

ANALYSIS OF ADOLESCENT SEXUAL BEHAVIOR BASED ON THE INFLUENCE OF FAMILY AND ENVIRONMENT

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Abstract

Adolescent sexual behavior has emerged as a critical issue in public health, particularly in the digital era and amid rapid social change. This study aimed to examine the influence of family factors, namely parenting style and parental marital status, as well as environmental factors, especially peer influence, on adolescent sexual behavior in Pekalongan Regency in 2025. A quantitative research design with a cross-sectional approach was employed. The study population included high school students across Pekalongan Regency, and cluster random sampling produced a sample of 393 respondents. Data were analyzed using chi-square tests for bivariate analysis and multiple logistic regression for multivariate analysis. The results revealed that peer influence showed a significant relationship with adolescent sexual behavior, where adolescents strongly influenced by peers were nearly twice as likely to engage in risky sexual activity compared to those less affected. In contrast, parental marital status and parenting style showed no significant association with sexual behavior. Furthermore, regression analysis confirmed that among the variables studied, peer influence was the only factor with a significant effect, indicating its role as the strongest predictor of risky sexual behavior. In conclusion, peer influence constitutes the most decisive factor shaping adolescent sexual behavior in Pekalongan Regency. Efforts to prevent risky sexual activity among adolescents should therefore emphasize strengthening positive peer roles, encouraging constructive group activities, and ensuring comprehensive support from schools and families.

Keywords: adolescent sexual behavior, parental marital status, parenting patterns, peer role.

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ANALISIS PERILAKU SEKSUAL REMAJA BERDASARKAN PENGARUH KELUARGA DAN LINGKUNGAN

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Abstrak

Perilaku seksual remaja menjadi isu penting dalam kesehatan masyarakat, terutama di era digital dan perkembangan sosial yang pesat. Tujuan dari penelitian ini untuk mengetahui pengaruh dari keluarga yaitu pola asuh, status pernikahan orang tua dan lingkungan yaitu peran teman sebaya terhadap perilaku seksual remaja di Kabupaten Pekalongan tahun 2025. Metode penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross-sectional*. Populasinya siswa SMA /Sederajat di Kabupaten Pekalongan. Teknik *cluster random sampling* dengan hasil 393 siswa. Analisis bivariat dengan uji *chi-square*, dan multivariat menggunakan regresi logistik ganda. Hasil penelitian menunjukkan bahwa peran teman sebaya memiliki hubungan signifikan dengan perilaku seksual ($p=0,003$) dengan OR = 1,883 mengindikasikan bahwa remaja yang terpengaruh kuat oleh teman sebaya memiliki kemungkinan 1,9 kali lebih besar untuk berperilaku seksual berisiko dibandingkan mereka yang tidak terlalu dipengaruhi kelompok sebaya. Tidak ada hubungan antara status pernikahan orang tua $p=0,109$) dan pola asuh orang tua ($p=0,465$). Hasil uji regresi menunjukkan dari ketiga variabel yang diteliti hanya satu yang berpengaruh yaitu peran teman sebaya ($p=0,005$) dengan OR=0,545. Kesimpulan hasil penelitian menunjukkan bahwa faktor yang paling berpengaruh terhadap perilaku seksual remaja di Kabupaten Pekalongan adalah peran teman sebaya. Oleh karena itu, pencegahan perilaku seksual berisiko pada remaja sebaiknya difokuskan pada penguatan peran teman sebaya melalui pembinaan kelompok, peningkatan aktivitas positif, serta dukungan dari sekolah dan keluarga.

Kata Kunci: perilaku seksual remaja, status pernikahan orang tua, pola asuh, peran teman sebaya

Introduction

Sexual behavior in adolescents can have adverse effects on their development and both physical and psychological health. High-risk sexual behavior places adolescents at risk for sexually

transmitted infections (STIs) including Human Immunodeficiency Virus (HIV), unintended pregnancies, and adolescents often engage in sexual relationships before they are mature enough to understand what makes a relationship

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healthy (Sholihah, 2019). According to data from the World Health Organization (WHO) in 2019, adolescents aged 15–19 in low and middle-income countries are estimated to experience 21 million pregnancies each year, of which about 50% are unintended and result in approximately 12 million births (WHO, 2024).

