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Parental Parenting Styles, Social Media, and Peer Influence on Sexual Behavior among Adolescents at SMAN 1 Blega Bangkalan

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ABSTRACT

Adolescence is a phase marked by curiosity and attraction to the opposite sex, which may influence their sexual behavior. According to BKKBN data from 2023, 60% of adolescents aged 16–17 years and 20% aged 14–15 years have engaged in sexual intercourse. A preliminary study at SMAN 1 Blega revealed that among 15 dating students, 4 reported kissing and petting. This study aimed to analyze the influence of parenting patterns, social media, and peer relationships on adolescent sexual behavior at SMAN 1 Blega. Using an analytical cross-sectional approach, the study surveyed 121 out of 158 grade 11 students through simple random sampling. Data analysis employed descriptive statistics, Spearman rank, and logistic regression. The findings indicated significant partial influences of authoritarian parenting ($p=0.027$; $R^2=0.208$), non-risky social media access ($p=0.002$; $R^2=0.292$), and peer influence ($p=0.011$; $R^2=0.256$) on adolescent sexual behavior. Recommendations include replicating planned Generation (GenRe) and counseling teachers are advised to activate the Reproductive Health Information and Counseling Centers (PIK-R) programs tailored for adolescents and strengthening parental communication and supervision to mitigate risky sexual behaviors.

Keywords: Parenting Patterns; Social Media; Peer Influence; Sexual Behavior

Introduction

Adolescence is a transitional phase from childhood to adulthood, characterized by biological, psychological, and social changes, accompanied by the emergence of complex sexual behaviors. According to the 2023 Badan Kependudukan dan Keluarga Berencana (BKKBN) data, 60% of adolescents engage in sexual intercourse at ages 16–17, and 20% at ages 14–15. Moreover, dating behaviors among adolescents contribute to sexual desires, such as kissing (30% females, 50% males) and fondling (5% females, 22% males) [2]. The 2023 Survei Kesehatan Indonesia (SKI) data also showed cases of early pregnancy among eight adolescents aged 10–15 years and 1,141 adolescents aged 15–19 years [14]. A preliminary study at

Sekolah Menengah Atas Negeri (SMAN) 1 Blega found that 15 students were in relationships, with 4 admitting to kissing and petting, which indicates risky sexual behavior.

Factors influencing sexual behavior include developmental, external, and societal aspects [1]. The role of parents in providing essential information about sex and reproductive health significantly shapes children's characteristics and personalities. Research by Milla Pelita Sintawati highlighted that positive parenting can guide adolescents toward safe sexual behavior. Similarly, Sholihah AN (2019) found that good parenting reduces risky sexual behavior in adolescents [3].

Social factors, such as social media usage, also influence sexual behavior. In the globalization era, social media contributes to premarital sexual

behavior among adolescents. Fariana et al. (2024) noted that social media usage impacts premarital sexual behavior as adolescents utilize it to access various information, including sexuality [13]. Peer relationships play a crucial role in adolescent social life. Peer influence on reproductive health issues can help adolescents better understand reproductive health. However, negative interactions with peers on topics like sexuality can adversely affect attitudes, behaviors, and life goals. Fariana et al. (2024) stated that peer influence on social media usage has positive effects, such as facilitating interactions, and negative effects, like exposure to pornography, which increases the risk of premarital sexual behavior [13].

The Indonesian government addresses the adverse effects of premarital sexual behavior through programs like GenRe and Youth Family Development (BKR). BKKBN disseminates reproductive health information via PIK-R, while the Ministry of Health implements PKPR programs for adolescents [4]. However, these programs act as supplementary interventions. Effective parenting remains crucial in preventing risky sexual behavior.

Social media and peer interactions are significant contributing factors to premarital sexual behavior. Based on this background, the researchers were interested in analyzing the influence of parenting patterns, social media, and peer relationships on adolescent sexual behavior at SMAN 1 Blega.

Methods

This research employed an analytical design with a cross-sectional approach. The study examined the relationships between independent variables (parenting patterns, social media, and peer influence) and the dependent variable (sexual behavior). The research was conducted at SMAN 1 Blega from July to September 2024. The population comprised 158 grade 11 students, with a sample of 121 students selected through simple random sampling. Data collection utilized a Likert-scale questionnaire. Data were analyzed using univariate, bivariate (Spearman rank test), and multivariate (logistic regression) analyses.

