Association Between Parental Roles and Risky Sexual Behavior Among Junior High School Students: A Cross-Sectional Study

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Abstract

Free sexual behavior can be influenced by how parents relate to adolescents; parents who do not monitor adolescent relationships will have more impact on sexual behavior. The lack of parental role is one of the factors causing sexual deviations in children. The role of parents for children is to provide religious teachings, create a warm home atmosphere, and teach good and bad norms for children. This study aims to determine the relationship between the role of parents and free sexual behavior in adolescents at Candra Naya Junior High School, West Jakarta. This study is a cross-sectional study with 124 respondents who attend Candra Naya Junior High School, West Jakarta. Bivariate analysis used the chi-square test. 72 respondents (58.1%) had a moderate parental role, and 122 respondents (90.3%) had good free sex behavior or did not behave freely. Based on statistical analysis shows the number 0.525 p-value> 0.005 which means there is no relationship between the role of parents and free sexual behavior. There is no relationship between the role of parents and free sexual behavior in adolescents at Candra Naya Junior High School, West Jakarta.

Keywords: The role of parents, Casual sex behavior.

Introduction

Adolescents are an age group that is vulnerable to risky or sexual behavior because they experience maturation of the reproductive organs, physical and emotional changes that lead to changes in attitudes, behaviors, mindsets, and social changes in adolescents. Adolescence is a unique transitional period characterized by physical, psychological, and social changes. Physical changes happen so quickly that teens become confused by the changes, and their puberty sex hormones start working. This can trigger a variety of risky behaviors in adolescents [1].

Behavior is a person's response or reaction to something, or an individual's response to existing stimuli [2]. Promiscuous sex behavior is an act caused by the desire to have intercourse with both the opposite sex and the same sex [3]. According to research conducted in the United States, as many as 39.5 percent of adolescents have had sex. Meanwhile, in North Korea, as many as 11.6 percent of adolescent boys and 5.1 percent of adolescent girls reported having had sexual intercourse [4]. According to the results of the National Program Performance and Accountability Survey (SKAP), as many as 1.2 percent of adolescents are victims of free sex, that is, having sex before officially becoming partners. The results of the study in Central Java who have had sex are as many as 1.3 percent of adolescents [5].

Promiscuous sex behavior can be influenced by how parents' relationship with adolescents is parents who do not monitor adolescents' socialization will have a greater impact on sexual behavior [6]. The role of parents is one of the factors that cause sexual deviation in children [7]. The role of parents for children is to provide religious teachings, create a warm home atmosphere, and teach good and bad norms for children [8].

Based on research conducted by Darmawan on vocational school teenagers in Pasundan Putra Cimahi in 2018, as many as 42 people obtained results that there were 22 adolescents whose parents did not play a role or 73.3 percent who behaved promiscuously, while there were 20 adolescents whose parents played a sufficient and good role, all of whom had never engaged in promiscuous sexual behavior. This is the same as the research obtained by among 85 adolescents [9], the results found that 60 percent or 57 people, had opportunities to engage in risky sexual behavior, while with parents who played a negative role, there were 54.9 percent or 28 people who had opportunities to engage in risky sexual behavior.

As a result of a preliminary study conducted at Candra Naya Junior High School, West Jakarta in April 2023, researchers interviewed 5 students by asking questions about whether parents play a role in providing information about the dangers and impacts of promiscuous sexual behavior, 1 student and 2 students said that parents play a less role while 1 student and 1 student said that parents play a very important role in providing information about the dangers and impacts of promiscuous sexual behavior. The researcher conducted a study at Candra Naya Junior High School, West Jakarta because there had never been any research related to promiscuous sexual behavior before. Based on the information of the Principal at Candra Naya Junior High School, she stated that her school has never been given sex program education to her students for the reason that discussing sex is still a taboo thing for teenagers. Based on the background, the researcher is interested in researching "Association Between Parental Roles and Risky Sexual Behavior Among Junior High School Students: A Cross-Sectional Study".

Methods

Study design

This study employed a quantitative cross-sectional design to examine the association between parental roles and risky sexual behavior among junior high school students. Data on parental roles and risky sexual behavior were collected at a single point in time. The study was observational and did not involve any experimental intervention.

Setting and participants

The study was conducted at one Junior High School, West Jakarta, Indonesia, on June 28, 2023. A total of 124 junior high school students participated in the study. Participants were recruited using purposive sampling**.**

The study population consisted of students enrolled at Candra Naya Junior High School. Eligibility was determined according to the respondent criteria specified in the study questionnaire and informed consent process. Because the participants were adolescents,

the ethical requirements applicable to research involving minors should be reported explicitly in the final manuscript, including the procedure for obtaining parental/guardian consent and adolescent assent, if applicable.

