

Association between Self-Esteem, Self-Efficacy, Peers, Parental Controls, and Sexual Behavior in Adolescents at High School, Surakarta

Winarni¹⁾, Okid Parama Astirin²⁾, Ruben Dharmawan³⁾

¹⁾School of Public Health, Universitas Sebelas Maret

²⁾Faculty of Mathematics and Science, Universitas Sebelas Maret

³⁾Faculty of Medicine, Universitas Sebelas Maret

ABSTRACT

Background: Sexual behavior among teenagers is worrying. It is influenced of permissive attitude shift, causing violation of norms, ethics in society. One factor is the opening of information about sex freely circulating in the community. In Surakarta adolescent at high school never did kiss the lips of 10.53%, a kiss in 5.6%, 4.23% masturbation and sexual intercourse 3.09%. This study aimed to determine the association of self-esteem, self-efficacy, peers, parents, with premarital sexual behavior in adolescent high school in Surakarta.

Subjects and Method: This was an observational analytic study with cross sectional design. A total sample of 113 respondents was taken by using proportional random sampling. The population was in ten high schools of 1663 subjects in Surakarta. Data analysis used linear regression.

Results: There is a relationship of self-esteem with premarital sexual behavior ($b_1 = -0.202$; 95% CI= -0.39 to -0.01; $p = 0.036$) were significantly higher self-esteem then reduce premarital sexual behavior. There is a relationship of self-efficacy with premarital sexual behavior ($b_2 = -0.168$; 95% CI= -0.33 to -0.01; $p = 0.041$) were significantly higher self-efficacy students then reduce premarital sexual behavior. There are peer relationships with premarital sexual behavior ($b_3 = -0.271$; 95% CI= -0.51 to -0.04; $p = 0.024$) were significantly better peer support and will reduce premarital sexual behavior. There is a parental relationship with premarital sexual behavior ($b_4 = -0.236$; 95% CI= -0.44 to -0.03; $p = 0.025$), the better the more parental supervision reduce premarital sexual behavior. There is a relationship of self-esteem, self-efficacy, peers, parents with premarital sexual behavior ($F = 10.053$; 95% CI= 24.16 to 43.61; $p < 0.001$; $R^2 = 24.4\%$)

Conclusion: Self-esteem, self-efficacy, peers, and parents are associated with premarital sexual behavior in adolescents of 24.4%. Seventy six point six percent is influenced by other variables outside the research model.

Keywords: self-esteem, self efficacy, peers, parents supervision, premarital sex behavior

Correspondence:

Winarni. School of Public Health. Universitas Sebelas Maret, Jl. Ir. Sutami 36A, Surakarta 57126, Central Java.

BACKGROUND

Adolescence is a period of transition from childhood to adulthood. At this time there is a change of physical, mental, psychosocial fast, and impact on various aspects of teenage life. Emotions are not stable in adolescents will be easy to violations of the norms and ethics in society. Emotional development is marked by the emotional nature of the explosive and difficult to control.

Although adolescents are already mature sexual organs, but the emotion and personality are still unstable because it is still searching for his true identity, and thus susceptible to temptation in a social environment. Teens tend to be curious and try on what is done by adults (the Goddess, 2009).

Sexual behavior in adolescents today are very concerned, about 40% of adolescents aged 15-19 years and 75% of adoles-

cents aged 20-24 years had done premarital sex. Every year there are about 9 million new cases of sexually transmitted diseases occur at the age of 15-24 years (Malhotra, 2008). Adolescents aged 15-19 as many as 2,036 cases of HIV exposure, being 6.327 HIV cases occur in 20-24 years (Richards, 2013).

KPAI survey results showed 93.7% high school students ever kissed, 21.2% of adolescents junior claimed to have abortions, and 97% of middle and high school teens never watched porn (Yulianto, 2010). In Surakarta, adolescent been kissing the lips of 10.53%, kissing in 5.6%, masturbation or masturbation 4.23%, and had sexual intercourse as much as 3.09% (Darmasih et al., 2011),

The cause of free sex teen got into one of them is a weak personality. Weak personality traits include resistance to compression and low voltage, low self-esteem, are less able to express themselves, lack of respect for the rights and obligations of others, are less able to control the emotions and cannot resolve the problems and conflicts well. Teenagers should be able to assess the consequences are believed to be the result of certain behaviors, such as premarital sexual behavior. Efficacy itself into one of the determinants of human behavior change. Teenagers approaching adulthood demands, they must learn to take responsi-