Results and Discussion

Table 1. Distribution of Grade 11 Respondent Characteristics at SMAN 1 Blega in September 2024

Characteristics	Frequency (n)	Percentage (%)	
Age	16 years	36	29,8
	17 years	69	57
	18 years	16	13,2
Total	121	100	
Gender	Male	68	56,2
	Female	53	43,8
Total	121	100	

Table 2. Frequency Distribution of Research Variables on Parenting Patterns, Social Media, Peer Influence, and Sexual Behavior at SMAN 1 Blega in September 2024

Variable	Category	Frequency (f)	Percentage (%)
Parenting Patterns	Authoritarian	18	14,9
	Democratic	89	73,5
	Permissive	14	11,6
Social Media	Non-risky	21	17,4
	Mild risk	40	33
	Moderate risk	56	46,3
	High risk	4	3,3
Peer Influence	No influence	24	19,8
	Mild influence	36	29,8
	Moderate influence	33	27,3
	Strong influence	28	23,1
Sexual Behavior			

No influence	24	19,8
Mild influence	36	29,8
Moderate influence	33	27,3
Strong influence	28	23,1

Table 3 The Influence of Parenting Patterns on Adolescent Sexual Behavior at SMAN 1 Blega in September 2024

Parenting Patterns	Adolescent Sexual Behavior										P value	R
	Non-risky		Mild Risk		Moderate Risk		High Risk		Total			
	f	%	f	%	F	%	f	%	f	%		
Authoritarian	8	13,3	4	8,7	4	30,8	2	100	18	14,9	0,022	0,208
Democratic	41	68,3	40	87	8	61,5	0	0	89	73,6		
Permissive	11	18,3	2	4,3	1	7,7	0	0	14	11,6		
Total	60	100	46	100	13	100	0	100	121	100		

Table 4. The Influence of Social Media on Adolescent Sexual Behavior at SMAN 1 Blega in September 2024

Social Media Usage	Adolescent Sexual Behavior										P value	R
	Non-risky		Mild Risk		Moderate Risk		High Risk		Total			
	f	%	f	%	F	%	f	%	f	%		
Non-risky	20	33,3	1	2,2	0	0	0	0	21	17,4	0,001	0,292
Mild risk	13	21,7	25	54,3	2	15,4	1	50	40	33		
Moderate risk	26	43,3	19	41,3	10	76,9	1	50	56	46,3		
High risk	1	1,7	1	2,2	1	7,7	0	0	4	3,3		
Total	60	100	46	100	13	100	2	100	121	100		

Table 5. The Influence of Peer Influence on Adolescent Sexual Behavior at SMAN 1 Blega in September 2024

Peer Influence	Adolescent Sexual Behavior										P value	R
	Non-risky		Mild Risk		Moderate Risk		High Risk		Total			
	F	%	F	%	f	%	f	%	f	%		
No influence	22	36,7	2	4,3	0	0	0	0	24	19,8	0,005	0,256
Mild influence	10	16,7	26	56,5	0	0	0	0	36	29,8		
Moderate influence	13	21,6	13	28,3	6	46,2	1	50	33	27,3		
Strong influence	15	25	5	10,9	7	53,8	1	50	28	23,1		
Total	60	100	46	100	13	100	2	100	121	100		

Table 6. The Influence of Parenting Patterns, Social Media, and Peer Influence on Adolescent Sexual Behavior at SMAN 1 Blega in September 2024

Variables	Adolescent Sexual Behavior		
	Wald	p-Value	R-squared (R ²)
Authoritarian Parenting	4.093	0,027	0,208
Democratic Parenting	2.042	0.153	
Permissive Parenting	0	0	
Non-risky social media	9.489	0,002	0,292
Mild-risk social media	1.918	0.166	

Moderate-risk social media	2.881	0.090	
High-risk social media	0	0	
No Peer Influence	6.501	0.011	0,256
Mild Peer Influence	0.050	0.823	
Moderate Peer Influence	0.277	0.599	
StrongPeer Influence	0	0	

This study was conducted at Sekolah Menengah Atas Negeri (SMAN) 1 Blega, located on Jl. Raya Blega, Rosep Village, Blega Subdistrict, Bangkalan Regency. The school is situated 1 km from the Blega Subdistrict center, providing a conducive learning environment. The total student population is 470, with 265 male and 205 female students. The teaching staff comprises 43 educators.

The table 1 above indicates that most respondents (57%) were 17 years old, and over half (56.2%) were male.

The table 2 shows that most respondents (73.5%) experienced democratic parenting patterns. Social media access was predominantly in the moderate-risk category (46.3%), while 3.3% fell into the high-risk category. Regarding peer influence, 29.8% of respondents reported mild influence, while 23.1% indicated strong influence. For sexual behavior, most respondents (49.6%) demonstrated non-risky behavior, and 1.7% exhibited high-risk behavior.

