

Pre-marital Sexual Behavior of Adolescents: The Influence of Self-Control, Parental Attachment, and Peer Roles

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Abstract

Pre-marital sexual behavior in adolescents is influenced by personal, family, and environmental factors, including peer groups. This study aims to analyze the influence of adolescent-parental attachment, self-control, and the role of peers on the pre-marital sexual behavior of high school/vocational high school adolescents. This explanatory research was conducted purposively at SMA and SMK in Bogor city. Data collection was carried out voluntarily using a questionnaire via google form in January 2022. Respondents in this study were 245 teenagers who had unmarried criteria and still had intact parents. The results showed that the majority of adolescent pre-marital sexual behavior was in the "never" category (86.7%), only 1.6% were included in the "always" category. Furthermore, most adolescents have moderate self-control (48.6%), almost half (44.9%) have an attachment to their father in the "moderate" category, more than half of adolescent-mother attachments are in the "good" category (50.6%), while almost half of in the "very good" category in positive peer roles (47.8%). In addition, it was revealed that there was a negative influence between the role of peers and the tendency of pre-marital sexual behavior.

Keywords: adolescent self-control, parental attachment, peers roles, pre-marital sexual behavior

Abstrak

Perilaku seksual pranikah pada remaja antara lain dipengaruhi oleh faktor pribadi, keluarga, dan lingkungan termasuk kelompok sebaya. Penelitian ini bertujuan untuk menganalisis pengaruh kelekatan remaja-orang tua, kontrol diri, dan peran teman sebaya terhadap perilaku seksual pranikah remaja SMA/SMK. Penelitian ini merupakan penelitian eksplanatori dan dilakukan secara purposif pada SMA dan SMK di kota Bogor. Pengumpulan data dilakukan secara *voluntary* menggunakan kuesioner melalui google form pada bulan Januari 2022. Responden pada penelitian ini sebanyak 245 remaja yang memiliki kriteria belum menikah dan masih memiliki orang tua yang utuh. Hasil penelitian menunjukkan bahwa sebagian besar perilaku seksual pranikah remaja masuk dalam kategori "tidak pernah" (86.7%), hanya 1.6 persen yang termasuk dalam kategori "selalu". Sebagian besar remaja memiliki pengendalian diri dalam kategori sedang (48.6%), hampir separuh remaja (44.9%) memiliki keterikatan dengan ayah dalam kategori "sedang", lebih dari separuh keterikatan remaja-ibu dalam kategori "baik" (50.6%), sedangkan hampir separuh remaja berada pada kategori "sangat baik" dalam peran teman sebaya yang positif (47.8%). Selain itu, terungkap bahwa terdapat pengaruh negatif antara peran teman sebaya dengan kecenderungan perilaku seksual pranikah.

Kata kunci: kontrol diri remaja, keterikatan orang tua, peran teman sebaya, perilaku seksual pranikah

Introduction

Adolescents are the nation's future generation, who will continue the nation's struggle and build the country. Therefore, the issue among adolescents is a major concern in Indonesia, considering the significant number of Indonesian adolescents ages, namely 43.970.646 people or 16.59 percent of the 265 million people of Indonesia's total population (BPS, 2018). According to Erikson, adolescents are searching for their identity (Erikson, 1968). This period is also crucial for adolescents since adolescents searching for self-identity will experiment with new things and create new behaviors. As a result of the many significant developmental shifts that take place during adolescence, this time of life is often characterized as chaotic and complex with pressure (Puspitadesi, Yuliadi, & Nugroho, 2013). Due to this, adolescents are at extremely high risk for issues related to deviant behavior, such as juvenile delinquency, narcotic drugs, and pre-marital sexual behavior (Rahmah, Wahyudina, & Sari, 2017).

Kartono and Gulo (1987) explained that sexual intercourse before marriage is a behavior that stimulates receptors in the reproductive organs. In the Big Indonesian Dictionary, the meaning of marriage is a marriage bond carried out by legal and religious provisions. Thus, pre-marital sexual behavior is all behavior based on sexual urges to get pleasure and stimulation in the reproductive part that is carried out between women and men without any agreement and formal ties as husband and wife. Pre-marital sexual behavior can be seen in how individuals respond to their sexual behavior. When the individual has a positive attitude toward pre-marital sexual behavior, the individual will tend to engage in pre-marital sexual behavior (Rahardjo, Citra, Saputra, Damariyanti, Ayuningsih & Siahay, 2017).

