
Relationship between Parent Role, Friends Effect Association and Use of Mass Media with Risk Sexual Behavior in Adolescents at Senior High School 76 Jakarta

An'nisaa Eka Rahmawati^{1*}, Ritanti²

^{1,2}Faculty of Health Sciences, Universitas Pembangunan Nasional Veteran Jakarta;
yentihrawati@upnvj.ac.id (Corresponding Author)

Article Info:

Submitted:
28-05-2021
Revised:
05-07-2021
Accepted:
05-07-2021

ABSTRACT

Adolescents are individuals with high curiosity, including sexual behavior. BKKBN findings in 2017 show that the age group of 15-17 years is the highest age of first dating, and age 17 is the highest age of first sexual intercourse. This study aims to determine whether there is a relationship between the role of parents, peer influence, and the use of mass media with risky sexual behavior in adolescents at SMAN 76 Jakarta. This study used a cross-sectional study and was conducted on 154 respondents through a simple random sampling method. Data collection uses questionnaires on the role of parents, peer influence, the use of mass media, and risky sexual behavior that have been tested for validity and reliability. Statistical test results using Chi-Square showed a significant relationship between the role of parents with risky sexual behavior ($p = 0.001$), peer influence with risky sexual behavior ($p = 0.001$), and the use of mass media for risky sexual behavior ($p = 0.001$). It is recommended that schools collaborate with local health services in conducting health education, counseling, or therapy related to the problem of risky sexual behavior in adolescents.

Keywords: adolescent; mass media; parents; peers; risk sexual behavior

INTRODUCTION

Adolescents are someone in the age range of 10-19 years (WHO, 2018). There are 66.8 million adolescents in Indonesia, with 2.2 million in DKI Jakarta (BPS, 2019). As the number of adolescents in Indonesia and especially Jakarta increases, the problems that occur among adolescents will also get bigger. The situation in adolescents is due to the condition of adolescents who are not perfect in terms of mental maturity and are still looking for their real identity, which makes them very vulnerable to being influenced by the environment of free association. Santrock (2016) states that there are four most significant problems in adolescents: drug and alcohol abuse, juvenile delinquency, sexual behavior problems, and school-related problems. One of the most worrying is risky sexual behavior, where adolescents engage in sexual behavior prematurely because of their great curiosity about something. Risky sexual behavior can lead to various negative impacts, including unwanted pregnancy, abortion, and an increased risk of contracting sexually transmitted infections (STIs) (Indonesian Ministry of Health in Winingsih et al., 2019).

WHO (2020a) states that every year, as many as 21 million girls aged 15-19 years in developing countries experience pregnancy, about 12 million of them give birth, and at least 10 million unwanted pregnancies. And it is estimated that as many as 5.6 million adolescent girls aged 15-19 years experience abortions each year, with 3.9 million unsafe abortions in developing countries. In developed countries, at least 39% of girls are married before 18 and 12% before the age of 15. The Ministry of Health, RI (2017) states that 15 to 17 years is the most remarkable age for dating for the first time. Approximately 34.5% of men and 33.3% of women aged 15 to 19 started dating when they were not yet 15 years old.

BKKBN (2017) adds that the age group 15-17 years is the age at first dating the most, namely 45% for women and 44% for men. Holding hands was the most common practice (women 64% and men 75%), kissing the lips was reported the most by men (50%) and hugging (33%). The age at first sexual intercourse in adolescents is 17 years old, which is the highest age for both women and men at 19%, unwanted pregnancy (KTD) is reported to be twice as large (16%) in women 15-19 years compared to the age group 20 -24 years (8%). Risky sexual behavior can also lead to sexually transmitted infections, one of which is HIV and syphilis. In 2018, as many as 150 people in the 15-19 age group had HIV, and eight people had AIDS (Dinkes DKI Jakarta, 2018).

Various factors can influence risky sexual behavior in adolescents. Factors that may influence include family/parents, peers, mass media, socioeconomic status, and cognitive and personality characteristics (Santrock, 2016). Teens tend to be able to engage in sexual behavior earlier due to a lack of parental supervision. In addition, the attitude of parents who are drunk on sexual problems makes adolescents prefer to get information from their peers, which is not necessarily accurate (Friedman, 2013). Information that adolescents get from their peers about sex can be in peer sexual experiences or even invitations to engage in sexual behavior. The high curiosity of adolescents makes them seek information about sex not only from their parents or peers but also from the mass media. The freedom of youth in accessing the mass media and the unavoidable disclosure of information makes it difficult for mass media to be selected, including content that contains pornography (Santrock, 2016). A person who watches pornographic films is 8.8 times more likely to engage in risky sexual behavior (Abera et al., 2018).

