

The Influence of Parental Involvement and Religiosity on Adolescents' Sexual Behavior

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Abstract— *The objective of the research was to analyze the influence of parental involvement and religiosity on adolescents' sexual behavior. Sexual behavior in adolescence is associated with factors related to personal factors and social context. One of the personal factors associated with sexual behavior is the level of religiosity, and one of the factors related to the social context is family, especially parents. The samples were 417 students of Senior High School at SMA Negeri "X" Tebing Tinggi as the respondent. The respondents, taken by using random sampling technique. The research used quantitative method with the scales of sexual behavior, parental involvement include (father and mother involvement scales) and religiosity scale. The data were analyzed by using Multiple Regression. The result of the research showed that there was significant influence of parental involvement and religiosity on adolescents' sexual behavior. The implication of this research was that parents must be involved to their adolescents' life to prevent their adolescent not to do sexual behavior.*

Keywords— *Parental involvement, religiosity, sexual behavior.*

I. INTRODUCTION

The development of adolescents is identical with the onset of puberty, the period that begins when the child matures sexually. Puberty in adolescence is characterized by physical changes and increased sexual hormones (Santrock, 2010). Increased sexual hormones cause sexual incentive and stimulation in adolescents, so they more concerned about sexuality in their social relationships (Berk, 2006). Adolescents generally initiate their sexual activity by interacting with the opposite sex, either as a friend or spouse. When dating, adolescence will express their emotions in different ways. The influence of sexual drives in adolescents make them feel interest towards the opposite sex. Besides that, sexual drive on adolescents make them begin directing their behavior to attract the the opposite sex's attention (Sarwono, 2010). This condition makes adolescent want to express and explore their sexual drives and desires through various sexual behavior (Setyawati, 2015).

Sexual behavior is defined as behavior driven by sexual desire (Soetjningsih, 2006). Sexual behavior can be manifested in a variety of behaviors ranging from feelings of interest towards the opposite sex and then towards a mild form of sexual behavior such as holding hands, and next can be to the hard form of sexual behavior such as doing intercourse (Sarwono, 2010).

The results of the National Population and Family Planning Board (BKKBN) research showed that 63% of adolescents had sexual intercourse, and 21% of adolescents had an abortion (BKKBN 2012: Primasiwi, 2013). Moreover, the phenomena of adolescents' sexual behavior in Tebing

Tinggi also occur by the year 2012. A porn video between one of the student at SMA Negeri "X" Tebing Tinggi and her boyfriend spreadd widely on internet. Besides that, based on interviews with one of the teachers at the school, there are some other cases related to adolescents' sexual behavior, such as in 2017, there were female students who became pregnant before the UN (National Examination), and there was also a girl who did not go home because she went with her boyfriend, and also student who skipped school and went with her boyfriend.

Sexual behavior in adolescents can be linked to various factors, including personal factors and social context. Personal factors relate to early puberty, and a lack of religiosity. The other factors that related to the social context such as families, especially parents (Annaya, Cantwell, & Rothman-Borus, 2003; Howard & Wang, 2004; Berk, 2006). Parents are one of the most important aspects that influence adolescents' behavior. The relationship of parents and adolescents has a direct and indirect influence on adolescents' premarital sexual behavior. Adolescents who engage in sexual behavior commonly come from broken families because of divorced and families with multiple conflicts (Kinnard, 2003; Berk, 2006).

Parents become the most important contributors in child development. Parents for adolescents are considered to play an important role in their lives (Finley, Mira & Schwartz, 2008). Parent-child communication is positively associated with decreased levels of risk-taking behavior among adolescents such as drug use, juvenile delinquency and risky sexual behavior. Adolescents tend not to engage in risky sexual behavior when they live with parents, or when adolescents identify their parent's views, roles and involvement. Parental involvement refers to the participation of parents in various aspects of their child's life. Parental involvement is divided into three dimensions such as instrumental, expressive and mentoring or giving advice (Finley, Mira & Schwartz, 2008).

Some theories and studies show that fathers and mothers play different roles in family systems (Maccoby, 1992; Steinberg, 2001; Parke, 2002). Parson and Bales (1955) explains that the role of the father is expected to fulfill the instrumental functions that associated with providing for living and disciplining children, while the role of mothers is expected to be in expressive functions, such as giving attention, accompanying and sharing activities together.

