



# The Relationship Between The Role of Parents, Friends and Religiousness to Sexual Behavior in Adolescents at State Islamic Boarding Schools in Tebing Tinggi

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<p><b>Track Record Article</b></p> <p>Accepted: 28 May 2024 Revised: 11 May 2024 Published: 27 June 2024</p> <p><b>How to cite :</b> Fakhreni, Astuty, D. A., &amp; Salianto. (2024). The Relationship Between The Role of Parents, Friends and Religiousness to Sexual Behavior in Adolescents at State Islamic Boarding Schools in Tebing Tinggi. <i>Contagion : Scientific Periodical of Public Health and Coastal Health</i>, 6(1), 739–751.</p>	<p style="text-align: center;"><b>Abstract</b></p> <p><i>The World Health Organization (WHO) estimates that 4,2 million abortions are performed each year and between 750,000 and 1,5 million occur in Indonesia. Adolescents in Indonesia have been shown to start having sex at a young age, this is evident from several studies which show that the ages of 14-23 years and continues to increase every year. The purpose of this study was to determine whether there is a relationship between the role of parents, peers and religiosity on adolescent sexual behavior in . This type of research is non-experimental observational using a cross sectional approach. The instrument used in this study using simple sampling techniques. The population in this study was a questionnaire distributed to respondents. In this study using simple sampling techniques. The population in this study amounted to 132 people and the sample size taken was 57 people who were surveyed directly. Random sampling of 10th and 11 th grade students. This study uses spearman statistical analysis. The results showed that the role of parents on sexual behavior was (<math>p=0.743</math>, <math>r= 0.44</math>), peers on sexual behavior was (<math>p= 0.027</math>, <math>r= 0.293</math>) and religiosity on sexual behavior was (<math>p=0.714</math>, <math>r=0,050</math>) on the peer role variable there was a relationship with a significant value of the strength of the relationship of 0,0361, meaning that peers and sexual behavior have a perfect negative linear correlation (<math>p</math>-value= 0,006) or below 0.05 which means that at 5% alpha indicates that there is a relationship between the role of parents and religious understanding in adolescents, the less likely adolescents are to behave sexually. Suggestions to prevent adolescents in unhealthy associations, it is important for adolescents to morals with religious knowledge, as well as create and maintain good communication relationship with parents, so as not to fall into the wrong association and be more able to choose good friendships and bring themselves not to fall into unwanted negativity.</i></p> <p><b>Keywords: Adolescents, Parents, Peers, Religiousness, Sexual Behavior</b></p>
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## INTRODUCTION

According World Health Organization (WHO) every year an estimated 21 million pregnancies occur among adolescent girls aged 15-19 years in developing countries, nearly half of which (49%) (Mekonen, 2024). In the Southeast that 4.2 million abortions are performed each year, with between 750,000 and 1.5 million occurring in Indonesia (Zalbawi, 2022). *Center for Strategic and* According to the Center for Strategic and International Studies and the Internasional Youth Wellbeing Index in 2014, the global youth wellbeing index placed Indonesia in 19th position out of 30 countries (Azizah et al., 2017). Adolescents in Indonesia have been shown to start having sex at a young age, this is evident from several studies that show intercourse varies between the ages of 14-23 years and continues to increase every year (Saputri & Hidayani, 2016).

Adolescence is a transitional period in life where there is rapid physical growth and development and sexual maturation that leads to a person's physical ability to reproduce. Various problems surrounding adolescents such as premarital sex, abortion, young marriage, sexually transmitted infections are increasingly worrying and the high age of first marriage under 20 years is 23.9% at the age of 15-19 years who have given birth and the first child 1.97% (Refinal et al., 2019). As adolescents and young adults who are going through growth stages, their health can be affected both positively and negatively by their interactions with the environment, peers, parents and family members, people in the community, social policies and rules (Hanifah, 2021). In the process of sexual maturation, adolescents experience fundamental changes and face questions and ambiguities, and if they do not get the right answers, they turn to peers or media such as satellite TV, the internet and cyberspace (Joodaki et al., 2020). In this way, they often don't find the right answer and may even accept the wrong answer, which will be a problem later on.