The Ministry of Health (Kemenkes) also noted that between January and September 2024, there were 6,855 cases of syphilis and gonorrhea among adolescents aged 15–19 years. The details of these cases include 245 cases of primary syphilis, 239 cases of secondary syphilis, and 49 cases of congenital syphilis. Additionally, Kemenkes reported 35,415 cases of HIV and 12,415 cases of AIDS, where approximately 90% of HIV cases occur in teenagers to young adults, which is a productive age group (Decembria, 2024).

Lawrence Green (1991) in Firdaus and team (2023) stated that adolescent sexual behavior is influenced by three main factors, one of which is reinforcing factors. These factors include parental attitudes or parenting styles, peer influence, and the absence of parental roles or marital status (Firdaus et al., 2023). Research conducted by Steele et al. (2020) shows that family structure, parental divorce rates, parenting styles, and peer attitudes have a significant impact on adolescent sexual behavior. Adolescents living with single or

step-parents tend to be at higher risk, while the number of maternal divorces particularly affects male adolescents. Furthermore, harsh and hostile parenting styles, as well as permissive peer attitudes, contribute to an increase in sexual behaviors (Steele et al., 2020). In line with these findings, the research by Krisylva et al. (2019) identified parenting patterns, parental marital status, and religiosity as factors related to adolescent sexual behavior, which can even increase the risk of pregnancy before marriage (Krisylva et al., 2019).

In 2023, the Health Office of Pekalongan Regency recorded 48 cases of teenage pregnancies aged 15–19 years (0.14%), and in 2024 there was a decrease in cases to (0.048%) (Dinkes, 2024). Meanwhile, the Women's Empowerment and Child Protection Office (P3A) and the Family Planning Control Center (PPKB) record that marriage dispensation requests have increased from 128 cases in 2023 to 184 cases in 2024, with the proportion of teenagers who are already pregnant at 25% and 29%, and the majority aged 15–17 years (Dinas P3A dan PPKB, 2025).

This study aims to determine the influence of parental marital status, parenting patterns, and peer support on sexual behavior among

adolescents in Pekalongan Regency in the year 2025.

Method

This research is a quantitative study that uses a descriptive correlational research design with a cross-sectional layout. The population of the study consists of all high school/vocational school students equivalent in Pekalongan Regency, totaling 21,744 students. The sampling technique used is probability sampling with cluster sampling. A total of 20% of the 19 sub-districts was randomly selected, resulting in the selection of 4 sub-districts: Kedungwuni, Bojong, Kesesi, and Wiradesa. From each sub-district, one school was chosen, with a total of 4,264 students: SMK Muhammadiyah Kedungwuni (233 students), SMA N 1 Bojong (1,033 students), SMK NU Kesesi (2,050 students), and SMA N 1 Wiradesa (948 students). The sample size was calculated using Slovin's formula with a margin of error of 5%, resulting in 393 respondents distributed proportionally: SMK Muhammadiyah Kedungwuni (22 students), SMA N 1 Bojong (95 students), SMK NU Kesesi (189 students), and SMA N 1 Wiradesa (87 students). This research was conducted in June 2025.

The data collection technique using structured questionnaires includes the marital status of parents, parenting styles, peer roles, and teenagers' sexual behavior. Data collection is carried out by visiting the respondents directly at the research site that has been chosen.

Univariate analysis in this study was used to determine the distribution of parenting style variables, parental marital status, peer role, and adolescent sexual behavior. Bivariate analysis with chi-square was used to determine the relationship of each independent variable: parenting style, parental marital status, and peer role. Multivariate analysis with multiple logistic regression was conducted to examine the relationship of the six independent variables with adolescent sexual behavior. The research instrument used a questionnaire that has been validated and reliable through validity and reliability tests. The ethical testing of the research has been conducted by the Research Ethics Committee of the Research and Community Service Institution of Universitas Muhammadiyah Pekajangan Pekalongan and was approved based on certificate number 128/KEP-UMPP/VI/2025.

Result and Discussion

Result

Table 1.
Characteristics of The Respondents

Characteristics	Frequency	Percentage
Age		
15 Years	12	3,1
16 Years	127	32,3
17 Years	215	54,7
18 Years	39	9,9
Gender		
Woman	289	73,5
Man	104	26,5
Total	393	100

Source: Primary Data 2025

Based on Table 1, the characteristics of the respondents show that the majority of respondents are 17 years old, accounting for (54,7%). Based on gender data, the majority of respondents are female, accounting for (73,5%). This distribution indicates that the female population dominates the research sample.

