



## THE RELATIONSHIP BETWEEN PARENTING STYLES AND ADOLESCENT SEXUAL BEHAVIOR

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**ABSTRACT:** This study aims to investigate the correlation between parenting styles and adolescent sexual behavior at SMA Negeri 3 Mataram using an observational analytic design with a cross-sectional approach. Data were collected from 69 11th-grade social science students via a questionnaire assessing parenting styles and sexual behavior. Results indicated that (1) 59.4% of respondents experienced permissive parenting, while 40.6% encountered democratic parenting; (2) respondents who have permissive parenting, 5.8% demonstrated negative sexual behavior, in contrast to the uniformly positive behavior observed in adolescents with democratic parenting; (3) the results of Fisher's exact test are a significance value of 0.141, indicating no statistically significant relationship between parenting styles and adolescent sexual behavior; (4) trend suggests that democratic parenting, which balances freedom and control, is associated with positive adolescent sexual behavior. Thus, these findings highlight the importance of promoting democratic parenting and comprehensive sexual education to reduce risky behaviors. Recognizing cultural nuances and enhancing parental involvement are essential for effective adolescent sexual health prevention strategies.

**Keywords:** parenting styles, adolescent sexual behavior, democratic parenting

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## INTRODUCTION

Adolescence is a critical phase in individual development, marked by increased vulnerability to various behavioral issues, including risky sexual behaviors. Parenting styles play a vital role in shaping adolescent behavior, influencing their stability and resilience to external stressors. Recent research underscores the significant impact of parenting styles on adolescent sexual behavior. Reis et al. (2020) found that parenting styles are closely linked to early sexual initiation and unsafe sex practices among adolescents. Positive parenting styles, characterized by acceptance and emotional warmth, create environments conducive to better mental health outcomes and open communication, essential for addressing sensitive topics like sexuality (Wei & Su, 2023).

Conversely, negative parenting styles, such as rejection and overprotection, are associated with increased problem behaviors in adolescents (Zhang & Wang, 2023). Effective parenting involves providing opportunities for open dialogue, which is crucial for guiding adolescents through their developmental challenges



(Harma et al., 2023). Widagdo (2022) highlights the importance of appropriate parenting styles and raising awareness about adolescent views on sexual behavior to mitigate risks. Furthermore, Chigbu et al. (2022) point out that parental monitoring, communication, and parenting style are significant predictors of adolescent sexual risk-taking, underscoring the critical role of parental involvement.

In Indonesia, various studies have examined factors influencing adolescent sexual behavior. Syah et al. (2022) indicate that negative attitudes towards sexuality lead to higher instances of premarital sexual behavior. Shafira et al. (2022) discuss the role of parental attachment and peer influence, noting that exposure to sexual content in digital media can shape adolescents' perceptions and behaviors. Febrianti et al. (2021) highlight the prevalence of risky sexual behaviors among Indonesian adolescents, emphasizing the need for targeted interventions.

A survey conducted in September 2013 at SMA Negeri 3 Mataram indicated that 2% of adolescents had experienced sexual behaviors such as kissing and breast fondling. Based on these phenomena, this study aims to explore the relationship between parenting styles and adolescent sexual behavior at SMA Negeri 3 Mataram. Permissive and democratic parenting styles are commonly studied in adolescent behavior research. Authoritative parenting, characterized by high warmth and control, is considered most beneficial for children's well-being (Lukman et al., 2023).

Research indicates that permissive parenting can mediate parental stress and influence children's emotions, particularly in families with children with Down syndrome (Faught et al., 2022). Studies in Indonesia explore the relationship between non-parental permissive parenting and moral intelligence in early childhood, highlighting the influence of parenting practices on children's moral development (Auliya et al., 2021). Additionally, family dynamics have linked family risk factors with long-term antisocial behavior in adolescents, emphasizing the critical role of parenting in shaping children's behavior and psychological well-being (LoBraico et al., 2020).

The influence of parenting on children's learning motivation and academic outcomes in educational settings is also significant. Understanding how parental attitudes and behaviors shape children's educational experiences can help design effective interventions and support systems in schools and homes (Marsidi et al., 2023). In a broader context, the literature emphasizes the need to consider ethical dimensions in parental decision-making, particularly concerning sensitive issues like fertility and reproductive choices (Glick, 2023).

Research on democratic parenting shows that this approach can positively affect children's social attitudes and behaviors (Rahimah & Sukiman, 2020). Democratic leadership in educational settings tends to create environments that encourage discussion, value input from others, and distribute responsibilities fairly, reflecting democratic parenting principles in organizational contexts (Karo et al., 2024). Comparative studies on parenting styles highlight differences between democratic-permissive, authoritarian, and other parenting approaches, emphasizing the unique characteristics and outcomes associated with each style (Kostanasios,



2024). Democratic parenting, which combines warmth with clear boundaries and expectations, has been linked to favorable outcomes in children's motor development and academic performance (Velasco-Rauda & Castillo-Martínez, 2024).

