



## The Influence of Self-Control on Premarital Sexual Behavior

Aisyah Ayu Rahmawati

Universitas Sultan Ageng Tirtayasa, Serang, Indonesia

[aisyahayuadn@gmail.com](mailto:aisyahayuadn@gmail.com)

Bangun Yoga Wibowo

Universitas Sultan Ageng Tirtayasa, Serang, Indonesia

[bangunyogawibowo@untirta.ac.id](mailto:bangunyogawibowo@untirta.ac.id)

Lenny Wahyuningsih

Universitas Sultan Ageng Tirtayasa, Serang, Indonesia

[lenny.wahyuningsih@untirta.ac.id](mailto:lenny.wahyuningsih@untirta.ac.id)

### Abstract

***The Influence of Self-Control on Premarital Sexual Behavior.*** This research aims to determine the effect of self-control on premarital sexual behavior among teenagers in class X at SMAN 1 Bojonegara. The research uses quantitative methods with a correlational type. The population in this study was class X students at SMA Negeri 1 Bojonegara, namely 350 students. Through the probability sampling method and the simple random sampling technique, 188 students were sampled. The data collection method uses a questionnaire, and the measurement scale for self-control and sexual behavior uses a Likert scale. The data analysis technique obtained simple correlation results with a significance value of  $0.000 < 0.05$ , which means that  $H_a$  is accepted and  $H_o$  is rejected, so there is an influence between self-control and premarital sexual behavior in adolescents. The correlation value using Karl Pearson's product moment correlation was  $-0.627$ , which means that the self-control variable and the premarital sexual behavior variable have a negative relationship, where the higher the self-control, the lower the premarital sexual behavior in adolescents and vice versa.

**Keywords:** *Self-Control, Premarital Sexual Behavior, and Adolescents*

## A. Introduction

High school education is a type of educational unit at the secondary level, and in general, the age of high school students is in the 16–18 year old range, at which age a person has entered adolescence (Sutanto, 2019: 10). Adolescence is a period of transition in the span of human life that bridges childhood and adulthood. Significant differences in adolescence can be seen in physical development, cognitive development, and socio-emotional development. (Santrock, 2011: 402). Furthermore, Agustiani (2006: 28) believes that the physical development of adolescents is clear and develops rapidly to form the physical form of adults, accompanied by the development of reproductive capacity. Furthermore, Izzaty et al. (2013) explained that at the same time as teenagers' physical development, sexual organs begin to develop and mature. There are two sexual developments in adolescents, namely primary sexual development, characterized by the maturity of body parts related to the reproductive process. Meanwhile, secondary sexual development in men is the first ejaculation, or wet dream, and in women it is menarche, or first menstruation.

Apart from prominent physical and cognitive changes, the social environment also plays a role in shaping adolescent behavior. The developmental stages that occur through these changes are related to the developmental tasks faced by adolescents. Accepting the changing physical conditions of himself and his male and female peers is one of the developmental tasks that occurs during adolescence, as is accepting their respective sexual roles (Sarwono, 2018: 188). Furthermore, Zastrow and Kirt-Ashman argue that there are two important aspects of adolescence, namely sexual orientation. Adolescents are expected to be able to determine the direction of their sexual interest towards heterosexual sexual orientation, which is generally accepted by existing norms in society. However, it cannot be denied that there are teenagers who choose homosexual sexual orientation. Therefore, the role of family and environment is important in encouraging and strengthening this identity in adolescents. Second, sexual roles

play an important role in the stage of self-identity formation, which is expected to successfully accept and develop their sexual roles with their abilities according to their gender. This can be measured by whether teenagers succeed in recognizing themselves or moving to another identity (transsexual) (Wardhani, 2012: 189).