Data collection procedure

Before data collection, the researchers obtained ethical approval and research permission from the relevant institutions. A research permission request was submitted to facilitate data collection. Data were collected using a structured Google Forms questionnaire**.** The first section of the questionnaire provided information about the study, its objectives, eligibility requirements, and informed consent. Participation was voluntary, and students who did not agree to participate were instructed not to proceed with the questionnaire. The researchers visited the school and explained the questionnaire and its completion procedure to students in each class. The questionnaire link was subsequently distributed through the respective class groups with assistance from the school principal. Completed responses were downloaded and prepared for statistical analysis using SPSS Version 18**.**

Instruments

Data were collected using two self-administered questionnaires: a parental role questionnaire and a risky sexual behavior questionnaire**.** The parental role questionnaire consisted of 10 items [10]. In the preliminary instrument testing, the questionnaire demonstrated good internal consistency, with a Cronbach's alpha of 0.825**.** Item correlation coefficients ranged from 0.490 to 0.825**,** indicating acceptable item validity according to the criteria used in the original study.

The risky sexual behavior questionnaire consisted of 28 items developed [11]. The instrument demonstrated high internal consistency, with a Cronbach's alpha of 0.954. Item correlation coefficients ranged from 0.432 to 0.887**,** supporting the validity and reliability of the instrument for use in this study. Before the main data collection, the researchers conducted a questionnaire trial involving 30 adolescents at one of the junior high schools on June 21–22, 2023, to evaluate the instruments before their use in the study.

Data analysis

Data were analyzed using IBM SPSS Statistics Version 18**.** Descriptive statistics were used to summarize participants' characteristics, including sex, age, religion, signs of puberty, and current or previous dating status. Frequencies and percentages were presented for categorical variables. The association between parental roles and risky sexual behavior was examined using the chi-square test**.** Statistical significance was determined using a two-sided p-value < 0.05**.**

Ethical considerations

Ethical approval was obtained before the study was conducted. Participation was voluntary, and informed consent was incorporated into the online questionnaire.

1. Measurement and data collection

The measuring tool used in this study is in the form of a questionnaire consisting of two parts, namely a questionnaire on the role of parents and promiscuous sexual behavior. Researchers conducted a questionnaire trial on 30 adolescents at Saint Enoch Junior High School on June 21-22, 2023, with the aim of finding out whether the questionnaire was valid and reliable to use. The parental role variable consists of 10 items with a Cronbach's alpha of 0.825; the obtained correlation values (r) exceeded the critical value (r-table), ranging from 0.490 to 0.825, indicating that the parental role questionnaire is valid and reliable for use. The premarital sexual behavior variable consists of 28 items with a Cronbach's alpha of 0.954; the obtained correlation values (r) exceeded the critical value (r-table), ranging from 0.432 to 0.887, indicating that the premarital sexual behavior questionnaire is valid and reliable for use.

2. Data analysis;

The data analysis used in this study used univariate analysis and bivariate analysis. The univariate analysis in this study is to describe the characteristics of the respondents including gender, age, class, religion, puberty i.e. experiencing menstruation and wet dreams, being in a relationship or having previously been in a relationship. Bivariate analysis in this study was carried out to determine the relationship between parental

roles and promiscuous sexual behavior using *the chi-square test*.

Results

The results of data collection were processed using SPSS and then edited, coded, tabulated, and analyzed, and are presented in the form of tables and explanations. Meanwhile, the relationship between the two variables is examined using *the chi-square test.*

Table 1.
Frequency Distribution of Respondent Characteristics (n = 124)

Characteristics	Frequency	Percentage (%)
Gender		
Male	50	43,5
Women	70	56,5
Age		
Early teens (12-14 years old)	98	79,0
Intermediate youth (15-17 years old)	26	21,0
Late teens (18-21 years old)	0	0
Religion		
Islam	28	22,6
Protestant Christianity	46	37,1
Catholicism	8	6,5
Buddhism	42	33,9
Signs of Puberty (Menstruation/Wet Dreams)		
Yes	101	81,4
No	23	18,5
Establishing a Relationship (Dating) at the moment		
Yes	2	1,6
No	122	98,4
Been in a previous relationship (Dating)		
Yes	18	14,5
No	106	85,5

Based on Table 1, it shows that the majority of respondents are female as many as 70 respondents (56.5%), in the early adolescent age category (12-14 years) as many as 98 respondents (79.0%) and as many as 46 respondents (37.1%) are Protestant Christians. Most of the respondents admitted that they had never dated now or before, namely, current dating of 122 respondents (98.4%) and previous as many as 106 (85.5%). Some respondents also admitted to having experienced menstruation, namely 68 respondents (54.8%) and wet dreams as many as 33 respondents (26.6%).

