

The Relationship Between Self-Concept, Role of Peers and Family Function and Adolescents' Premarital Sexual Behavior

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Abstract--The incidence of premarital sexual behavior in adolescents is still high in Indonesia. Premarital sexual behavior can be influenced by both internal and external factors. The purpose of this study was to analyze the relationship between self-concept, the role of peers and family function and adolescent premarital sexual behavior. The design of this study used a correlational cross-sectional approach. A total of 173 samples were taken and a purposive sampling technique was used. The independent variables in this study were self-concept, the role of peers and family function. The dependent variable was premarital sexual behavior. Data collection was done using a questionnaire and analyzed using Spearman's Rho with significance level $\alpha = 0.05$. The results of this study indicate that there was no relationship between self-concept and premarital sexual behavior ($p=0.142$), but there was a significant relationship between the roles of peers ($p = 0.000$) and family function ($p=0.000$) and premarital sexual behavior. Lower self-concept and family function in adolescents, the risk of having premarital sexual behavior, while the stronger the negative influence of peers also the higher the premarital sexual behavior. Further research is suggested to develop interventions with approaches to peers and adolescent families to prevent premarital sex.

Keywords--premarital sexual behavior, self-concept, peer role, family function

I. INTRODUCTION

Premarital sexual behavior in adolescents is still an unresolved problem in Indonesia, adolescents are undergoing a phase of puberty, which is a vulnerable phase in free sexual behavior [1]. They have a strong vulnerability to sexual behavior due to hormonal influences, while adolescence is a transition period from childhood to adulthood so the risks due to premarital sexual activity are not yet fully known to them [2]. Adolescents are not able to control sexual attitudes properly resulting in premarital sexual behavior. Premarital sexual behavior can lead to various problems, such as psychological problems, unwanted pregnancy (KTD), abortion, sexually transmitted infections (STI) and the Human Immunodeficiency Virus/Acquired Immuno Deficiency Syndrome (HIV-AIDS) [3]. The results of previous studies state that premarital sexual behavior in adolescents is caused by psychological factors [4]. Other studies in Malaysia state that promiscuity, risky behaviors such as alcohol use, smoking, illegal drugs and adolescents' lack of knowledge about the impact of premarital sexual behavior are the causes of premarital sexual behavior [5]. Research that analyzes the causes of

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premarital sexual behavior in adolescents derived from factors of friends, family and self-concept adolescents' is still limited. So conducting research on the influence of these factors on premarital sexual behavior in adolescents has become both important and urgent.

Research done by the University of Indonesia (UI) and Australia National University in 2010 states that as many as 20.9% of young women in Indonesia had become pregnant before marriage and 38.7% had married at an early age [6]. According to the BKKBN's (2014) report on adolescent reproductive health that 8.3% of men and 1% of women have had sexual relations that are not appropriate since the youngest age of 10; this behavior includes 48.2% of adolescent boys and 29.4% of women claiming to have kissed, and 6.2% of adolescent girls had stimulated each other, 46% of adolescents behaved as if in the age range of 15-19 years when they were still junior and senior high school students [7]. The total number of HIV/AIDS cases in Indonesia in adolescents in 2015 was of 1,119 HIV and 118 AIDS; 2016 experienced an increase of 1,510 HIV cases and 110 AIDS cases [8].

Adolescent sexual behavior is influenced by their self-concept. Self-concept plays an important role in determining and directing an individual's behavior. The perception of self-concept can be psychological, social and physical. Negative perceptions of experience are caused by negative views and attitudes about themselves [9]. Premarital sexual behavior, in general, is a failure of the self-control system against strong impulses and instinctive drives. The lower the self-concept, the higher the premarital sexual behavior of adolescents [10]. According to previous studies, those that have premarital sex are adolescents with low self-esteem [11].

Adolescents with peer groups communicate with each other and share their hearts and even exchange experiences about everything that is read and viewed on websites and other information media. Relations between peer groups in adolescent life develop increasingly freely [12], this leads adolescents towards unhealthy life behaviors related to premarital sex [11]. Peers who most influence adolescents to have sexual relations are those who have boyfriends, peers who agree to premarital sex and peers who influence or encourage them to engage in premarital sex [9]. Based on previous research, when adolescents spend time together, then deviant behavior from one adolescent can also be transmitted to another, resulting in the internalization and externalization of risky sexual behavior in adolescents who are friends with each other [13].