Table 2.
Frequency Distribution of Parental Marital Status, Parenting Styles, Peer Role, and Sexual Behavior

Variable	Frequency	Percentage
Marital Status of Parents		
Married (Living Together)	287	73,0
Married (Living Apart)	23	5,9
Divorce (living)	36	9,2
Divorce (Deceased)	47	12,0
Parenting Style		
Auhoritarian	44	11,2
Permissive	40	10,2
Democratic	309	78,6
The Role of Peers		
Low	129	32,8
Medium	250	63,6
High	14	3,6
Sexual Behavior		
Risky	215	54,7
Not Risky	178	45,3

Total	393	100
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Source: Primary Data 2025

Based on table 2, the marital status of the parents shows that the respondents come from parents who are still married and living together, with the majority of respondents coming from parents who are still married or living together, which is (73%). Based on parental upbringing data, the majority of respondents are raised with a democratic parenting style, which is (78,6%). Based on data on peer roles, more than half of the respondents fall into the moderate peer role category, which is (63,6%). Based on data on adolescent sexual behavior, more than half of the respondents, which is (54,7%), fall into the at-risk category.

Variable		Sexual Behavior				Total		p	OR	CI 95% Lower-Upper
		Not Risky		Risky						
		n	%	n	%	n	%			
Marital Status of Parents	Complete	137	77,0	150	69,8	287	27,0	0,109	1,448	0,919-2,281
	Incomplete	41	23,0	65	30,2	106	73,0			
Parenting Style	Democratic	137	77,0	172	80,0	309	21,4	0,465	0,835	0,515-1,354
	Authoritarian/Permissive	41	23,0	43	20,0	84	78,6			
The Role of Peers	Low	72	40,4	57	26,5	129	32,8	0,003	1,883	1,230-2,882
	Medium/High	106	59,6	158	73,5	264	67,2			
Total		178	100	215	100	393	100			

Table 3.

The Relationship Between Parents' Marital Status, Parenting Styles, and Peer Influence on Adolescent Sexual Behavior

Source: Primary Data 2025

Based on the results of bivariate analysis in table 3, using the chi-square test, a p value of 0,109 was obtained ($P>0,05$), which indicates that there is no relationship between parental marital status and adolescent sexual behavior. Based on the bivariate analysis results on the parental parenting style variable, a p value of 0,465 was obtained ($P>0,05$), meaning there is no significant relationship between parental parenting style and adolescent sexual behavior. Based on the bivariate analysis with the chi-square test for the peer role variable, a p value of 0,003 was obtained ($P<0,05$), which indicates that there is a significant relationship between peer roles and adolescent sexual behavior. The OR value is 1,883, meaning that adolescents with a high

peer role have 1,88 times higher odds of engaging in sexual behavior compared to adolescents with a low peer role.

Table 4.

The Influence of Parental Marriage Status, Parenting Patterns, and Peer Roles on Adolescent Sexual Behavior

Variabel	Exp (B)	CI 95%		p	Nagelkerke R ²
		Lower	Upper		
Status Pernikahan Orang Tua	0,711	0,448	1,127	0,711	0,037
Pola Asuh Orang Tua	1,191	0,728	1,948	0,485	
Peran Teman Sebaya	0,545	0,355	0,836	0,005	

Source: Primary Data 2025

Based on Table 4, the results of the multiple logistic regression analysis obtained from 3 independent variables related to adolescent sexual behavior show that the most influential variable on adolescent sexual behavior is the role of peers. The multivariate analysis results indicate that out of the three variables studied, only one variable has an effect on adolescent sexual behavior, namely the role of peers, with a p value of 0.005 ($P < 0,05$) and an Exp(B) value of 0,728, 95% confidence interval (0,355–0,836). In contrast, the results of the analysis of the parents' marital status variable show no effect on adolescent sexual behavior with a p value of 0,711 ($P > 0,05$) and an Exp(B) value of 0,711. Similarly, the variable of parenting style has a p value of 0,485 ($P > 0,05$) and an Exp(B) value of 1,191.

From the results of the multiple logistic regression test on the three variables related to adolescent sexual behavior, a Nagelkerke R square value of 0,037 was obtained, meaning that the variables of parenting style, parents' marital status, and peer influence in this model can only explain 3,7% of adolescent sexual behavior, while the remaining percentage is explained by other variables not studied

Discussion

The Relationship Between Parents' Marital Status and Adolescent Sexual Behavior

The results of the bivariate analysis in table 3 show a p value = 0,109 ($> 0,05$), which means there is no significant relationship between the marital status of parents and the premarital sexual behavior of adolescents,

both adolescents with complete and incomplete parents have the same tendency.