Furthermore, Prihatin (2012) said that adolescents have a variety of ways to express their urges for pre-marital sexual activity, starting with socializing with individuals of different sex, which can lead to pre-marital sexual activity. Additionally, the exemption in various ways indicates that adolescents can resist the urge to have sex, for instance, by engaging themselves in a variety of beneficial activities. Adolescents that behave in this manner indicate that the adolescent can exert some degree of self-control. Ghufron and Risnawita (2012) state that self-control is a person's ability to adapt to situations in the environment by managing behavioral factors, controlling behavior, and changing behavior to be in accordance with conditions and norms. Chaplin defines self-control as the capacity of an individual to manage his impulsive behavior or to prevent impulsive behavior from occurring (Faried, 2012).

According to previous studies, there is an association between students' self-control and pre-marital sexual behavior that is negative. This research involved adolescents between the ages of 15 and 25. It can be assumed that when an individual has strong self-control, the likelihood of pre-marital sexual behavior emerging is decreased, and likewise (Gani, Syukri, Khairunnisa, Nazar, & Sari, 2020; Khairunnisa, 2013). Due to the relationship between self-control and the individual's ability to moderate urges, the self-control factor significantly impacts pre-marital sexual behaviors. Contrary to the studies mentioned above, Chariri and Rafiyanti found no significant association between self-control and pre-marital sexual behavior, and self-control could not be utilized to predict adolescent sexual behavior (Qudsiya, 2020). This finding is due to the subject's high self-control scores, but the subject's tendency to engage in sexual behavior before marriage is also high. Qudsiya (2020) argues that other factors, such as self-concept and cultural values, can cause the subject to have free sex. The discrepancy in the data reported by

many studies raises significant concerns regarding the relationship between self-control and pre-marital sexual behavior. Hence, these two contradicting outcomes provided the impetus for further study.

According to Indonesian Demographic and Health Survey (IDHS) in 2017, showed that 82 percent of adolescents aged in Indonesia admitted to having dated. Sexual behavior carried out during dating is holding hands as much as 69.5 percent, kissing by lips 40 percent, being touched or touched 13 percent, also about 2 percent of female adolescents aged 15-24 years and 8 percent of boys have committed sexual intercourse before marriage. Additionally, as many as 1.2 percent reported having unintended pregnancies (IDHS, 2017).

According to the findings of a study that was carried out by Saputri (2016), three factors influence adolescent sexual behavior. These factors are knowledge, different parenting patterns, and peers' attitudes. The approach to the family for establishing adolescent growth and development is based on these findings. Of these three factors, parents' parenting style is the most dominant factor influencing adolescent sexual behavior. The relationship between parents and children is very important in shaping children's character and is a means for parents to establish closeness with their children (Siregar, Sugito, Danis, Simamora, & Ramadhani, 2022). In addition, good communication will make it easier for parents and their children to share stories and experiences, especially regarding how important it is to maintain reproductive health (Saputri, 2016). According to Nining (2016), 33.3 percent of adolescents in West Sumatra Province carried out dangerous sexual acts (lip kisses, petting, and intercourse). Furthermore, according to Yatmi (2017) a study in Padang City found that 20.3 percent of adolescents with high-risk sexual behavior (kissing lips, mouth, neck, touching sensitive areas, petting or having sex).

Many pre-marital sex among adolescents seriously threatens families, communities, and nations. Pre-marital sexual behavior itself can have a negative impact on the physiological and psychological aspects of adolescents. The tendency of a large number of pre-marital sexual behavior is thought to be due to peer influence. According to Etrawati, Martha, and Damayanti (2017), adolescents with peer groups that tend to behave negatively are more likely to engage in risky sexual behavior. Sarwono (2005) explained that the factors that can influence pre-marital sexual behavior include self-control. Magnusson, Crandall, and Evans (2019) highlight that low adolescent self-control affects early sexual behavior. It is also believed that adolescents' attachment to their parents influences their pre-marital sexual behavior. This can be seen from Potard, Courtois, Réveillère, Bréchon, and Courtois (2017), which show that adolescents with an insecure parental attachment style show specific characteristics related to engaging in sexual behavior. Adolescents who reported insecure and ambivalent relationships with their mothers tended to be more involved in sexual interactions. In contrast, those who had insecure avoidant relationships with their mothers showed less involvement in the emotional aspects of sexuality. Attachment to the father also plays a key role, but only for girls, where attachment avoidance encourages involvement in sexuality.

Based on the issue above, first, this study aims to identify and analyze the relationship between adolescent characteristics, family characteristics, adolescent-parental attachment, self-control, and the role of peers on adolescent pre-marital sexual behavior. Second, this study aims to analyze the influence of adolescent-parent attachment, self-control, and peer roles on adolescent pre-marital sexual behavior.

Methods

Participants

This study employs an explanatory design. The research takes place in the Bogor City Region. The data was collected in January 2022. The criteria respondents in this study were Adolescents in Bogor City between the ages of 16 and 18 who still had both parents. Hence, the voluntary sampling method obtained as many as 245 adolescent samples. This study utilizes primary data collected in four locations (i.e., 2 Senior High Schools and 2 Vocation High Schools) by distributing a Google form via WhatsApp to schools; the students' responses determine the respondents.