Other factors mention sexual behavior in adolescents due to the failure of the role and function of the family [14]. Based on the results of the study 63% of ill-behaved children are children who come from incomplete families and 70% of children who are difficult to educate are from families that are not organized, not intact or experience too much pressure. That is due to the failure of their parents as role models and non-functioning interpersonal communication within the family and incorrect social interactions [15]. Another study stated parental control and parents' socioeconomic status had a significant influence on adolescent sexual behavior. The success of family functions which include support for one of them by communication between parents and adolescents about knowledge of risky sexual behavior and how to handle it, important and can minimize the possibility of adolescents engaging in premarital sexual behavior [16].

The results of a preliminary study conducted by researchers at one of the high schools in Indonesia stated that in 2017 there were students expelled due to pregnancy, 6 out of 10 students had kissed their lips, 10 students explained that their peers also did the same thing, even perform higher sexual behaviors such as sending naked photos to one's girlfriend, 5 students said they had seen a friend dating kiss and touch sensitive areas, 1 in 10 students said that they found out their friends had had sexual relations and did not even go home for 2 days. They explained that his friend who carried out very high sexual behavior had a closed, sensitive and naughty personality. According to students' perceptions, his friend had a

complete and well-off family, but his parents; control was low. A person's behavior is not only influenced by internal factors (within oneself) but also by external factors (environmental factors)[17].

Based on the data above, premarital sexual behavior in adolescents is a phenomenon that must be prevented, so it is very important to know its cause based on self-concept, peers and family, but unfortunately, there are still very few studies linking these factors to premarital sexual behavior in adolescents. This study aims to analyze the relationship between self-concept, peers and family function and premarital sexual behavior in adolescents.

AI. METHODS

This study uses a descriptive correlational design with a cross-sectional approach. The population in this study were all the 15-18-year-old students in Vocational High School (SMK) A in Nganjuk District, as many as 316 students. We used a purposive sampling technique and obtained a sample of 173 respondents.

The independent variables in this study are self-concept, the role of peers and family function while the dependent variable is adolescent premarital sexual behavior. The instrument used in this study was a questionnaire. Self-concept measurement was done using the Tennessee Self Concept Scale (TSCS) developed by William H. Fitt (1965) [18]. The results of the validity and reliability test are valid, the value of r is calculated in the range 0.389-0.882 and the reliability with Cronbach's alpha 0.652. The parameters of self-concept are physical, self ethical-moral, self, family, social, and self-criticism.

The role of peers was measured using a questionnaire prepared by the researcher based on the research [19] which has been through discussions with experts and the results of the validity and reliability tests are valid with r counts ranging from 0.382 - 0.917, the reliability with Cronbach's Alpha 0.830. The parameters of the role of peers are proximity, invitation, modeling, perception, and resources.

The Instrument to measure the function of the researcher's family was the Family Assessment Device (FAD) questionnaire, used as a measurement tool to identify the presence of family problems and measure someone's perception of their family (Epstein et al., 1983). It was declared valid and reliable with r count values ranging from 0.385 to 0.891, reliability with Cronbach's Alpha 0.748. The parameters of family function are problem-solving, communication, regulation, affective response, affective engagement, self-control, and general functioning

The instrument to measure the dependent variable of premarital sexual behavior has been prepared and modified by researchers from research [7]; it has gone through expert discussions, and validity and reliability have been tested with valid results with r values in the range of 0.389 to 0.793 and reliability with Cronbach's alpha 0.819. The indicators of premarital sex behavior are watching a porn movie or picture, fantasizing sexually, talking about sexual problems, looking into somebody's eyes with feelings of attraction to the opposite sex, holding hands, kissing, hugging and making out (necking), masturbation, feeling the partner's sensitive areas, gluing together genitals (Petting), and intercourse (sexual intercourse).

Respondents need approximately 30 minutes to fill out all the questionnaires. Before participating in this research the researcher gave informed consent to the respondent's parents. The analysis of the data in this study was done using the Spearman Rho test with a significance level of $\alpha \leq 0.05$. This research has been through a study of research ethics by the Health Research Ethics Commission of the Faculty of Nursing, Airlangga University with No. 1411-KEPK.

