



Analysis of Psychosocial Factors Influencing Risky Sexual Behavior in Adolescents

Rina Dwi Rahmawati¹, Nabila Apsarini Ardina Azalia², Hanna Putri Haryanto³, Shinta
Rizki Febriana⁴, Arfian⁵

^{1,2,3,4,5} Bhayangkara University Jakarta Raya, Indonesia

Email: 202310515198@mhs.ubharajaya.ac.id

Abstrak

Background : Sexual behavior in adolescents is a form of sexual exploration that arises from sexual desire, whether carried out individually, with the opposite sex or in relationships with the same sex. These forms of behavior vary, including feelings of interest, flirting to involvement in sex. Sexual behavior in adolescents shows that there is a risk of contracting sexually transmitted diseases if sexual activity continues and leads to worse consequences. **Purpose :** The purpose of this study is to examine social psychological factors that affect risky sexual behavior and the transmission of sexually transmitted diseases in adolescents. **Design/methods/approach :** This research data is collected by the literature study method or also known as library research, which is a method that involves collecting data by obtaining understanding and knowledge through theories derived from various literature and previous research results that are relevant to the research topic. Research data is collected by searching for various sources of literature such as books, scientific journals and previous research that has been carried out. **Findings :** The results of the study showed that knowledge factors, information media, the role of parents and peers had an influence on the formation of sexual behavior in adolescents. **Research implications/limitations:** Teens who engage in sexual activity are more likely to experience the dangers of STIs, unplanned pregnancies, and sexual anxiety. Additionally, adolescents' mental and emotional health can benefit from sexual involvement, including higher self-esteem and confidence. **Originality/value :** The conclusion of this study provides a comprehensive overview of the complexity of psychosocial factors that affect adolescent sexual behavior and their implications for the transmission of Sexually Transmitted Infections.

Keywords : Adolescent; Adolescent Sexual Behavior; Sexually transmitted infections; Juvenile Delinquency; Free Sex.

Introduction

Adolescence is a transitional period in the span of human life, which separates childhood and adulthood in a person's life. (Santrock, 2002). Adolescents face a variety of challenging problems, such as the process of finding identity, body changes involving changes in sexual organs, and

cognitive and emotional changes. Rapid technological advances have an impact on adolescent associations which is currently very concerning because adolescents today often pursue worldly pleasures without considering the potential consequences of their activities.

Adolescent premarital sexual behavior is a social problem that requires careful consideration. This phenomenon can be problematic because it is often accompanied by a lack of information about reproductive health, consequences of sexual behavior that can lead to unwanted pregnancies, abortions, and the risk of contracting sexually transmitted diseases such as HIV or AIDS in adolescents. High levels of sexual activity in adolescents can lead to violations of social norms and moral standards.

According to the Coordinating Ministry for Human Development and Culture, the phenomenon of free sex behavior in adolescents in Indonesia is a worrying thing. Research conducted by KPAI and the Ministry of Health shows that as many as 63% of adolescents have engaged in free sex behavior without marriage ties. This phenomenon has also caused an increase in cases of out-of-wedlock pregnancies in adolescents.

The Indonesian Ministry of Health highlighted the increase in HIV cases which are now dominated by young people. based on the latest data, around 51% of new HIV cases are detected in adolescents. Based on the 2021 AEM data model, it is estimated that there are around 526,841 people living with HIV infection, with an estimated 27 thousand new cases. The Ministry of Health Ambassador also showed that there were around 12,533 cases of HIV occurring in children aged 12 years and under (Ministry of Health of the Republic of Indonesia, 2022).

Currently, the threat of HIV/AIDS and its impact on adolescent sexual behavior and reproductive health is in the main spotlight, about 20-25% of all HIV infection cases worldwide occur in adolescents. The rate of infectious infections (STIs) also peaks in adolescents, especially adolescent girls in the age range of 15-29 years. The adolescent population is a very large group, with more than half of the world's population under 25 years old and around 29% of the population has an age range of 10-25 years (BKKBN, 2023).