Measurements

According to Bowlby in Santrock (2012), attachment is the existence of a relationship between certain social figures and a certain phenomenon that is considered to reflect the unique characteristics of the relationship. The variable of adolescent-parental attachment was measured using an instrument from Armsden and Greenberg in 1987 in the study of Erdem (2017) entitled "Inventory of Parent and Peer Attachment" (IPPA), which consists of 25 statement items for each mother and father attachment variable. Attachment to parents was divided into ten statements of belief, nine statements of communication, and six statements of alienation. The answer choices for the instrument are 1=strongly not suitable, 2=not appropriate, 3=agreeable, and 4=very appropriate. The instrument's reliability value for the father's attachment is 0.94, and the mother's attachment instrument is 0.90

According to Hurlock (Joeng, Turner, Kim, Choi, Lee, & Kim, 2017), self-control is a person's ability to guide, regulate, and direct forms of behavior through cognitive considerations to lead to positive consequences. Adolescent self-control variables were measured using the Self-Control Scale instrument developed by Malouf, Schaefer, Witt, Moore, Stuewig, and Tangney (2014). The self-control measurement instrument consists of 36 statements classified into five dimensions. The five dimensions include self discipline (self discipline), not in a hurry/non-impulsive (deliberate/non-impulsive), healthy habits (healthy habits), work ethics (work ethic), and reliable (reliability). The response scale uses a Likert scale starting from 1=does not describe me at all, 2=does not describe me, 3=sometimes describes me, 4=describes me very well, to 5=describes me very well. In addition, the researcher modified the instrument's answer choices to suit the respondents' characteristics. The original answer choices in the Self-Control Scale instrument are divided into two levels starting from 1= "not at all" to 5= "very much." The reliability value of the self-control instrument used in this study was 0.83.

According to Santrock (2012), peers are children or adolescents of the same age or maturity level. Friendship is a behavior that results from two or more people who support each other. The peer role variable uses an instrument from Dewi (2012), which contains 30 statements relating to the influence of peers and peer modeling in adolescent sexual behavior according to adolescent perceptions. The statement of the role of peers uses the Guttman scale with yes and no answer choices consisting of giving peer influence (1-12) and providing peer modeling (13-25). In the positive statement, the score for the yes answer is 1, and the no answer is 0. In the negative statement, the score for the yes answer is 0, and the no answer is 1. While the measurement results on the peer role variable are if 0 = Yes, if the score the median is five, and if 1 = No if the score is > median 5. The dimension reliability value influences peers in Dewi's research (2012), which is 0.701,

while the dimension reliability value provides peer role modeling in Dewi's research (2012) which is 0.859.

Sexual behavior is all behavior driven by sexual desire, whether done alone, with the opposite sex or same-sex without any religious ties to marriage (Sarwono, 2012). The variable of pre-marital sexual behavior uses the instrument from Dewi (2012). The measurement of sexual behavior consists of 16 statements using a Likert scale with answer choices of always, often, rarely, and never. The score on the measurement of action on a negative statement is if it always gets a value of 1, often gets a value of 2, rarely gets a value of 3, and never gets a value of 4, and vice versa on a positive statement. The reliability value of the sexual behavior variable is 0.779.

Analysis

Before data analysis, validity and reliability tests were first performed. The test aims to determine whether each of the variables or dimensions can be used. The instrument has the consistency of a measuring instrument. This validity test uses SPSS software. The data obtained will be processed and analyzed descriptively and inferentially. The data processing includes editing, coding, entry, scoring, and cleaning. Data processing and analysis were carried out using Microsoft Excel and SPSS programs. Some variable data on child and family characteristics are classified to facilitate descriptive analysis. For example, the resulting raw data will be scored on the variables of adolescent-parental attachment, self-control, peer roles, and pre-marital sexual behavior. Then the scoring results will be added to each of these variables. The value or score obtained from each variable will be converted into an index score to equalize the scores on each variable so that they can be compared with each other. The index score that has been obtained is then used to find the total average of each variable. The average obtained will be used to determine the category of each variable to facilitate the analysis. The index score that has been obtained is then used to find the total average of each variable. The average obtained will be used to determine the category of each variable to facilitate the analysis.

The average calculation on the parental attachment, self-control, and the role of peers is categorized into five categories, namely very bad (0-20), bad (>20-40), moderate (>40-60), good (>60-80), very good (>80-100). In the positive statement, the score for the yes answer is one, and the no answer is 0. Meanwhile, in the negative statement, the score for the yes answer is 0, and the no answer is 1. The result of measuring the peer role variable is if 0 = Yes if the score is median five and if 1 = No if the score > median 5 (Dewi, 2012). The score on the measurement of pre-marital sexual behavior on negative statements is if you always get a value of 1, often get a value of 2, rarely get a value of 3, and never get a value of 4, and vice versa on a positive statement.