Table 1. Descriptive statistics continuous data

Variables	Min.	Max.	Mean	SD
self-esteem	19.00	42.00	33.10	2.99
Self-efficacy	22.00	44.00	41.47	3.85
Peers	20.00	36.00	32.34	2.62
Parental control	22.00	40.00	34.87	2.81
Sex behavior before marriage	0.00	16.00	3.25	3.36

Table 2 shows the results of the characteristics of the respondent that the distance from home to school the majority of respondents are <5 km (50.4%) of res-

bility for themselves in every dimension of life. Teenagers can strengthen the sense of efficacy by learning how to be successful in dealing with various problems (Hidayat, 2013; Alwisol, 2004).

Low knowledge makes adolescents have sexual attitudes and behaviors are unhealthy, ultimately bringing them closer to the risk of contracting a wide range of sexually transmitted diseases including HIV/ AIDS. Risky behavior for the health and future of these adolescents become a major threat to the survival of a nation. Lack of parental supervision, environmental support, peer influences cause teens to easily engage in premarital sex as a form of pleasure. Less supervision from parents causes teens tend to be out of control so easily engage in premarital sexual behavior (Pawestri and Setyowati, 2012; Kustanti, 2013).

SUBJECTS AND METHOD

This was an observational analytic study with cross sectional design. A total of 113 students at high school in Surakarta were selected randomly. The data was collected by questionnaire and analyzed by a multiple linear regression.

RESULTS

The results of the characteristics of the respondent can be seen on Table 1.

pondents live with their parents (95.5%), female (63.7%), and parental income between Rp. 1,000,000 to Rp. 5,000,000 (89.4%).

Table 2. Characteristics of respondents based on distance, place of residence, gender, and parental income

Distance	n	%
< 5 km	57	50.4
5 km - 10 km	32	28.3
> 10 km	24	21.3
Residence		
With parents	108	95.5
Boarding House	2	1.8
With relatives	3	2,7
Gender		
Males	41	36.3
Females	72	63.7
Income Parents		
< Rp 1,000,000	6	5.3
Rp 1,000,000 – Rp 5,000,000	101	89.4
> Rp 5,000,000	6	5.3

Table 3. Relationship self-esteem with sexual behavior before marriage

b	95% CI		p
	Lower	Upper	
-0.32	-0.53	-0.12	0.002

Table 3 shows that there is a negative relationship and statistically significant between self-esteem with premarital sex behavior ($b = -0.32$; 95% CI = -0.53 to -0.12 ; $p = 0.002$).

Table 4. Relationship of self-efficacy with premarital sexual behavior

b	95% CI		p
	Lower	Upper	
-0.33	-0.48	-0.17	<0.001

Table 4 shows that there is a negative relationship and statistically significant between self-efficacy with premarital sex behavior ($b = -0.33$; 95% CI = -0.48 to -0.17 ; $p = 0.000$).

Table 5. Relationship peers in premarital sexual behavior

b	95% CI		p
	Lower	Upper	
-0.49	-0.71	-0.26	<0.001

Table 5 shows that there is a negative relationship and statistically significant among peers with premarital sex behavior ($b = -0.49$; 95% CI = -0.71 to -0.26 ; $p = <0.001$).

Table 6. Relationship Parental Guidance with premarital sexual behavior

b	95% CI		p
	Lower	Upper	
-0.40	-0.61	-0.19	<0.001

Table 6 shows that there is a negative relationship and statistically significant between parent and premarital sex behavior ($b = -0.40$; 95% CI = -0.61 to -0.19 ; $p = <0.001$).

The test results of multivariate linear regression showed regression coefficient of self-esteem (b_1) of -0.20 and a negative sign, meaning the higher self-esteem, the more reducing premarital sexual behavior. The coefficient of self-efficacy (b_2) of -0.17 and a negative sign, meaning the higher self-efficacy students then further reduce premarital sexual behavior.

The coefficient of peers (b_3) of -0.27 and a negative sign, meaning the stronger

peer support then further reduces premarital sexual behavior. The coefficient of parent (b4) of -0.24 and a negative sign, meaning the strict supervision of parents, students then further reduces premarital sexual behavior.