This finding is not in line with Bowen's Family Systems Theory (1978), which views the family as a single emotional system that is interconnected and influences one another. Changes or disturbances in one family member can affect the emotional stability of other members. Sugitanata (2024) explains that changes in one part of the family system can affect the entire system, thus the change in individual behavior and the dynamics of interactions among family members become key in improving or stabilizing the system (Sugitanata, 2024).

However, the results of this study align with Ryan et al. (2015), who, using a siblings comparison approach, found that nonresident fatherhood or the absence of a father figure is correlated with early sexual debut in teenage girls, but this is more attributable to low parental monitoring rather than just the status of an incomplete family (Ryan, 2015).

Meanwhile, another factor that also influences adolescent sexual behavior is sexual education. Research by Fauziah H. Tambuala et al. (2022) shows that comprehensive sexual education has a

significant impact on the prevention of premarital sexual behavior ($p = 0,000$). In the multivariate analysis, communication with parents is the most dominant factor that enhances adolescents' knowledge, attitudes, and skills in preventing risky sexual behavior, with an increase of one level in communication boosting prevention ability by 3,38 point (Tambuala et al., 2022).

Parents play a central role in children's education, including sexual education. Research by Lestari et al. (2022) shows a significant relationship between the mother's role in mother-child communication and the sexual behavior of teenage girls ($p = 0,001$; $r = 0,252$), where the majority of teenagers with good or adequate communication tend to not engage in deviant behavior (Lestari et al., 2022). Additionally, research by Handayani & Kustanti (2020) found a significant negative relationship between the perception of father involvement and the intention of premarital sexual behavior ($r = -0,315$; $p = 0.000$), although its contribution was only 10% ($R^2 = 0.100$) (Handayani & Kustanti, 2020).

The Relationship between Parenting Styles and Adolescent Sexual Behavior

The results of the bivariate analysis with the chi-square test in table 3 show that adolescent sexual behavior is not influenced by parenting styles (p value = $0,465 > 0,05$). This means that there is no significant relationship between the type of parenting style and the tendency of adolescent sexual behavior.

This finding is not in line with Diana Baumrind's theory which explains that democratic parenting provides children the freedom to act and choose while still having educational rules, thus supporting children's social development towards a positive direction (Sumiati, 2024).

The results of this study are also not in line with Sinaga's (2019) research which shows a strong relationship between parenting styles and adolescent sexual behavior ($r = -0,861$). Sinaga (2019) explains that the higher the quality of parenting styles applied by parents, the lower the risk of adolescents engaging in risky sexual behaviors. In other words, involvement and good parenting styles act as protective factors for adolescents (Sinaga, 2019).

Nevertheless, the results of this study support the findings of Yulianto et al. (2022) who grouped permissive parenting patterns

together with authoritarian parenting patterns because both showed a relatively high proportion of adolescents with risky sexual behavior. However, Yulianto's study concluded that statistically there is no significant relationship between parenting styles and adolescent sexual behavior ($p = 0,556$). This indicates that although there are descriptive differences in proportions, those differences are not strong enough to be stated as statistically significant (Yulianto et al., 2022).

Although the results of this study indicate that parenting patterns do not have a statistically significant relationship with adolescent sexual behavior, the researchers believe that there are other influencing factors, namely the advancement of information technology. Based on field observations, the majority of high school students in Pekalongan Regency have personal access to technological devices such as smartphones. This situation provides a great opportunity for adolescents to explore the internet freely without parental supervision. In fact, on social media and certain sites, sexually suggestive content often appears, both overtly and subtly, which

has the potential to encourage adolescents to imitate it.

This opinion is supported by research by Merdiyanti et al. (2024) at SMP N 3 Padang Ratu, which shows that a majority of adolescents with a high level of social media usage have a high tendency for sexual behavior, which is 91,3%. The results of the statistical test obtained a p-value $< 0,001$, indicating a very significant relationship between the frequency of social media usage and adolescent sexual behavior (Merdiyanti et al., 2024).

The Relationship Between Peer Role and Adolescent Sexual Behavior

The results of the Chi-square test in Table 3 show a significant relationship between peer influence and premarital sexual behavior among adolescents ($p = 0,003$). The odds ratio of 1,883 (95% CI = 1,230–2,882) indicates that adolescents who are strongly influenced by peers are 1,9 times more likely to engage in risky sexual behavior compared to those with low peer influence. This finding is consistent with Bandura's social learning theory (1997), which emphasizes that behavior is learned through observation, imitation, and social modeling, where peers

become a major agent in shaping adolescents' attitudes and behaviors, including sexual behavior (Koutroubas & Galanakis, 2022).