Table 2.
Frequency Distribution of Parental Roles (n=124)

Categories	Quantity	Percentage (%)
Height	52	41,9
Medium	72	58,1
Low	0	0
Total	124	100

Based on Table 2, data were obtained on respondents with the role of moderate parents, which amounted to 72 respondents (58.1%).

Table 3.
Frequency Distribution of Free Sex Behavior (n=124)

Categories	Quantity	Percentage (%)
Good	112	90,3
Bad	12	9,7
Total	124	100

Based on Table 3, it shows that respondents who do not behave promiscuously are more numerous, with a total of 122 respondents (90.3%)

Table 4.
The Relationship between Parental Roles and Promiscuous Sex Behavior

Variable	Free Sex Behavior	
	Value x2 (*Chi-square*)	A value (*p-value*)
The Role of Parents	404a	0,525

Based on table 4, it shows that in this study there is no relationship between the role of parents and promiscuous sexual behavior in adolescents by using the chi-square test with a significance value with *a p-value showing several 0.525 if the p-value* is >0.005,

then the working hypothesis (H1) is rejected and the Null hypothesis (H0) is accepted, which means that there is no relationship between the role of parents and promiscuous sex behavior in adolescents at Candra Naya Junior High School

Discussion

Based on the results of the study, it shows that there are more female respondents. This is the same as research conducted by Handayani & Winarti, 2021 obtained the result that most of the respondents were women [12]. The same study conducted by Wahyu in 2020 showed that the most respondents were women. Age characteristics indicate that most adolescents fall into the category of early adolescence (12-14 years). In this early adolescence stage, a teenager begins to have new ideas, including perceptions of attraction, and is easily aroused. Meanwhile, at the stage of middle adolescence, teenagers often feel confused in making choices and forming opinions [13]. Richards' 2017 research mentioned that parental supervision is related to the initiation of sexual activity in adolescents aged 12-16 years [14].

In the developmental process, adolescents must be exposed to religious values so that adolescents avoid sexual behavior. The thing that often dominates their minds is that it can cause confusion for teenagers who do not have a basis for religious beliefs. Therefore, it is very important to instill religious and moral values in human beings, especially adolescents from an early age [15]. Based on signs of puberty, the majority of respondents have experienced puberty. Entering puberty, children experience physical changes, emotional changes, and the maturation of sexual hormones, which is when the reproductive organs first function like adults. So during puberty, adolescents are rarely able to resist their sexual desire to try something new. The occurrence of sexual behavior in adolescents is also caused by the wrong perspective when entering the dating period this period is considered by adolescents as a period of learning to do sexual activities with their partner, starting with kissing on the lips and cheeks, masturbating each other, and sexual intercourse. Oral sex to sexual intercourse [16]. Based on the results of the study, most of the respondents have a moderate parental role, which is as much as 58.1%. Research conducted by Suriani et al. 2016) The results were obtained that parents who played a good role towards adolescents numbered (66%) more than parents who did not play a role (34%) [17]. The results of this study show that

adolescents generally have a good parental role. Therefore, providing supervision and assistance, as well as providing sex education from an early age that is appropriate for children, can minimize children engaging in sexual behavior. Providing education about sexuality from an early age, it can prevent the development of negative thoughts in children [18]. Based on the results of the research obtained, free sex behavior is categorized as good, which means that more adolescents do not engage in promiscuous sexual behavior, which amounts to 90.3%. According to Putri, 2019 said that adolescents are often involved in the problem of proper sex behavior. Promiscuous sex behavior can be interpreted as sexual behavior carried out by men and women without a formal marital bond that hurts adolescents who do it. Free sex behavior can be carried out by teenagers anywhere, both at school and in places where there is an opportunity to engage in such sexual behavior [19].

