

Self Control and Religiosity Towards Free Sex Behavior Adolescent in Surabaya

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Submitted: October 11, 2018 -Revised: November 14, 2018 -Accepted: December 2, 2018 -Published: December 31, 2018

ABSTRACT

Background: Adolescent free sex and the incidence of premarital pregnancy from year to year are increasing. The causes include lack of implementation of consequent religion, lack of supervision of adolescents, lack of moral understanding in adolescent relationships and the influence of external cultural norms. The purpose of this study is to analyze the effect of Self Control and Religiosity on adolescent free sex. **Method:** This study used Analytic Design with Cross Sectional approach. The sample in this study were some teenagers in Kawung I Middle School and Surabaya MTsN I, the sample size is 260 students, with the Propotional Stratified Sampling technique. Data collection instrument using questionnaire, the independent variable is Self control and Religiosity, the dependent variable is free sex, with the analysis of Linear Regression test. **Results:** Self control affects the knowledge of young women about free sex, the value of $p = 0.006$, affects the attitude with a value of $p = 0.007$ and influences the practice of adolescent free sex, with a value of $p = 0.011$. Religiosity affects the knowledge of young women about free sex, the value of $p = 0.001$, influences attitudes with $p = 0.000$ and influences the practice of adolescent free sex. with a value of $p = 0.019$ **Conclusion:** Self control and Religiosity significantly influence adolescent free sex. The higher the level of self control and religiosity, then adolescent free sex become more lower.

Keywords: self control, religiosity, free sex

INTRODUCTION

The young generation is the backbone of the nation, which is expected to be able to continue the nation's leadership. Globalization is freedom from all aspects, so that many foreign cultures that enter do not fit into our culture. As an example of freedom of association, it has reached a level that means teenagers can freely associate between types.

BKKBN in 2010 obtained data on premarital sex conducted by teenagers in Surabaya, which recorded 54%, Bandung 47%, and 52% in Medan. Whereas in Yogyakarta, known as the "Student City", around 37% of 1,160 students claimed to have a pre-marital pregnancy. The age of single women ranges from 13-18 years. This means that if we see ten girls, it is estimated that five of them are not virgins.⁽¹⁾

To prevent the occurrence of free sex among adolescents, one of the efforts that can be done is by exercising self-control all of information that can plague the free sex and by increasing the understanding and implementation of religion in a consistent manner (religiosity).

Based on the background above, the researcher was interested in conducting research on Self Control and Adolescent Religiosity to minimize the influence of media information about free sex on junior and senior high school students in Surabaya. The purpose of this study was to analyze the effect of Self Control and religiosity on adolescent free sex in Kawung 1 Junior High School and MTs 1 in Surabaya.

METHODS

The method used in this study is a quantitative method. This type of research is analytic study with a "cross-sectional design". The population in this study were students of Kawung 1 Junior High School and students of MTsN 1 Surabaya. The sample size in this study was 260 people. The research instrument uses a questionnaire. The sampling technique uses the Proposal Stratified Sampling method. The independent variable in this study is Self control and Religiosity about free sex. The dependent variable in this study is free sex. Data analysis uses Linear Regression Test with a significance level of $\alpha \leq 0.05$.

RESULT

Characteristics of respondents used as listed in the table 1.

Table 1. Distribution of respondent characteristics

Number	Characteristics	SMP Kawung I		MTsN 1		p	Information
		f	%	f	%		
1.	Age						
	- ≤ 13 old	71	54.6	59	45.4		
	- 14 – 15 old	56	43.1	68	52.3	0.172	Homogeneous
	- ≥ 15 old	3	2.3	3	2.3		
2.	Sex						
	- Girl	82	63.1	88	67.7	0.515	Homogeneous
	- Boy	48	36.9	42	32.3		
3.	Religion						
	- Islam	128	98.5	130	100	0.498	Homogeneous
	- Non Islam	2	1.5	0	0		
4	Relationship						
	- In relationship	108	83.1	114	87.7	0.380	Homogeneous
	- Single	22	16.9	16	12.3		
5	Information acquisition						
	- Ever	72	55.4	82	63.1	0.256	Homogeneous
	- Never	58	44.6	48	36.9		
6	Resources						
	- Never	58	44.6	48	36.9		
	- Friends	27	20.8	23	17.7		
	- Brother/sister	2	1.5	4	3.1	0.700	Homogeneous
	- Parents	6	4.6	10	7.7		
	- Health workers	21	16.1	25	19.2		
	- Print or electronic media	16	12.3	20	15.4		

Based on table 1, the results of the homogeneity test of the respondents characteristic are entirely homogeneous.