Data processing and analysis methods were obtained using descriptive Pearson correlation, classical assumption, and regression tests. Descriptive tests such as number, percentage, mean value, standard deviation, minimum value, and maximum score were used to identify adolescent characteristics, family characteristics, adolescent-parental attachment, adolescent self-control, peer roles, and pre-marital sexual behavior in teenager. The Pearson correlation test was used to analyze the relationship between sex, father's age, mother's age, father's education, mother's education, father's employment status, mother's employment status, adolescent-parental attachment, self-control, peer roles, and pre-marital sexual behavior teenage marriage. The classical assumption test is used to identify the data's feasibility for regression testing. Meanwhile, the regression test

was used to see the effect of independent variables (adolescent characteristics, family characteristics, adolescent-parent attachment, self-control, and peer roles) on adolescent pre-marital sexual behavior.

Findings

Adolescents' Characteristics and Their Families

Most of the respondents are female and are in class XII. More than half of the adolescents in this study were State Vocational Schools students, 61.6 percent. The results showed that the largest percentage of the father's age (81.6%) and mother's age (70.6%) were in the middle adult age group. In general, the average age of the father is 48.7 years, and the average age of the mother is 45.0 years. More than half of the respondent's fathers have studied in the category of graduating from high school (53.5%).

Meanwhile, the respondent's mother, who had studied in the category of graduating from senior high school, was 45.7 percent. The average length of education of fathers is 10.9 years. Meanwhile, the average length of education for mothers is 10.1 years. The employment status of fathers and mothers is divided into two categories: fathers and mothers who work and are housewives. The results showed that the proportion of fathers who work was 89.4 percent, and the proportion of housewives was 10.6 percent. The employment status of mothers shows that the proportion of working mothers is 26.5 percent, and the proportion of housewives is 73.5 percent.

Table 1. Distribution of the min-max sample, the average by gender, class, education level, and school origin of students

	Students	
	(n=245)	%
Gender		
Female	170	60.4
Male	75	30.6
Total	245	100.0
Average±Stdev	1.69 ± 0.462	
Class		
X	17	6.9
XI	31	12.7
XII	197	80.4
Total	245	100.0
Average±Stdev	2.73 ± 0.579	
Level of education		
Senior high school	9	3.7
Vocational high school	236	96.3
Total	245	100.0
Average±Stdev	1.96 ± 0.188	
School		
State school	155	63.3
Private school	90	36.7
Total	245	100.0
Average±Stdev	1.37 ± 0.483	

Adolescent Self Control

Self-control is measured by the ability of adolescents to control themselves, as shown by self-discipline, non-impulsivity, healthy habits, work ethic, and reliability. Table 2 shows that the majority of self-control is in the moderate category (48.6%) and the good category (37.1%), with an average of 59.3. Reliable is the dimension with the highest average index (66.3), while self-discipline is the dimension with the lowest index average (51.2).

Table 2. Average, minimum, and maximum scores and distribution of adolescent self-control by category and dimension

Adolescent Self Control	Category					Min-max	Mean ±Std
	(0-20)	(>20-40)	(>40-60)	(>60-80)	(>80-100)		
	%	%	%	%	%		
Self-discipline	0.0	14.7	64.5	19.2	1.6	22.2-88.9	51.2±11.7
Non-impulsive	1.2	6.5	41.6	42.9	7.8	20.0-95.0	61.1±14.6
Healthy Habits	0.0	2.4	35.5	50.6	11.4	35.7-100.0	63.8±13.2
Work ethic	3.3	16.7	53.1	21.2	5.7	0.0-100.0	54.3±16.4
Reliable	0.8	2.9	40.0	36.3	20.0	0.0-100.0	66.3±16.9
The total Adolescent self-control	0.0	9.0	48.6	37.1	5.3	15.6-96.8	59.3±10.8

Adolescent-Parent Attachment

The measurement of adolescent-parent attachment in this study consisted of three dimensions, namely communication, trust, and isolation which was indicated by the results that almost half of the adolescents (44.9%) had attachments to their fathers who were in the moderate category with a range of >40-60, while adolescent attachment. More than half of mothers are in the good category with a range of >60-80 (50.6%). The average attachment index of fathers and mothers with adolescents was 52.2 percent and 64.8 percent, respectively (Table 3).