Although improving adolescent sexual and reproductive health is a major global health agenda, adolescent pregnancy remains a major challenge in both developed and developing countries. Each year an estimated 21 million pregnancies occur among adolescent girls ages 15-19 years in developing countries, nearly half (49%) of which are unintended (Wado et al., 2019). Parents who act as the first place for adolescents to get education must have provisions related to sex education and must be able to teach it. If parents still feel awkward when discussing sexual education, teenagers will tend to see information through other things, such as the internet and their peers. This causes them to potentially fall into the wrong sources of information. When the information they get is wrong, then they will be led towards the wrong behavior and association adolescents are also greater.

The role of the family actually has the most important position, because at this time a person will tend to need more attention and affection from his family. Adolescents who are at this time will have several life challenges that are heavier than the previous period, to deal with this they need the attention of a family figure who can always provide support or encouragement that leads to good things (Fatmawati, 2016). Closeness with family, especially parents can result in good relationship with peers and their social environment. Closeness with parents is also able to create a self-control system in adolescents, such as emotional control and control over negative impulses that come from outside the individual (Novriani, 2021). The research findings show that the lack of communication between parents and adolescents can lead to low adolescent knowledge about sexual and reproductive health. This is due to cultural

taboos, shyness and lack of knowledge in communication about sexual behavior between parents and adolescents (Bekele et al., 2022).

Peers are a very influential factor in life during adolescence. In today's modern society, adolescents spend most of their time with their peers. During adolescence, the relationship with peers increases dramatically and at the same time the relationship with parents will decrease. The role of peers is closely related to attitudes, conversations, interests, appearance and behavior. According to the Center for Adolescent Reproductive Health Data and Information of the Ministry of Health of the Republic of Indonesia 2026 in Khodijah (2019) adolescents aged 15 to 19 years trust their peers more than their own parents attachment with friends has a strong role in the lives of adolescents such as support and care from friends will increase the courage of adolescents in facing a better world, but if the attachment formed with delinquent friends then adolescents are more likely to engage in delinquent behavior. During adolescence, children tend to prefer to hang out with their friends and tell everything to their peers, peers can be a feedback and source of information to meet the socio-emotional needs of adolescents in addition to determining their behavior (Syahputra, 2022). Most adolescents also receive a variety of information from peers, both positive and negative which greatly influences the character and behavior of adolescents, including sexual behavior (Azian et al., 2020).

