



Literatur Review

## THE INFLUENCE of PARENTS on ADOLESCENT SEX BEHAVIOR

Astuti Apriani<sup>1</sup>, Anjarwati<sup>1</sup>

<sup>1</sup> Universitas 'Aisyiyah Yogyakarta, Yogyakarta, Indonesia

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### CORRESPONDENCE

Astuti Apriani

E-mail: [astuti.eden@gmail.com](mailto:astuti.eden@gmail.com)

### A B S T R A C T

**Background:** adolescence is a period of time of sexual health development including the development of sexual identity, self-esteem, sexual responsibility. For some teens, it is also a period of time of sexual initiation, pressure to begin sexual activity and sexual experimentation. The result of research in North Western Ethiopia stated that almost 1/5 from 157 (19%) of teenager has reported that they already have pre-marital sexual relation, where 91 (22,7%) are male and 66 (15,5%) are female. The average age in the first sexual relation is 16,48 (1,59) for male and 15,89 (1,68) for female. Based on data, it can be explained that more than ¾ teenagers who are active sexually has involved in pre-marital sexual relation before having their 18th birthday. Lack of parental supervision is one of the factors that adolescents engage in risky sexual behavior so that adolescents spend more time with close friends and peers compared to parents.

**Method:** Appraisal studies program using Critical Appraisal Skills Program (CASP) and methods of synthesis using a modification PICO data sources obtained from PubMed with year period of 2009 – 2019.

**Results:** Parents are one of the factors most related to adolescent behavior. This is due to the lack of attention, communication and monitoring by parents in adolescents causing teenagers to spend more life with their peers, such as at school or other activities outside of school. More teenage time is spent with peers than with parents resulting in more adolescents being exposed to the environment outside their parents and family.

**Conclusion:** High quality relationships with parents can reduce the likelihood of intention to have sexual relations in adolescence and good communication with parents about sex also reduces the influence and pressure from peers who are sexually related. Lacking religion and lack of closeness with parents are also triggers for adolescents having early sexual relations.

### INTRODUCTION

Adolescence is a period of time in the development of sexual health including the development of sexual identity, self-esteem, sexual responsibility. For some adolescents, it is also a period of time of sexual initiation, pressure to start sexual activity and sexual experimentation (Jenning, 2014). According to the World Health Organization (WHO) around 20% of the world's population are teenagers who have an age range of 10-19 years and around 900 million come from developing countries. Demographic survey results in the United States show the number of adolescents aged 10-19 years is around 15% of the population. The population in Asia Pacific is 60% of the world's population, and 20% are teenagers aged 10-19 years. The results of WHO research in several developing countries show 40% of adolescents

aged 18 years have had sexual intercourse, around 12% have been positively affected by Sexually Transmitted Diseases (27% are HIV positive). 50,000 young people in the world die every year due to pregnancy and childbirth complications. This is due to irresponsible adolescent sexual behavior and activities that place adolescents at risk challenges to various reproductive health problems (Umaroh, 2016). Most adolescents live in their parents' homes (97% are 17 years old), but most adolescents who are just growing up do not live with parents (23% of children aged 25 years). Living with parents is one factor that can reduce the opportunity to have sexual relations (Lyons, 2015).

The results of research from Bongardt et.al (2014) explain that the quality of a good relationship with parents can reduce the possibility of intention to have sexual intercourse in adolescence and good communication with parents about sexuality also reduces the influence and pressure of actively connected peers

