



## PARENT COMMUNICATION PATTERNS AND RISK SEXUAL BEHAVIOR IN LATE ADOLESCENT

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### Abstract

**Background:** Engaging in risky sexual behaviors during adolescence can negatively affect their development and health, leading to risks like contracting sexually transmitted infections such as HIV/AIDS, unintended pregnancies, and abortions. Many factors can cause risky sexual behavior, family factors, especially parental communication patterns are one of the most important influences, because parents are the environment that has the strongest preventive efforts in keeping adolescents involved in promiscuous activities. This research seeks to explore the connection between parental communication styles and risky sexual behavior among older adolescents. **Method:** Observational analytic with cross-sectional research design. The sample size was 300 respondents with consecutive sampling technique. The independent variable is communication pattern. The dependent variable was risky sexual behavior in late adolescents. The research data used instruments in the form of closed questionnaires and analyzed using the Spearman's rank test with a significance level of  $p < 0.05$ . **Result:** The majority of late adolescents experienced authoritative parental communication patterns, with 56% reporting this style. Additionally, 63% of respondents exhibited low-risk sexual behavior. The Spearman's rank correlation test revealed a significant result with a p-value less than  $\alpha$  ( $p = 0.000$ ) and a correlation coefficient of  $r = -0.239$ . **Conclusion :** Parental communication patterns have a relationship with risky sexual behavior in late adolescents. For future researchers can using qualitative research to explore more information about communication patterns from the point of view of adolescents and parents towards risky sexual behavior in adolescents.

**Keyword :** Communication patterns, late adolescent, parent, sexual behavior

### INTRODUCTION

Adolescents are one of the groups that have a large population in the world population. The data from the Indonesian population census aged 15-24 years in 2021 totaled 44,777,600 people or 16.4% of the total population (Badan Pusat Statistik, 2022). The large number of adolescents has high risks that will be faced related to adolescent problems, one of which is risky sexual behavior in adolescents (Ungsianik and Yuliati, 2017). Risky sexual behavior refers to sexual activities that may negatively impact adolescents' health and development, leading to issues like sexually transmitted diseases (STDs) including HIV/AIDS, unintended

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pregnancies, and abortion (Rahma, 2018). Risky sexual behavior is divided into two, namely low-risk sexual behavior such as touching, kissing, masturbation, and high-risk sexual behavior, namely deep kissing, oral sex, petting, sexual intercourse (Muflih and Syafitri, 2018).

The 2017 Indonesian Demographic and Health Survey indicates that 59% of women and 74% of men had their first sexual experience between the ages of 15 and 19. Sexual experience was higher among women and men aged 20-24 compared to those aged 15-19 (BPS *et al.*, 2018). Research conducted in Surabaya with a sample of 74 adolescents aged 13-21 years showed that as many as 47.3% of adolescents committed unsafe sexual behavior where most of them occurred at the age of 17-21 years, where the age is included in the late adolescent category (Novi, 2021). Another study in Surabaya found that 72.9% of adolescents with a college student status had risky sexual behavior (Ohee and Purnomo, 2019).

A study shows that good parental communication patterns can prevent adolescents from risky sexual behavior (Santi and Fithria, 2017). Parents and family are the environments that have the strongest preventive efforts in keeping adolescents involved in risky sexual behaviour. However, young people, specifically students who are new to university life and mostly come from distant cities away from their families, can easily explore things they are curious about, especially related to sex because of the ease of availability of surrounding facilities that can fulfil this curiosity (Wiradimadja, 2020). This is in accordance with research conducted in the East Surabaya City area, where in the area found 72.9% of overseas students had risky sexual behavior (Ohee and Purnomo, 2019). Based on the background of the problem, This study aims to examine how parental communication patterns relate to risky sexual behavior in late adolescents in Surabaya.

## METHOD

The study employed an observational analytic research design with a cross-sectional approach. The target population included all college students in Surabaya. Sampling was conducted using a non-probability technique known as consecutive sampling. The sample size, determined using the Lemeshow formula, comprised

300 respondents aged between 18 and 21 who met the inclusion criteria, unmarried and domiciled in Surabaya and the exclusion criteria, namely not willing to be a respondent and never dating. The tool employed was a structured Google Form questionnaire featuring closed-ended questions. This questionnaire was divided into three sections, including one focused on the characteristics of the respondents, parental communication patterns, and adolescent sexual behavior. The questionnaire on parent communication patterns was derived from a study conducted by (Cahyani *et al.*, 2021) The adolescent sexual behavior questionnaire was sourced from the study by Muflih and Syafitri (2018). The gathered data were processed and analyzed through univariate and bivariate analysis, utilizing the Spearman Rank correlation test and SPSS software. This research has been approved by the Health Research Ethics Committee of the Faculty of Medicine, Universitas Airlangga.

## RESULT AND DISCUSSION

The univariate analysis revealed the following respondent characteristics.

**Table 1 Respondent General Characteristics**

Characteristics	Frequency	Percentage (%)
<b>Gender</b>		
Man	79	26,3
Women	221	73,7
<b>Age</b>		
18 years old	32	10,7
19 years old	83	27,7
20 years old	104	34,7
21 years old	81	27,0
<b>Live with</b>		
Parents	190	63,3
Guardian	22	7,3
Alone	79	26,3
Friend	9	3,0

Table 1 indicates that the majority of the 221 respondents, accounting for 73.7%, were female, 104 respondents (34.7%) were 20 years old, and 190 respondents (63.3%) lived with their parents.

Gender can influence adolescents' sexual behavior, with men being more at risk of sexual behaviour than women (Rahayu *et al.*, 2020). Puberty such as physical to emotional changes causes this, besides that male adolescents are easier to have sexual fantasies and are more courageous to behave sexually, while female



adolescents may still be restrained due to feelings of shame and moral considerations burden felt by women (Donevan and Mattebo, 2017).