The variables in this study described self control, religiosity and adolescent free sex behavior which includes knowledge, attitudes and actions. The influence of self control on adolescent free sex can be seen in the table 2.

Table 2. Results of testing the effect of the self control dimension on behavior (knowledge, attitudes and practices) of adolescent free sex

Variable relationship		R	β	t-Statistic	p-Value	Information
Knowledge						
Self Discipline	→ Knowledge	0.373	0.096	6.464	0.000	Significant
Deliberate	→ Knowledge	0.352	0.084	6.042	0.000	Significant
Healthy habits	→ Knowledge	0.383	0.102	6.654	0.000	Significant
Activity ethics	→ Knowledge	0.343	0.087	5.871	0.000	Significant
Reliability	→ Knowledge	0.335	0.079	5.717	0.000	Significant
Attitude						
Self Discipline	→ Attitude	0.507	0.288	9.446	0.000	Significant
Deliberate	→ Attitude	0.493	0.259	9.099	0.000	Significant
Healthy habits	→ Attitude	0.494	0.289	9.118	0.000	Significant
Work ethics	→ Attitude	0.453	0.254	8.169	0.000	Significant
Reliability	→ Attitude	0.452	0.236	8.146	0.000	Significant
Practice						
Self Discipline	→ Practice	0.321	-0.066	-5.447	0.000	Significant
Deliberate	→ Practice	0.327	-0.062	-5.551	0.000	Significant
Healthy habits	→ Practice	0.310	-0.066	-5.236	0.000	Significant
Work ethics	→ Practice	0.264	-0.054	-4.392	0.000	Significant
Reliability	→ Practice	0.296	-0.056	-4.969	0.000	Significant

Based on table 2 above can be interpreted from all dimensions of self-control self-discipline, prudence, healthy lifestyle, activity ethics, ability to handle challenges, significant influence on knowledge, attitudes and practices of young women sex.

The influence of the dimensions of Religiosity on adolescent free sex in Kawung 1 Junior High School and MTsN 1 Surabaya can be seen in the table 3.

Table 3. Results of testing the effect of the dimensions of religiosity on behavior (knowledge, attitudes and practices) of free sex

Variable relationship		R	β	t-statistic	p-value	Information
Knowledge						
Religious beliefs →	Knowledge	0.390	0.136	6.807	0.000	Significant
Religious practice →	Knowledge	0.331	0.412	5.627	0.000	Significant
Religious experience →	Knowledge	0.326	0.125	5.537	0.000	Significant
Religious knowledge →	Knowledge	0.336	0.137	5.723	0.000	Significant
Religious Consecuency →	Knowledge	0.351	0.146	6.029	0.000	Significant
Attitude						
Religious beliefs →	Attitude	0.576	0.443	11.331	0.000	Significant
Religious practice →	Attitude	0.500	0.474	9.270	0.000	Significant
Religious experience →	Attitude	0.526	0.445	9.924	0.000	Significant
Religious knowledge →	Attitude	0.560	0.503	10.871	0.000	Significant
Religious Consecuency →	Attitude	0.578	0.529	11.374	0.000	Significant
Practice						
Religious beliefs →	Practice	0.324	-0.090	-5.493	0.000	Significant
Religious practice →	Practice	0.325	-0.112	-5.518	0.000	Significant
Religious experience →	Practice	0.252	-0.078	-4.184	0.000	Significant
Religious knowledge →	Practice	0.285	-0.093	-4.775	0.000	Significant
Religious consecuency →	Practice	0.242	-0.081	-4.011	0.000	Significant

It can be interpreted from all religiosity that religious beliefs, religious practices, religious experience, religious knowledge and religious practices have a significant effect on the knowledge, attitudes and practices of young women.

The effect of Self control on adolescent free sex behavior in Kawung 1 Junior High School and MTsN 1 Surabaya can be seen in the following table 4.