The coefficient of determination in table 7 result amounted to 0.244, which means that the variables of self-esteem, self-efficacy, peers, parents associated with premarital sexual behavior amounted to 24.4%, while for 75.6% influenced by other variables outside the model research.

Table 7. The relationship of self-esteem, self-efficacy, peers, parental controls with premarital sexual behavior

Independent variables	b	95% CI		P
		Lower limit	Upper limit	
Self esteem	-0.20	-0.04	-0.01	0.036
Self-efficacy	-0.17	-0.33	-0.01	0.041
Peers	-0.27	-0.51	-0.04	0.024
Parental control	-0.24	-0.44	-0.03	0.025
N observational	113			
Adjusted R ² = 0.244				
p<0.001				

DISCUSSION

1. Relationship self-esteem with premarital sexual behavior

The results showed that there is a relationship of self-esteem with premarital sexual behavior p= 0.036. It means the higher their self-esteem, the more reducing premarital sexual behavior. This statement is supported by previous studies of Morris, Young and Jones (2010), that self-esteem is higher when abstaining from sexual intercourse before marriage. The results support the research Hidayat (2013), which shows the esteem effect on teen sexual behavior dating.

The results of this study are also in accordance with Aditomo and Retnowati (2004) which states that individuals who can appreciate him are individuals who have positive self-esteem. Feeling himself as a person who has limitations as well as trying to develop itself, whereas individuals who have low self-esteem or negative will usually feel less satisfied, less capable, less valuable, less-power and low self-esteem. Someone who usually has low self-esteem would tend to bind themselves to the peer

group, it is done with the intention to make himself regarded and recognized in the group.

Adolescence is a period of transition from childhood to adulthood where at this time there will be changes in the physical, mental, and psychosocial quickly and have an impact on various aspects of teenage life, start looking for identity, started to adjust to the environment, began to study the world's maturity and begin to search for and find interesting things in his life. Usually, adolescence is often known as a period of trial and error and is full of problems that sometimes lead to violations of the rules of the juvenile one of them is to do premarital sexual behavior.

The results showed that there is a relationship of self-efficacy with premarital sexual behavior was obtained p= 0.041. Means that the higher the self-efficacy of students then further reduce premarital sexual behavior. The results support the research conducted by Aboussalam (2005), the results showed that the future perspective and self-efficacy negative berubungan with risky sexual behavior. Jimoh and

Grace (2013) also state that there is a significant relationship between emotional control, self-efficacy, and the role of parents in adolescents in regulating the behavior of either jointly or between variables.

Mechanism of self-efficacy influences human behavior, if one is sure to have the ability to produce something that is desired then the individual will try to achieve it, but if people do not have confidence to produce something that was wanted then he would not be trying to make it happen. Efficacy of self-importance is owned by teenagers to be able to face any changes that occur, to have high self-efficacy, the teens have a strong conviction to always be able to face all the changes and the responsibilities of the face periods of growth in his life (Abousselam 2005).

This is consistent with the statement of Bandura and Locke (2003) which states that the characteristics of individuals who have high self-efficacy is when individuals feel confident that they are able to handle effectively events and situations they face, persevere in completing tasks, trust the ability of self they have, look at adversity as a challenge rather than a threat and like to find a new situation, set themselves challenging goals and improve a strong commitment to him, whereas individuals who have self-efficacy is low are individuals who feel helpless, fast sad, apathetic, anxious, shy away from tasks that are difficult, quick to give up when faced with obstacles, the aspirations of low and weak commitment to the objectives to be achieved, in this difficult situation will tend to think of their shortcomings, the severity of the task, and the consequences of fail and slow to recover feeling of being able after a failure.

This is in accordance with the opinion of Julike and Endang (2012) which states that self-efficacy is the belief in the ability to perform a desired action, self-efficacy is

also the background for someone to perform an action or control certain conditions in this regard is to control premarital sex behavior, Peers relationship with Premarital Sexual Behavior

The results showed that there was a relationship of peers with premarital sexual behavior $p= 0.024$. Peer support will further reduce premarital sexual behavior. This statement is supported by previous studies of Morris, Young and Jones (2010), that a group of peers influence adolescent sexual behavior.

This is in accordance with the Crocket, et al (2003) which states that peers are considered to exert a major in the field of social transport on teen sexual behavior. Peer influence can occur at several levels. Peers are the primary source of information about sex, where sex which may occur. This statement is supported by Maryatun (2013), Peers is one source of information about sex quite significant in shaping knowledge, attitudes and sexual behavior of adolescents.

