

## Original Research Article

# RELATIONSHIP BETWEEN PARENTAL ROLES AND RISK SEXUAL BEHAVIOR IN ADOLESCENTS

Agus Sulistyowati<sup>1\*</sup>, Risti Puji Listari<sup>1</sup>, Dini Prastyo Wijayanti<sup>1</sup>

<sup>1</sup>Kerta Cendekia Health Polytechnic, Indonesia

### \*Correspondence:

Agus Sulistyowati  
Kerta Cendekia Health Polytechnic  
Lingkar Timur Rangkah Kidul, Sidoarjo,  
East Java, Indonesia 61232  
Email: [agussulistyowati78@gmail.com](mailto:agussulistyowati78@gmail.com)

### Article Info:

Accepted: June, 25<sup>th</sup>, 2025  
Revised: -  
Accepted: June, 29<sup>th</sup>, 2025

### DOI:

<https://doi.org/10.36720/nhjk.v14i1.776>

## Abstract

**Background:** Behavior sexual risky for teenagers is one of problem health increasing reproduction increased. Factors environment, especially family, holding role important in to form behavior teenagers. Parents own role crucial in give supervision, education, and open communication related issue sexual. The lack of role parent can cause teenager more prone to do behavior sexual that is not safe.

**Objective:** This study aimed to understand the connection between role parent with behavior sexual risky for adolescents.

**Method:** Quantitative with *cross sectional design*

**Results:** Results research shows that most teenager own knowledge which is less related to sexual behavior (62.5%) with the role of parents in adolescent development which is still lacking (67.7%) and as many as 82.3% of adolescents have engaged in sexual behavior. Analysis more carry-on show No there is connection between knowledge (*p-value* 0.629) on adolescent sexual behavior, but there is a relationship between the role of parents (*p-value* 0.022) on sexual behavior.

**Conclusion:** Parents have an important role in preventing unhealthy or risky sexual behavior in adolescents. Positive support and proper sex education from parents can help. adolescents gain accurate knowledge about sexual health, develop positive attitudes and prevent inappropriate sexual behavior.

**Keywords:** *Role Person Old, Behavior Teenage Sexuality*

## INTRODUCTION

Adolescence is phase transition important in development individual, which is marked with change physical, psychological, and social. At this time, teenagers tend start explore identity self, including in matter behavior sexual. Unfortunately, without proper

guidance, exploration the can leading to behavior sexual risky, such as connection sexual without protection, alternating couple, or do activity sexual at age too young. Behavior This can increase risk to pregnancy that is not desired, infection infectious sexual (STDs), up to disturbance psychological.

The role of parents be one of factor key in to form attitudes and behavior teenagers, including in matter sexuality. Open communication, proper supervision, and giving moral and religious values of parent believed can give protection for teenager to behavior sexual risky. However, in the midst of development of the times and access increasingly information wide, many parent face challenge in operate role This in a way effective.

**Objective(s):** to study connection between role parents and behavior sexual risky for adolescents, with hope can give understanding deeper about importance involvement parent in accompany child during adolescence, as well as become base to formulation more intervention appropriate use in effort prevention behavior sexual risky.

## METHOD

### *Study Design*

This research is quantitative research.

### *Setting*

This research was conducted at SMK Kerta Cendekia.

### *Research Subject*

All students of SMK Kerta Cendekia.

### *Instrument*

The questionnaire that contains question which nature structured and on behavioral variables sexual risk using a Likert scale questionnaire.

### *Data analysis*

With use application *SPSS For Windows* which arranged and grouped in form table distribution frequency and presentation ~~accomplish~~ by explanation in a way narrative. As for data which will analyzed with univariate and bivariate analysis.

### *Ethical Considerations*

Agreement ethic obtained from STIKES which has permission to emit ethics test letter.

## RESULTS

### Univariate Analysis

Based on the results of the research and univariate analysis related to the independent variables (parental roles) and dependent variables (adolescent sexual behavior), the following frequency distribution was obtained:

**Table 1. Distribution Role Person Age and Adolescent Sexual Behavior**

Variables	N	%
Knowledge		
Not enough	60	62.5
Good	36	37.5
Role Person Old		
Not enough	65	67.7
Good	31	32.3
Behavior Sexual Teenager		
Yes	79	82.3
No	17	17.7

Based on table 1. above, it shows that the majority of respondents' parental roles in adolescent development are still lacking, namely 65 adolescents (67.7%) and respondent which has do behavior sexual there is as many as 79 teenagers (82.3%).

### Bivariate Analysis

Bivariate analysis was performed to see the relationship between independent variables (knowledge and role of parents) and dependent variables (sexual behavior) adolescents) using the *chi-square test*.

The results of the bivariate analysis of the relationship between parental roles and adolescent sexual behavior can be seen as follows:

**Table 2. Connection Role Parent and Sexual Behavior Teenager**

Table 2. Connection Role Parent And Behavior Sexual Teenager

Role Person Old	Behavior Sexual Teenager				Total	OR (95% CI)	P Value
	Ye		No				
	n	%	n	%	n	%	
Not enough	58	89.2	7	10.8	65	100	3,946
Good	21	67.7	10	32.3	31	100	1,330-11,703)
Amount	79	82.3	17	17.7	96	100	

Based on table 3 above, it shows that of the 79 respondents There are as many as 7 (10.8%) teenagers whose parents have a less role in adolescent development do not engage in sexual behavior. While among respondents who have a good parental role in adolescent development, there are as many as 10 (32.3%) teenagers who do not engage in sexual behavior. Further analysis shows that there is a relationship between parental roles ( *p-value* 0.022) and adolescent sexual behavior. From the results of the analysis, the OR value = 3.946 was obtained, which means that teenagers with less parental roles have a 3.946 times greater chance of engaging in sexual behavior when compared to teenagers who have good parental roles.