Table 3. Average, minimum, and maximum values and distribution of adolescent-parental attachment by category and dimension

Adolescent-parent attachment	Category					Min-max	Mean ±Std
	(0-20)	(>20-40)	(>40-60)	(>60-80)	(>80-100)		
	%	%	%	%	%		
Father							
Communication	11.0	40.0	35.1	13.1	0.8	0-83.3	40.3±16.0
Trust	5.7	16.3	35.1	34.3	8.6	0-92.5	55.5±19.5
Exile	7.3	9.4	30.2	32.7	20.4	0-100.0	60.7±23.3
Total adolescent-father attachment	4.1	17.6	44.9	28.2	5.3	0.0-91.4	52.2 ±17.3
Mother							
Communication	1.2	9.4	36.7	39.6	13.1	2.8-97.2	60.5±16.6
Trust	0.4	8.6	28.6	48.6	13.9	5.0-97.5	65.1±16.0
Exile	1.2	5.3	22.9	45.7	24.9	16.7-100.0	68.6±17.5
Total adolescent-mother attachment	0.4	3.3	31.8	50.6	13.9	13.7-96.4	64.8 ±14.0
Total of adolescent-parental attachment	0.0	9.0	48.6	37.1	5.3	21.2-91.6	58.5±13.6

Peer Role

Table 3 shows that the role of peers has two dimensions: the positive influence of peers and positive peer modeling. The results showed that almost half of the adolescents were in the very good category with a range of >80-100 in positive peer roles (47.8%) with an average score of 75.8.

Table 4. Average, minimum, and maximum values and distribution of peer roles by category and dimension

Peer Role	Category					Min-max	Average ±Std
	(0-20)	(>20-40)	(>40-60)	(>60-80)	(>80-100)		
	%	%	%	%	%		
Peer positive influence	2.0	4.5	24.9	35.9	32.7	7.1-100.0	70.1±20.0
Modeling positive peer	1.6	2.0	5.7	15.1	75.5	12.5-100.0	81.6±16.4
Total of peer roles	1.2	2.4	10.2	38.4	47.8	13.0-96.9	75.8±15.7

Pre-marital Sexual Behavior

As described in Table 4, the majority of pre-marital sexual behavior in the "never" category was 86.7 percent, and in the "always" category, it was 1.6 percent. Pre-marital sexual behavior has an average of 6.2. Therefore, the majority of adolescents in this study have a tendency not to have pre-marital sex.

Table 5. Average, minimum, and maximum values and distribution of adolescent sexual behavior by category and dimension

Pre-marital Sexual Behavior	Category				Min-max	Mean ±Std
	Never	Rare	Often	Always		
	%	%	%	%		
Masturbation	80.7	16.1	2.3	0.8	0-100	7.8±14.4
Holding hands	45.3	29.8	17.1	7.8	0-100	29.1±32.0
Cuddle	67.8	22.0	3.7	6.5	0-100	6.3±28.2
Kissing	89.6	8.0	1.8	0.6	0-100	4.5±13.6
Fingering each other	95.7	3.3	0.2	0.8	0-100	2.0±9.7
Necking	93.5	4.9	0.8	0.8	0-100	3.0±12.8
Petting	98.0	1.2	0.0	0.8	0-100	1.2±9.7
Oral sex	97.6	1.2	0.4	0.8	0-100	1.5±10.6
Sexual Intercourse	97.3	1.8	0.1	0.8	0-100	1.5±10.0
Pre-marital Sexual Behavior	86.7	9.5	2.2	1.6	0-100	6.2±10.6

The Relationship between Adolescent-Parental Attachment, Self-Control, Peer Roles, and Adolescent Premarital Sexual Behavior

The results of the Pearson correlation test (Table 5) showed that the adolescent-father attachment variable was significantly positively related to the role of peers ($r=0.312$, $p\leq 0.01$), significantly positively related to self-control ($r=0.457$, $p\leq 0.01$), and positively related significantly with adolescent-mother attachment ($r=0.510$, $p\leq 0.01$).

Hence, good adolescent-father attachment will increase the positive role of peers, self-control, and adolescent-mother attachment. Likewise, the adolescent-mother attachment was significantly positively related to the role of peers ($r=0.264, p\leq 0.01$), significantly positively related to self-control ($r=0.391, p\leq 0.01$), and significantly positively related to adolescent-father attachment ($r=0.510, p\leq 0.01$). As a result, the good adolescent maternal attachment will increase the positive role of peers, adolescent self-control, and adolescent-father attachment. Adolescent self-control had a significant negative relationship with adolescent sexual behavior ($r=0.168, p\leq 0.01$), a significant positive relationship with peer roles ($r=0.315, p\leq 0.01$), a significant positive relationship with adolescent-mother attachment ($r=0.391, p\leq 0.01$), and significantly positive relationship with adolescent-father attachment ($r=0.457, p\leq 0.01$). Hence, good adolescent self-control will reduce adolescent sexual behavior, increase the positive role of peers, increase adolescent-mother attachment and increase adolescent-father attachment. The role of peers had a significant negative relationship with adolescent pre-marital sexual behavior ($r=0.308, p\leq 0.01$) and a significant positive relationship with adolescent-father attachment ($r=0.312, p\leq 0.01$). So, the positive role of peers can reduce adolescent pre-marital sexual behavior and increase adolescent-father attachment.