The influence of peers is critical behaviors that are often shown in their daily teens hanging out with his friends. The forms of deviant behavior that appears in premarital sexual activity teenage life that we can see so far is the activities associated with proximity teenagers with the opposite sex. In his teens, know the opposite sex closer is common and often we are familiar with the term exploratory or dating, courtship usually teenagers always try to set aside their time to be with his partner to exchange ideas, share stories, each devote attention and affection ,

The results support the research Hadiani (2013), the results showed that sex, attitudes toward sexuality, peer pressure and media exposure to pornography has a significant relationship with adolescent sexual behavior. The results matching

that of research Suwarni (2009), showed that There is a link between sexual behavior of peers with adolescent sexual behavior.

Relationships Parents with Premarital Sexual BehaviorThe results showed that there was a relationship of parents with premarital sexual behavior where the $p=0.025$. Parental control reduces premarital sexual behavior in students. This statement is supported by previous studies on Richards (2013) that adolescents growing up in families or parents who cared for and communicate about sex with them will make the teens engage in safer sexual behaviors. Parents have the ability to influence sexual decisions of their children. Parent-child communication about sex and parent-child relationship is an important factor in the formation of attitudes and safe sex practices.

This is supported by Suwarni (2009), the research results indicating that there is a relationship between monitoring parental with adolescent sexual behavior. Ahmadi et al (2013)states that parental supervision and affiliation with peers associated with adolescent sexual behavior deviant.

Communications parents with children play an important role in fostering their relationship. Parents who are least able to communicate with her would cause a conflict relationship so that it can have an impact on teenage sexual behavior. Parental supervision can be defined as the knowledge of parents to the activities of their children and what they are doing. This is tantamount to a form of protection against the risks of parents of adolescent behavior, such as the use of hazardous substances or sexual behavior, where such supervision varies according to age, gender or ethnicity and it generally decreases with age (Tome, 2002).

Hidayah and Maryatun (2013) states that the supervision of parents less will

accelerate adolescent sexual intercourse. Parental supervision is an important factor that affects the sexual behavior of teenagers. Teens who watched their parents will put off even avoid sexual intercourse while in adolescents without parental supervision will first sexual intercourse at an earlier age.

Adolescent sexual behavior in 3 SMA Surakarta relatively high, do kissing (32.8%), necking (32.8%), petting (31.7%), intercourse (2.7%). Of the 113 study subjects most teens living with parents (95.5%), the majority of parents income of approximately five million per month (89.4%).

The results of the regression coefficient is negative self-esteem ($b_1= -0.202$; 95% CI= -0.39 to -0.01 ; $p= 0.036$), which means that the higher their self-esteem, the more reducing premarital sexual behavior. The results of the regression coefficient is negative self-efficacy ($b_2= -0.168$; 95% CI= -0.33 to -0.01 ; $p= 0.041$), which means that the higher the self-efficacy of students then further reduce premarital sexual behavior. The results of the regression coefficient is negative peer ($b_3 = -0.271$; 95% CI; -0.51 to -0.04 ; $p= 0.024$), which means the better peer support and will reduce premarital sexual behavior. The results of the regression coefficient is negative parental supervision ($b_4 = -0.236$; 95% CI; -0.44 to -0.03 ; $p= 0.025$), which means that the better the more parental supervision reduce premarital sexual behavior.

Variable-esteem, self-efficacy, peers, parental control associated with premarital sexual behavior of (24.4%), while the amount of (75.6%) is influenced by other variables outside the research model.

1. Implications of the Results

Based on the research that self-esteem, self-efficacy, peers, and parents have an influence on premarital sexual behavior,

the implications of these results that the institution or school need to suppress the occurrence of sexual behavior before marriage students through a variety of positive activities such as to education kesehatan about the dangers of sex free, to enable religious activities in schools as well as providing advice to parents to supervise their children's behavior.

2. Recommendations

Educational institutions should enable the role of guidance and counseling in schools to provide treatment to all students in cooperation with stakeholders such as the Department of Health and from the police to campaign on the dangers of casual sex to students through the provision of health education.

Teens are expected to increase self-confidence, so that the teens were able to refrain from premarital risky sexual behavior that can harm themselves, their families and communities. Additionally teens are expected to find peers who have a positive affect given the friend a big impact on adolescent behavior change.