sexually in the Netherlands. In addition, Maryatun (2013) research results show that there is a relationship between the role of peers and premarital sexual behavior. The study found results that adolescents who get their sexuality information from their peers at risk of premarital sexual behavior compared with adolescents who do not get sexuality information from peers that is 19,727 times the risk of premarital sexual behavior. For adolescent boys and girls, friends of the same age and the same are very meaningful. Approval and compatibility of one's own attitudes with the attitude of peers is very important to maintain the status of affiliation with friends, keep him from being considered a stranger and avoid being ostracized by the group. Significant sources of information about sex are also obtained from peers, so this can shape adolescent sexual knowledge, attitudes and behavior. However, information obtained from peers can have a negative impact. In line with the results of research in North Western Ethiopia, Bogale and Seme (2014) said that almost 1/5 of 157 (19%) adolescents reported having premarital sexual relations, of which 91 (22.7%) were men and 66 (15.5%) are women. The mean age at first sexual intercourse was 16.48 (1.59) for men and 15.89 (1.68) for women. Based on the data it can be explained that more than ¾ sexually active adolescents were involved in premarital sexual relations before celebrating their 18th birthday. In line with the study, Huang, Murphy, and Hser (2011) also said that most teenagers were sexually active at the age of 14-18 years. There is more research on the sexual behavior of Mexican adolescents compared to the literature on romantic relationships. As Mexican teenagers grow older, they tend to engage in sexual behavior, making vaginal sex and sex more common than oral sex. Thus, Mexican boys (47%) and girls (39%) aged 18 and 19 were more likely to have sexual relations than boys (17%) and girls (17%) aged 15 to 17 years. Most girls (ranging from 79% -91%) and boys (86% -95%) who attend middle school (grades 8 and 9) and middle class students (grades 11 and 12) have been involved, while some girls 8% to 20%) and boys (ranging from 18% to 32%) in high school and high school have had oral sex (Hernandes, 2015).

The results of the Indonesian Adolescent Reproductive Health Survey found that 29.5% of boys and 6.2% of girls had touched or stimulated their partners, 48.1% of boys and 29.3% of girls had kissed their lips, and 79, 6% of teenage boys and 71.6% of teenage girls have held hands with their partners (Mahmudah, Yaunin, & Lestari, 2016). Intention is interpreted as a tendency to behave and is an indication of how much someone will try to bring up behavior (Sarwono, 2016). Intention is a major factor in the behavior that is formed from three determinants, namely attitudes, subjective norms, and perceived behavioral control

(Ajzen, 2005). Lack of parental supervision is one of the factors that adolescents engage in risky sexual behavior so that adolescents spend more time with close friends and peers compared to parents (Hadley 2016).

The data above explains that an increase in risky sexual behavior in adolescents. The low knowledge of adolescents about reproductive health, social environmental factors one of which is closeness to parents who have an important role in influencing sexual behavior in adolescents that lead to negative sexual behavior.

## METHOD

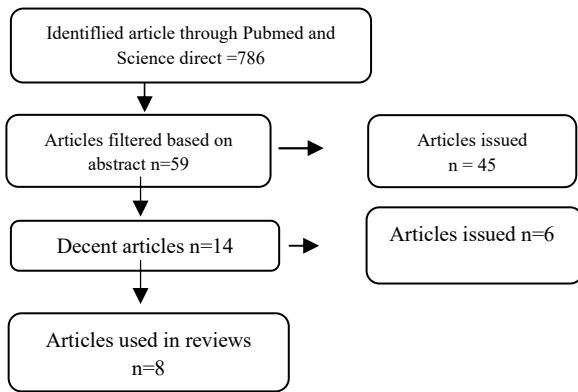
In accordance with the objectives and research questions, the literature used in this study was obtained through a comprehensive search system (Comprehensive literature search). Whether the influence of parents on adolescent sexual sexual behavior will be reviewed, including ways of sampling and measured variables. The literature search method used in this study in the period 2009 to 2019 was identified using an electronic database from PubMed and Science direct. Disbursement of the database, scanning, and article screening are carried out independently by the researcher.

No	Type	Inclusion Criteria
I	Type of <i>Study</i>	Quantitative
II	Type of <i>participant/respondents</i>	Teenagers of 12-18 years old
III	Type of <i>intervension</i>	Measurement of interest using questionnaires
IV	Type of <i>measured outcome</i>	Teenager sexual behaviour
V	Others	1. Literature of 2009-2019 2. International Journal

In the article search 786 articles were identified, after filtering for relevance 59 articles were obtained. Then further filtering of the article was carried out to find appropriate and complete references regarding the influence of parent and found 14 articles that would be used for Systematic literature Review. The author filters the titles and abstracts of all articles to be used as inclusion criteria. Full text studies are taken and reviewed independently based on these criteria. So that left 8 articles for final review.

## Data Collection and Finding Result

The data extracted from this systematic literature review articles are arranged in several theme, that are:



The researcher conducted the research by looking at the quality of the study (*critical appraisal*) in the literature which was eliminated from the inclusion criteria. Review of the quality of studies using "*The Joanna Briggs Institute Critical Appraisal Tools*". with the topic of the influence of parents on adolescent sexual behavior and good quality. Most articles use the cross-sectional method.