Traditionally maternal figures have been the primary caregivers in the family and have most influential on the lives of children (Cleveland & Herrera, 2003). Some studies point out that close relationships with mothers are associated with

positive outcomes in adolescents, such as lower frequency of sexual activity and making adolescents more responsible for sexual decision making in girls (Miller, Benson & Galbraith, 2001). Father involvement positively affects girls, in reducing the risk of early sexual activity and unplanned pregnancy (Ellis, 2003). Father's involvement can delay girls from engaging in sexual activity. This is because the absence of a father makes young women look at the commitment of male partners is uncertain and they become involved in sexual relations (Berk, 2006). Berk (2006) also stated that the involvement of fathers can reflect a family atmosphere that full of mutual understanding of each other and high acceptance of physical and sexual problems in the family.

Beside family factors, one of the other factors that associated with sexual behavior in adolescents is the level of religiosity. Religiosity has a very strong role to one's life. According to Glock and Stark (1986; Beit-Hallahmi, 2015) religiosity is a form of supernatural belief in which there is an appreciation in life, by internalizing that belief into daily life. Glock and Stark (1986; Beit-Hallahmi, 2015) divides religiosity into five dimensions such as: the ideological dimension, the ritualistic dimension, the experiential dimension, religious knowledge (the intellectual dimension) and the consequential dimension.

Based on Laura and Hugh (2010) survey about the tendency of adolescents' spirituality and religiosity in 16 countries (including Indonesia, Taiwan, Pakistan, Iran, Poland, USA, Brazil, Mexico, Canada, Egypt, France, Italy, Russia, Spanish, English, and Swedish) it is known that Indonesia has a higher value of spirituality and religiosity than any other country. Religious involvement can enhance responsible social behavior in adolescents (Dowling, 2004; Berk, 2006). Religiosity is the power to prevent adolescents from engaging in drugs, alcohol and sexual behavior. Religiosity is also associated to the low incidence of delinquency in adolescents. Adolescents who aged 13-17 years old, are in the stage of spiritual commitment. Religiosity also makes adolescents more confident in relationships with parents, adults and friends. Besides that, religious education also directly teaches and provides opportunities for adolescents to discuss moral issues. Adolescents who join a religious community actively will feel a sense of belonging to their religion, and can develop the potential that exists within them including moral and prosocial values. This can help adolescents cope with life's difficulties and solve moral dilemmas maturely in the form of better actions (King & Furrow, 2004; Spencer, Fegley, & Harpalani, 2003; Berk, 2006).

Khairunnisa (2013) point out that there is a relationship between religiosity and self-control with premarital sexual behavior in adolescents. Behavior that is governed by religious rules will lead a person to controlling himself. According to Idayanti (2002) there is a very significant negative relationship between religiosity and adolescents' sexual behavior. If the religiosity more higher, so adolescents' sexual behavior more lower, and when the religiosity more lower, adolescents' sexual behavior will be more higher. Andisti and Ritandiyono (2008) also point out that there is negative relationship between religiosity and sexual behavior on adolescents.

The above explanation shows that adolescents' sexual behavior is influenced by parental involvement and religiosity. Therefore, the researchers are interested in conducting a research on the influence of parental involvement and religiosity on adolescents' sexual behavior at SMA Negeri "X" Tebing Tinggi.

II. OBJECTIVES AND METHOD

The main objective of the research was to find out the influence of parental involvement and religiosity on adolescents' sexual behavior. The research subjects were 417 students of Senior High School at SMA Negeri "X" Tebing Tinggi. The samples were taken by using random sampling technique. The research used quantitative method with the scales of sexual behavior, parental involvement and religiosity as measurement devices. The scale of sexual behavior was based on the theory proposed by Kinsey (1998) which included touching, kissing, petting, and sexual intercourse. The scale of parental involvement was based on the theory proposed by Finley (2008) which included instrumental involvement, expressive involvement, and mentoring. The scale of religiosity was based on the theory proposed by Glock and Stark (1986; Beit-Hallahmi, 2015) which included the ideological dimension, the ritualistic dimension, the experiential dimension, the intellectual dimension and the consequential dimension. The scale put forward in this research used Likert model in which items used statements with four choices of answer: always, often, rarely, and never for the scale of sexual behavior and parental involvement. The scores would move from 1 to 4. Items used statements with four choices of answer: Absolutely Agree (AA), Agree (A), Not Agree (NA), and Absolutely Not Agree (ANA) for the scale of religiosity. The scores would move from 1 to 4, and the scales were presented in the form of statements of favorable (support) and unfavorable (not support). Sexual behavior scale has reliability (r_{xx})= .942, father's involvement scale has reliability (r_{xx})= .969, mother's involvement scale has reliability value (r_{xx})= .959 and religiosity scale has reliability value (r_{xx})= .892. The data in this research were analyzed by using multiple regression.