Researchers have carried out a preliminary study by interviewing one of the teachers at SMAN 76 Jakarta. It was found that there was no incidence of students being expelled from school because of deviant behavior such as being pregnant outside of marriage. However, he often met students holding hands between the opposite sex, close to each other, and taking a ride when they came home from school. Other information was also obtained from the BK (Counseling) teacher at SMAN 76 Jakarta, and he said that there are often students who confide in love problems, such as quarrels between partners. The counseling teacher also often sees students holding hands, close to the opposite sex, and immediately warning the student. However, both of them said they could only monitor students while they were in the school environment. If they were outside the school environment, the SMAN 76 Jakarta could no longer know how they interacted. Based on the explanation above, the researcher is interested in examining whether there is a relationship between the role of parents, the influence of peers, and the use of mass media with risky sexual behavior among adolescents at SMAN 76 Jakarta.

METHOD

This study used a cross-sectional study to see the relationship between the role of parents, the influence of mass media, and the use of mass media with risky sexual behavior. The research was conducted at SMAN 76 Jakarta in June 2020. The sampling method used simple random sampling of 154 respondents. Collecting data using a questionnaire on the role of parents, peer influence, use of mass media, and sexual risk behavior has been tested for validity and reliability testing. The analysis used was univariate and bivariate analysis using chi-square. This research received approval from the UPNVJ Health Research Ethics Committee with number B / 2593 / VI / 2020 / KEPK.

RESULT

Table 1. Frequency Distribution of Respondent Characteristics (n = 154)

Characteristics	n	(%)
Age		
15 years	19	12.3
16 years	116	75.3
17 years	19	12.3
Gender:		
Man	46	29.9
Women	108	70.1
Father's Education:		
Low	17	11.0
Moderate	85	55.2
High	52	33.8
Mother's Education:		
Low	27	17.5
Moderate	80	51.9
High	47	30.5
Parents' Income		
Low	27	17.5
Moderate	22	14.3
High	34	22.1
Very high	71	46.1
Total	154	100.0

Based on Table 1, it can be seen that the majority of respondents were 16 years old, namely 116 respondents (75.3%). Respondents were dominated by female gender as many as 108 respondents (70.81%). The most recent education of the respondent's father was moderate education (SMA / equivalent), namely as many as 85 respondents (55.2%) and the last education of the mother, at most high school education/equivalent as many as 80 respondents (51.9%). In addition, it can also be seen that most of the respondents have parents with very high incomes (> Rp. 3,500,000), namely 71 (46.1%).

Table 2. Comparison of The Role of Parents, Peer Influence, and Mass Media Usage toward Risk Sexual Behavior (n=154)

Variables	Risk Sexual Behavior		Total n (%)	p-value	OR (95% CI)
	Didn't n (%)	Did n (%)			
The Role of Parents					
Good	59 (68.6%)	27 (31.4%)	86 (100%)	0.001	3.122 (1.607-6.063)
Not good	28 (41.2%)	40 (58.8%)	68 (100%)		
Total	87 (56.5%)	67 (43.5%)	154 (100%)		
Peer Influence					
Positive	50 (72.5%)	19 (27.5%)	69 (100%)	0.001	3.414 (1.729-6.741)
Negative	37 (43.5%)	48 (56.5%)	85 (100%)		
Total	87 (56.5%)	67 (43.5%)	154 (100%)		
Use of Mass Media					
Positive	59 (69.4%)	26 (30.6%)	85 (100%)	0.001	3.323 (1.707-6.469)
Negative	28 (40.6%)	41 (59.4%)	69 (100%)		
Total	87 (56.5%)	67 (43.5%)	154 (100%)		

