

THE RELATIONSHIP BETWEEN PARENTAL SUPPORT IN PHYSICAL ACTIVITIES AND TEENAGERS' SEXUAL BEHAVIOR

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ABSTRAK : HUBUNGAN ANTARA DUKUNGAN ORANG TUA DALAM AKTIFITAS FISIK TERHADAP PERILAKU SEKS BEBAS PADA REMAJA

Latar Belakang : Remaja merupakan masa transisi kompleks, ditandai oleh perubahan fisik, psikologis, sosial dan rentan terhadap pengaruh lingkungan, termasuk perilaku berisiko. Dukungan orang tua dapat mendorong aktivitas fisik remaja yang positif. Wawancara guru di SMAN 1 Rasau Jaya satu tahun terakhir terdapat 3 siswi hamil diluar nikah karena pergaulan bebas dan kurang perhatian orangtua.

Tujuan : Penelitian mengetahui hubungan dukungan orang tua dalam aktifitas fisik terhadap perilaku seks bebas pada remaja di SMAN 1 Rasau Jaya tahun 2024.

Metode Penelitian : Jenis kuantitatif, metode pendekatan cross sectional, populasi sebanyak 190 orang dan sampel 65 responden serta 3 orang informan.

Hasil Penelitian : Didapatkan dari 20 responden yang tidak mendapatkan dukungan orangtua sebagian kecil berperilaku tidak berisiko yaitu 4 responden (20.0%) dan sebagian responden berisiko ringan yaitu 9 responden (45.0%). Sedangkan pada 45 responden yang mendapatkan dukungan orangtua sebagian kecil responden tidak berisiko yaitu 13 responden (28.9%) dan sebagian besar responden berperilaku berisiko ringan yaitu 29 responden (64.4%).

Kesimpulan : Hasil p value $0.014 < 0.05$ artinya ada hubungan antara dukungan orangtua dalam aktivitas fisik dengan perilaku seks pada remaja di SMAN 1 Rasau Jaya tahun 2024.

Saran : Disarankan kepada orang tua dapat mendukung aktifitas fisik remaja dalam mencegah perilaku seks bebas berisiko.

Kata Kunci : Aktifitas Fisik, Dukungan Orang Tua, Perilaku Berisiko, Remaja, Seks Bebas

ABSTRACT

Background: Adolescence is a complex transitional period, marked by physical, psychological, and social changes, and vulnerability to environmental influences, including risky behavior. Parental support can encourage positive physical activity in adolescents. Interviews with teachers at SMAN 1 Rasau Jaya revealed that in the past year, three female students became pregnant out of wedlock due to promiscuity and lack of parental attention.

Objective: This study aims to determine the relationship between parental support in physical activities and risky sexual behavior among adolescents at SMAN 1 Rasau Jaya in 2024.

Research Method: This is a quantitative study using a cross-sectional approach. The population consisted of 190 students, with a sample of 65 respondents and 3 informants.

Research Results: It was found that of the 20 respondents who did not receive parental support, a small portion of them engaged in non-risk behavior, namely 4 respondents (20.0%), and some respondents were at low risk, namely 9 respondents (45.0%). Meanwhile, of the 45 respondents who received parental support, a small portion of them were not at risk, namely 13 respondents (28.9%), and most of the respondents engaged in low risk behavior, namely 29 respondents (64.4%).

Conclusion: The p-value obtained was $0.014 < 0.05$, indicating a significant relationship between parental support in physical activity and adolescent sexual behavior at SMAN 1 Rasau Jaya in 2024.

Suggestion : Recommended that parents support adolescents' physical activities in order to prevent risky premarital sexual behavior

Keywords: Physical Activity, Parental Support, Risky Behavior, Adolescents, Free Sex

INTRODUCTION

Adolescence is a period of transition and development that occurs after childhood but before adulthood, marked by the age of 11 to 22 (Diananda, 2019). At this age, adolescents enter a productive and reproductive period, meaning both boys and girls have reached physiological reproductive maturity. The maturation of reproductive organs allows humans to maintain social relationships with both the same and opposite sex (Nila Shofy Nihayah et al., 2023). Premarital sexual behavior among adolescents is no longer taboo. Teenagers should engage in positive activities to support their futures. However, in reality, most adolescents engage in premarital sexual behavior, which has negative impacts on their lives (Syafitriani et al., 2022).