*Critical appraisal* is used to assess the quality of articles to be used. The tool chosen to assess the quality of articles is the checklist Joana Brigs of the Joana Brigs Institute. At the critical appraisal stage, there are 5 articles that are appropriate.

*Systematic literature Review* conducted based on the characteristics of the study with inclusion criteria, that is study on teenagers aged 12-18 (2) knowing interest by using questionnaires (3) Full text, Articles for 2009-2019, International journals. The process of selecting articles is determined according to the inclusion criteria. The source of information was obtained from the PubMed and Science direct database. ((Factors of adolescent sexual behavior and senior high school) AND proximity parent OR Parent communication adolescent) AND parental influence AND (free full text[*sb*] AND "last 10 years"[*PDat*]). The process of collecting data using the data extraction method with the PICO approach (*Population, Intervension, Compare, Outcame*). Articles are extracted in the form of data *Citation, Design/Method, Population, (Sample/setting), Intervention, Compare/Control, Data analysis, Follow Up, Outcome (Finding), Appraisal worth to practice*. The method used to criticize journal articles used using The Joanna Briggs Institute Critical Appraisal Tools Instrument, this instrument identifies literature through Screening questions after passing through screening questions, and then proceed through Detailed Questions. The method is to reduce the bias present in the Systematic literature Review study. The form of synthesis that will be presented in a systematic review are identification, screening, eligibility, and included and presented data included in the flow diagram of the data results.

The results of the research by Widman et al (2014) is an Across-sectional survey research, entitled "Sexual communication between early adolescents and their dating partners, parents, and best friends" Prevalence of Sexual Communication of teenagers who discuss every topic of sexual health with their date partners, parents, and friends. Resisting sexual appetite is a topic discussed by most teenagers, with 33% discussing lust with partners who are dating, 62% discussing lust with parents, and 58% discussing lust with their friends. Significantly more teenagers communicate with their parents than with their date partners or close friends on any sexual health topics except for one thing many teens communicate with their friends about condom use rather than their parents. An examination of the total score of sexual communication revealed that 46% of teens discussed at least one topic of sexual health with a dating partner, 71% discussed at least one topic with parents, and 75% discussed at least one topic with their best friend. Discussing the six topics of sexual health in general: only 8% of teenagers indicated that they had discussed all six topics with their partners, 26% with their parents, and 20% with their friend.

## RESULT and DISCUSSION

The results of research by Mokenen et.al (2018) entitled "Adolescent-parent communication on sexual and reproductive health issues and associated factors among high school students in Woldia town, Northeastern Ethiopia" shows that 30.4% of adolescents discuss sexual and reproductive health issues (SRH) with their parents in the past 12 months, which shows limited communication. The main reason that limited communication can be a conservative norm around sexuality, SRH knowledge of parents is limited, and it is feared that such communication will encourage adolescent sexual activity. As many as (33.7%) teenagers have discussed about STI / HIV / AIDS. Among the teenagers (27.9%) discussed with their friends, (20.8%) adolescents discussed with their mothers, (31.1%) of the respondents reasoned that their mothers were more open to discuss the SRH problem than their fathers they. The majority of adolescents in this study (66.1%) mentioned that they got SRH information from Television which amounted to 56.3% and schools contributed 49.2%. This is due to the fact that it is now easier for adolescents to obtain information through electronic media and to be communicated through school mini-media, teachers and the incorporation of SRH important in their grade-level science subjects. The majority of teenagers prefer to discuss SRH with their friends / colleagues other than parents. School-based education is important to improve the quality of adolescents. parent communication about SRH issues.

The results of the research by Bioslard (2011) is a research using cross sectional method entitled "*Individual, familial, friends-related and contextual predictors of early sexual relation*" this research describes the characteristics of teenager, parents, and characteristics of friends about sexual relations at an early age. First sampling was in suburban areas (n ¼ 265; 62% female) and the second sample was in urban areas (n ¼ 136; 61% female). Measured since Class 8 and age at first sexual relation is assessed annually for three years. Being in a family that is not intact, low parental control, high antisocial behavior, low self-disclosure, a high proportion of other friends and high drug use are associated with previous sexual relations. The influence of intact same-sex friends and family makes teenagers have first sexual relation at the age of 13 or 14 and among the two samples there are virgins who are still in the age of 15 and 16.