Social and environmental factors have a significant role in motivating people or groups to act and change their behavior. Peer, family, and school environments are often included in social environments. In this case, it is evident that adolescents engage in social interactions and generate social relationships in the social environment. The influence of the social environment on the values, conventions, and actions of adolescents is an undeniable fact.

Efforts are needed to create opportunities for adolescents in their immediate social environment to develop themselves positively and optimally, as well as prevent deviant sexual behavior among adolescents by empowering adolescents through youth organization activities in

the community (Sarwono, 2004).

By analyzing these psychosocial factors, it is hoped that appropriate and targeted intervention strategies can be found to increase awareness, knowledge, and healthy sexual behavior in adolescents. So that it can reduce the risk of transmission of sexually transmitted diseases and improve sexual health and overall adolescent welfare. Thus, a holistic approach that considers psychosocial factors will be crucial in efforts to prevent and control STIs in adolescents.

Literature Review

Adolescence is one of the stages of human development that falls between childhood and adulthood. Hurlock divided adolescence into two periods: early adolescence (11-17 years) and late adolescence (16-18 years). Adolescence is also known as puberty, characterized by a number of physical, hormonal, cognitive, psychological, and social changes, as well as encouraging adolescents to engage in new risky and forbidden behaviors.

One of the most difficult aspects of adolescent development is self-adjustment, which requires adolescents to adjust to adults outside of the home, opposite sex and school environments (Hurlock, 2003). In general, adolescents tend to consider whether they are sexually attractive, how to have sexual intercourse, and how their sexual life is (Santrock, 2011).

Behavior is an action or activity that a person performs that shows his physical and psychological form. Psychologists see human behavior as a basic response that can vary and become quite complicated based on the stimulus received. Everyone has characteristics including motivations, values, attitudes, and personalities that interact with the environment and each other. Environmental factors also affect behavior because they have different effects on each person.

According to Turner quoted by Winkel (1989), behavior is a collection of actions that a person or group of people take, and these actions are shaped by their knowledge, attitudes, moral standards and ethics. Adolescents' decisions are a reflection of their behavior and self-concept.

Hurlock (2004) claims that the basis of a person's personality or self-image is their self-concept. Adolescent life is filled with a variety of circumstances that can shape their personality characteristics and affect how they see and behave, including psychological and physical changes. Fitts argues (in Agustiani, 2009) that a person's sense of self is very important because it can serve as a frame of reference for interaction with the outside world. A person's behavior is greatly influenced by self-concept; Therefore, it is easier to predict and understand a person's behavior if they are aware of their self-concept. In general, a person's behavior reflects who they are. The self-concept of a person's positive or negative behavior can serve as a guideline for someone to behave, both positive and negative.

According to Shavelson and Roger (2002), people with poor self-concept often behave negatively, have false self-knowledge, and have irrational expectations, which makes them emotionally unstable. Every human behavior, including sexual activity, is influenced by self-concept (Hurlock, 1980).

If the environment or formal education gives a positive response or view towards a person, then this tends to increase a person's motivation to follow the rules or norms that apply in society, including in terms of sexual behavior. That way, a person feels supported and valued by the surrounding environment and can influence the formation of a positive self-concept. But on the other hand, if the environment gives a negative view of a person, then it will shape and motivate a person to perform sexual behavior (Hurlock, 1980).

In general, adolescents experience a period of interest in new experiences in their lives, which involve violations of religious, legal, cultural norms and other applicable. This curiosity is the initial trigger for falling into juvenile delinquency, one of which is promiscuity which is one of the factors that cause sexual behavior in adolescents.

According to Kartono (1998), juvenile delinquency can be considered as a social problem that occurs in adolescents due to social neglect that encourages behavior that deviates from the values and norms that exist in society so that it can have a detrimental impact on oneself and those around them. Various forms of juvenile delinquency include, drinking alcoholic beverages, wild racing, gambling, theft, promiscuous sex, drug abuse and others (Thoyibah, 2021).