Santrock (2011: 402) believes that adolescence is a time when their relationships with their peers become more intimate, they experience a period of sexual exploration and experimentation, they are attracted to the opposite sex, they even enter into dating relationships, and they have the possibility of having sexual relations. Adolescents are prone to turmoil and mood swings and have an insatiable curiosity about sexuality. Ali and Asrori (2012: 66) say that teenagers do not yet have perfect self-control because they have high enthusiasm and fiery emotions, so they often feel uneasy, insecure, and worried about feeling lonely. The results of the 2017 Indonesian Demographic Health Survey (SDKI) stated that premarital sexual behavior among adolescent boys and girls who had been or were currently dating included holding hands, hugging, kissing on the lips, and touching or being touched. Based on the results of the 2017 IDHS survey, holding hands is the thing most often done by women and men, with a percentage of 64% and 75%, respectively. Men tend to engage in the sexual behavior of kissing the lips with a percentage of 50%; this number is higher than women with a percentage of 30% (SDKI, 2018: 121).

This is in accordance with a preliminary study that was conducted on 25 students at SMAN 1 Bojonegara. The results showed that 96% of students answered that their high school teenage friends had ever held hands with their girlfriends, 56% had done hugging behavior with their girlfriends, 24% had ever engaged in kissing behavior with their boyfriend, and 12% had engaged in sexual intercourse behavior with their girlfriend. The behavior that is most often carried out is holding hands, and if we look at it from today's perspective, teenagers are no longer embarrassed or shy about displaying their sexual behavior in public spaces or on social media. One example of a form of sexual behavior that is often seen and considered to be commonly carried out by teenagers is the behavior of holding

hands. In the previous statement by Sya'diyah (2019), which was carried out on 60 teenagers in Pariaman City, research results showed that 25% of teenagers with a frequency of >4 times had held their girlfriend's hand, and 6.67% of teenagers with a frequency of 1-2 times had had sexual relations with a partner aged 16–20 years. Teenagers' problems regarding premarital sexual behavior have become a sharp focus in society, and this behavior is related to controlling impulses and emotions that come from within themselves. The phase that is often associated with adolescence is the storm and typhoon phase, or the phase of searching for identity, which means that teenagers are in the midst of children and adults (Laela, 2017: 129). A teenager feels that he is mature enough to be worthy and appropriate to engage in sexual behavior because he feels that he is no longer a child. This is caused by the environmental situation and the lack of the ability of teenagers to control themselves (Santrock, 2012; Sya'diyah and Duryati, 2019: 3).

According to Ghufron & Risnawati (2010: 25), self-control is a skill in controlling individual behavior by prioritizing various considerations before finally deciding on something to act on. Individual decisions are made through cognitive considerations in uniting planned behavior for the desired results and goals. Furthermore, Rini (2020: 25) defines self-control as an individual's ability to manage influences on behavior by considering the situation and conditions to present oneself under behavioral control when socializing, to attract attention, be willing to change behavior, and please according to other people's expectations and cover up his feelings.

Self-control has an important role in being able to control individual behavior so as not to carry out detrimental actions and deviant things, one of which is engaging in premarital sexual behavior. This research wants to find out and prove the influence of self-control on premarital sexual behavior in adolescents. Based on research by Runtukahu et al. (2015), higher self-control in adolescents is associated with lower levels of smoking behavior, thus indicating a significant negative relationship between self-control and smoking behavior. Meanwhile, research by Mantra Suarjana (2018) explains that perceived

behavioral control has a positive and significant effect on drug abuse intentions among Bali State Polytechnic students. Based on the phenomena described above, researchers are interested in researching "The Influence of Self-Control on Premarital Sexual Behavior in Adolescents".

## **B. Method**

### **1. Research Design**

This research will use a quantitative research approach, namely research based on the philosophy of positivism, where research data is in the form of numbers and analysis uses statistics. The method used in this research uses a correlational method or linkage method, namely a method used to determine the correlation of two or more variables to obtain a new shape and form that is different from the previous one (Sugiyono, 2014: 7). There are two variables in this research, namely the independent variable, namely self-control, and the dependent variable, namely premarital sexual behavior in adolescents.

### **2. Population and Sample**

The population in this study was all class X students at SMA Negeri 1 Bojonegara, totaling 350 people. Sampling in this study used a probability sampling method with a simple random sampling technique. Simple random sampling technique is sampling based on strata or groups consisting of levels, so that each level has the same opportunity to be selected as a sample (Sugiyono, 2014: 82). The sample in this study amounted to 180 students.

