

Self-Control and Risky Sexual Behavior Teenager

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Abstract. Adolescents are the next generation that must have good mental and behavior to become the successor generation. However, in reality, many adolescents have reproductive health problems, such as abortion, HIV/AIDS, PMS, and pregnancy outside of marriage, caused by a misunderstanding of sexuality and the freedom to engage in sexual behavior by adolescents. This study aims to determine the relationship between self-control and risky sexual behavior among late adolescents in Kupang City. The study sample consisted of 380 late adolescents, comprising males and females, in Kupang City. The sampling technique was carried out using Krejcie and Morgan's table. Data in this study were collected through self-control and risky sexual behavior scales. Hypothesis testing was conducted using statistical correlation techniques, resulting in a correlation coefficient value of -0.833 with a significance level of Sig. <0.05. This means a significant negative correlation exists between self-control and risky sexual behavior among late adolescents in Kupang City. The higher the level of self-control, the lower the level of risky sexual behavior, and vice versa.

Keywords: *self-control, risky sexual behavior, late adolescents*

Abstrak. Remaja sebagai generasi penerus bangsa yang harus memiliki mental dan perilaku yang baik untuk menjadi generasi penerus. Namun kenyataannya banyak remaja yang memiliki masalah kesehatan reproduksi, seperti aborsi, HIV/AIDS, PMS, dan kehamilan di luar nikah yang disebabkan oleh pemahaman yang salah tentang seksualitas dan kebebasan berhubungan seks oleh remaja. Tujuan dari penelitian ini adalah untuk mengetahui hubungan kontrol diri dengan perilaku seksual berisiko remaja akhir di Kota Kupang. Sampel penelitian terdiri dari 380 remaja akhir yang terdiri dari laki-laki dan perempuan di Kota Kupang. Teknik pengambilan sampel dilakukan dengan menggunakan tabel Krejcie dan Morgan. Data dalam penelitian ini dikumpulkan melalui skala kontrol diri dan skala perilaku seksual berisiko. Pengumpulan data dalam penelitian menggunakan skala kontrol diri dan skala perilaku seksual berisiko. Uji hipotesis menggunakan teknik statistik korelasi, hasil nilai *correlation coefficient* - 0,833 dengan jumlah signifikansi Sig. < 0,05. Artinya, ada korelasi negatif yang signifikan antara kontrol diri dengan perilaku seksual berisiko pada remaja akhir di Kota Kupang. Semakin tinggi kontrol diri tinggi maka perilaku seksual berisiko rendah, sebaliknya jika kontrol diri rendah maka perilaku seksual berisiko tergolong tinggi.

Kata kunci: *kontrol diri, perilaku seksual berisiko, remaja akhir*

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Introduction

Late adolescence is a period of developmental transition between childhood and early adulthood, involving biological, cognitive, and socio-emotional changes (Blegur, 2017). As the nation's next generation, teenagers must have a good mentality and behavior to become the next generation. However, in reality, many late adolescents have reproductive health problems, such as abortion, HIV/AIDS, STDs, and pregnancies outside of marriage, which is caused by late adolescents' wrong understanding of sexuality and freedom of sex.

Adolescents in the late adolescent development stage have characteristics that are still looking for identity, having a desire to date, fantasizing about sexuality, and having deep love (Safitri, E., & Uyun, 2017). Adolescents need special attention to reproductive health because, at this time, adolescents have characteristics, namely having great curiosity, liking challenges and always wanting to try new things, still looking for identity, being easily influenced by the surrounding environment, and tend to take action without mature thinking that can cause problems.

Late adolescents must be given an in-depth understanding and information about sex because the sex information that adolescents receive is not always correct. It can even mislead the adolescents themselves. It is better if information about sexuality is provided to adolescents in a contextual way, namely about the norms in society: what is forbidden, what is common, and how to do it without violating the rules (Auliyah & Winarti, 2020).