Based on Table 2, it can be seen that the majority of respondents have the role of good parents, namely as many as 86 (55.8%). Most of the respondents received a negative influence from their peers 85 (55.2%). It can be seen that most respondents have a positive use of mass media, namely as many as 85 (55.2%). Most of the respondents did not engage in risky sexual behavior, namely as many as 87 respondents (56.5%). There are 59 respondents (68.6%) who have a good parenting role and do not engage in risky sexual behavior. While there are 40 respondents (58.8%) whose parents' parts are not good and engage in risky sexual behavior. The results of statistical tests obtained a p-value of 0.001. It can be concluded that a p-value <0.05 means that there is a relationship between the role of parents and risky sexual behavior. In addition, it can also be seen that the OR value = 3.122, which is rounded to 3. This means that respondents with poor parental roles have a three times greater chance of engaging in risky sexual behavior. There were 50 respondents (72.5%) who had positive influence from their peers and did not engage in risky sexual behavior. In comparison, 48 respondents (56.5%) negatively influenced their peers and engaged in risky sexual behavior. The results of statistical tests obtained a p-value of 0.001. It can be concluded that the p-value <0.05 means that there is a relationship between peer influence and risky sexual behavior. In addition, it can also be seen that the OR value = 3.414, which is rounded to 3. This means that respondents who get negative influence from their peers have a three times greater chance of engaging in risky sexual behavior. there are 59 respondents (69.4%) who use mass media positively and do not engage in risky sexual behavior. In contrast, 41 respondents (59.4%) use negative mass media and engage in risky sexual behavior. The results of statistical tests obtained a p-value of 0.001. It can be concluded that the p-value <0.05 means that there is a relationship between the use of mass media and risky sexual behavior. In addition, it can also be seen that the OR value = 3.323, which is rounded to 3. This means that respondents who use negative mass media have three times more chances of engaging in risky sexual behavior.

DISCUSSION

The Relationship between the Role of Parents and Risk Sexual Behavior

Parents are the first place of education for adolescents and greatly influence adolescents in making decisions related to sexual behavior. In this study, it was found that there was a relationship between the role of parents and risky sexual behavior in adolescents. The results of this study are in line with research conducted by Darmawan (2017) which states that there is a relationship between the role of parents and free sex behavior in adolescents, namely as many as 22 respondents (73.3%) out of 30 respondents whose parental roles are lacking and have free sex behavior.

Parental supervision needs to be done on the association of adolescents because it can delay and even prevent adolescents from engaging in sexual behavior. This statement is supported by the results of research conducted by Nurlina et al. (2017), which states that there is a relationship between parental control and adolescent sexual behavior, as many as 8 (66.7%) of 12 respondents whose parental control was poor and had severe sexual behavior. Parents can control childish behavior, one of which is by establishing good communication. Good communication between parents and children can be established when there is a sense of mutual openness (Mariani et al., 2018).

Research that is not in line with this research, namely research by Pontoan et al. (2015), shows no relationship between parents' role and premarital sexual behavior. Researchers argue that the behavior that occurs in adolescents is a reflection of their parents. Because parents are elders and role models, their behavior will be used as an example by adolescents. Therefore, parents need to be role models for adolescents by applying discipline in front of them, such as being obedient in worship/religion and not fighting in front of their children. Because parents who often quarrel will hinder communication within the family, especially teenagers, and they will look for others who are more comfortable to solve problems (Sapitri, 2017).

The Relationship between Peer Influence and Risk Sexual Behavior

His peers can strongly influence a teenager's sexual decisions. The results of this study found that there was a relationship between peer influence and risky sexual behavior in adolescents. This result is in line with research conducted by Istawati (2017), which states that there is a significant relationship between the role of peers on adolescent sexual acts, namely, of the 30 respondents whose peer roles are negative, there are 25 respondents (47.2) who are at risk of sexual activity.

The social development of adolescents further expands themselves in the interactions between their peers, making them spend more time with their peers. This statement is supported by the results of Puspita's research (2017), which explains that as many as 67.7% of respondents admitted that they sometimes prefer to spend weekends with friends rather than family, 26% of respondents are sometimes more comfortable talking about sexuality with peers than parents. The possibility of adolescents getting information about sexuality from their peers can be in the form of personal sexual experiences of their peers or from the mass media they find then used to persuade or invite teenagers to engage in sexual behavior (Istawati, 2017).