### **3. Research Instruments**

The measurement instrument and data collection technique in this research is a questionnaire. A questionnaire is a data collection technique that is carried out by providing a list of questions or written statements for respondents to answer (Sugiyono, 2014: 142). The answer model used is a Likert scale model for self-control variables and premarital sexual behavior

variables. The self-control scale is based on aspects of self-control expressed by Averill (in Ghufroon and Risnawati, 2010: 29), namely behavioral control, cognitive control, and decisional control. Meanwhile, the premarital sexual behavior scale is based on the forms of sexual behavior expressed by Sarwono (2018: 205), namely touching, hugging, kissing, petting, oral sex, and sexual intercourse. The alternative answers given are strongly agree, agree, disagree, and strongly disagree.

#### 4. Validity and Reliability

Based on content validity tests carried out by professional judgment and construct validity tests, results were obtained with the help of the Microsoft Office Excel 2013 program using the Pearson product moment formula. valid on the self-control variable and 25 valid statement items on the premarital sexual behavior variable. Next, calculate the reliability test with the help of the Statistical Package for Social Science (SPSS) version 21, using the Cronbach's alpha formula for decision-making, namely, if the alpha value is  $> 0.6$ , then the item is declared reliable. Conversely, if the alpha value is  $< 0.6$ , then the item is declared unreliable. The results obtained were that the self-control variable obtained a result of 0.898 and the premarital sexual behavior variable obtained a result of 0.911, with the interpretation of the reliability of both variables being very strong.

#### 5. Data Analysis Techniques

##### a. Test Analysis Prerequisites

Table 1: Results of the Self-Control Normality Test Premarital sexual behavior

One-Sample Kolmogorov-Smirnov Test		Unstandardized Residual
N		188
Normal Parameters <sup>a,b</sup>	Mean	.0000000
	Std. Deviation	12.44001208
	Absolute	.089
Most Extreme Differences	Positive	.060
	Negatif	-.089
Kolmogorov-Smirnov Z		1.215
Asymp. Sig. (2-tailed)		.105

a. Test distribution is Normal.

b. Calculated from data.

Based on the normality test using the One Sample Kolmogorov-Smirnov test, the results of self-control data on sexual behavior were obtained with the Asymptote value. The unstandardized residual sig of 0.105 is greater than 0.05, so both variables are normally distributed.

b. Hypothesis Testing

Table 2 Simple Correlation Test Results

		Self control	Premarital Sexual Behavior
Self control	Pearson Correlation	1	-.627**
	Sig. (2-tailed)		.000
	N	188	188
Premarital Sexual Behavior	Pearson Correlation	-.627**	1
	Sig. (2-tailed)	.000	
	N	188	188

Based on the table above, the results of hypothesis testing using a simple correlation test (bivariate correlation) obtained results with a significance value smaller than 0.05, namely 0.000, thus it can be concluded that Ho is rejected and Ha is accepted, which means there is a significant influence between self-control and the behavior of premarital sexual relations of class X students at SMAN 1 Bojonegoro. Furthermore, the correlation results using the Karl Pearson product moment obtained a result of -0.627, which is negative, so it can be concluded that the direction of the influence of self-control on premarital sexual behavior is negative, where the higher the self-control, the lower the premarital sexual behavior, and vice versa. So there is a significant negative influence of self-control on premarital sexual behavior in adolescents.

**C. Discussion**

**1. Adolescent self-control**

Ghufron and Risnawati (2010: 25) define self-control as the activity of controlling individual behavior by prioritizing various considerations

before deciding on something to act on, as well as describing individual decisions through cognitive considerations to unite planned behavior to develop desired results and goals. Data collection carried out on 188 class X students at SMA Negeri 1 Bojonegara had different category results. If categorized, there are 16%, or as many as 30 students, who are at a high level of self-control; 73%, or as many as 138 students, are at a medium level of self-control; and 11%, or as many as 20 students, are at a low level of self-control.

In this research, there are three aspects of self-control, including behavioral control, cognitive control, and decisional control. In the behavioral control aspect, the highest score was in the medium category, with a total of 130 students, or 69.1% of respondents. Students in this category are able to control themselves in unexpected or pleasant situations well, such as being tolerant or patient, and still think positively about the problems they face. This is supported by the opinion of Goldfried and Merbaum (Ghufron and Risnawati, 2010: 22), who say that self-control is an individual's ability to organize, guide, regulate, and direct his behavior towards a positive impact.