Judging from the results of the Knowledge Attitude Practice (KAP) survey, the Indonesian Family Planning Association (PKBI) of East Nusa Tenggara Province shows that 31% of adolescents in Kupang City have had sexual intercourse (Demon

et al., 2019). At first, the teenagers only held hands or kissed, but it is possible that at a later stage, they would do more daring things, including having sex (Blegur, 2017). This is also reinforced by the nature of teenagers who are curious and want to try. This trait also makes more and more teenagers engage in free sex, from kissing on the lips to intimate relationships (Safitri, E., & Uyun, 2017).

According to (Mufidah, 2008), the factors that influence risky sexual behavior are increased sexual libido, delays in the age of marriage, social and religious taboos or prohibitions, lack of information about correct sex, and more free association. Meanwhile, other factors that influence risky sexual behavior, according to Soetjningsih (2008), include individual factors (self-esteem/self-esteem and religiosity), family factors (parent-adolescent relationships), and factors from outside the family (negative pressure from peers and pornography

Various activities that lead to the satisfaction of sexual urges indicate that individuals are unable to control their desires or divert them to other activities (Meranti, 2015). Teenagers' habit of controlling negative emotions and passions gives them the power to control themselves. Therefore, self-control plays a role in assessing and understanding risky sexual behavior.

Istiqomah, in his research, shows that the variables of knowledge and self-control affect the risky sexual behavior of pre-marital vocational youth in Surabaya. Sasmita Palupi Rizkyani Putri & Atika Dian Ariana (2021) revealed a significant influence between self-control variables on risky sexual behavior in Surabaya adolescents. This shows that the higher the self-control, the lower the risky sexual behavior; conversely, the lower the self-control, the higher the risky sexual behavior.

Based on the explanation above, the authors want to investigate further whether there is a significant correlation between self-control and risky sexual behavior in adolescents in Kupang.

Method

This quantitative research study involved 380 adolescents aged 18-21 in Kupang City who had been or was in a dating relationship with the opposite sex

within the last two years. The study employed descriptive statistics as the analytical technique to analyze the collected data. Additionally, Spearman's rank correlation analysis was used to examine the relationship between risky sexual behavior and self-control among the participants.

The scale used to measure risky sexual behavior in this study was adapted from Bana (2017) and Turchik & Garske (2009), consisting of 41 statement items. It employed a rating answer model, incorporating non-coital and coital sexual behavior measurements and the Sexual Risk Survey (SRS) to assess risky sexual behavior. On the other hand, the self-control scale utilized a Likert scale model with four response choices: strongly agree (ss), agree (s), disagree (ts), and strongly disagree (ss). The self-control scale was adapted from Efrati & Mikulincer (2018) and focused on different aspects of self-control outlined by Kafka (2010).

Combining the descriptive statistics and Spearman's rank correlation analysis, the study aimed to comprehensively understand the variable distribution and explore the relationship between risky sexual behavior and self-control among the studied group of adolescents in Kupang City. Validity and reliability tests were conducted on the scales, yielding Cronbach's Alpha values of 0.953 for risky sexual behavior and 0.962 for self-control. These tests ensured the scales' measurement accuracy and consistency.

Result

Table 1.

Distribution of Respondents Based on Level of Risky Sexual Behavior Based on Age in Kupang City

Age	Low		Moderate		High		Total	
	n	%	n	%	n	%	n	%
18	-	-	27	50 %	27	50%	54	100%
19	-	-	30	27,3%	80	72,7%	110	100%
20	-	-	25	22,7%	85	77,3%	110	100%
21	-	-	48	39,3%	74	60,7%	122	100%

Based on Table 1, most of the risky sexual behavior occurs in adolescents aged 20 years. As seen in the table, the distribution of scores owned by the subject is in the moderate to high category. This means the subject gets a score from frequent to very frequent behavior—frequency of sexual behavior three to more than four times.

Table 2.