Table 4. Results of testing the influence of self control on behavior (knowledge, attitudes and practices) of adolescent free sex

Variable Relationship		R	β	t-statistic	p-value	Information
Self control →	Knowledge	0.370	0.037	2.766	0.006	Significant
Self control →	Attitude	0.499	0.069	2.718	0.007	Significant
Self control →	Practice	0.318	-0.029	-2.567	0.011	Significant

Based on table 4. it can be explained that there is a significant effect between Self control on knowledge of adolescent free sex.

The influence of Religiosity on adolescent free sex in Kawung 1 Junior High School and MTsN 1 Surabaya can be seen in the table 5.

Table 5. Results of testing the effect of religiosity on behavior (knowledge, attitudes and practices) of adolescent free sex

Variable relationship		R	β	t-statistic	p-value	Information
Religiosity →	Knowledge	0.384	0.091	3.290	0.001	Significant
Religiosity →	Attitude	0.608	0.399	7.625	0.000	Significant
Religiosity →	Practice	0.313	-0.054	-2.351	0.019	Significant

It can be explained that there is a significant influence between religiosity on knowledge about adolescent free sex.

DISCUSSION

Effect of Self Control on Adolescent Free Sex

This study got the results that the existence of Self control affects the behavior of young women, especially towards adolescent free sex. The existence of high self-control shows positive behaviors (knowledge, attitudes and actions) towards sex. This research is similar to the research conducted by Herlindawati⁽²⁾ who obtained the results that self-control, gender, and income affect behavior (student's personal financial management). Another research conducted by Haryanti⁽³⁾ found that there was a relationship between self-adjustment and self-control with Delikuen behavior in students of SMA Muhammadiyah 1, Jombang. In this case, self-adjustment is an attempt to bring together the demands of self with their environment. Therefore, the emergence of behaviors that lead to behavioral tendencies that are not in accordance with the rules and norms prevailing in society (delikuen) in adolescents is one form of maladjustment.

The occurrence of self control of teenagers about free sex is high in MTsN 1 and Kawung 1 Junior High School because the role of the school that embed religious values in students through extracurricular activities in schools and also the role of parents so that teenagers / students have good self-control, without being influenced by any situation

Effect of Religiosity on Adolescent Free Sex

This study shows that there is an influence of Religiosity on adolescent free sex. Free sex behavior consists of knowledge, attitudes and actions / practices. Religiosity has a strong influence on knowledge, attitudes and practices of adolescent free sex. The existence of higher religiosity will increasingly show behavior (knowledge, attitudes and actions) that are at low risk of adolescent free sex practices.

A person whose diverse life is good and right or can be said to have a high level of religiosity is characterized by understanding and obedience in carrying out religious teachings well, without being influenced by any situation. Someone who has a high level of religiosity will view his religion as his goal in life, so he try to internalize his religious teachings in everyday life. Under any circumstances, people who have high religiosity can always put themselves and control so as not to do things that are contrary to religious teachings such as premarital free sex.

The Religiosity of teenagers in MTsN 1 and Kawung 1 Junior High School Surabaya are high. This is because the role of the school that instills religious values in students through teaching and learning activities also through extracurricular activities in schools and also the role of parents so that teenagers / students have understanding and obedience in carrying out religious teachings well, without being influenced by the situation any condition.

Free sex behavior of adolescents can be prevented by increasing the Religiosity that can be done by instilling religious values in accordance with the religion of each student, directing teenagers to activities with friends or positive groups to fill their free time with religious activities

CONCLUSION

Self control influences adolescent free sex in Kawung 1 Juior High School and MTsN 1 Surabaya. The higher of Self Control then adolescent free sex behavior become more lower and contrariwise.. Religiosity influences adolescent free sex in Kawung 1 Junior High School and MTsN 1 Surabaya. The higher the Religiosity then adolescent free sex behavior become more lower and contrariwise.

In an effort to prevent the tendency of free sex that have a high risk of reproductive health and as an effort to improve the quality of young people, it is expected that schools can maintain preventive actions that have been done and improve self-control that can be done by instilling religious values in accordance with respective religions students and continuing spiritual activities that are already in school.

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