III. RESULTS

Most respondents in this study were women, 148 (85.5%). The age of respondents is at most 17 years old, with a total of 81 (46.8%) respondents. The number of respondents who compared to 68 (39.3%). The majority of the respondents live with parents, 157 (90.7%). Most of the male respondents are entrepreneurs, 111 (64.2%), while most females are housewives, with 105 (60.7%) respondents. The majority of respondents' latest education was high school / vocational school, as many as 79 (45.7%). Regarding the parents' education, for mothers, it was SMA/SMK with 87 (50.3%). The majority of respondent family types are nuclear families, with 129 (74.6%). More respondents obtained initial information about sex from the internet with a total of 56 (31.8%). All respondents were social media users with 173 (100%).

The results of this study indicate that the highest number of respondents have self-concept in the medium category with low premarital sexual behavior, 45 respondents (26%), while the lowest number have high self-concept and also has high pre-marital sexual behavior, 2 respondents (1.25%). There was no significant relationship between self-concept and premarital sexual behavior ($p = 0.142$) and the value of $r = -0.082$ which means that the lower the self-concept, the higher the premarital sexual behavior.

Table 1. Respondents' characteristics (n=173)

Category	n	%
Sex		
Male	25	14.5
Female	148	85.5
Age		
15 years old	23	13.3
16 years old	66	38.2
17 years old	81	46.8
18 years old	3	1.7
Relationship		
have a boyfriend/girlfriend	68	39.3
do not have a boyfriend/girlfriend	105	60.7
Living together with		
Parent	157	90.7
Grandparent	11	6.4
Uncle aunt	5	2.9
Father's occupation		
Self-employed	111	64.2
Farmer	27	15.6
Employee	15	8.7
Laborers	10	5.8
Driver	3	1.7
Unemployed	7	4.0
Mother's occupation		
Self-employed	44	25.4
Farmer	19	11.0
Employee	5	2.9
Housewife	105	60.7
Father's education		
Elementary school	51	34.9
Yunior high school	37	21.4
Senior High School	79	45.7
Bachelor	6	3.5
Mother's education		
Elementary school	31	17.9
Yunior high school	53	30.6
Senior High School	87	50.3
Bachelor	2	1.2
Type of Family		
Nuclear family	129	74.6
Extended family	44	25.4
Preliminary information about sex		
Internet	56	31.8
Friends	41	23.7
Heath worker	33	19.1
School	32	18.5

Family	12	6.9
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Table 2. The relationship between self-concept, the role of peers, and family function and premarital sexual behavior (n=173)

Variable	Premarital sexual behavior								p	r
	Low		Medium		High		Very high			
	f	%	f	%	f	%	f	%		
Self-concept									0.142	-0.082
Low	7	4	10	5.8	9	5.2	4	2.3		
Medium	45	26	41	23.7	27	15.6	4	2.3		
High	10	5.8	11	6.4	2	1.2	3	1.7		
The Role of Peers									0.000	0.375
Poor	35	20.2	28	16.2	6	3.5	1	0.6		
Strong	27	15.6	34	19.7	32	18.5	10	5.8		
Family function									0.000	-0.378
Low	1	0.6	4	2.3	6	3.5	7	4		
Medium	51	29.5	43	24.8	32	18.5	4	2.3		
High	10	5.8	15	8.7	0	0	0	0		

The highest number of respondents, 43 (24.8%) respondents, had family functions in the medium category and premarital sexual behavior in the medium category. There is a relationship, highly correlated and not unidirectional, between family function and premarital sexual behavior ($p = 0,000$) and $r = -0,378$.

IV. DISCUSSION

The adolescents' self-concept and premarital sexual behavior do not have a relationship, but the value between the two variables is negative and unidirectional which means the lower the self-concept the higher the premarital sexual behavior. The adolescents' self-concept will influence behavior in social relationships. This is supported by previous research which states that one of the causes of sexual behavior outside of marriage is adolescents' personal characteristics, positive self-concepts will lead to positive behavior, whereas conversely negative self-concepts will lead to negative behavior; this means the lower the self-concept, the higher the tendency for premarital sex [9]. The self-concept will affect behavior in social relationships with other individuals. A high or positive self-concept will influence positive behavior. Conversely, a low or negative self-concept will have an unfavorable influence on the individual's behavior [12].