Table 6. The relationship between adolescent-parent attachment, self-control, and peer roles with adolescent pre-marital sexual behavior

Variable	Adolescent-Parent Attachment		Self-control	Peer Role	Pre-marital Sexual Behavior
	Father	Mother			
Adolescent-father attachment		0.510**	0.457**	0.312**	-0.162*
Adolescent-mother attachment	0.510**		0.391**	0.264**	-0.036
Self control	0.457**	0.391**		0.315**	-0.168**
Peer role	0.312**	0.264	0.315*		-0.308**

Note: **significant at $p\leq 0.01$; *significant at $p\leq 0.05$

The Influence of Adolescent-Parental Attachment, Self-Control, and Peer Roles on Adolescent Premarital Sexual Behavior

The classical assumption test preceded the regression test conducted in this study. The results of the classical assumption test show that the model has met the requirements to perform multiple regression test. The model built has an adjusted R^2 value of 0.097. This means that 9.7 percent of the variables in the model can explain the influence on adolescent pre-marital sexual behavior, while the remaining 90.3 percent is influenced by other variables which not examined.

Table 7. Regression test results between adolescent characteristics, family characteristics, and knowledge about pre-marital sex on attitudes about pre-marital sex

Variable	Unstandardized coefficients		Standardized coefficient	t	Sig.
	B	Std. Error			
Constant	22.612	4.447		5.084	0.000
Adolescent-father attachment	-0.060	0.046	-0.098	-1,290	0.198
Trust-father	0.270	0.070	0.497	3.859	0.000**
Communication-father	-0.128	0.073	-0.194	-1.751	0.081*
Alienation-father	-0.086	0.042	-0.189	-2.062	0.040**
Adolescent-mother attachment	0.091	0.055	0.120	1,653	0.100

Table 7. Regression test results between adolescent characteristics, family characteristics, and knowledge about pre-marital sex on attitudes about pre-marital sex (continue)

Variable	Unstandardized coefficients		Standardized coefficient	t	Sig
	B	Std. Error	β		
Trust-mother	-0.148	0.072	-0.224	-2.059	0.041**
Communication-mother	0.051	0.062	0.080	0.821	0.412
Alienation-mother	-0.017	0.048	-0.028	-0.352	0.725
Self-control	-0.080	0.070	-0.081	-1.142	0.254
Self-discipline	-0.122	0.075	-0.134	-1.632	0.104
Non-impulsive	0.029	0.060	0.041	0.490	0.625
Healthy Habits	0.259	0.068	0.323	3.815	0.000**
Work ethic	-0.055	0.048	-0.086	-1.139	0.256
Reliable	-0.010	0.046	-0.015	-0.210	0.834
Peer role	-0.190	0.044	-0.283	-4.314	0.000**
The positive influence of peers	0.018	0.038	0.035	0.484	0.629
Positive modeling by peers	0.175	0.044	0.271	4.006	0.000**
R square					0.112
Adjusted R Square					0.097
F					7.583
Sig.					0.000

Note. + significant at $p < 0.10$, *significant at $p < 0.05$, **significant at $p < 0.001$.

The results of the linear regression test (Table 6) show that of the four independent variables thought to have an effect on adolescent pre-marital sexual behavior, there is one variable that has the most significant effect on adolescent pre-marital sexual behavior. These variables include the role of peers. The peer role variable ($B = -0.190$) has an influence on pre-marital sexual behavior. This means that each increase in the peer role index score will reduce pre-marital sexual behavior by 190 points.

Discussion

Adolescents have developments related to middle age. Lou, Cheng, Gao, Zuo, Emerson, & Zabin (2012) said that adolescents have the courage to physically contact different genders. This is in contrast to early adolescents driven by sexual urges through masturbation (Lou, Cheng, Gao, Zuo, Emerson, & Zabin, 2012). Dating among teenagers began to walk by holding hands, hugging to risky activities. Negligence of adolescent sexual behavior is influenced by adolescent self-control in applying norms and religion.

The analysis results in this study indicate that most adolescent pre-marital sexual behavior is in the "never" category and the minority in the "always" category. This shows that most teenagers in this study tend not to have pre-marital sex. This is in line with previous research where adolescents consider physical intercourse with sex, so they assume that intense experience (physical intercourse) eliminates the idealized part of sex or is not the most important part of sex (Wahyudin & Rahmah, 2016). This statement is also supported by Rahardjo, Citra, Saputra, Damariyanti, Ayuningsih, and Siahay (2017), who state that adolescents have a low tendency to sexual behavior before marriage because most adolescents state that they do not agree with all forms of sexual behavior before marriage.