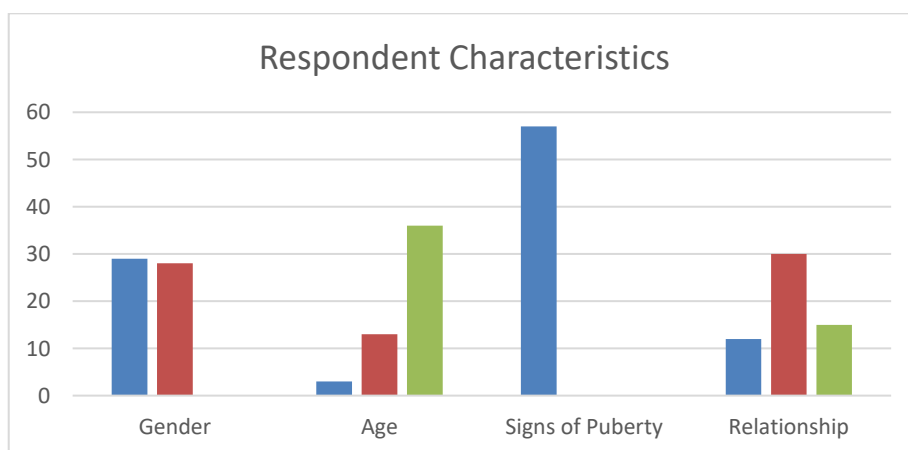
Religious behavior is influenced by two factors, namely internal factors (innate tendency that humans have religious nature) and external factors (family, school and community environment) (Roszi, 2018). According to Stark & Glock, religiosity is a part of human life where humans believe in the existence of God and make it the basis of their quality and use it in everyday life. Religion also has many roles for humans, one of which is to regulate their lives and behavior (Sungadi, 2020). This is because humans are homo religious, which means religion from birth. Someone who has religious beliefs will be more careful in acting. Religion stabilizes human behavior and encourages him not to take actions that are contrary to the principles of society. In relation to sexual risk, the overall family environment has been shown to play a protective role in adolescent reproductive health decisions (Pérez-Curiel et al., 2023). However, few studies have considered the specific impact of parental religiosity on adolescent sexual behavior either directly or through the influence of adolescent religiosity itself. They can occur in adolescents due to several factors such as parent-adolescent relationship, peer pressure, religious beliefs (religiosity) and exposure to pornographic media, all of which can affect adolescents' promiscuous sexual behavior (Tatirah, 2018). In many Muslim countries such as Iran, sexual relations outside of marriage are prohibited both culturally and religiously. In these countries, sex education is inadequate and restricted and is

often avoided by teachers because they feel inappropriate to talk about the topic (Joodaki et al., 2020). Therefore, researchers are interested in conducting this study to find out whether there is a Relationship between the Role of Parents, Peers and Religiosity Towards Sexual Behavior at State Islamic Boarding School.

## METHODS

This study is a non-experimental observational study that aims to determine the relationship between two variables, namely the independent variable and the dependent variable. This study uses a cross sectional approach. The instrument used in this study was a questionnaire distributed to respondents. In this study using simple sampling techniques. The population in this study amounted to 132 people and the number of conducted on February 2024. The way to measure each variable is to use a likert scale of 1-4, namely for the variables of the Role of Parents, Peers and Angree = 3, Strongly Angree = 4. And for choice on the Sexual Behavior variabel contains, Never = 1, Sometimes = 2, Often = 3, Always = 4. It is said to be low if the value obtained is  $< 20$ , medium if the value is in the range of 20-30 and it is said to be high if the value obtained from the respondent  $> 30$ . Each variabel contains 10 question indicators. Using the Spearman-rho Correlation Test Using Statistical program for Social Science software IBM SPSS version 26. The questionnaire has been tested for validity by the researcher and the results are valid regarding the 4 variables to be studied and each contains 10 question indicators. This study was conducted with the aim of analyzing the relationship between the role of parents, peers, and religiosity with early adolescent sexual behavior. In addition, the questionnaire instrument was used to determine whether the behavior was potentially harmful or not.

## RESULTS



**Figure 1. Frequency Distribution Diagram of Respondent Characteristics**

Figure 1. Respondent Characteristics shows that the majority of respondents were male as many as 29 students (50.9%), 28 students (49.1%) were female. The majority of respondents were 14 years old as many as 36 respondents (63.2%), 13 years old as many as 13 people (31.6%) and the least aged 12 years as many as 3 people (5.3%). All respondents claimed to have experienced menstruation or wet dreams as a sign of puberty as many as 57 respondents (100%). Respondents who were not yet in a relationship or had a boyfriend were 12 people (21.1%), respondents who were dating were 15 people (26.3%) and the majority of respondents had dated 30 people (52.65%).