Research also shows that democratic parenting is associated with self-determined motivation and positive affect, contrasting with outcomes related to neglectful or authoritarian parenting styles (Vega-Díaz et al., 2023). The impact of democratic parenting on children's emotional regulation, self-efficacy, and social problem-solving abilities has been documented, highlighting this parenting style's role in promoting adaptive behavior and psychological well-being (Ashar et al., 2021).

It is crucial to address gaps in fulfilling adolescents' sexual education needs. Sexual education can be delivered through schools, based on structural functional theory, which posits that sexual education in schools works together with other systems to shape individual behavior (Mulya, 2023). Developing high self-control in adolescents can help redirect them towards beneficial activities and minimize negative behaviors such as smoking, drug use, alcohol consumption, and premarital sexual behavior (Astuti & Noerjoedianto, 2021).

Previous research indicates that authoritative and democratic parenting positively impact reducing risky sexual behavior in adolescents (Lukman et al., 2023; Rahimah & Sukiman, 2020). However, many studies still focus on family contexts without considering the cultural and social variations that influence parenting effectiveness (Auliya et al., 2021). Studies in Indonesia reveal that adequate sexual education at home and school plays a crucial role in preventing premarital sexual behavior, yet its implementation remains uneven (Lamia et al., 2024). Furthermore, research on the specific relationship between permissive parenting and adolescent sexual behavior is still limited and requires further exploration (Lukman et al., 2023).

This research gap indicates the need for in-depth studies on how variations in parenting styles within the Indonesian cultural context influence adolescent sexual behavior and effective interventions to address this issue. This study aims to explore the relationship between parenting styles and adolescent sexual behavior at SMA Negeri 3 Mataram. The study will test the hypothesis that permissive and democratic parenting significantly influence adolescent sexual behavior. The novelty of this research lies in its focus on the Indonesian cultural context, which has not been extensively explored in previous literature. Thus, study is required to provide deep insights into how parenting styles can influence adolescent sexual behavior, which, in turn, can help develop better and more effective prevention strategies in the future.

## **METHOD**

This study is observational analytic research with a cross-sectional approach. The population consists of 230 11th-grade social science students at SMA Negeri 3 Mataram. The inclusion criterion is students who are willing to participate as respondents, while the exclusion criterion is students who are unwilling to



participate or are not from the 11th-grade social science class. The sample was obtained using a simple random sampling technique, where every student had an equal chance of being selected. The sampling was done by drawing names of students who met the inclusion criteria. The selected sample is expected to represent the population, allowing for the generalization of the study results.

Data collection was conducted using a questionnaire designed by the researcher. The questionnaire consisted of several questions aimed at measuring parenting styles and adolescent sexual behavior. The questionnaire was filled out in class under the direct supervision of the researcher to ensure the accuracy of the collected data. The parameters measured in this study were parenting styles and adolescent sexual behavior. Parenting styles were assessed based on students' responses to questions about how their parents raised them. Adolescent sexual behavior was measured based on students' answers regarding their experiences related to sexual behavior.

Data analysis was performed in two stages: univariate analysis and bivariate analysis. Univariate analysis was used to describe demographic data, parenting styles, and adolescent sexual behavior in the form of frequency distribution and percentage tables. Bivariate analysis was conducted to test the research hypothesis about the relationship between parenting styles and adolescent sexual behavior using the Chi-square analysis technique. The significance level was set at  $\alpha = 0.01$ , with the hypothesis accepted if  $p < 0.01$  and rejected if  $p > 0.01$ . The results of the analysis were presented in table form to facilitate the interpretation of the relationships between the variables studied.

## RESULTS AND DISCUSSION

Based on the measurement results, the research data can be described in detail as follows:

### *Respondents' Sociodemographic Characteristics*

Description of data about the demographic data of the respondents, as shown in Table 1.

**Table 1. Respondents' Sociodemographic Characteristics (N=69)**

Characteristics		N	Percentages
<b>Gender</b>	Male	41	59%
	Female	28	41%
<b>Age (Years)</b>	15-16	25	36%
	17-18	32	46%
	19-20	12	18%
<b>Religion</b>	Islam	50	73%
	Christian	6	9%
	Hindu	13	18%

The demographic data of the respondents, as shown in Table 1, reveals that out of 69 respondents, 59.4% are male and 40.6% are female. The age distribution



ranges from 15 to 20 years, with 36.2% aged 15-16 years, 46.3% aged 17-18 years, and 17.4% aged 19-20 years. In terms of religion, most respondents are Muslim (72.5%), followed by Hindu (18.8%) and Christian (8.7%). According to Theresia et al. (2020) gender has a significant relationship with adolescent sexual behavior, with male adolescents tending to exhibit higher sexual behavior than females. Additionally, Madjid (2020) found that attitudes toward virginity, age, knowledge of pregnancy risks, and peer influence also contribute to sexual behavior in dating.