The results of this study are in line with Fariana et al. (2024) which show that the role of peers has a direct effect on premarital sexual behavior of 0,200, meaning that each increase of one point in the role of peers correlates with a 20% increase in the tendency for premarital sexual behavior, while the indirect effect is only 5,5%. This indicates that direct interactions, such as sharing negatively charged information including pornography, have a stronger impact on shaping permissive attitudes towards premarital sexual behavior (Fariana et al., 2024).

And further strengthened by Zurizah (2020) who showed a significant relationship between peers and adolescents' sexual behavior ($p = 0,025$). Peers become the primary social environment for adolescents to learn, interact, and form identities. The values that prevail in the peer group often differ from those of parents or adults, thus potentially posing risks, especially when the prevailing norms are negative. The risks are even greater when the peer group is closed,

as adolescents are pressured to conform to the group's rules or lifestyle, making their attitudes, mindsets, and behaviors more susceptible to influence to engage in premarital sexual behavior (Zurizah, 2020).

The Influence of Parental Marriage Status, Parenting Patterns, and Peer Roles on Adolescent Sexual Behavior

The results of the multivariate analysis with multiple logistic regression in Table 4 show that out of the three variables studied, only the role of peers was found to have a significant influence on adolescent sexual behavior. The study results indicate that the role of peers significantly affects adolescent sexual behavior, with an Exp(B) value of 0,545, a 95% confidence interval of (0,355–0,836), and a p-value of 0.005. An odds ratio value less than 1 indicates a protective effect. This means that adolescents in the positive peer group have a lower risk, specifically 0,545 times, compared to adolescents in the negative peer group. In other words, the presence of peers who exert a positive influence can reduce the likelihood of adolescents engaging in risky sexual behavior by 45,5%.

The findings of this study are consistent with the research by Clark et al. (2021) which shows that peer norms are significantly related to adolescent sexual behavior. The analysis results report a mean weighted correlation (mean weighted r) of 0,22–025 with $p < 0,001$, indicating a moderate yet meaningful relationship. This positive correlation means that the more permissive the peer norms, the higher the likelihood of adolescents engaging in risky sexual behavior. Conversely, positive peer group norms act as a protective factor (Clark et al., 2021).

The results of the multiple logistic regression in Table 4 show that the marital status of parents does not have a significant effect on the sexual behavior of adolescents with Exp(B) 0,711 (95% CI: 0,448–1,127). The direction of the coefficient indicates a tendency towards protection, where adolescents with married parents tend to have a lower risk compared to those from non-intact families. Although the results of Exp(B) indicate that the marital status of parents provides a protective effect, it is not statistically strong enough.

This result is in line with the research of Orgilés et al. (2015), which states that it is not the marital status of parents that determines

behavior, but rather the quality of the parent-child relationship that has a greater influence on child behavior. Research in Spain found that high conflict in households triggers risky sexual behavior in teenagers even if the parents are still married, while teenagers from divorced families with low conflict do not show a significant increase in risk (Orgilés et al., 2015).

Parental parenting styles also do not show a significant effect in the model with Exp(B) 1,191 (CI 0,728–1,948; $p = 0,485$). The direction of the relationship indicates a tendency for increased risk, but not statistically strong enough. The study by Dittus et al. (2015) shows that certain dimensions of parenting styles, such as parental monitoring, have a protective effect against adolescent sexual behavior. Meta-analysis shows that high supervision (OR = 0,74), parental knowledge of adolescent activities (OR = 0,81), and rule enforcement (OR = 0,67) are consistently related to delaying sexual initiation, as well as increased condom and contraceptive use (Dittus et al., 2015).

In this study, the role of peers is the strongest predictor, while the marital status of parents and parenting styles do not have a

significant effect. Nevertheless, the quality of parent relationships, attentive parenting, knowledge of reproductive health, and individual psychological factors remain important because sexual behavior is influenced by both environmental and personal aspects (Firdaus et al., 2023)

Conclusion

There is a significant relationship between the role of peers and the sexual behavior of adolescents. There is no significant relationship between parenting patterns and the marital status of parents regarding adolescent sexual behavior. The role of peers is a factor that influences the sexual behavior of adolescent in this study, while parenting patterns and marital status of parents have no influence on the sexual behavior of adolescents in Pekalongan Regency.

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