**Table 1. Test of Distribution of Respondent Characteristics (N:57)**

<b>Variable</b>	<b>Frequency (n)</b>	<b>Percentage (%)</b>
<b>The Role of Parents</b>		
Low	2	3,5
Medium	27	49,13
High	28	47,37
<b>The Role of Peers</b>		
Low	46	80,7
Medium	11	19,3
High	0	0
<b>The Role of Religiosity</b>		
Low	14	24,55
Medium	13	22,82
High	30	52,63
<b>Sexual Behavior</b>		
No Risk	37	64,91
Low Risk	20	35,09
Medium Risk	0	0
High Risk	0	0

Table 1 shows the results of dividing the data into independent variables. On the parental role variable, the majority of respondents chose affirmative and very affirmative answers. As a result, the majority of respondents thought and considered the role of parents to be very important for them, so that 28 respondents (49.13%) and 27 respondents (47.37%) were in the medium category. However, there were still 2 respondents (3.5%) in the low category. In the peer variable, the results showed that there were 46 students (80.70%). There were 11 respondents (19.3%) who were included in the moderate peer category because teenagers sometimes receive invitations and encouragement influenced by friends to engage in sexual activity. In the role religiosity variable, the results showed that 14 students were in the category with low religiosity (24,55%), 13 students were in the role category with medium religiosity (22,82%), and 30 students were in the high religiosity category (52,63%).

**Table 2. Cadre Knowledge and Attitudes (N:57)**

<b>Sexual Behavior</b>	<b>Forms of Sexual Activity</b>	<b>Total</b>
<b>No Risk</b>	Didn't do everything	37
<b>Low Risk</b>	Own Fantasy Sexual Hold Hand Hugging	19
<b>Medium Risk</b>	Kissing Cheek Kissing in Lips Kissing in Neck	1
<b>High Risk</b>	Touch Body partner Touching your partner in intimate parts Fingering Having Sexual Relations	0
<b>Total</b>		<b>57</b>

The table of forms of sexual behavior shows that the majority of respondents fell into the non-risky sexual behavior category with 37 students, 19 students with low risk and 1 student with moderate risk.

**Table 3. Relationship between Parental Roles and Sexual Behavior in Adolescents at State Islamic Boarding School**

<b>The Role of Parents</b>	<b>Sexual Behavior</b>				<b>Total n%</b>	<b>P-Value</b>	<b>r</b>
	<b>No Risk n%</b>	<b>Low Risk n%</b>	<b>Medium Risk n%</b>	<b>High Risk n%</b>			
Low	1 (1,75%)	1 (1,75%)	0	0	2 (3,5%)	0,743	-0,44
Medium	18 (31,58%)	10 (17,55%)	0	0	28 (49,13%)		
High	18 (31,58%)	9 (15,79%)	0	0	27 (47,37%)		
Total	37 (64,91%)	20 (35,09%)	0	0	57 (100%)		

The results of statistical analysis of the relationship between parental roles and sexual behavior are based on the Spearman rho test with a significant value of  $p = 0.743$  and  $r = -0.044$ . A P value greater than 0.05 indicates that H1 is accepted and H0 is rejected, meaning that there is a relationship between the role of parents and sexual behavior in adolescents. The r value or the direction of the correlation is negative, which shows the opposite direction, which means that the greater the value of the role of parents, the smaller the value of sexual behavior in students at State Islamic Boarding School.

**Table 4. Relationship between Role of Peer with Sexual Behavior in Adolescents at State Islamic Boarding School**

The Role of Peer	Sexual Behavior				Total n%	p-value	r
	No Risk n%	Low Risk n%	Medium Risk n%	High Risk n%			
Low	33 (57,89%)	13 (22,81%)	0	0	46 (81%)	0,027	0,293
Medium	4 (7,02%)	7 (12,28%)	0	0	11 (19%)		
High	0	0	0	0	0		
Total	37 (64,91%)	20 (35,09%)	0	0	57 (100%)		

Table 4 the results of statistical analysis tests based on the Spearman rho test show that there is a relationship between the role of peers and sexual behavior, with a significance value of  $p = 0.027$  and a value of  $r = 0.293$ . There is a relationship between the sexual behavior of peers and adolescents, with a p value below 0.05. The correlation direction value is also called r and has a positive value. This value shows that the higher the peer role score, the greater the sexual behavior score.