According to Albert J. Reiss (1951) there are three components of social control in explaining delinquency in adolescents, namely (1) Failure to instill socially accepted and determined norms of behavior. (2) Loss of internal control that can lead to behavior that violates norms. (3) The absence of social rules that clearly define behavior in the family, school and other social groups.

Adolescent sexual behavior, both with the same sex and with the opposite sex, is a type of learning that occurs during adolescence and is motivated by sexual desire. These behaviors can manifest in a variety of forms, including an attraction to dating, flirting, and engaging in sexual activity (Sarwono, 2011; Khairunnisa, 2013). Self, others, or imagined people can be sexual objects, thus encouraging adolescents to satisfy their sexual desires before marriage, and there is an assumption that those who engage in sexual behavior will bear little or no risk at all. This perception is referred to as vulnerability ability.

Adolescent sexual behavior indicates the potential for exposure to sexually transmitted infections if it continues or worsens. These diseases include genital warts, gonorrhea, chlamydia, urethritis, syphilis, genital herpes, trichomoniasis, and even HIV/AIDS (Verawaty and Rahayu 2012; Pujiningtyas, 2014). As a result, the impact of adolescent sexual behavior and premarital

behavior poses problems that must be addressed immediately. Types of oral sex, flirting, dry kissing, wet kissing, holding hands, fantasizing, touching, masturbating, and flirting are examples of sexual behavior (Duvall and Miller, 2015; Khairunnisa, 2013). Therefore, engaging in sexual activity or promiscuity will cause harm and loss, and such behavior is prohibited. Promiscuity is prohibited because it triggers despicable behavior that has a much more terrible impact.

Adolescence is basically people who have a high level of curiosity. Some of the triggers that make up adolescent reactions are components that affect adolescent sexual activity. Teenagers usually have a tendency to be adventurous, explore, and try new things. Adolescents are motivated to do things that adults usually do, including things related to sexual issues, in addition to their desire to imitate adults (Azwar, 2010; Azinar, 2013).

Hurlock (2004) states that sexual behavior is driven by two factors: (1) internal factors, which come from within the individual which include hormones and genital organ maturity, which drive sexual behavior with the aim of achieving satisfaction; and (2) external factors, which come from outside the individual and include things like the social environment.

One of the results of the learning process of adolescents is sexual behavior. Adolescent responses to different stimuli are one of the factors that affect adolescent sexual behavior. Adolescents' views on sexual activity are the result of how they react to stimuli, which in this case can be a collection of data that adolescents process from their environment.

The cognitive structure of adolescents needs to adjust to understand so much information. As a result, adolescents differ in accepting or rejecting unrestricted sexual behavior. Sari (2021) identified four adolescents who engaged in premarital sex, namely: knowledge factors, information media, parental roles, and social environments that influenced adolescents' decisions to have premarital sex.

Notoatmodjo in Wawan and Dewi (2010) states that a person's environment, experience, information, and education affect their knowledge. Adolescent sexual behavior is influenced by knowledge because by having a better understanding of sexuality and reproductive health, a person can make more informed decisions regarding their sexuality. Adolescents can better understand the dangers and impacts of sexual behavior if they have a good understanding of sexuality and reproductive health.

According to Notoatmodjo (2003), information media is one that has the potential to influence behavior, and can cause changes in the acquisition of knowledge. The availability of diverse mass media has increased due to technological advancements, which has the potential to impact adolescents' knowledge of sexual issues. Adolescents are more vulnerable to sexual information if they are exposed to it more often. This is because adolescents can behave differently due to hearing

the same information repeatedly (Notoatmodjo, 2010).

Technological advances in Indonesia have had a significant impact on adolescent premarital sexual behavior. Adolescent social interaction is greatly influenced by the rapid development of technology, so adolescents have easy access to various information, including sexual material, through social media and the internet (Ghaffar & Kusumaningrum, 2021; Maulina & Alim, 2020).