In the cognitive control aspect, the highest score is in the medium category, with the number of respondents being 118, or 62.8%. Students in this category are able to think about each behavior with external help, such as friends or parents, to provide advice. This is supported by the opinion of Lazarus (Talib, 2017: 107), who says that self-control is a description of individual behavior that has been prepared to improve certain desired results and goals through cognitive considerations. This is in line with the opinion of Ghufron and Risnawati (2010: 25), who say that self-control also describes individual decisions through cognitive considerations to unite planned behavior to develop desired results and goals.



The decisional control aspect that has the highest value is in the medium category, with 139 students, or 73.9% of respondents. Students in this category are able to determine the choice they want but still consider whether it is appropriate or not. This is supported by the opinion of Talib (2017: 107) that individuals who have the ability to control themselves well will make effective decisions and actions to produce something desired and avoid undesirable consequences. This is in line with Averill (Marsela and Supriatna, 2019: 67), who says that self-control focuses on an individual's ability to choose an action that he believes in.

Internal control is related to how to control the impulses and emotions that exist within oneself. Self-control is a person's skill regarding environmental situations, being able to limit and regulate behavioral influences, and adapting to other individuals (Ghufron & Risnawati, 2010: 27). Self-control has an important role in helping individuals behave well because individuals have a tendency to carry out deviant actions or behaviors (Aisy and Sugiyo, 2021: 167). Someone who has high self-control can control and regulate every behavior they do. On the other hand, individuals who have a low level of self-control tend to behave impulsively, selfishly, and easily lose control of their emotions, which causes frustration. They also prefer simple tasks that involve physical abilities and like to take risks. Someone who has low self-control is more likely to be involved in crime and deviant behavior.

## **2. Premarital Sexual Behavior in Adolescents**

Sarwono (2018: 174) defines premarital sexual behavior as any behavior that is based on or driven by sexual desire, with the sexual target being another person or the opposite sex, imagination, or oneself. Furthermore, Mu'tadin (2002; Hayati et al., 2021: 31) explains that premarital sexual behavior is behavior that is driven by sexual desire and is carried out outside of a valid marriage according to their respective

religions and beliefs. Activities carried out by two people who have agreed on a time and place together and begin with touching the opposite sex without a legal marriage bond tend to lead to behavior that will be detrimental to both parties.

Forms of sexual behavior can be of various types, starting from feelings of liking each other, dating, making out, and having intercourse. Premarital sexual behavior involves feelings that are based on and driven by sexual desire between members of the opposite sex, accompanied by physical contact. Data collection was carried out on 188 class X students at SMA Negeri 1 Bojonegara who had different levels of premarital sexual behavior. If categorized, there are 18%, or as many as 34 students, who are at a high level, then 65%, or as many as 123 students, who are at a medium level, and 17%, or as many as 31 students, who are at a low level. In general, class X students at SMAN 1 Bojonegara have premarital sexual behavior at a moderate level, namely 69.2%.

Santrock (2011: 402) believes that adolescence is a time when their relationships with their peers become more intimate, they experience a period of sexual exploration and experimentation, they are attracted to the opposite sex, they even enter into dating relationships, and they have the possibility of having sexual relations. As time goes by, teenagers no longer hesitate to display their sexual behavior, either in public spaces or on social media. Some examples of forms of sexual behavior that are often seen are holding hands, hugging, and kissing, which are considered normal for teenagers of the opposite sex.

There are several factors that influence premarital sexual behavior, including increased sexual desire or libido, which causes teenagers to need an outlet in any form of behavior; the spread of information and sexual stimulation is now increasingly easy to find via the internet and becomes unstoppable; and the curiosity felt by teenagers who are in their desire

period. knowing and wanting to try, feeling lonely and feeling a lack of love from the family environment, so they look for comfort outside, and a lack of understanding of religion, which makes individuals engage in sexual behavior. This is in line with the opinion of Sarwono (2018: 188), who says that there are several factors that influence teenagers' premarital sexual behavior, including increased sexual libido, postponement of the age of marriage, taboo-prohibition, a lack of information about sex, and increasingly free association.