Based on Table 3 and Spearman rank analysis, of 46 respondents, 40 (87%) with democratic parenting exhibited mild-risk sexual behavior, while 2 respondents (100%) with authoritarian parenting exhibited high-risk sexual behavior. The analysis yielded a p-value of 0.022 (<0.05) and $R = 0.208$, indicating a significant relationship between parenting patterns and adolescent sexual behavior at SMAN 1 Blega, Bangkalan.

Based on Table 4 and Spearman rank analysis, of 13 respondents with moderate-risk sexual behavior, 10 (76.9%) frequently accessed moderately risky social media. Meanwhile, of 2 respondents with high-risk sexual behavior, 1 (50%) occasionally accessed mildly risky social media. Statistical analysis yielded a p-value of 0.001 (<0.05) and $R = 0.292$, indicating a significant relationship between social media usage and adolescent sexual behavior at SMAN 1 Blega, Bangkalan.

Based on Table 5 and Spearman rank analysis, of 60 respondents with non-risky sexual behavior, 15 (25%) had peer groups with strong negative influence. Of 2 respondents with high-risk behavior, 1 (50%) was moderately

influenced by peers. Statistical analysis yielded a p-value of 0.005 (<0.05) and $R = 0.256$, indicating a significant relationship between peer influence and adolescent sexual behavior at SMAN 1 Blega, Bangkalan.

Based on Table 6 and logistic regression analysis, significant partial influences on adolescent sexual behavior were found in the following variables: authoritarian parenting ($p = 0.027$; $R^2 = 0.208$), non-risky social media access ($p = 0.002$; $R^2 = 0.292$), and no peer influence ($p = 0.011$; $R^2 = 0.256$).

Other variables, including democratic parenting ($p = 0.153$), mild-risk social media ($p = 0.166$), moderate-risk social media ($p = 0.090$), and mild or moderate peer influence ($p = 0.823$ and $p = 0.599$, respectively), did not exhibit significant relationships with sexual behavior.

Overview of Parenting Patterns at SMAN 1 Blega, Bangkalan

Table 2 shows that the majority of respondents (73.5%) were raised under democratic parenting. This parenting style directs children rationally, values communication, explains requests, and reinforces behavioral standards. Parents neither adopt an authoritarian stance nor focus solely on the child's needs [8]. Democratic parenting fosters independence, self-control, stress management, and positive relationships with others (Kartika & Budisetyani, 2018) [9]. Studies by Marlita (2019) [8], Sulistyawati (2018) [6], and Pandensolang (2019) [10]. also affirm that democratic parenting prioritizes children's interests while maintaining parental authority. Adolescents with such parenting are more likely to respect and follow parental guidance.

Overview of Social Media Usage Among Adolescents at SMAN 1 Blega

Table 2 further reveals that most adolescents accessed social media at moderate-risk levels (46.3%), with 3.3% categorized as high-risk users. Social media provides both beneficial and harmful content, including misinformation and explicit materials. Unrestricted access can lead to misuse. Moderate-risk behaviors at SMAN 1 Blega included meeting strangers via dating apps and watching pornography, which can heighten adolescents'

sexual tendencies. Studies by Asmin & Mainase (2020) show that up to 84% of students active on social media exhibit risky sexual behavior [15]. Similarly, Sumarni et al. (2023) found that 66.3% of students used social media moderately, while 20.7% were high-risk users [16]. Adolescents need stricter supervision to ensure they filter the information they access.

Overview of Peer Influence Among Adolescents at SMAN 1 Blega

Based on Table 2, the majority of respondents had peers with mild influence (29.8%) and those with strong influence (23.1%). Peers, defined as individuals of the same age group, play a significant role in adolescents' lives. They share stories, experiences, and information, and provide opinions, solutions, and advice that are often more easily accepted than those from parents. This finding aligns with the research by Kusumawardani et al. (2024), which revealed that among 25 respondents influenced by peers, 18 individuals (72.0%) exhibited risky sexual behavior. Similarly, it is consistent with the study by Sigalingging & Sianturi (2019), which found that out of 43 adolescents with negative peer influence, 40 (80%) engaged in risky sexual behavior [18]. This suggests that peers with predominantly negative characteristics tend to promote risky sexual behavior [11].

