

ABSTRAK

Hubungan Kontrol Diri (*Self-Control*) dengan Tingkat Keterpaparan Pornografi pada Remaja di Madrasah Tsanawiyah Muhammadiyah Kajen

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Latar Belakang: Perkembangan teknologi dan kemudahan akses internet menyebabkan remaja semakin mudah memperoleh berbagai informasi, termasuk konten pornografi. Remaja berada pada tahap perkembangan dengan rasa ingin tahu yang tinggi sehingga lebih rentan terpapar konten pornografi. Paparan pornografi yang tidak terkontrol dapat memengaruhi perilaku serta perkembangan psikologis remaja. Salah satu faktor yang dapat membantu remaja mengendalikan perilaku tersebut adalah kontrol diri. Penelitian ini bertujuan untuk mengetahui hubungan antara kontrol diri (*self-control*) dengan tingkat keterpaparan pornografi pada remaja di Madrasah Tsanawiyah Muhammadiyah Kajen.

Metode: Penelitian ini merupakan penelitian deskriptif korelasi dengan pendekatan *cross sectional*. Teknik pengambilan sampel menggunakan *total sampling* dengan jumlah responden sebanyak 125 siswa kelas VIII. Pengumpulan data dengan menggunakan kuesioner kontrol diri dan instrumen deteksi dini konten pornografi. Analisis univariat pada data numerik menggunakan nilai mean, median, nilai minimum dan maksimum. Sedangkan data kategorik menggunakan distribusi frekuensi dan persentase. Analisis bivariat yang digunakan adalah uji korelasi *Spearman Rank*.

Hasil: Sebagian besar responden memiliki kontrol diri tinggi, yaitu sebanyak 76 responden (60,8%) dan mayoritas berada pada kategori terpapar derajat 1, yaitu sebanyak 101 responden (80,8%). Hasil uji statistik menunjukkan nilai signifikansi $p < 0,001$ dengan nilai koefisien korelasi (r) sebesar -0,330 yang berarti terdapat hubungan antara kontrol diri dengan tingkat keterpaparan pornografi pada remaja.

Simpulan: Terdapat hubungan antara kontrol diri (*self-control*) dengan tingkat keterpaparan pornografi pada remaja di Madrasah Tsanawiyah Muhammadiyah Kajen, sehingga diperlukan upaya penguatan kontrol diri pada remaja serta peningkatan peran orang tua dan sekolah dalam mencegah keterpaparan pornografi.

Kata Kunci: Kontrol Diri, Keterpaparan Pornografi, Remaja

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ABSTRACT

**The Relationship Between Self-Control and the Level of Exposure
to Pornography Among Adolescents at Muhammadiyah
Kajen Junior High School**

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Background: Technological advancements and easy access to the internet have made it easier for adolescents to obtain various types of information, including pornographic content. Adolescents are in a developmental stage characterized by high curiosity, making them more vulnerable to such exposure. Uncontrolled exposure to pornography may negatively affect adolescents' behavior and psychological development. One factor that may help adolescents regulate this behavior is self-control. This study aims to determine the relationship between self-control and the level of exposure to pornography among adolescents at Muhammadiyah Kajen Junior High School.

Method: This study employed a descriptive correlational design with a cross-sectional approach. Total sampling was used, involving 125 eighth-grade students. Data were collected using the Self-Control Questionnaire and the Pornography Exposure Assessment instrument. Univariate analysis for numerical data included mean, median, minimum, and maximum values. Categorical data were presented as frequency distributions and percentages. The Spearman rank correlation test was used to analyze the relationship between variables.

Result: The majority of respondents had high self-control (76 students; 60.8%), and most were categorized as having level 1 exposure to pornography (101 students; 80.8%). Statistical analysis showed a significant relationship between self-control and the level of pornography exposure ($p < 0.001$), with a weak negative correlation ($r = -0.330$).

Conclusion: There is a significant relationship between self-control and the level of pornography exposure among adolescents at Muhammadiyah Kajen Junior High School. Higher self-control is associated with lower levels of exposure. Therefore, efforts to strengthen adolescents' self-control, along with support from families and schools, are essential to prevent exposure to pornographic content.

Keywords: *Self Control, Pornography exposure, Adolescent*

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