Based on information obtained from several students, teenagers who engage in premarital sexual behavior mostly agree on the right time to do it, and usually they do it in quiet places or at night when the house is quiet. This is in line with the opinion of Mu'tadin (in Hayati et al., 2021: 31) that premarital sexual behavior is an activity carried out by two people who have agreed on a time and place together that begins with touching the opposite sex without a legal marriage bond and tends to lead to behavior that will harm both parties.

### **3. The Influence of Self-Control on Premarital Sexual Behavior in Adolescents**

Based on the data obtained regarding the influence of self-control on sexual behavior in students, the results showed that there is an influence between self-control and premarital sexual behavior.  $H_a$  is accepted and  $H_o$  is rejected, so there is a significant influence of self-control on adolescent sexual behavior. The results of both correlation test calculations have a value of  $r = (-0.627)$  with a significance value smaller than 0.05, namely 0.000 ( $p < 0.05$ ), which means that the self-control variable and the premarital sexual behavior variable have a negative relationship where the higher the self-control. The lower the premarital sexual behavior in adolescents, and vice versa, the lower the self-control, the higher the

premarital sexual behavior. So there is a significant negative influence of self-control on premarital sexual behavior in adolescents.

Self-control is one of the things that has a strong influence on regulating and directing a person to certain behaviors, including premarital sexual behavior. This is in accordance with the statements of students, who say that having self-control is important and must be within them. The influence of the family environment is a major factor in this reason. Giving advice from parents and giving teachings about religion is done so that they are not influenced and fall into negative or bad things. Apart from that, there are factors that they create for themselves, including avoiding and staying away from environments that have bad influences. So that they don't fall into bad things, they must be able to control their emotions and be able to look after themselves. This shows that there is a connection between self-control and sexual behavior, which will influence a teenager's decision-making in carrying out sexual behavior. Adolescents' self-control abilities play an important role in suppressing adolescent sexual behavior, whether in the form of sexual behavior or not (Ginting & Rustika, 2017: 26).

Other factors that can influence a person to engage in premarital sexual behavior are the family environment, peers, social media, and the internet. This is in accordance with the opinion of Destariyani and Dewi (Zadri, 2020: 232), who explain that there are other factors that influence a person to engage in premarital sexual behavior, namely peers, lifestyle, social culture, lack of knowledge, and lack of communication with parents.

#### **D. Conclusion**

Based on the results of the implementation carried out by researchers regarding the influence of self-control on premarital sexual behavior in classes included in the medium category, There is an influence of self-control on premarital sexual behavior among teenagers in class. So  $H_0$  is accepted and  $H_a$  is rejected, so there is a significant influence of self-control on premarital

sexual behavior in adolescents. The correlation value is -0.627, which shows that the self-control variable and the sexual behavior variable have a negative relationship, where the higher the self-control, the lower the premarital sexual behavior in adolescents and vice versa.

Limitations in this research include that the independent variable used and researched is only self-control, whereas there are many factors that influence adolescent sexual behavior. The instrument in the form of a questionnaire certainly has limitations, namely that respondents may fill it in in a hurry and not necessarily in accordance with the circumstances. In fact, the data collection time was not conducive because it used subject hours close to break times and school home hours.

The research conducted, specifically for the Guidance and Counseling study program at FKIP UNTIRTA, served as the foundation for the recommendations made by researchers. The researcher hopes that the results of this research can become a reference for academics, especially in the guidance and counseling department at FKIP UNTIRTA. For SMA Negeri 1 Bojonegara, it is hoped that this research can become a reference in dealing with students with problems of self-control and premarital sexual behavior in teenagers. For guidance and counseling teachers, they can pay attention to their students and provide positive treatment that supports dealing with problems of self-control and premarital sexual behavior in teenagers. For future researchers, based on the research results, there is an influence of self-control on premarital sexual behavior in adolescents. Therefore, it is hoped that future researchers can conduct further research on variables that can influence premarital sexual behavior in adolescents.