**Table 5. Relationship between Religiosity and Sexual Behavior among Adolescents at State Islamic Boarding School**

The Role of Religiosity	Sexual Behavior				Total n%	p-value	r
	No Risk n%	Low Risk n%	Medium Risk n%	High Risk n%			
Low	1 (1,75%)	13 (22,80%)	0	0	14 (80,70%)	0,714	0,050
Medium	6 (10,53%)	7 (12,29%)	0	0	13 (19,3%)		
High	20 (35,09)	10 (17,54%)	0	0	30 (52,63%)		
Total	37 (64,91%)	20 (35,09%)	0	0	57 (100%)		

Table 5. The results of statistical analysis of the relationship between the role of religiosity and sexual behavior are shown with a significance value of  $p = 0.714$  and a value of  $r = 0.05$ . A p value greater than 0.05 indicates that  $H_1$  is accepted and  $H_0$  is rejected, which indicates that there is a negative relationship between religiosity and sexual behavior in adolescents. The r value or direction of correlation is positive, which means that the value of the role of religiosity increases along with the value of sexual behavior in adolescents.

## DISCUSSION

### The Influence of Parental Roles on Adolescent Sexual Behavior

At the beginning of a child's life, parents are their first and main social environment. Parents play a very important role in forming a child's identity and personality. Currently, the quality of family relationships is one of the most important issues in public health services and one of the biggest health goals for improving health Gholizadegan Rayat (2023) revealed

that closeness between teenagers and their parents will be able to facilitate teenagers' social well-being which is reflected in several things such as self-esteem, emotional adjustment and physical health. According to Maryanti & Pebrianti (2021) Parental parenting styles can influence the formation of a child's character and self-concept. Parenting is a process of educating, guiding and disciplining and protecting children to reach maturity in accordance with existing norms in society. Previous research conducted by Wijaya Indra & Mukramin (2023) found that the role of parents in adolescent relationships is higher than in adolescent sexual behavior, meaning that the role of parents is very influential on adolescent sexual behavior. Apart from that, as stated (Hilmi, 2008).

States that if communication between parents and children goes well, parents can supervise and control their children's interactions. Adolescents who reported higher levels of parental supervision were more likely to delay the initiation of sexual intercourse and have fewer partners if they were sexually active; higher levels of parental supervision were also associated with lower intentions to engage in sexual intercourse.

### **The Influence of Peers on Adolescent Sexual Behavior**

Premarital sexual behavior is now very common and is found among teenagers throughout the world. This is also related to the influence of peers, especially peers who are a place for teenagers to communicate, interact, relate and establish control within the group. In addition, the trust that peers place in adolescents determines whether their sexual behavior is good or bad, and the invitations associated with this behavior are also very important. This is also supported by research (Agustina Wahyu & Styoboedi, 2024) who found that teenagers who had peers who actively provided information about reproductive health and sexual behavior had a lower risk of engaging in sexual behavior compared to passive teenagers. This is of course in line with research conducted by (Agustina Wahyu & Styoboedi, 2024) who found that when a teenager had higher assertiveness or the ability to resist negative pressure from friends), his premarital sexual behavior was lower. Conversely, the lower a teenager's assertiveness, the higher their premarital sexual behavior.

### **The Influence of Religiosity on Adolescent Sexual Behavior**

Research by Shousha (2024) also shows that religiosity is protective against sexual activity, especially early sexual onset and number of sexual partners. More than 80% of American teens aged 13-17 have expressed the importance of faith in daily life and decision-making processes. About 90% reported having some kind of belief in God. For example,



Lippman and Keith reported that 82% of 20,000 adolescents and young people from 41 countries indicated some belief in a god. A large body of research provides evidence that religiosity, both familial and individual, is related not only to sexual attitudes, but also sexual behavior. Higher levels of family religiosity and parental presence were associated with delayed sexual onset and having fewer sexual partners. Religious teenagers are less likely to have sexual relations than non-religious teenagers.