Young adults aged 20-24 with limited knowledge, negative attitudes, and a history of alcohol consumption will tend to engage in risky sexual behavior (Sunardi *et al*, 2020). Individuals entering late adolescence are more at risk of sexual behavior because in this phase adolescents have high curiosity, their thoughts and fantasies are more developed and easily stimulated by external stimuli (Gayatri *et al.*, 2020).

According to Siregar and Apriadi (2020) in their research stated that there was no notable variation in risky sexual behavior between adolescents living with parents and adolescents living alone. Various negative activities outside the home shape the attitudes and behavior of a teenager, it is not only influenced by where he lives, but how a teenager interacts with the environment where he lives (Putri *et al.*, 2017).

**Table 2 Data Distribution of Parental Communication Patterns**

Parental Communication Patterns	Frequency	Percentage (%)
Permissive	113	37,7
Authoritative	168	56,0
Authoritarian	19	6,3

The table above indicates that the majority of respondents' parents exhibit authoritative communication patterns (56.0%). This communication pattern is the most ideal because it has an effective communication pattern between parents and children, the more openly mothers discuss sex with their teenage children, the less likely adolescents are to engage in risky sexual behaviors (Ungsianik and Yuliati, 2017). Parents can communicate what is deemed necessary to limit adolescent deviant behavior, negotiating to apply rules based on mutual agreement. This is considered to be able to minimize risky sexual behavior in adolescents. This means that adolescents indirectly include these rules as a foothold in doing anything so that the objectives of the rules can be achieved together between parents and adolescents (Maulida and Safrida, 2020).

**Table 3 Data Distribution of Sexual Behaviour in Late Adolescents**

<b>Sexual Behaviour in Late Adolescents</b>	<b>Frequency</b>	<b>Percentage (%)</b>
Not risk	28	9,3
Low risk	189	63,0
High risk	83	27,7

Table 3 indicates that the majority of adolescents' sexual behavior falls into the low-risk category, accounting for 63%. Sexual behaviours that fall into the low-risk category are masturbation, touching, and kissing. Masturbation or the activity of stimulating the sexual organs by touching or feeling them. This occurs due to factors of growth and development of reproductive organs, as well as the spread of information and sexual stimulation through mass media (Sarwono, 2019). Touching behaviour such as holding hands to hugging and kissing is an activity most often done by teenagers while dating to express love, passion, words and affection that can cause sexual stimulation (Blegur, 2017). Touching behaviour usually does not cause strong sexual stimulation, but can lead to the desire to try other more risky sexual activities such as deep kissing, oral sex, petting, and sexual intercourse (Muflih and Syafitri, 2018; Sarwono, 2019).

**Table 4 The Relationship between Parental Communication Patterns and Risky Sexual Behaviour in Late Adolescents**

<b>Parental Communication Patterns</b>	<b>Sexual Behaviour in Late Adolescents</b>						<i>p-value</i>	<i>r</i>
	<b>Not risk</b>		<b>Low risk</b>		<b>High risk</b>			
	<b>f</b>	<b>%</b>	<b>f</b>	<b>%</b>	<b>f</b>	<b>%</b>		
Permissive	8	7,1	57	50,4	48	42,5	0,000	-0,239
Authoritative	18	10,7	117	69,6	33	19,6		
Authoritarian	2	10,5	15	78,9	2	10,5		
Total	28	9,3	189	63,0	83	27,7		

Based on table 4 above, it shows that respondents who have high-risk sexual behaviour have parents with permissive communication patterns, 48 respondents (42.5%). The Spearman Rank test results indicate a negative correlation between parental communication patterns and risky sexual behavior among late adolescents, with a p-value of 0.000, which is less than  $\alpha$  (0.05), and a correlation coefficient of -0.239. This suggests that as parental communication becomes more permissive, the likelihood of risky sexual behavior increases, the higher the risky sexual behaviour in late adolescents and vice versa.

The findings of this research align with the study conducted by Yuniza *et al.* (2022) on high school students that family communication patterns have a significant relationship with free sexual behaviour in adolescents. This can occur



because communication patterns in the family play an important role in educating, guiding, determining behaviour, and molding adolescents' views on societal values, enabling them to discern and reject harmful environmental influences while steering clear of risky sexual behavior (Thoyibah *et al.*, 2017). Communication between parents and adolescents is one form of parenting process that has an influence on adolescent sexual behaviour (Gustina, 2017). Healthy communication and openness in the process of conveying information are needed to maintain the harmony of the relationship between parents and children and through this parents can monitor the things that are being and will be done by their children (Dewi, 2017; Kusuma, 2017).

### **CONCLUSION AND SUGGESTION**

The study concludes that a connection exists between parental communication patterns and risky sexual behavior in late adolescents in Surabaya, where the more permissive the communication patterns of parents, the higher the risky sexual behavior in late adolescents and vice versa. Future researchers are advised to use qualitative research to explore more information about communication patterns from the perspective of adolescents and parents towards risky sexual behavior in adolescents. In addition, it can investigate additional factors that may impact risky sexual behavior in adolescents to find a common solution in suppressing the high risky sexual behavior in adolescents.

### **DECLARATION**

#### **Conflict of Interest**

This study has no conflicts of interest.

#### **Authors' Contribution**

All contributors were involved in every stage of the study, from the initial concept to the drafting of the article, so collaborative efforts were required in this study.

### **Ethical Approval**

This research received approval from the ethics committee, confirming it adheres to required ethical guidelines, with ethics number 234/EC/KEPK/FKUA/2023.

### **Funding Source**

The source of funding for this study uses the researcher's personal funds.

### **Data Availability**

In this part, Data supporting the research findings are available upon request.

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