STIs. In this regard, the influence of the family, especially regarding the lack of communication about sexual health between parents and their teenage children as well as the parents' low knowledge about reproductive health problems, has proven to be one of the factors in the occurrence of risky sexual behavior in teenagers. The lack of communication between parents and teenagers is caused by feelings of shame in discussing reproductive health issues with their children which are considered taboo, while some parents believe that such discussions will encourage teenagers' sexual activity. The barriers felt by parents are due to their low self-efficacy in communicating about HIV and STIs with their children. Lack of parental involvement in sex education can increase the possibility of contracting STIs in adolescents. Parents who tend to underestimate the risks of their own children's sexual behavior will usually minimize communication with their teenagers. (El Kazdouh et al., 2019)

Other obstacles faced by parents in discussing sexual and reproductive health issues with their teenagers can be caused by several factors which include individual factors and interpersonal factors. Individual factors are parents' personal barriers caused by a lack of knowledge about what to communicate and how to communicate with their teenage children. Meanwhile, interpersonal factors generally occur due to limited opportunities to interact with teenagers and generation gaps. In interpersonal factors, it is stated that parents do not spend quality time with their teenagers because they are busy. They believe that teenagers do not pay attention or want to discuss things with their parents because of the generation gap. (Mbachu et al., 2020)

The family plays an important role in the development of adolescent sexual decision making. Apart from that, increasing the frequency or quality of communication between parents and children about sexual matters also has benefits for adolescent sexuality. Parents can help influence their adolescents' sexual decisions directly by communicating about sexual topics or indirectly conveying good values to children. Therefore, parents are expected to create openness in communication with their teenagers. (Hurst et al., 2021)

**CONCLUSION**

Based on the research results, there is a significant relationship between the role of parent and adolescent communication with adolescent sexual behavior at SMAN 1 Kedung Waringin Bekasi. It is hoped that parents will improve the quality of communication with their teenage children, by understanding and being more open, as well as improving their efforts in communicating, especially regarding reproductive health issues by increasing literacy so that teenagers who need sexual information can discuss it with their parents in the hope of having an influence on attitudes, as well as adolescents' assessments of risky sexual behavior.

**REFERENCE**