Discussions about sexuality are rarely researched in the Middle East, which has a conservative culture, because it is considered a taboo subject. As a result, there are barriers and limitations in society to studying sexuality (Shousha, 2024). Parents and adolescents may be reluctant to receive sexual education and authorities such as schools, universities, religious institutions, and youth centers are often unwilling to take the initiative. For example, many families in Egypt do not share basic knowledge about sexuality with their children, because they feel uncomfortable having such conversations or simply lack the necessary information. Therefore, young people's ignorance and easy access to social media has increased their exposure to misinformation and misunderstandings about sexuality, making them more vulnerable to undesirable practices and their negative consequences (Shousha, 2024). Religiously and culturally in Egypt, sex is only related to sexual activity between married couples, and it is culturally unacceptable and undesirable to express sexual needs before marriage, especially for women Based on research conducted.

Research result Shousha (2024) shows that there are four main categories of obstacles namely, social and cultural problems such as taboos, structural and administrative problems such as inadequate health systems, political obstacles such as lack of strategies adopted by the government and underutilization of human resources, religious potential. Other research conducted by Gholizadegan (2023) agree that Iranian women who are about to marry are prohibited from having sexual and reproductive knowledge. Other research also shows that educational interventions are successful in reducing sexual anxiety. Despite its importance, adults and educators are reluctant to give clear answers to their children and adolescents when faced with issues of sexuality. This is because Iran, as a Muslim-majority country, views sex education for teenagers as a conflict of religious interests. In Eastern culture, it is considered that if teenagers have knowledge about sex, then it can trigger teenagers to have sex earlier than expected.

In contrast, European research suggests that appropriate sexuality education can lead to delayed sexual intercourse and more responsible sexual behavior, not that children are robbed of their "innocence" by providing them with scientifically accurate, nonjudgmental, and

appropriate sexuality information. their age (Shousha, 2024). Based on the parameters of religious knowledge, all teenagers must have received provisions from family and school. The majority of those who answered knew what Allah SWT permitted and prohibited to use in everyday life, the majority of teenagers who answered were of the opinion that religious teachings must be applied in everyday life and if not then the respondents already knew the consequences that would be obtained, religion Islam strictly prohibits sexual behavior, and doing it among married teenagers and in closed places. Islam provides an explanation regarding the punishment for adulterers who are severely tortured by Allah SWT.

## CONCLUSIONS

From the results of research conducted on the relationship between parental behavior, peers, religiosity and sexual behavior at the State Madrasah Tsanawiyah Tebing Tinggi City in 2024, it can be concluded that for the parental role variable after processing it is concluded that there is no relationship between the role of parents. with sexual behavior, with the results of the Spearman rho test analysis, the P value = 0.743, meaning  $P > 0.05$ . For the role of peers variable, after processing it was concluded that there was a relationship between peers and sexual behavior, with the results of the Spearman rho test analysis, the P value was obtained. = 0.743, meaning  $P > 0.05$ . For the peer role variable, after processing it was concluded that there was a relationship between peers and sexual behavior. With the results of the Spearman rho test analysis, the P value = 0.050, meaning  $P < 0.05$  with  $r = 0.293$ . . This means that the role of peers is the most significant trigger factor for the involvement of sexual behavior in teenagers at Madrasah Tsanawiyah Negeri Tebing Tinggi City, because of group pressure and encouragement and lack of knowledge of teenagers so that most teenagers accept invitations from peers. For the Religiosity variable after doing processing results showed that there was no relationship between religiosity and adolescent sexual behavior, with the results of the Spearman rho test analysis obtained a P value = 0.714. Adolescents at State Islamic Boarding School in Tebing Tinggi tend to engage in less risky sexual behavior.

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