To resolve adolescent relationships that can result in risky sexual behaviors such as STIs, parents must play an active role in their lives. Parents have an important role in helping children develop their confidence. If parents don't deal with this effectively, it will negatively impact teens, leading to mild to severe mental problems, drug addiction, anxiety, sadness, and behaviors that put them at risk for STIs. To protect their children from harm or risk from their environment, parents may in this situation use two protection strategies: preventive measures and parental behavior. In addition, there are repressive strategies or approaches, such as involving adults in social activities that are meant to address the problems associated with juvenile delinquency. Concerns related to juvenile delinquency, such as involving children in conversations that specifically address issues related to juvenile delinquency and groups that discuss domestic violence.

The social environment has an impact on adolescent behavior. Social control is needed to regulate how individuals and groups behave in accordance with societal norms and values, so the social environment, control mechanisms, or control instruments are needed to prevent social deviations (Pujileksono, 2018).

Peer influence is one of the aspects in the social environment that affects adolescent sexual behavior. Adolescents are often greatly influenced by their peers in their daily lives, especially when they are trying to achieve their goals. In addition, adolescents usually have a greater awareness of reproductive health information and how it impacts their ability to make future decisions (Cahyo et al., 2008). However, peers often provide misinformation due to their ignorance, especially when it comes to sexual information, which often has a negative impact on other teens.

Teenagers often look to their peers because they are role models who can be used as role models and have a tendency to imitate the hobbies, appearances, behaviors, attitudes, and advice of their peers. While managing time outside the home and interacting with others is very much needed, the capacity of peers to shape adolescent sexual behavior can be greatly influenced by a number of circumstances. First of all, adolescents often have great curiosity, especially regarding sexual issues. In addition, teenagers always want to join a group to make it easier for them to follow the rules that have been decided by the group. Third, peer intimacy with adolescents tends to change the function of the family in sharing information, with the majority of information related to sexual activities (Afrizawati, Situmorang, et al., 2020).

Premarital sexual behavior among adolescents is a problem and social phenomenon that is no longer uncommon in society and is usually carried out by adolescents. Premarital sexual behavior and promiscuity, especially among adolescents, are very harmful to the mental (psychological), physical development and future of the victim. The main dangers of adolescent premarital sex are unwanted pregnancy, abortion, infectious diseases such as HIV/AIDS and addiction. Premarital sexual behavior can also lead to sexually transmitted infections (STIs) and adolescents and adults between the ages of 15-24 are at the highest risk of contracting sexually transmitted diseases. Sexual behavior like this can trigger the occurrence of Sexually Transmitted Infections (STIs). It is stated that adolescence is a "Window Opportunity" and is the right time to instill values, norms and good habits with the aim of preventing health problems in the future. This is in accordance with the opinion of Prasetyawati Eka (2012), as adolescents will have a future and become a healthy, productive and mature person. However, there are several physical problems that are commonly faced by adolescents, including anemia, obesity, mental/psychiatric illnesses that affect learning disabilities, risky behaviors such as smoking, premarital sex, narcotics abuse, psychotropics, and other addictive substances including HIV/AIDS infection.

Sexually Transmitted Infections (STIs) are infections that can be transmitted through sexual intercourse, either through the vagina, mouth, or anus. These types of infections can be caused by bacteria (e.g. syphilis), fungi, viruses (e.g. herpes, HIV), and parasites (e.g. ticks). STIs are diseases that can be transmitted through sexual relations with various sexual techniques, including sexual relations between different sexes and with same-sex relationships. This STI transmission can result in venereal diseases and cause abnormalities not only limited to the genital area, but also to other areas outside the genitals. The consequences of sexual behavior are adolescent virginity (adolescent girls), premenstrual syndrome (PMS), HIV and AIDS, unwanted pregnancies, and abortion. The rate of unsafe abortions is increasing among adolescents so that it can cause psychological disorders, such as feelings of guilt and guilt, family shame, loss of the future and the risk of maternal death during childbirth (Pangkahila, 2005).