III. RESULT AND DISCUSSION

There were three hypotheses in this research: there was the influence of parental involvement on adolescents' sexual behavior, the influence of religiosity on adolescents' sexual behavior, and the influence of parental involvement and religiosity simultaneously on adolescents' sexual behavior. Five assumption tests were fulfilled so that the data could be analyzed by using multiple regression. The result of the analysis showed that the significance value for the first hypothesis was $p=.000$ ($p<.05$) and correlation coefficient (r)=.405 for father involvement, $p=.000$ ($p<.05$) and correlation coefficient (r)=.431 for mother involvement, which indicated that there was the influence of parental involvement (father and mother involvement) on adolescents' sexual behavior which meant that the higher parental involvement, the lower sexual behavior on adolescents. This was in accordance with the result of the research conducted by

Susanto (2013) which find that father involvement positively can make emotional strength and bonds in adolescents. The interaction between fathers and adolescents that filled of warmth and affection enables adolescents to cope various problems that occur in their lives. Adolescents' ability in solving their problems is built based on the basis of love and affection from parents, so that adolescents feel comfortable to share with their parents. The father figure becomes very important figure for adolescents, especially in affecting sex behavior in adolescents. In fact, it is known that adolescents who have close relationship with their father tend to be reluctant to have free sex. In addition, father involvement also influences adolescents' development process. If fathers give attention and support to their adolescents, it will make adolescents feel being accepted, cared and make them more confidence with themselves, so that the process of adolescents' development can go well (Sarwono, 2010). Adolescent's positive perception of father involvement indicates good and close relationship exists between father and adolescent. Emotional closeness that is felt by adolescents creates a feeling of affection for the father, so that adolescents tend not to want their father feel sad and disappointed. Therefore, adolescents become more careful in behaving in order not to disappoint his father. Damayanti (2014) found that there was a negative relationship between perceptions of male adolescents on the role of fathers and juvenile delinquency. One form of juvenile delinquency is premarital sexual behavior. Adolescents who have fathers involved in parenting tend not to engage in sexual activity (Allen & Daly, 2007). Maternal figures have traditionally been the primary caregivers in the family and thus have a great influence on the lives of children (Cleveland & Herrera, 2003). Close relationship between adolescents and maternal figures is associated with positive outcomes in adolescents, such as the frequency of lower sexual activity and making adolescents more responsible for sexual decision-making (Miller, Benson, & Galbraith, 2001). Mother figure talks more about sexuality than the father, because mother figure usually has better communication skills than father. Mother usually dominate conversation about sex especially when talking to their sons (Lefkowitz, 2002; Berk, 2006).

The significance value for the second hypothesis was $p=0.001$ ($p<.05$) which indicated that there was the influence of religiosity on adolescents' sexual behavior. Religious people always put and control themselves not to do things that are contrary to religious teachings. They always remember God, and feel that God always watches over their actions so they will be careful in their daily life. Adolescents with high religiosity won't do sexual behavior with their partner before they married. On the contrary, individuals who are vulnerable to their faith, they tend to easily commit violations of their religious teachings (Mukti, 2005; Anggia, 2010).

The significance value for the third hypothesis was $p=.000$ ($p<.05$) and correlation coefficient (r)=.487, which indicated that there was the influence of parental involvement and religiosity on adolescents' sexual behavior and also indicated that simultaneously, both of variables played their role on adolescents' sexual behavior. Effective contribution of

independent variables (parental involvement and religiosity) towards adolescents' sexual behavior is 23.7%, while 76.3% is influenced by other factors. This was in accordance with Berk (2006) that sexual behavior in adolescents can be related to family factors and social contexts such as religiosity. Parents are one very important aspect of influencing adolescent behavior, such as parental involvement, family composition, and the quality of relationships between families (Pearson, Muller, & Frisco, 2006). Parents become the most important contributors in adolescents' development. Parents for adolescents are considered to play an important role in their lives (Finley, Mira & Schwartz, 2008). The better relationship between parents and adolescents, the lower premarital sexual behavior committed by adolescents (Soetjningsih, 2006). In the other hand, There are other factors related to sexual behavior include personal factors (such as knowledge, attitudes, gender, lifestyle, self-esteem, and social activities), also demographic variables (such as age, sex, status of religiosity, ethnicity and marriage). This is similar to what was stated by Hawdon and Rothwell (2008) that religiosity is a protective factor that can prevent adolescents do risky sexual behavior. This finding showed that parental involvement and religiosity played an important role on preventing adolescent not to do sexual behavior.

IV. CONCLUSION

Based on the analysis, it could be concluded that there was significant influence of parental involvement and religiosity on adolescents' sexual behavior. The most dominant factor which influenced adolescents' sexual behavior was parental involvement. On the other hand, religiosity also played its role in adolescents' sexual behavior. The implication of this research was that father and mother must be involved to their adolescents' life and try to enhance their adolescent's religiosity to prevent their adolescent no to do sexual behavior.

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