The results of this study are also supported by the results of research conducted by Sigalingging et al. (2019), which states that there is a relationship between peers and adolescent sexual behavior, namely, of the 43 respondents whose peers are not good, there are 40 respondents (80%) who engage in sexual conduct. He argues that adolescent sexual behavior deviations are influenced by lousy peer behavior in a group of teenage friends.

However, in contrast to the research results of Nurlina et al. (2017), which found no relationship between peer influence and adolescent sexual behavior, this happened because adolescents received more information about sex from their parents or the mass media.

Researchers argue that their peers very much influence teenagers. Adolescents tend to follow peer invitations because they want to be accepted and recognized by the group. They will follow the actions of their peers. This happens because of the strong bonds of friendship between teenagers and a lack of parental monitoring. Behavioral deviations in adolescents can be prevented by parental monitoring of adolescents. Therefore, parents need to develop their beliefs so that teenagers are more open to telling about their daily lives so that parents can monitor their teenagers' interactions (Sarwono, 2013).

The Relationship between Mass Media Use and Risk Sexual Behavior

Sarwono (2013) states that disseminating information in the mass media is one factor that influences sexual behavior in adolescents. In this study, it was found that there was a relationship between the use of mass media and risky sexual behavior among adolescents. This result is in line with the research. This is in line with Istawati's (2017) study, which shows a relationship between mass media exposure to sexual behavior, namely, of the 52 respondents who had heavy mass media exposure, 39 (73.6%) who had risky sexual acts.

In this study, it was found that respondents whose use of mass media was harmful were three times more likely to engage in risky sexual behavior than respondents whose use of mass media was positive. This result is in line with Abera et al.'s (2018) research, which explains that someone who watches pornographic films is 8.8 times more likely to engage in risky sexual behavior.

This research is also supported by the results of Asmin's study (2020), which states that there is a relationship between the use of mass media and adolescent sexual behavior, namely 96 respondents (61.9%) who use mass media are not good at adolescent sexual behavior.

Santrock (2016) explains that exposure to sexual content can affect a person's openness about premarital sex. Santrock also added that teens who see more sexual content on TV tend to initiate sexual relations earlier. In addition, Santrock also said that teenagers are more active in digital media, namely the internet. Unmonitored access to internet information for adolescents is increasingly raising concern that teens may access sexual content and other inappropriate information. In recent years, there has been particular attention to the increase in sexual text communication known as sexting, sending messages with sexually explicit words, or sending obscene photos via text messages.

Researchers argue that information in the mass media cannot be taken for granted, especially information related to sex that is easily accessible to everyone, even teenagers. Parental supervision of adolescent activities in accessing mass media is essential not to be too free to access it. In addition to parents' guardianship, the choice of friends to play with also influences the use of teenage mass media. Good friends will not influence adolescents to access wrong information. On the other hand, good friends will encourage teenagers to use mass media wisely, primarily to support learning in school, not for sexual satisfaction, such as opening pornographic sites on the internet or reading adult magazines or comics with a vulgar illustrations.

CONCLUSION

Based on the study results, it was concluded that most of the respondents were 16 years old, the majority of respondents were female. Most of the respondents' parents have moderate education (SMA / equivalent). In addition, it can also be seen that most respondents have parents with very high incomes. Most of the respondents have a good parenting role, get negative influence from their peers, have positive media use, and do not engage in risky sexual behavior. There is a relationship between the role of parents, peer influence, and the use of mass media with risky sexual behavior.

Adolescents are advised to improve communication with their parents and better choose their friends to hang out with by not following friends' requests for sexual behavior and wiser in using mass media such as not watching pornographic films and not opening pornographic sites on the internet. You can also keep yourself busy doing activities you like, such as painting, reading novels, playing football and so on. The school can provide counseling for adolescents with sexual behavior problems through counseling teachers and provide reproductive health education or sex education to students in collaboration with local health workers.