There are types of sexually transmitted infections (STIs) such as: 1) Bacterial vaginosis (BV) is the most common cause of abnormal vaginal discharge. Any woman can get BV, not just women who are sexually active. A normal vagina contains a mixture of bacteria. BV is caused by the overgrowth of several bacteria that will disrupt the overall balance of bacteria and can increase the likelihood of sexual transmission, 2) Genital herpes is a viral infection caused by herpes simplex virus (HSV). There are two types of HSV: HSV 1 and HSV 2. HSV 1 is a virus that causes 'cold sores' that occur around the mouth. HSV 2 is usually transmitted during sexual intercourse, 3) Trichomoniasis is an infection of a protozoan disease caused by *Trichomonas vaginalis*, usually

transmitted through sexual intercourse and often attacks the lower urogenital tract in both men and women. However, its role as the cause of disease in men is still unclear, 4) HIV (Human Immunodeficiency Virus) is an RNA retrovirus that specifically attacks the immune system in the human body. When a person infected with HIV has a weakened immune system, they are more susceptible to various infections that cause AIDS.

(5). AIDS (Acquired Immunodeficiency Syndrome) is a set of clinical symptoms/signs in people with HIV due to opportunistic infections caused by a weakened immune system. People with HIV are susceptible to various diseases because their immune system is very weak, so the body cannot fight bacteria that usually do not cause disease.

WHO stated that in efforts to prevent STIs in adolescents by not doing sexual activity (abstinence) and postponing sexual activities, especially avoiding premarital sex, is an important factor in efforts to prevent STIs in adolescents. For sexually active adolescents, it is better to practice monogamy and reduce the number of (faithful) sexual partners as well as increase access and availability to comprehensive preventive services such as preventive education and the provision of condoms. It should be noted that STI prevention education for the younger generation must be adjusted to the target group. In general, education for adolescents may be slightly different from the education of the YKAP (young key affected population) group. YKAP consists of adolescent sex workers, sex workers, transgender users, injecting drug users, male homosexuals, and people with HIV.

Methods

This research uses the literature study method or also known as library research, which is a method that involves collecting data by gaining understanding and knowledge through theories derived from various literature and previous research results that are relevant to the research topic. Research data was collected by searching for various literature sources such as books, scientific journals and previous research that had been conducted previously, related to adolescent development, sexual behavior in adolescents, and sexually transmitted diseases. The data collected during the collection process will be evaluated descriptively in this study. The purpose of this descriptive analysis is to characterize or explain the substance of the data collected.

Result and Discussion

Based on the results of the Indonesian Demographic and Health Survey (SDKI, 2017), it was found that around 8% of men and 2% of women with a range of 15-24 years stated that they had been involved in sexual relations without marriage ties. Of these, around 11% experienced unwanted pregnancies. In the group of adolescents who have had premarital sexual intercourse,

they admitted that they had started having sex for the first time in the age range of 15-19 years, with a percentage of 59% women and 74% men (Coordinating Ministry for PMK, 2021).

Sarwono (2007) observed several research results on the form of behavior in the second grade of high school in Jakarta and Banjarmasin, there are various forms of adolescent sexual behavior. The results of the study showed that as many as 93% of adolescents held hands with their partners, while some adolescents who kissed their partners had a percentage of 61.8% for adolescent boys and 39.4% for adolescent girls. There were also results that around 2.32% of adolescent boys and 6.79% of adolescent girls had touched their partner's breasts. In addition, a small percentage of them admitted to having held their partner's genitals around 7.1% for adolescent boys and 1% for adolescent girls.

In this study, we reveal findings from previous studies related to factors that affect risky sexual behavior in adolescents.

According to the results of Astuti's (2017) research on the relationship between the knowledge and attitudes of high school teenagers and free sex behavior, it was found that around 74% of students had good knowledge about it, 79% of students had a negative attitude towards free sex, and 61% of students were involved in bad behavior. This finding is also supported by research conducted by Abudi et al (2020) which states that having good knowledge of sexually transmitted infections (STIs) affects adolescents' attitudes related to sexual behavior.