The results of this study indicate that the self-concept of the average respondent shows moderate assessment criteria, which means the majority of respondents have a fairly good self-view including good self-confidence or satisfaction with their physical aspect. This study uses the Tennessee Self Concept Scale questionnaire. The first aspect is assessed from questions that discuss the physical self, and most respondents answered with the highest score from other aspects, meaning that the respondent is quite satisfied with their physical aspect. The majority of the respondents did not want to change to improve parts of the body, they already felt their body was quite ideal and took sufficient care of their appearance. The fourth aspect of family self has the lowest score from all other aspects, which shows the respondent has a poor perception of the family; this includes perceptions about the attention and support of the family that is still lacking, not understanding and providing solutions when facing problems, lack of openness in the family and often experiencing conflicts in the

family. The self-criticism aspect also has the lowest score, which means that respondents' self-disclosure or self-evaluation are still low, the majority tend to be unaware or do not want to show anything bad about themselves.

The premarital sexual behavior of adolescents in this study found that men were more at risk of premarital sexual behavior with a moderate category and women had more sexual behavior within a low category. This is because women tend to think more about the impact or risk going forward, while men tend to think logically or out of curiosity at one time and have not thought in the future. This is in line with research that states more boys are motivated to have sex before marriage [20]. This is different from the results of previous studies which state that women are more at risk of premarital sexual behavior compared to males; this is possible because women are more honest in recognizing their sexual behavior [5].

The role of peers and premarital sexual behavior have a significant relationship, the stronger the role of peers the higher the premarital sexual behavior. Research in Thailand states that the social environment or peers can influence sexual behavior; thus, when peers have a good influence, adolescents also tend to avoid sexual behavior [21]. Other studies indicate that the social environment around adolescents exerts influence on the prevention of sexual behavior, this means that the better the association or adolescents' environment, the more positive the impact [22].

The parameters used as a measurement in the research of the role of peers include closeness, sources of information, invitations, the desire to be the same and perceptions. The closeness aspect shows that adolescents spend more time with friends, are more open and trust to share their experiences or taboos with their peers, so they get many sources of information from peers including on sexuality [9]. Sexual information from peers increases adolescent sexual behavior seven times compared to adolescents who do not get information from peers [10].

The function of families and premarital sexual behavior have a significant relationship in the direction of a negative relationship. If the family function is low, then premarital sexual behavior is high. The results of this study indicate that the majority of respondents have poor closeness responses, they do not feel any emotional closeness to their families. The family expresses less affection verbally, is less responsive when a family member experiences a problem, lacks openness and has frequent disputes. This can affect adolescents psychologically leading to negative thoughts. Previous research states that poor communication between adolescents and parents will affect adolescents' self-efficacy, thus adolescents become closer to peers [23].

A good family function is reflected by good communication within the family. The results of previous studies state that the role of communication in the family is influential in preventing risk behaviors in adolescents, including premarital sexual behavior [24]. Family functions that are running poorly increase the risk of premarital sexual behavior in adolescents; if the environment is quite conducive, then adolescents tend to achieve emotional maturity. Conversely, if adolescents are less prepared to understand their roles, this will lead to uncontrolled emotional conditions that risk creating negative behavior [24]. The results of previous studies in the United States state that family function and emotional condition of parents when a child starts entering adolescence are factors that can determine a later adolescent period, as poor emotional regulation in parents causes maladaptive parenting, and problematic behavior in adolescents [25]. The limitations of this study are due to the factors that might influence outcomes such as cultural and religious factors that are not examined so there is a possibility the results will be influenced by these factors.

V. CONCLUSION

Premarital sexual behavior in adolescents is related to peer factors and also family function. On the other hand, self-concept has no relationship with premarital sexual behavior in adolescents. The stronger the role of peers and the lower the self-concept of adolescents the higher the pre-marital sexual behavior in adolescents. The lower the family function, the higher the risk of premarital sexual behavior. Based on the research results we suggest further research is recommended to develop interventions that involve peers and family to prevent premarital sex behavior.

CONFLICT OF INTEREST

The authors declare no potential conflicts of interest.

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