According to the World Health Organization (WHO) (2020), 12 million adolescents aged 15 to 19 give birth each year, the majority of whom live in developing countries. In 2020, approximately 10 million unplanned pregnancies occurred annually in developing countries among unmarried adolescents aged 15-19 (Pugesehan et al., 2023). According to data from the United Nations Children's Fund (UNICEF) (2023), juvenile delinquency in Indonesia reached approximately 50% of the total adolescent population. According to the 2019 Indonesian Demographic and Health Survey (SDKI) data, sexual behavior among adolescents during dating included holding hands (75.1%), hugging (49.5%), kissing (32.9%), touching (21.5%), and interacting with friends (54.8%) (Simak et al., 2022).

According to the Central Statistics Agency (BPS) (2022), the 2021 Indonesian population census data for those aged 15-24 was 44,777.6. The large number of adolescents can be a valuable resource for future development for the nation's progress. However, it also has negative impacts on the country, such as reproductive health issues and risky behaviors like substance abuse, juvenile delinquency, and premarital sex, which can lead to sexually transmitted diseases (STDs), Human Immunodeficiency Virus/ Acquired Immune Deficiency Syndrome (HIV/AIDS), unwanted pregnancies, abortions, and so on (Chentsova Dutton et al., 2020). According to (Ramadhani et al., 2023), 72.9% of adolescents engage in risky sexual behavior. According to a report from the West Kalimantan Provincial Health Office, the prevalence of adolescent pregnancy in 2020 was 174, increasing to 274 in 2021 and 295 in 2022. Unintended pregnancies and sexually transmitted infections, including HIV and AIDS, are particularly

concerning among adolescents (Syafitriani et al., 2022).

Adolescents who cannot utilize their free time effectively tend to engage in less beneficial activities (Doggui et al., 2021). A lack of activities can lead adolescents to think negatively and seek pleasure and satisfaction within themselves, such as masturbation and daydreaming (Azzahra, 2023). Adolescents with a busy schedule are less likely to engage in negative thoughts or engage in promiscuous sexual behavior (Appulembang et al., 2019). Adolescent sexual experiences often arise from bad relationships. Premarital sex, also known as extramarital sex or kinky sex, is a form of sexual release considered unnatural (Simawang et al., 2022).

Parenting patterns are a significant factor contributing to juvenile delinquency. Poor or inappropriate parenting patterns can impact a child's psychological development and lead to deviant behaviors such as violence, bullying, drug use, promiscuity, and more (Soliah et al., 2023). Parents play a crucial role in preventing premarital sex. According to (Shennar-Golan & Walter, 2020), good parental communication regarding sexuality and reproductive health has a positive impact on adolescent sexual behavior. This is because parental communication plays a role in educating, guiding, and shaping adolescents' perspectives on societal values, which can help them filter out negative environmental influences and avoid risky sexual behavior. As supported by research results (Liu et al., 2023) which state that parental support and attention to their children's activities can reduce the incidence of premarital pregnancies among teenagers at school. Research (Apsari, 2020) supports this, stating that sexual behavior is any behavior driven by sexual desire, whether with the opposite sex or the same sex. Forms of juvenile delinquency range from feelings of attraction to dating, flirting, and intercourse. The sexual object can be another person, an imaginary person, or oneself (Khan et al., 2020).

Based on preliminary studies conducted through interviews with 15 female students, 11 of them reported a lack of parental support for their school activities. Researchers conducted random interviews with 10 parents and found that nearly 80% of them never asked about their activities at school or outside of school. Based on data from reports at SMAN 1 Rasau Jaya in the past year, three female students became pregnant outside of marriage due to promiscuity among peers. Based on the above background, the researcher is interested in conducting a more in-depth study of

"The Relationship Between Parental Support for Physical Activity and Promiscuous Sexual Behavior among Adolescents at SMAN 1 Rasau Jaya in 2024."

RESEARCH METHODS

This study employed a mixed methods approach, combining quantitative and qualitative research methods. The quantitative method employed a correlational analytic study with a cross-sectional approach, while the qualitative study employed an interpretive phenomenological design. This study was conducted in July 2024, with a sample of 65 female adolescent respondents from SMAN 1 Rasau Jaya and three informants for interviews. Data were collected by completing self-reported questionnaires and interview questions. The data were analyzed using the chi-square test in SPSS version 26 with an $\alpha < 0.05$. Following the quantitative analysis, the qualitative study conducted three informants interviewing them regarding the forms of parental support they perceived as relevant to their children. The interviews were then transcribed, grouped, and organized to create themes using the interactive triangulation data analysis technique.