This is also in line with the results of Kumalasari's (2016) research on the relationship between knowledge, attitudes and premarital sexual behavior in adolescents at SMK Patria Gadingrejo, Pringsewu Regency in 2014, showing that as many as 57.5% of adolescents are involved in premarital sexual behavior. In addition, as many as 62.7% have good knowledge about it, and 64.9% of adolescents have a positive attitude regarding sexual behavior. The results of the analysis showed that there was a relationship between knowledge, attitudes and sexual behavior of adolescents at SMK Patria Gadingrejo in 2014.

Based on the results of research by Agustina and Windiyaningsih (2016) regarding the role of internet media in influencing the sexual behavior of high school teenagers in two schools in Riau in 2016. The study showed that there was a significant relationship between adolescents' exposure to information sources through internet media and their sexual behavior.

In addition, the study found that adolescents who did not receive adequate parental supervision were 3.6 times more likely to engage in promiscuous sexual behavior than adolescents who received parental supervision. This suggests that one of the most effective ways to stop harmful sexual activity in adolescents is for parents to monitor and regulate their access to digital media. A strong correlation between parenting styles and adolescent promiscuous sexual behavior

was also found in the study applying parenting techniques that include having open lines of communication with children, keeping an eye on what children access to the internet and the type of content it contains, and establishing morally sound principles.

Adolescents who have active parental involvement will be better able to understand and receive accurate information should be aware of the dangers and impacts of engaging in sexual activity before marriage, and offer guidance and assistance to young people as they make responsible sexual decisions.

In a study by Andriyani and Al Maududi (2018) on 82 students at SMA X Jakarta, it was found that there was a significant relationship between the role of peers and premarital sexual behavior in adolescents. This finding is in line with research conducted by Yulianti (2022) which also shows a significant influence between conformity on peers and premarital sexual behavior in adolescents. The results of the study showed that the higher the level of conformity towards peers, the higher the premarital sexual behavior they did. On the other hand, the lower the level of conformity of a person towards peers, the lower the premarital sexual behavior carried out by adolescents. This happens because adolescents tend to influence each other in their peer group so that they tend to adjust their behavior, attitudes and views according to the values or expectations of the group with the aim of being accepted by their social group. .

Conclusion

Adolescence is known as a transition period, where physical, cognitive, emotional changes and the search for self-identity occur. Today's adolescent association tends to lead to risky sexual behaviors that have the potential to result in unwanted consequences, such as unwanted pregnancies, unsafe abortions, and contracting sexually transmitted diseases such as HIV/AIDS. This is influenced by many social psychological factors, such as knowledge, access to information media, the role of parents, and peers which are driving risky sexual behaviors and sexually transmitted diseases in adolescents. In addition, self-concept in adolescents also affects sexual behavior, With a negative self-concept, it tends to be related to unhealthy sexual behavior and vice versa. The data that has been presented shows a high level of promiscuous sex behavior among adolescents in Indonesia and an increase in HIV cases among adolescents, which raises concerns about the impact of reproductive health and the increase in cases of sexually transmitted infections in adolescents.

Sexually transmitted infections (STIs) are a serious threat to adolescent reproductive health. STI prevention education, including the promotion of abstinentism, monogamy, condom use, and comprehensive health services, is essential to reduce the risk of STI transmission in adolescents. Awareness of the psychosocial factors that influence adolescent sexual behavior can

help in the development of appropriate intervention strategies for the prevention and control of STIs among adolescents.

This provides a comprehensive picture of the complexity of psychosocial factors that influence adolescent sexual behavior and their implications for STI transmission. It is important to pay attention to these factors in designing targeted and effective prevention strategies to increase awareness, knowledge, and healthy sexual behavior in adolescents, as well as reduce the risk of STI transmission and improve their overall sexual health.

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