Parents should give more perhatian to her first child-teen given the current era of globalization, which could give negative effects on teenagers, parents need to give time to their children, for example by paying attention and affection to their children, recreation together or discussion at home.

After know the description of adolescent sexual behavior in the city of Surakarta, it is necessary to further research by developing methods of other studies, which can be found the phenomenon of adolescent premarital sexual behavior, than other factors beyond the research model.

risky sexual behavior. Magister Artium (Counselling Psychology). Faculty of Humanities Department of Psychology at the University of the Free State.

Aditomo A, Retnowati S (2004). Perfectionism, Self-Esteem and Depression In Teens Final trend. *Journal of Psychology*, 1: 1-14.

Ahmadi A. (2009). *Social Psychology*. Jakarta: Rineka Reserved.

Alwisol (2004). *Personality Psychology*. Malang: University of Malang.

Bandura A, Locke EA (2003). Negative self-efficacy and goal effects revisited. *Journal of Applied Psychology*. 88(1): 87-99.

Banun FOS, Setyorogo S (2013). Factors associated with premarital sexual behavior in student semester V STIKes X 2012. *East Jakarta Health Science Journal* 5 (1): 12-19.

Crocket LJ, Rafaelli M, Moilanen KL (2003). Adolescent sexuality: Behavior and meaning. Faculty Publications, Department of Psychology. Paper 245, 371-392.

Darmasih, Setiyadi N, Gama FY (2011). Study of adolescent premarital sex behavior in Surakarta. *Medical Journal*. 4(2): 111-119.

Dewi INCT (2009). Effect of Personal And Environmental Factors Against Premarital Sexual Behavior In Teens in SMA Negeri 1 Baturaden and SMA Negeri 1 Purwokerto. Thesis. Master of Health Promotion. Semarang: Diponegoro University.

Hadianti NH (2013). Factors Associated with Adolescent Sexual Behavior in 3 SMAN Blitar 2012. Graduate Program in Public Health School of Public Health. Depok: University of Indonesia.

REFERENCE

Aboussalam NM (2005). The moderator effect of future time perspective in the relationship between self-efficacy and

- Hidayah NFN, Maryatun (2013). Relationship between parenting parents with premarital sexual behavior in teens in SMK Batik 1 Surakarta Gaster 10 (2): 53-61.
- Hidayat K (2013). Effects of self-esteem and moral reasoning against sexual behavior of youth dating in SMK Negeri 5 Samarinda. *eJournal Psychology*. 1(1): 80-87.
- Julike FP, Endang S (2012). Relationship between self-efficacy in treatment-seeking behavior in patients with breast cancer in hospitals. *Journal of Clinical Psychology and Mental Health*. 1 (2): 138-144.
- Kustanti ER (2013). Intention to have sex at students seen from premarital interpersonal communication effectiveness parent-anak. *Prosiding National Parenting Seminar*. Faculty of Psychology University of Diponegoro.
- Malhotra S (2008). Impact of the sexual revolution: Consequences of risky sexual behaviors. *Journal of American Physicians and Surgeons* 13 (3): 88-102.
- Maryatun (2013). Role of peers against premarital sexual behavior in teens in SMA Muhammadiyah 3 Surakarta. *Gaster*. 10(1): 39-47.
- Pawestri, Setyowati D (2012). Description of premarital sexual behavior in premarital sex performers students at University X Semarang. *Seminar Research Results - LPPM UNIMUS*.
- Richards NM (2013). Parental care, control, and communication about sex: The relation to risky sexual behaviors and relationship style in emerging adults. *Senior Honors Teses*. Paper 345. Honors Colege.
- Suwarni L (2009). Parental Monitoring and Peer Behavior Against Sexual Behavior of Youth High School in the city of Pontianak. *Journal of Health Promotion Indonesia* 4 (2): 127-133.
- Tome G (2012). How can peer group influence the behavior of adolescents: Explanatory model. *Global Journal of Health Science* 4 (2): 26-35.
- Yulianto (2010). Overview Smp Student Attitudes Toward Premarital Sexual Behavior (SMPN 159 Research Forum in Jakarta). *Journal of Psychology* 8 (2): 46-58.
- Zulhaini and Nasution M. (2011). Influence of peers against premarital sex behavior in class XI student at SMAN 6 Binjai. *Intellectual*. 6(1): 43-51.