Regarding pre-marital sexual behavior, the family environment is a protective factor and prevention of risky behavior in adolescents. In addition, family is the main factor that influences adolescent development, although peers, schoolmates, and schoolmates also influence them. Based on the theory of developmental psychology, early adolescence is the age when parents are still influential, even though it has decreased by almost 50 percent because peers have supported it. According to Piaget's theory of cognitive development, early adolescents can think abstractly, logically, and rationally (Suwarni, Ismail, Prabandari, & Adiyanti, 2015). In this case, attachment contributes to human development throughout life through emotional support and a sense of closeness to parents. Therefore, parents are important attachment figures and a support system for teenagers to explore the wider outside world. So, when teenagers learn to build relationships with people outside their families (Hidayati, Purwanto, & Yuwono, 2011).

The adolescent-father attachment regression test gave negative and insignificant results. The regression test on the influence of adolescent-mother attachment showed positive but insignificant results. This study measures adolescent-parent engagement in three dimensions: communication, trust, and isolation. The results showed that almost all adolescents had attachments to their fathers, while more than that, we found that respondents had attachments with a classification of >60-80.

Attachment to the father explains that fathers can recognize and respond constructively to children's emotions towards boys compared to girls. Therefore, attachment to the competence of parents, especially fathers, can shape adolescents' social and social welfare, such as self-esteem, emotional adjustment, and physical and psychological well-being (Santrock, 2003).

Meanwhile, adolescent-mother attachment has a significant positive relationship with self-control and a significant positive relationship with adolescent-father attachment. This means that the better the adolescent's attachment, the greater the adolescent's attachment, and self-control. This shows that attachment to the mother has a greater contribution than attachment to the father to adolescents' psychological well-being. This is because the mother is the most responsible for the child's development compared to the father. Septifani (2015) explains that the role of mothers in the family pattern is as a supporter in helping husbands work, fulfill household needs, maintain household integration, take care of and take care of children. Parents coordinate with each other in influencing adolescent development (Santrock, 2003). Furthermore, Armsden & Greenberg (1987) explain that attachment to mother and father is a strong predictor of the formation of well-being, especially in terms of self-esteem and life satisfaction.

The current findings support the results of previous studies by Fitriani and Hastuti (2016); Purba and Bangun (2020). However, contradict Puspitadesi, Yuliadi, and Nugroho (2013), which shows that there is a significant relationship between parental attachment figures and adolescent sexual behavior. In line with the statement of Hovee, Stams, Van der Put, Dubas, Van der Laan, and Gerris (2012), the influence between adolescents and attachment to parents was found to be greater in parents and children of the same sex. Therefore, the closer the adolescent is to his parents, the higher the adolescent's self-control, and vice versa. This emphasizes the importance of parenting behavior during adolescence. A better understanding of the parenting process and low self-control will allow counselors and educators to intervene before serious aggression problems develop. Helping parents demonstrate more effective parenting behaviors is a prominent intervention because it influences protective factors, such as self-control.

Furthermore, Kahn, Holmes, Farley, and Kim-Spoon (2015) found that adolescent parental attachment quality played an indirect role in harmful sexual developmental behavior through developmental behavior, but only in adolescents with low self-control. This can be interpreted that the quality of adolescent attachment to his father and mother plays a role in helping improve adolescent self-control abilities. Myrick, Green, and Crenshaw (2014) state that attachment theory also conceptualizes adolescent external behavior resulting from insecure attachment. Peer behavior that is easily influenced brings teenagers to one aspect of self-control: low self-discipline. This makes father and mother attachment an important factor in developing adolescent self-control. Brauer and De Coster (2015) found that parental and peer attachment simultaneously affect juvenile delinquency. The emergence of juvenile delinquency is the impact of low self-control in adolescents.

The analysis of the description of the self-control variable, namely the tendency to behave in pre-marital sexual behavior, is at a low level in adolescent attitudes towards pre-marital sexual behavior. When adolescents have a high score on the attitude scale towards pre-marital sexual behavior, the tendency of adolescents to engage in pre-marital sexual behavior will be even greater. The regression test shows that self-control negatively affects the tendency of pre-marital sex behavior in adolescents. If the individual has high self-control, the tendency of adolescents to engage in pre-marital sex behavior will be higher. The current research results are in line with research conducted by Angelina (2013) and Chariri (2014). Although there are conflicting results (Afandi, 2018; AK Dewi, 2014; Khairunnisa, 2013; Lee, Brook, Pahl, & Brook, 2018; Noor, 2016; Sya'diyah & Duryati, 2019) which concluded that there was a significant negative relationship between self-control and sexual behavior in adolescents.

The direction of the negative value relationship indicates that the higher the self-control that exists in adolescents, the lower the tendency to have pre-marital sex. One of the causes of the emergence of pre-marital sexual behavior is due to peer pressure or increased sexual urges in adolescence; adolescents with high self-esteem will be able to control these pressures.