Forms of Risky Sexual Behavior Based on Gender

Descriptive statistics

Risky sexual behavior	Gender	Mean
Regret after sex	Men	3.178
Regret after sex	Women	2.700
Sex without condoms	Men	3.583
Sex without condoms	Women	2.940
Unprotected vaginal sex	Men	3.561
Unprotected vaginal sex	Women	2.915
Men oral sex without condoms	Men	2.972
Men oral sex without condoms	Women	2.930
Women oral sex without condoms	Men	3.406
Women oral sex without condoms	Women	2.680
Anal sex without condoms	Men	3.467
Anal sex without condoms	Women	2.935
Anal with hands	Men	3.594
Anal with hands	Women	3.000
Oral on anal without protection	Men	2.950
Oral on anal without protection	Women	2.605
Friends with benefit	Men	3.144

Descriptive statistics

Risky sexual behavior	Gender	Mean
Friends with benefit	Women	2.680
One night stand	Men	3.183
One night stand	Women	2.605
Sex with drugs	Men	3.300
Sex with drugs	Women	2.880
Use of magic tissue	Men	3.111
Use of magic tissue	Women	2.670

Table 3.
The Distribution of Respondents Based on the Gender of Sexual Behavior Variables

Gender	Low		Moderate		High	
	N	%	N	%	N	%
Men	-	-	25	13,9	155	86,1
Women	-	-	102	51,0	98	49,0

Based on Tables 2 and 3, there are differences between women and men, where the level of sexual behavior that occurs in men is classified as higher. Based on the two tables above, on the variable risky sexual behavior, as much as 86.1% of male subjects have a level of sexual behavior with the high category with behavior that often appears as anal with hands.

Table 4.
Distribution of Respondents Based on Level of Self Control

Distribution of Respondents Based on Level of Self Control

	n	%
Valid		
Low	172	45,3
Moderate	99	26,1
High	109	28,7
Total	380	100,0

Based on Table 4, it can be seen that 172 (45.3%) of late adolescents in Kupang City have a level of self-control in the low category, 99 (26.1%) have a level of self-control in the medium category. As many as 109 (28.7%) of late adolescents in Kupang City have a high level of self-control. It means the subject has not been able to control the decision taken. If the higher the self-control of late adolescents, the lower the tendency for risky sexual behavior in late adolescents, and conversely, the lower the self-control of the late adolescents, the higher the tendency for risky sexual behavior in late adolescents.

The results in Table 4 were obtained from the analysis and categorization of data conducted by the researcher using the aforementioned formula for normative categorization. The formula used for data categorization based on the mean (μ) and standard deviation (σ) is as follows:

- Low : Values below (mean - 1*standard deviation)
- Moderate : Values between (mean - 1*standard deviation) and (mean +1*standard deviation)
- High : Values greater than or equal to (mean + 1 * standard deviation)

The researcher utilized the collected data and performed statistical calculations to obtain the Self-Control variable's mean and standard deviation values. Based on the derived mean (μ) and standard deviation (σ) values, the researcher applied the formula for normative categorization to divide the respondents into three categories: low, moderate, and high.

After the categorization process, the researcher recorded the number of respondents falling into each category (low, moderate, high) and calculated the percentage (in percentage) of the total number of respondents. The resulting information was then organized into a table, which presents the respondents' distribution based on their self-control levels.

Table 5.

Hypothesis Testing

			Correlations	
			KD	PS
Spearman's rho	KD	Correlation	1,000	-.833**
		Coefficient		
		Sig. (2-tailed)		0,000
		N	380	380
	PS	Correlation	-.833**	1,000
		Coefficient		
		Sig. (2-tailed)	0,000	
		N	380	380

** . Correlation is significant at the 0.01 level (2-tailed).

Based on the results of the Spearman rank correlation test, it is known that the significant value (2-tailed) is 0.000 < 0.05, so it can be said that there is a correlation or relationship between self-control and risky sexual behavior, and based on the correlation coefficient value - 0.833, it is said that self-control and risky sexual behavior has a negative relationship with a large effect size.

Discussion

Based on the results of the data analysis, it is known that the significant value (2-tailed) is 0.000 < 0.05. It can be concluded that there is a negative correlation between self-control and risky sexual behavior in late adolescents in Kupang City. This means that the higher the self-control of late adolescents, the lower the tendency for risky sexual behavior in late adolescence, and conversely, the lower the self-control of late adolescents, the higher the tendency for risky sexual behavior in late adolescents.