RESEARCH RESULTS

Univariate Analysis

The study was conducted on 65 female adolescent respondents at SMAN 1 Rasau Jaya, as shown in the following table:

Table 1
Frequency Distribution of Parental Support for Physical Activities

Parental Support	Total	
	n	f (%)
Not Support	20	30.8
Support	45	69.2

Source: Processed Data, 2024

Based on Table 1, the data shows that the majority of respondents (45 respondents (69.2%) received parental support, while a small proportion (20 respondents (30.8%) did not receive parental support.

Sexual Behavior Among Adolescents

Based on Table 2, very few respondents, 10 (15.4%), were at high risk, while 38 (58.5%) were at low risk.

Table 2
Frequency Distribution of Sexual Behavior Among Adolescents

Sexual Behavior	Total	
	n	f (%)
No Risk	17	26.2
Low Risk	38	58.4
High Risk	10	15.4

Source: Processed Data, 2024

Bivariate Analysis

The chi-square analysis yielded the following results :

Table 3
Relationship between Parental Support for Physical Activity and Casual Sexual Behavior among Adolescents

Sexual Behavior	Perental Support				Total	P-Valu e
	Not Support		Support			
	n	%	n	%		
No Risk	4	20.0	13	28.9	17	0.014
Low Risk	9	45.0	29	64.4	38	
High Risk	7	35.0	3	6.7	10	

Sumber : Uji Chi-Square, SPSS Ver.26

Based on Table 3, the results of the cross-tabular analysis of parental support for physical activity and promiscuity among adolescents show that of the 20 respondents who did not receive parental support, a small portion (4 respondents (20.0%) engaged in low-risk sexual behavior, a small portion (9 respondents (45.0%) engaged in low-risk sexual behavior, and a small portion (7 respondents (35.0%) engaged in high-risk sexual behavior. Of the 45 respondents who did receive parental support, a small portion (13 respondents (28.9%) engaged in low-risk sexual behavior. The majority (29 respondents (64.4%) engaged in low-risk promiscuity, and a very small portion (3 respondents (6.7%) engaged in high-risk sexual behavior.

DISCUSSION

The cross-tabular analysis of parental support for physical activity and promiscuity among adolescents shows that some respondents who received parental support engaged in low-risk sexual behavior, while the majority engaged in low-risk promiscuity. Adolescence is a complex transitional period, marked by physical, psychological, and social changes (Yang et al.,

2023). During this phase, adolescents are highly vulnerable to environmental influences, including risky behaviors such as casual sex (Putri & Kustin, 2023). One protective factor that can reduce this risk is parental support, particularly in encouraging positive physical activity (Hoeve et al., 2019). This is supported by (Sari et al., 2023) who stated that parental support is essential, with a 12.3-fold greater influence on the development of children's self-confidence. A survey (Fauziyah et al., 2021) showed that 89% of adolescents require special attention to manage their social interactions. This is consistent with interviews conducted by researchers with informants regarding their views on the importance of parental support for children.

What do you think about the importance of parental support for your physical activity?

Informant 1:

I think it's very important, because if my parents support me, I'm more enthusiastic about participating in extracurricular activities at school. For example, they invite me to practice or ask about my schedule. It makes me feel cared for.

Informant 2 :

This is important, but equally important is for parents to understand their child's schedule and not be overprotective, because children also need space.

Informant 3 :

It's very important because parents are the first people we tell about activities at school or outside of school. We hope they support everything, including material support, so their children feel more comfortable and confident.

Physical activity not only contributes to physical health but also provides psychological and social benefits (Liu et al., 2023). According to (Zendrato et al., 2022), parental support can be moral and material, or it can take the form of emotional, instrumental (facilities), labor, verbal, and participatory support for their children's physical activity. As in the researcher's interviews with informants regarding parental support for their children,

Can you tell us how your parents support you in physical activity?

Informant 1 :

Yes, my parents are quite supportive. They like to take me to futsal practice and sometimes even watch matches. If I'm tired, they don't make me do housework, instead they tell me to rest. And they often praise me when I win a game.