Overview of Adolescent Sexual Behavior at SMAN 1 Blega

Table 2 indicates that the majority of adolescents at SMAN 1 Blega, Bangkalan Regency, exhibit low-risk sexual behavior (49.6%). Adolescent sexual behavior is influenced by sexual urges, whether with the opposite or the same sex, particularly in the context of romantic relationships (premarital sexual activity). Adolescents are particularly vulnerable to sexual issues due to the surge in sexual desires triggered by puberty. Consistent with Tessa Widya Kosati's (2018) study, more than half of respondents demonstrated low-risk behavior due to their ability to exercise self-control [5]. Social norms discourage adolescents from engaging in free sexual behavior [6].

The findings reveal that most respondents engage in low-risk behaviors, such as fantasizing, holding hands, and hugging. Although these behaviors are mild, they may escalate into more severe behaviors, such as kissing and sexual intercourse, if not properly addressed [6]. Preventative measures focusing on the underlying causes of risky sexual behavior are essential [7].

The Influence of Parenting Styles on Adolescent Sexual Behavior

Table 3 highlights that a democratic parenting style is associated with low-risk sexual behavior among adolescents, with a p-value of 0.022 (<0.05) and an R-value of 0.208. Parental guidance plays a crucial role in helping children distinguish between right and wrong. Excessive freedom can confuse children and lead to misdirection, while understanding their emotions fosters comfort and trust.

Democratic parenting encourages children's independence while establishing clear boundaries and explaining the rationale behind rules. Parents maintain control but are neither overly strict nor authoritarian. They adopt a firm but open approach, showing affection and support in response to positive behavior. This approach promotes self-confidence, social responsibility, cheerfulness, and resilience in managing stress (Subagia, 2021). A harmonious family atmosphere fosters open communication, including discussions about sexual issues.

Asserts that parenting styles significantly influence adolescent sexual behavior [1]. A lack of communication about sexuality between parents and adolescents may result in unhealthy sexual practices. Passive sexual education negatively impacts attitudes and behaviors, emphasizing the importance of parents providing accurate information and explaining the risks associated with sexual behavior. Findings align with research by Milla Pelita Sintawati (2021) and Kartika & Budisetyani (2018), which identify a significant relationship between parenting styles and adolescent sexual behavior, with democratic parenting correlating with premarital sexual behavior ($p = 0.029, p < 0.05$) [9].

Parents who employ democratic parenting are more likely to allow positive social interactions for their children while providing constructive feedback during problem-solving. Consequently, adolescents raised in such environments tend to exhibit safer sexual behaviors. Research by Pandensolang et al. (2019) also reveals a significant relationship between parenting styles and adolescent sexual behavior at SMA Negeri 1 Beo, Talud Islands [10].

Adolescence is marked by curiosity and exploration, which may lead to behaviors that deviate from social norms. However, effective communication, strong self-control, and awareness of potential risks can empower adolescents to avoid risky sexual behaviors.

The Influence of Social Media on Adolescent Sexual Behavior

Table 4 reveals that the majority of adolescents fall into the category of moderate-risk sexual behavior. Statistical analysis yielded a p-value of 0.001 (<0.05) and an R-value of 0.292, indicating that social media use significantly influences adolescent sexual behavior at SMAN 1 Blega, Bangkalan Regency. Social media use can shape adolescent sexual behavior, as these platforms often expose users to inappropriate content, such as pornography, which may heighten sexual urges and encourage imitation of observed behaviors. Adolescents frequently accessing social media are more likely to be influenced by its content. The availability of explicit material on platforms like Google, Instagram, Twitter, YouTube, TikTok, and Telegram may foster unhealthy sexual behaviors and negatively impact adolescent sexual practices [17].

This aligns with findings by Fariana et al. (2024), demonstrating a direct relationship between social media use and premarital sexual behavior, with a t-statistic value of 2.392 (>1.96) and $p = 0.017$ (≤ 0.05) [13]. Social media facilitates interactions and information sharing among adolescents, potentially triggering risky sexual behaviors. Other studies also confirm a strong relationship between mass media exposure and adolescent sexual behavior [15] [16].

The Influence of Peer Relationships on Adolescent Sexual Behavior

Table 5 shows that 25% of adolescents with heavily influential (negative) peers do not exhibit risky sexual behavior. Among two adolescents displaying risky sexual behavior, one (50%) was influenced by heavily negative peers, while the other was influenced by moderately influential peers. Statistical tests indicate a significant influence ($p\text{-value} = 0.005$, $R = 0.256$), highlighting that peers, as a secondary environment after family, significantly affect individual decisions regarding sexual behavior.