## REFERENCES

- Agustiani, H. 2006. *Psikologi Perkembangan*. Bandung: PT. Refika Aditana.
- Aisy, Dea Farah dan Sugiyo. 2021. Pengaruh Kontrol Diri Terhadap Prokrastinasi Akademik Siswa kelas XI SMA N 1 Kedungwuni. *KONSELING EDUKASI: Journal Of Guidance And Counseling*, 5 (2) hal. 157-177.
- Ali, M & Asrori, M. 2012. *Psikologi Remaja*. Jakarta: PT. Bumi Aksara.
- Badan Pusat Statistik, BKKBN, dan Kementrian Kesehatan. 2018. *Survei Demografi dan Kesehatan Indonesia (SDKI) 2017 Khusus Remaja*. Jakarta, Indonesia: BPS, BKKBN, Kemenkes and ICF International.
- Ghufroon, Nur dan Rini Risnawati. 2010. *Teori-Teori Psikologi*. Jakarta: Ar-ruzz Media.
- Ginting, D. D dan Rustika, I. M. 2017. Peran Kontrol Diri dan Intensitas Mengakses Pornomedia Terhadap Perilaku Seksual Pranikah Remaja Madya di SMKN 1 Denpasar. *Jurnal Psikologi Udayana*, 02 (3), hal. 24-34.
- Hayati, Sri Helmi., Widayana, Rahma & Santi Asterlita P. 2021. Pendidikan Kesehatan Reproduksi Untuk Penurunan Perilaku Seksual Pranikah pada Remaja. *Jurnal*, 17 (1), hal. 29-35.
- Izzati, R. 2013. *Perkembangan Peserta Didik*. Yogyakarta: UNY PRESS.
- Laela, Faizah Noer. 2017. *Bimbingan Konseling Keluarga dan Remaja Edisi Revisi*. Surabaya: UINSA Press.
- Mantra Suarjana, A. A. G. (2018). Pengaruh Sikap, Norma Subjektif Dan Persepsi Kontrol Perilaku Terhadap Intensi Perilaku Penyalahgunaan Narkoba Pada Mahasiswa Politeknik Negeri Bali. *Jurnal Organisasi Dan Manajemen*, 14(2), 132-139. <https://doi.org/10.33830/jom.v14i2.158.2018>
- Marsela, Ramadona Dwi dan Mamat Supriatna. 2019. Kontrol Diri: Definisi dan Faktor. *Journal of Innovative Counseling: Theory, Practice & Research*, 3(2) hal. 65-69.
- Rini dan Muslikah. 2020. Hubungan Peran Keluarga dan Kontrol Diri dengan Perilaku Membolos Siswa. *KONSELING EDUKASI: Journal Of Guidance And Counseling*, 4 (1) hal. 17-34.
- Runtukahu, G. C., Sinolungan, J., & Opod, H. (2015). Hubungan Kontrol Diri Dengan Perilaku Merokok Kalangan Remaja di SMKN 1 Bitung. *Jurnal E-Biomedik*, 3(1). <https://doi.org/10.35790/ebm.3.1.2015.6611>

- Santrock. 2011. *Life-Span Development Perkembangan Masa Hidup Edisi Ketigabelas*. Jakarta: Erlangga.
- Sarwono, S. W. 2018. *Psikologi Remaja Edisi Revisi*. Depok: PT Raja Grafindo Persada.
- Sugiyono. 2014. *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung: Alfabeta.
- Sutanto, Purwadi. 2019. *Pemetaan Regulasi Pendidikan SMA*. Jakarta: Direktorat Pembinaan SMA.
- Sya'diyah, Halimatus dan Duryati. 2019. Hubungan Antara Kontrol Diri Dengan Perilaku Seksual Pada Remaja di Kota Remaja. *Jurnal Ridet Psikologi*, 2019 (4), hal. 1-11.
- Thalib, B.S. 2017. *Psikologi Pendidikan Berbasis Analisis Empiris Aplikatif*. Jakarta: Kencana.
- Wardhani, Dayne Trikora. 2012. Perkembangan dan Seksualitas Remaja (*Development and Adolescent Sexuality*). *Informasi*, 17(3), hal. 184- 191.
- Zadri, Dwi Arini. 2020. Pengaruh Gaya Hidup Hedonis dan Regulasi Diri Terhadap Perilaku Seksual Pranikah. *Psikoborneo*, 8 (2), hal. 228-237.