Informant 2 :

My parents always give me permission to do outside activities. I have friends they trust, and I can

do whatever I want as long as I'm honest and keep them updated.

Informant 3 :

My parents are willing to give me extra pocket money as long as it's used for meaningful activities, for example, I enjoy gymnastics/aerobics and extracurricular dancing.

As (Nuratiah et al., 2022) argue, when parents are actively involved and support adolescents' physical activity, it creates stronger emotional bonds and fosters effective communication. This research, supported by (Widyarini et al., 2019), shows that parental support is significantly linked to increased physical activity in children and adolescents. This support creates a structure that limits adolescents' free time from negative activities and reinforces positive values through purposeful activities. This is evident in interviews with informants about children's closeness to their parents (Reis et al., 2024).

Do you think that (parental support) makes you closer to them?

Informant 1 :

Yes, absolutely. Because we talk more often, especially after matches. I've also become more open, and I can even talk about friends and my boyfriend.

Informant 2 :

Yes, I can. For example, I'm in a long-distance relationship with my dad due to work. But because he always monitors us through regular phone calls and video calls, I feel close and present every day.

Informant 3 :

That's right, I always tell my parents everything I do from morning until bedtime. I tell them everything I do and who I'm with. My parents love to respond to my stories. It's okay to do this and that, but it's not okay.

Physical activity can act as a distraction from various negative behaviors, including casual sex (Anggreni, 2022). Involvement in sports or other physical activities can fill adolescents' free time in a positive and constructive way, thereby reducing the likelihood of engaging in risky behaviors (Kong et al., 2024). Research (Hanifah et al., 2022) shows that physically active adolescents tend to have better self-control, higher self-esteem, and healthier social relationships. This reduces their likelihood of engaging in risky premarital sexual relationships (Lanjekar et al., 2022). As the researcher's interviews with informants showed, physical activity can redirect toward positive behaviors.

Do you think physical activity helps you avoid casual sex?

Informant 1 :

Definitely. If I'm not busy exercising, I might also enjoy hanging out in random ways. I have a friend like that. He rarely exercises, his parents are indifferent, and he's had a promiscuous relationship.

Informant 2 :

It could be that, too. I think it's not just about his circle of friends, but also about self-control, which allows him to do positive things and limit himself to that kind of world.

Informant 3 :

Because I'm busy with my hobbies, I feel like I don't have time to explore things like that. But I follow the news now, and it's also terrifying.

Parental support plays a dual role, not only in facilitating physical activity but also in shaping children's values and behaviors (Delgado et al., 2022). Communication established through involvement in physical activity allows parents to indirectly provide healthy sex education, instill moral values, and strengthen emotional bonds with their children (Simawang et al., 2022). According to a study by Nila Shofy Nihayah et al., 2023, high parental involvement is associated with delayed sexual initiation and a reduced frequency of risky sexual behavior in adolescents.

The results of this study indicate that a lack of parental support significantly contributes to increased vulnerability among adolescents to high-risk sexual behavior. This situation suggests that the role of parents as a protective factor is not replaced by other environmental factors. Without adequate communication, supervision, and support from parents, adolescents tend to seek information and emotional support from peers and the media. This aligns with previous findings that adolescents who lack family support are more exposed to risky behavior due to their weak self-control and limited access to reliable sources of information. Furthermore, the lack of parental support also impacts adolescents' psychological well-being, such as low self-confidence, feelings of loneliness, and limited ability to make healthy decisions regarding sexuality. In this context, schools, communities, and health professionals can play a role as alternative sources of support, although their effectiveness often does not involve parental involvement. These findings indicate that strategies for preventing high-risk sexual behavior should not only focus on adolescent education but should also include interventions to increase parental capacity to provide support, communication, and constructive supervision.

CONCLUSION

Parental support for adolescent physical activity is significantly associated with a decrease in promiscuous sexual behavior. Through physical activity facilitated and supported by parents, adolescents experience a positive environment that strengthens self-control, moral values, and strong family relationships. Therefore, family interventions that encourage targeted physical activity can be a preventive approach to addressing risky sexual behavior in adolescents.

SUGGESTION

The results of this study emphasize the importance of synergy between families, schools, and communities in efforts to prevent high-risk sexual behavior in adolescents, as well as the need for more comprehensive intervention programs oriented towards strengthening family function.

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