The importance of peer relationships can shape adolescent behavior both positively and negatively. Adolescents often prioritize acceptance within peer groups and develop mutual dependence. Peers influence sexual behavior by providing more open discussions about sexuality than family members. This aligns with research by Sigalingging & Sianturi (2019), which demonstrates a relationship between peer influence and sexual behavior, making adolescents vulnerable to inappropriate actions without considering the

consequences [18]. Peer pressure frequently leads to negative behaviors, such as masturbation [17].

The Influence of Parenting Styles, Social Media, and Peers on Adolescent Sexual Behavior

Based on Table 6, the results show that certain variables have a significant partial effect on sexual behavior. These include: authoritarian parenting style ($p = 0.027 < 0.05$), with an R^2 value of 0.208; social media access, which does not have a significant influence ($p = 0.002 < 0.05$), with an R^2 value of 0.292; and peer relationships, which also do not have a significant influence ($p = 0.011 < 0.05$), with an R^2 value of 0.256...

Authoritarian parenting style significantly influences sexual behavior as it tends to cause adolescents to feel pressured by the many rules imposed by their parents. Adolescents perceive their movements as restricted, which leads them to seek freedom and pleasure to satisfy their sexual desires. This is consistent with the findings of Theresia et al. (2020), which reported that 35% of respondents had low self-esteem, with 27% exposed to permissive, authoritarian, or inconsistent parenting styles. Exposure to these parenting types (permissive, inconsistent, authoritarian) results in adolescents exhibiting less discipline and obedience [19].

In contrast, the study finds that adolescents' access to social media does not significantly influence risky sexual behavior. Adolescents who use social media for positive purposes, such as searching for educational materials on platforms like Google and YouTube, may still encounter unwanted content, such as pornography. Despite their intention to avoid such content, prolonged exposure to social media can lead to the inadvertent appearance of inappropriate material, which may, in turn, influence sexual behavior. This finding aligns with Sumarni et al. (2023), who stated that adolescents with high social media usage intensity are more likely to engage with and internalize content, influencing their sexual behavior [16].

One of the variables that did not have a significant impact on adolescent sexual behavior is peer influence, particularly in terms of peer groups not exerting a substantial influence within their circle. Adolescents are more likely to open up to their peer group due to shared thoughts, which fosters strong bonds and friendships. They often exchange information and engage in positive activities such as studying together, participating in hobbies like playing sports, or other similar endeavors. However, on the other hand, peers may also share negative behaviors, such as mutual encouragement of romantic feelings towards the

opposite sex, smoking, or engaging in risky sexual behaviors. These situations arise because adolescents trust their peers. This aligns with Tifa et al. (2020), who found that the higher the peer influence score, the higher the likelihood of risky sexual behavior, indicating that frequent peer interactions increase the chances of engaging in sexual behaviors [12].

Table 5 further illustrates several variables that did not significantly impact adolescent sexual behavior in a partial manner. These include: democratic parenting style ($p = 0.153$), social media access (light influence category, $p = 0.166$), social media access (moderate influence category, $p = 0.090$), and peer influence (light influence category, $p = 0.823$, moderate influence category, $p = 0.599$).

The research findings indicate that while some variables show influence, they do not have a significant effect on adolescent sexual behavior. This may be attributed to other factors within the adolescents themselves, such as self-concept and religiosity. According to Sunaryo (2014) in Winingsih et al. (2019) [20], self-concept refers to how an individual perceives themselves holistically, including their physical, emotional, intellectual, social, and spiritual aspects. If an adolescent has a well-developed self-concept, it fosters a sense of self-love and feelings of shame or fear regarding actions that may harm their own dignity. This is consistent with Winingsih et al. (2019), who found a significant relationship between self-concept and risky sexual behavior in adolescents ($p = 0.018$) [20].

Another influential factor is religiosity, which is often linked to a higher level of self-control. Religion and religiosity are inseparable concepts. Religiosity reflects the quality of an individual's religious life, and adolescents who understand religious values and have high levels of religiosity are better able to control their curiosity, which may lead to deviant behavior, and limit themselves from engaging in negative behaviors such as premarital sexual activities. This aligns with Putranto et al. (2023), who found a strong correlation between religiosity and adolescent sexual behavior [21].

Conclusion

The study concludes that parenting styles, social media use, and peer relationships significantly influence adolescent sexual behavior. School principals and counseling teachers are advised to activate the Reproductive Health

Information and Counseling Centers (PIK-R), monitor students, and collaborate with health centers and community organizations to provide education on adolescent reproductive health.

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