On the other hand, adolescents who have low self-control are less able to withstand the pressures that befall them, both pressures that come from within themselves and pressures that come from outside themselves. Adolescents with low self-control are considered less able to respect themselves, feel less support from others, and control over their behavior is also not good. As a result, to get support from others, especially peers, adolescents with low self-control tend to follow the behavior or habits that exist in their environment. For example, when the group considers that pre-marital sexual behavior is normal, this teenager will also do it so that he is considered the same as his friends in the group. This is in line with Rahardjo (2008), who emphasized that adolescents are more comfortable and open in discussing sexual behavior problems with their peers compared to their parents.

Hardani, Hastuti, and Yuliati (2018) found that several factors driving pornographic behavior are the use of the internet via mobile phones, the amount of pocket money, the free time children have after school, and the influence of friends. Usually, teenagers look for peers with the same desire to satisfy their desires. One of the most important functions of a peer group is as a source of information about the outside world. Sexual information from peers who have not known the truth can have a negative impact on adolescents. Peers generally get information only through mass media shows such as films, VCDs, television, and personal experiences. Information obtained from the media

and personal experience is directly shared with friends without filtering the correct information and sorting out good information so that it can affect the knowledge and attitudes of adolescents about sexual acts that can be done to their partners.

The regression test results show that the negative role of peers has a 0.75 times greater chance of engaging in risky sexual behavior. They were compared to adolescents with positive peer roles. This is in line with the results of previous studies (Lee, Brook, Pahl, & Brook, 2018; Masni, 2018; Pratiwi, Padmawati & Wahyuni, 2018; Widman, Choukas, Helms, & Prinstein, 2016) that the role of peers significantly influences behavior. Risky sexual behavior in adolescents. When teenagers spend time together, the deviant behavior of one teenager can also be transmitted to his friends. Internalization and externalization of risky sexual behavior occur in adolescents who are friends. Teenagers who have a highly permissive attitude will more easily occur (Suparmi & Isfandari, 2016).

Hurlock (1980) also revealed that peer association is related to determining sexual behavior because the perception of sexual behavior is the perception of peer norms during adolescence; adolescents rely more on friends than parents for closeness and support. This is in line with the development of the role of adolescents in the social life of adolescents so that it shows a high level of conformity to peers. Besides that, internal and external factors also affect the prevalence of sexual behavior among adolescents, such as the lack of family roles where adolescents receive less attention, being far from their families, supervision, and application of religious norms or education in the family is not considered by parents.

Based on the researcher's direct experience in the research process, there are several limitations experienced, and many factors can be of more concern for further researchers in perfecting their research because this research itself certainly has shortcomings that need to be improved continuously. In research. Future discovery. Some of the limitations in this study, among others, are the characteristics of adolescents in the questionnaire that is not in-depth related to information about dating behavior. Like questions, do you have a boyfriend, old date etc. The research object is only focused on high school and vocational students, where the possibility of sexual behavior tends to be low compared to places where sexual behavior is high. In the process of collecting data, the information provided by respondents through questionnaires sometimes does not show the respondents' actual opinions; this happens because sometimes the thoughts, assumptions, and understandings of each respondent are different, as well as other factors such as honesty in filling out respondents' opinions in the questionnaire.

Conclusion and Recommendation

Conclusion

The results showed that most adolescent pre-marital sexual behavior was in the "never" category, while the minority was in the "always" category. Most adolescents have moderate self-control; almost half of the adolescents have an attachment to their father in the "moderate" category, more than half of adolescent-mother attachments are in the "good" category, and almost half of the adolescents are in the "very good" category in peer roles positive ones. The analysis of the causes of the low pre-marital sexual behavior of adolescents in this study indicates a positive influence on the role of peers on adolescents. So the main finding in this study is that peer behavior significantly affects

adolescent pre-marital sexual behavior. Meanwhile, this study also shows that adolescent-parental attachment and adolescent self-control have no significant effect on adolescent pre-marital sexual behavior in Bogor City.

Recommendation

The government can facilitate the implementation of youth empowerment initiatives through peer educators and peer counselors in the community, youth groups in the community, and the construction of sports facilities and infrastructure for youth physical activities. By providing more applicable religious education, teachers are intended to provide guidance and direction in preventing risky/pre-marital sexual behavior. Families, particularly parents, must establish a strong bond with adolescents and educate them about the consequences of pre-marital sexual behavior. Parents control the adolescent's friendships with peers. The community is supposed to be able to supervise the relationships of adolescents, especially the behavior of adolescents who have partners, for additional study on the addition of variable adolescent characteristics, the function of information technology, and the role of families in relation to at-risk adolescents' pre-marital sexual behavior.

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