REFERENCES

- Abera, M., Kedir, T., Rasha, D., Woiynshet, G., Shitaye, S., Agegnehu, B., ... Natinael, A. 2018. *Risky Sexual Behaviors And Associated Factors Among Preparatory School Students In Arba Minch Town, Southern Ethiopia*. *Journal of Public Health and Epidemiology*, 10(12), 429–442.
- Asmin, E., & Mainase, J. 2020. *Penggunaan Media Massa Dan Sosial Ekonomi Orang Tua Terhadap Perilaku Seksual Remaja*. 13(April), 24–28.
- BKKBN. 2017. *Survei Demografi Dan Kesehatan Indonesia, Kesehatan Reproduksi Remaja*. In Badan Kependudukan dan Keluarga Berencana Nasional.
- BPS. 2019. *Statistik Indonesia Statistical Yearbook Of Indonesia*. Jakarta: Badan Pusat Statistik.
- Darmawan, F. H. 2017. *Gaya Hidup Dan Peran Orang Tua Dalam Perilaku Seks Bebas Pada Remaja Di Smk Pasundan Putra Cimahi*. 3(2).
- Dinkes DKI Jakarta. 2018. *Profil Kesehatan Provinsi DKI Jakarta Tahun 2018*. Jakarta.
- Friedman, M. M. 2013. *Buku Ajar Keperawatan Keluarga : Riset, Teori & Praktik, Ed 5* (5th ed.; A. Yani, A. Utama, N. B. Subekti, D. Yulianti, & N. Herdina, eds.). Jakarta: EGC.
- Istawati, R. 2017. *Hubungan Keterpaparan Media Massa, Peran Teman Sebaya Terhadap Tindakan Seksual Di SMA An-Naas*. *Jurnal Endurance*, 2(2), 124. <https://doi.org/10.22216/jen.v2i2.1695>. (Diakses pada tanggal 5 Februari 2020)
- Kemendes, RI. 2017. *Infodatin Pusat Data dan Informasi Kementerian Kesehatan RI*. In Situasi Kesehatan Reproduksi Remaja.
- Mariani, N. N., & Murtadho, S. F. 2018. *Peran Orang Tua, Pengaruh Teman Sebaya, Dan Sikap Terhadap Perilaku Seksual Pranikah Pada Siswa-Siswi SMA Negeri 1 Jambalang Kabupaten Cirebon*. *Care : Jurnal Ilmiah Ilmu Kesehatan*, 6(2), 116. <https://doi.org/10.33366/cr.v6i2.904>. (Diakses pada tanggal 10 Februari 2020)
- Nurlina, N., & Latifa Ulandari Laksmi. 2017. *Kontrol Orang Tua, Pengaruh Teman Sebaya dan Media Massa Berkaitan dengan Perilaku Seksual Remaja*. *Jurnal Care*, 5(1), 10–19.
- Pontoan, S. T., Umboh, J. M. L., & Kandou, G. D. 2015. *Hubungan Antara Pengetahuan Siswa, Peran Orang Tua Dan Peran Media Massa Dengan Perilaku Seks Pranikah Siswa SMK Negeri 1 Atinggola*. 397–405.
- Puspita, I. A., Agushyana, F., & Dharminto. 2019. *Hubungan Penggunaan Media Sosial Dan Peran Teman Sebaya Dengan Perilaku Seksual Berisiko Di Smk Kota Surakarta*. *Jurnal Kesehatan*, 7(2), 353–360. <https://doi.org/10.24252/kesehatan.v7i2.54>. (Diakses pada tanggal 4 Februari 2020)

-
- Santrock, J. W. 2016. *Adolescence Sixteenth Edition* (16th ed.). New York: McGraw-Hill Education.
- Sapitri, E., Suwarni, L., & Abrori. 2019. *Hubungan Antara Peran Orang Tua, Teman Sebaya Dan Pengetahuan Dengan Perilaku Pencegahan Seks Pranikahdi SMAN I Teluk Keramat Kabupaten Sambas*. 1–8.
- Sigalingging, G., & Sianturi, I. A. 2019. *Hubungan Teman Sebaya Dengan Perilaku Seksual Remaja Di Smk Medan Area Medan Sunggal*. Darma Agung Husada, V(April), 9–15.
- WHO. 2018. *Coming Of Age-Adolescent Health*. <https://www.who.int/health-topics/adolescents/coming-of-age-adolescent-health> (Diakses pada tanggal 3 Maret 2020)
- WHO. 2020. *Adolescent Pregnancy*. <https://www.who.int/en/news-room/fact-sheets/detail/adolescent-pregnancy> (Diakses pada tanggal 16 Februari 2020)
- Winingsih, W., Solehati, T., Hernawaty, T. 2019. *Hubungan Konsep Diri Dengan Perilaku Seksual Beresiko Pada Remaja*. 9(4), 343–352.