This study's results align with research conducted by (Safitri, E., & Uyun, 2017) that there is a negative correlation between self-control and sexual behavior in late adolescents. Late adolescents who have strong self-control can withstand or control sexual impulses that arise from within them. Every sexual urge can be controlled by diverting the mind to not think about things that can further encourage sexual arousal. That way, the late teens will be more able to take responsibility for all their actions. Funder and Block (Indraprasti & Rachmawati, 2008) show the importance of cognitive control in late adolescents so that every late adolescent can consider and be careful when engaging in risky sexual behavior with the opposite sex and think about the risks before engaging in sexual intercourse.

Mesina and Messina in Gunarsa (2004), self-control functions to limit individuals from behaving negatively. Individuals who have high self-control will avoid various negative behaviors. Self-control is defined as an individual's ability to resist the urge or desire to behave negatively contrary to social norms. Negative behavior contrary to social norms includes dependence on drugs or chemicals, cigarettes, and alcohol, including risky sexual behavior. Risky sexual behavior in late adolescents will have a negative impact psychologically, such as shame, physiologically such as pregnancy outside of marriage, socially such as rejection by the surrounding community, and physical, namely being infected with HIV AIDS (Sarwono, 2015)

Acocella argues that self-control is necessary because individuals are creatures that cannot live alone, so they need other people. So that individuals do not violate the rights of others and harm other people, the individual must control their behavior (Mufidah, 2008)

Conclusion

From the results of the research that has been done, it can be concluded that there is a negative correlation between self-control and risky sexual behavior in late adolescents in Kupang City. The higher the self-control, the lower the risky sexual

behavior in late adolescents, and vice versa, the lower self-control, the higher the risky sexual behavior in late adolescents in Kupang City.

Suggestion

For late adolescents, it is hoped that the results of this study will be helpful for them to increase their self-control over deviant behavior, especially risky sexual behavior. It is hoped that teenagers will enhance their knowledge about sex and avoid absorbing unreliable information that can lead to a promiscuous lifestyle. Late adolescents can engage in positive activities such as sports, reading, and other activities to redirect their sexual urges.

Additionally, here are some suggestions for parents and schools:

For Parents:

1. Open communication: Create an environment where teenagers feel comfortable discussing sex and related issues. Encourage them to ask questions and share experiences, providing accurate and healthy information about sex.
2. Sexual education: Provide comprehensive sexual education to teenagers, including an understanding of anatomy, reproductive health, contraception, and the importance of healthy and respectful relationships.
3. Values and norms: Teach teenagers about family values and social norms that respect sexuality. Discuss the importance of loyalty, self-respect, and respect for others, as well as the consequences of irresponsible sexual behavior.
4. Wise supervision: Provide appropriate supervision of teenagers' activities and environments, especially regarding technology use and access to sexual content. Ensure they have a good understanding of safe and responsible internet and social media use.

5. Role modeling: Be a positive role model in behavior and attitudes towards sexuality. Display healthy and respectful relationships between partners as examples for teenagers.

For Schools:

1. Sexual education: Provide comprehensive sexual education programs in schools, covering knowledge of anatomy, reproductive health, contraception, protection against sexually transmitted diseases, and the importance of healthy relationships.

2. Skill development: Equip teenagers with skills to manage emotions, make good decisions, and build healthy relationships. By providing them with these skills, they can be more effective in controlling their sexual urges and avoiding risky behaviors.

3. Safe environment: Create a safe and open school environment where teenagers feel comfortable discussing sexuality and obtaining accurate information. Facilitate group discussions or forums that allow them to ask questions and share experiences.

4. Collaboration with parents: Collaborate with parents to provide consistent sexual education between home and school. Open communication between schools and parents is essential in supporting teenagers consistently.

By providing appropriate attention and support from parents and schools, it is hoped that late adolescents can develop better self-control and make informed decisions regarding their sexual behavior.

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