The result of the research by Bongardt et.al (2014) using a multi-sample method entitled "*Parents as Moderators of Longitudinal Associations Between Sexual Peer Norms and Dutch Adolescents' Sexual Initiation and Intention*" explained that the high quality of relationships with parents can minimize the possibility of intention to have sexual relation in adolescence and good communication with parents about sex also reduce the influence and pressure of active sexual relations peers in the Netherlands.

The result of research from Gaffari et.al (2015) is a cross sectional research entitled "*The Relationship between Religious Beliefs and Behaviors and the Intention of Premarital Sexual Abstinence among Iranian Youths*" respondents in this research amounted 577 respondents. Respondents were selected using the random sampling method. Significant positive correlations were found between religious behavior and premarital sexual restraint ( $P < 0.001$ ), religious beliefs and premarital sexual intentions ( $P < 0.001$ ) and religious behavior and beliefs ( $P < 0.001$ ). By increasing religious beliefs and behavior can prevent premarital sexual behavior, besides health education as the main component must integrate religion in the Education program as an effort to prevent and control premarital sexual relations.

Research conducted by Efrati (2019) entitled "Adolescents 'compulsive sexual behavior: The role of parental competence, parents' psychopathology, and quality of parent-child communication about sex" The sample in this study amounted to 275 Israeli families consisting of age mothers 34-63 years old, father age = 36-83 years old, and one teenage boy girl; age = 14-17 years. this research shows that mothers tend to communicate more and are more open about sex and sexuality with their children, and especially with their daughters than with fathers. In this study, it was found that although parental characteristics are

not related to open communication with boys, the cultural aspects of Seperi in religiosity affect the level of open community between parents and boys. Because in religious terms, sexuality must be postponed and often avoided at an early age, religiously obedient parents may talk more openly with boys about the risks of sexual activity and sexuality than secular parents because of moral issues. The results of this study indicate that the disposition of CSB among adolescents is not only an individual problem but also a family problem.

The results of the research by Ahmadian et.al (2014) are cross sectional research entitled "*Risky Sexual Behavior among Rural Female Adolescents in Malaysia: A Limited Role of Protective Factors*". The number of respondents in this research are 770 respondents, consisting of female aged 13-17 years. Socio-demographic factors, psychology, family, peer delinquency and knowledge about sex are considered as risky sexual behaviors of females in the countryside. Of 770 female students in rural areas, 3.2% of respondents reported for having sexual relation in the past three months, this percentage was lower than in western countries which reached 50% of respondents having had sexual relations. Sexually active young female, 36% aged 17 years and 20% stated having sexual relation more than once with different partners and 72% did not use contraception during relation. This research is expected to provide more knowledge regarding the risks and factors of risky sexual behavior among female teenager in Malaysia. This research shows that, peer influence can trigger risky sexual behavior.

The results of the study of Hadly et.al, (2015) "Relationships of parental monitoring and emotion regulation with early adolescents' sexual behavior" This study involved 376 adolescents aged 12-14. The results of this study indicate that it is possible that the lack of parental monitoring affects the regulation of emotions and lability / negativity in adolescents thereby increasing the risk of sexual behavior in adolescents. In addition, lack of parental supervision results in poor emotional regulation. In addition to adolescents who are less observant than parents tend to prefer spending time with peers and also close friends. This research shows that, the importance of parent interaction and communication to adolescents to monitor the development of psychology and adolescent growth and development, so as to prevent risky sexual behavior in adolescents.

## CONCLUSION

Lack of proximity, communication and monitoring of parents affects sexual behavior in adolescents. Many things must be done because adolescent sexual behavior is greatly influenced by teenagers, family and peers and lack of understanding of sexual

behavior in adolescents. Parents are one of the factors most related to adolescent behavior. More teenage time is spent with peers than with parents resulting in more adolescents being exposed to the environment outside their parents and family. High quality relationships with parents can reduce the likelihood of intention to have sexual relations in adolescence and good communication with parents about sex also reduces the influence and pressure from peers who are sexually related. Lacking religion and lack of closeness with parents are also triggers for adolescents having early sexual relations.

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