**DISCUSSION**

Adolescent sexual behavior is an important social issue in society. This article outlines underline the importance of understanding the factors that influence behavior sexual teenager, role person old. Matter This because irresponsible sexual behavior during adolescence can have serious consequences, such as the spread of sexually transmitted diseases, unwanted teenage pregnancies, and negative psychological impacts (Amaylia et al., 2020).

Furthermore, the role of parents also has a significant influence in shaping adolescent sexual behavior. Open and honest communication between parents and adolescents about sexuality can help adolescents gain accurate knowledge and understand the consequences of irresponsible sexual behavior. Clear family norms and adequate supervision can also help encourage

healthy and responsible sexual behavior in adolescents (Wisma Sari et al., 2020).

Communication between parents and children plays an important role in their relationship. Parents who are less able to communicate with their children will cause relationship conflicts which can have an impact on sexual behavior. adolescents (Wanufika et al., 2017). Some parents feel uncomfortable or reluctant to discuss sexuality with their adolescents due to cultural, religious, or lack of communication skills. This can result in adolescents seeking unreliable or inaccurate sources of information, such as peers or social media, which can ultimately lead to incorrect or incomplete knowledge about sexuality (Wahyuni & Ceria, 2020).

Based on the discussion above, it can be concluded that sexual behavior Adolescents are an important social issue. The role of parents in open communication and adequate supervision is also important. Community support, education, and awareness help implement knowledge, while parent-adolescent communication influences adolescents' understanding and consequences of sexual behavior.

**CONCLUSION**

Based on the study, it was concluded that adolescents have a significant relationship between the role of parents and adolescent sexual behavior. Therefore, it is important for parents to have an active role in guiding adolescent sexual behavior through positive support, open communication, and proper sex education from parents in helping adolescents, develop positive attitudes and prevent inappropriate sexual behavior. In addition, a holistic approach and involving various factors such as peer education, access to service health reproduction Which safe, as well as support social is also important to improve the overall sexual health of adolescents. Therefore, a joint effort is needed between parents, schools, and the community

to provide comprehensive sexual education and strengthen the role of parents in guiding adolescent sexual behavior. In addition, further research is also needed it is necessary to deepen understanding of the factors that influence the relationship between knowledge and the role of parents with adolescent sexual behavior, in order to develop more effective interventions in improving adolescent sexual health.

### SUGGESTION

The role of parents plays a crucial part in shaping adolescent behavior, especially concerning risky sexual activity. Adolescents are in a critical stage of development, where they are exploring their identities and often exposed to various external influences, including peer pressure, media, and social norms. In this context, strong parental guidance becomes essential.

Open communication between parents and children about sexual health, values, and expectations can significantly reduce the likelihood of adolescents engaging in risky sexual behaviors. When parents provide accurate information, foster trust, and set clear boundaries, teens are more likely to make informed and responsible decisions. Conversely, a lack of parental involvement, poor communication, or overly strict or permissive parenting styles may lead adolescents to seek answers and support from less reliable sources. Moreover, emotional support and parental monitoring—such as knowing their child's friends, whereabouts, and activities—are associated with a decreased likelihood of behaviors like unprotected sex, multiple sexual partners, and early sexual initiation. Therefore, it is recommended that parents play an active and supportive role in their children's lives, particularly regarding sexual education and emotional development.

### ACKNOWLEDGMENT

Writer to pronounce accept the greatest love to all the party that has given support and

contribution in compilation article this. Speech accepts love delivered to the respondents and informants who have willing take time out time as well as give valuable information in the research process.

### DECLARATION OF CONFLICTING INTEREST

Author has no conflict of interest in writing this study.

### FUNDING

This research funded in a way full by Kerta Cendekia Health Polytechnic Sidoarjo.

### AUTHOR CONTRIBUTION

**Agus Sulistiyowati:** Collected literature, collected data, searched for the questionnaire, compiled manuscripts and conducted data analysis.

**Risti Puji Listari:** Collected data and compiled manuscripts.

**Dini Prastyo Wijayanti:** Tabulated the data and coding.

### ORCID

**Agus Sulistiyowati:** <https://orcid.org/0000-0002-5835-0084>

**Risti Puji Listari:** <https://orcid.org/0009-0000-5195-614X>

**Dini Prastyo Wijayanti:** <https://orcid.org/0000-0001-7948-5765>

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<https://doi.org/10.33366/cr.v6i2.904>

**Cite this article as:** Sulistiyowati, A., et al. (2025). Relationship Between Parental Roles and Risky Sexual Behavior in Adolescents. *Nurses and Health: Jurnal Keperawatan*, 14 (2), 146-150. <https://doi.org/10.36720/nhjk.v14i1.776>