Research by Wahdini et al. (2021) shows that risky behavior in adolescents is influenced by sociodemographic factors, adolescent knowledge, family function, and sources of reproductive health information. These factors interact and significantly influence adolescent sexual behavior. In the educational context, Simanjuntak et al. (2021) found that education influences behaviors such as holding hands and kissing, indicating that education level is an important factor in adolescent sexual behavior.

These findings highlight the importance of various factors in shaping adolescent sexual behavior. Internal factors such as parenting style and age, as well as external factors such as gender and social environment, all contribute to shaping sexual behavior. Adequate sexual education and effective parenting practices are crucial in reducing risky sexual behavior in adolescents. Age is also a significant factor, as adolescence is a critical transition period affecting sexual behavior patterns.

This study indicates that interventions considering these various factors can be more effective in managing and supporting adolescent sexual health development. With a deeper understanding of how these factors interact, educational programs and policies can be better targeted and more effective in creating an environment that supports better adolescent sexual health.

### ***Parental Parenting Characteristics***

Description of data about the parental parenting characteristics, as shown in Table 2.

**Table 2. Parental Parenting Styles (N=69)**

Parenting Style	N	Percentages
Permissive	41	59,4%
Democratic	28	40,6%

Based on the data in Table 2, it is known that out of a total of 69 respondents, 59.4% reported being raised with a permissive parenting style, while the remaining 40.6% reported being raised with a democratic parenting style. This data indicates that permissive parenting is more prevalent among the parents of 11th-grade social science students at SMA Negeri 3 Mataram.

Research shows that permissive and democratic parenting styles have different impacts on child development. Parents with a democratic parenting style tend to be more responsive and supportive of child development, teaching the consequences of good and bad actions (Lesmana et al., 2021). Conversely, permissive parenting often provides too much freedom without adequate control,





which can hinder the development of a child's independence and personality (Wahyuningsih, 2020).

In the context of positive child development, democratic parenting is more effective because it provides balanced freedom and involves children in decision-making, helping form their personality and independence (Anthony et al., 2023). On the other hand, permissive parenting can result in children being less happy, less competent, and less successful in facing life's challenges (Winarsih et al., 2023).

Democratic parenting provides balanced freedom with clear boundaries, helping children learn to take responsibility and become independent. Positive interactions between parents and children and children's participation in decision-making have been shown to support the development of independence and personality (Kusumawardani et al., 2021). Conversely, permissive parenting, which gives freedom without boundaries, tends to hinder the development of children's independence and can negatively impact their emotional and social well-being (Wahyuningsih, 2020).

These findings emphasize the importance of implementing democratic parenting within families to support healthy and balanced child development. Education and support for parents about the importance of balanced parenting can help reduce the risk of risky sexual behavior in adolescents and support better personality development. Therefore, this study provides a strong foundation for more effective interventions in supporting adolescent sexual health and development.

### ***Sexual Behavior Characteristics***

Description of data about the sexual behavior characteristics, as shown in Table 3.

**Table. 3 Adolescent Sexual Behavior Distribution (N=69)**

Behavior	N	Percentages
Negative	4	5,8%
Positive	65	94,2%

Based on the data in Table 3, it is known that out of a total of 69 respondents, 94.2% exhibited positive sexual behavior, while 5.8% exhibited negative sexual behavior. This data indicates that most adolescents at SMA Negeri 3 Mataram have positive sexual behavior, although there is still a small number of adolescents who exhibit negative behavior.

Research indicates that adolescent sexual behavior is influenced by various factors, including parental upbringing, social media, and peer influence. Marlina et al. (2023) found that a strong family role can reduce free sexual behavior in adolescents, emphasizing the importance of parental involvement in children's lives. Zendrato et al. (2022) also noted that social media has a significant influence on free sexual behavior, where exposure to inappropriate content can affect adolescent behavior. Irma et al. (2022) highlighted that peer also play an important role as predictors of premarital sexual behavior.



Additionally, knowledge about reproductive health and proper sex education also play important roles in shaping adolescent sexual behavior. Sumarni (2022) asserts that reproductive health knowledge can help adolescents make better decisions regarding their sexual behavior. Budu et al. (2023) found that the level of knowledge about reproductive health is related to premarital sexual behavior in male adolescents, and Wardani & Alfiani (2022) added that self-control and social environment factors also have significant influences.