The results of the study showed that there was no relationship between the role of parents and promiscuous sex behavior in adolescents at Candra Naya Junior High School, West Jakarta. This is in line with research conducted by Pontoan et al. 2015 in adolescents in North Gorontalo, that the role of good parents is not always related to free sexual behavior [20]. In this study, the researcher used a *Chi-Square* with significance value *p-value* 0,616 (*p-value* >0.05) which means that there is no relationship between parental roles and sexual behavior in adolescents. The results showed no association between parental roles and promiscuous sex behaviors, suggesting that parents did not pay more serious attention to their teens. Parents are less likely to invite students to discuss premarital sex, and the problems they experience. Students have not shared enough stories about close friends/girlfriends with parents, so parental supervision has not been maximized. This research is also the same as the research conducted by (Karlina et al., 2013) in adolescents in Sekadau Hilir District with statistical test results *Chi-Square* obtained *p-value = 0.816 (p-value>0.05) up to H0* accepted, thus it can be concluded that there is no relationship between parental roles and promiscuous sex behavior in adolescents. There is no relationship between parental roles and sexual behavior in adolescents, but it can be concluded from the description in the study that parental function

It is indeed very important to supervise and observe children, and parents have also played a good role in adolescent sexual behavior. However, children feel

constrained and prefer to remain silent without telling or discussing with their parents what they are experiencing.

However, this research is not in line with the research conducted by Afrilia et al. Among 60 respondents, adolescents whose parental roles are negative (79%) are at risk of sexual behavior, while adolescents whose parental roles are positive are only (45%) at risk of sexual behavior. The results of the statistical test obtained a *p-value* by 0.026 $\alpha < 0.05$, it means that there is a significant relationship between the role of parents and promiscuous sexual behavior [21].

The results of the study did not show a relationship between the role of parents and promiscuous sexual behavior, researchers assumed that even though parents have played a good role and children have good sexual behavior, it is not closed to the possibility that children engage in sexual behavior secretly. This can happen when teenagers take the opportunity to lie to their parents with the excuse of leaving the house to do group tasks with friends, even though from there, the child takes the opportunity to date or go out with a girlfriend, that's where sexual behavior occurs. According to the researchers, the assumption is also that adolescents do not really fill out questionnaires honestly. This is in line with research conducted by Tarigan & Hakim, that the role of parents does shape adolescent behavior, but sometimes, even with all the efforts parents make to protect their children from free sex, some teenagers get away with all sorts of tricks and temptations [22].

Limitation

This study has several limitations. First, the cross-sectional design limits the ability to establish a temporal or causal relationship between parental roles and risky sexual behavior. Second, the study was conducted at a single junior high school in West Jakarta using purposive sampling, which may limit the generalizability of the findings to adolescents in other schools or regions. Third, both parental roles and risky sexual behavior were assessed using self-reported questionnaires. Because sexual behavior is a sensitive topic, responses may have been influenced by social desirability or reluctance to disclose personal experiences. Fourth, most participants reported favorable sexual behavior, resulting in limited variation in the outcome and potentially reducing the

ability to detect an association. Finally, the study focused primarily on parental roles and did not comprehensively assess other potentially relevant factors, such as peer influence, social media exposure, sexual health knowledge, family communication, and religiosity.

Conclusion

This study found no significant association between parental roles and risky sexual behavior among junior high school students at Candra Naya Junior High School, West Jakarta. Although most participants reported moderate parental roles and favorable sexual behavior, adolescent sexual behavior may be influenced by multiple factors beyond parental involvement alone. Future research should consider other factors that may contribute to risky sexual behavior among adolescents, including peer influence, social media exposure, sexual health knowledge, family communication, and religiosity. Studies involving multiple schools and diverse populations, preferably using longitudinal designs, are recommended to provide a more comprehensive understanding of the factors influencing adolescent sexual behavior.

Ethical considerations

Ethical approval was obtained before data collection. Participation was voluntary, and informed consent was incorporated into the online questionnaire before participants proceeded to the study questions. Participants were provided with information regarding the purpose and procedures of the study, the voluntary nature of participation, and their right to decline participation. Because the participants were junior high school students, the final manuscript should specify the procedure used to obtain parental or guardian consent and adolescent assent, as applicable. The study received ethical approval from the ethics committee.

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Conflict of interest

The authors declare **no conflict of interest** related to this study, its findings, or the publication of this manuscript.

Author contribution

Ika Suryani Sababak: Conceptualization, methodology, investigation, data collection, data curation, and manuscript preparation. **Loritta Yemina:** Conceptualization, methodology, supervision, interpretation of the findings, and critical revision of the manuscript. **Santa Maria Pangaribuan:** Conceptualization, methodology, supervision, interpretation of the findings, critical revision of the manuscript, and correspondence with the journal. All authors reviewed and approved the final version of the manuscript and agreed to be accountable for all aspects of the work.

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