These findings highlight the importance of family roles, social media, peers, and education in shaping adolescent sexual behavior. Good parenting, family involvement, and adequate reproductive health education can help guide adolescents toward positive sexual behavior. Interventions involving parents in sex education and increasing adolescents' knowledge about reproductive health can reduce the risk of negative sexual behavior.

A deep understanding of the factors influencing adolescent sexual behavior is crucial for designing effective educational programs and interventions. By integrating reproductive health education into school curricula and involving families in the educational process, it is hoped that a supportive environment for healthy sexual development in adolescents can be created. Additionally, monitoring the use of social media and peer influence should be considered to minimize exposure to inappropriate content.

#### ***Relationship Between Parenting Styles and Adolescent Sexual Behavior***

Description of data about the parenting styles and adolescent sexual behavior, as shown in Table 4.

**Table 4. Parenting Style and Sexual Behavior Crosstabulation (N=69)**

Characteristics		Sexual Behavior		Sig*
		Negative	Positive	
Parenting Style	Permissive	4 (5,8%)	37 (53,6%)	<b>0,141</b>
	Democratic	0 (0%)	28 (40,6%)	

Based on the data in Table 4, it is known that out of 69 respondents, 53,4% were raised with a permissive parenting style, and 40.6% with a democratic parenting style. Among adolescents raised with permissive parenting, 5.8% exhibited negative sexual behavior, and 53.6% exhibited positive sexual behavior. Meanwhile, all adolescents raised with democratic parenting exhibited positive sexual behavior is 40.6%.

Previous research by Jannah & Cahyono (2021) and Istiqomah et al. (2020) affirms that permissive parenting is associated with increased risky sexual behavior in adolescents. In this study, no adolescents with democratic parenting exhibited negative sexual behavior, aligning with Yulianto et al. (2022), who found that democratic parenting supports the development of positive sexual behavior. DeVille (2023) also emphasizes that a strong family role, often found in democratic parenting, reduces the risk of free sexual behavior.



Zendrato et al. (2022) and Irma et al. (2022) highlight that social media influence and peer pressure also play important roles in adolescent sexual behavior. However, positive interaction and proper education from parents, as seen in democratic parenting, can mitigate these negative influences. Reproductive health knowledge, as revealed by Sumarni (2022), is also crucial in shaping adolescent sexual behavior, showing that a combination of education and good parenting can result in positive sexual behavior.

These findings emphasize the importance of parenting styles in shaping adolescent sexual behavior. Democratic parenting, which balances freedom and control, is proven to be more effective in supporting the development of healthy sexual behavior compared to permissive parenting. Parents who practice democratic parenting can help their children understand the consequences of their actions and make responsible decisions regarding sexual behavior.

In the above statistical test results, Fisher's Exact Test was used as an alternative to the Chi-Square Test because 2 cells (50.0%) had expected counts less than 5. This condition makes the Chi-Square Test less appropriate since the basic assumption of the Chi-Square Test is that each cell must have a minimum expected count of 5. Therefore, Fisher's Exact Test is more suitable as it is not affected by small, expected cell counts.

The Fisher's Exact Test results show a significance value of 0.141 for the two-sided test. Since this value is greater than alpha 0.05, we do not have sufficient evidence to reject the null hypothesis. Therefore, the null hypothesis is accepted, and the alternative hypothesis is rejected. This means there is no significant relationship between parenting styles and adolescent sexual behavior at the high school. However, these findings remain important as they show a trend supporting democratic parenting in reducing risky sexual behavior.

Education that involves parents and children in open dialogues about reproductive health and sexual behavior is crucial. Intervention programs that teach parents how to implement democratic parenting can help reduce negative sexual behavior in adolescents. Thus, this study makes an important contribution to improving adolescent reproductive health through family- and education-based approaches.

## CONCLUSION

Based on the research results, it can be concluded that (1) 59.4% of respondents experienced permissive parenting, while 40.6% encountered democratic parenting; (2) 94.2% of respondents exhibited positive sexual behavior, while 5.8% exhibited negative sexual behavior; (3) 53.4% of respondents were raised with a permissive parenting style, and 40.6% with a democratic parenting style. Among adolescents raised with permissive parenting, 5.8% exhibited negative sexual behavior, and 53.6% exhibited positive sexual behavior. Meanwhile, all adolescents raised with democratic parenting exhibited positive sexual behavior is 40.6%; (4) the results of Fisher's exact test are a significance value of 0.141, indicating no statistically significant relationship between parenting styles and adolescent sexual behavior.





## RECOMENDATION

Based on the research results, the researcher suggests that future research should explore the role of cultural factors in the relationship between parenting styles and adolescent sexual behavior. Given Indonesia's diverse cultural landscape, understanding how cultural norms and values influence parenting practices and adolescent behavior could provide deeper insights and help tailor more effective interventions.

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