

The Relationship between Parenting Patterns and Sexual Behavior in High School Adolescents in Greater Jakarta Area 2025

¹Bunga Romadhona Haque, ²Darma Yanti, ³Candra Siva Nurani, ⁴Lia Mulyasari Malasari, ⁵Maya Lupita Sari

^{1, 2, 3, 4, 5} Bachelor of Midwifery Program, Abdi Nusantara College, Jakarta, Indonesia

Corresponding author: Bunga Romadhona Haque, e-mail: bunga48@gmail.com

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Abstract

Adolescent sexual behavior has become a critical public health concern in recent years. Limited knowledge of reproductive health may influence adolescents' sexual behavior, highlighting the crucial role of parenting styles in educating and guiding adolescents. Three commonly applied parenting styles are authoritarian, democratic, and permissive. This study aimed to investigate the association between parenting styles and sexual behavior among senior high school adolescents in the Greater Jakarta area in 2025. A cross-sectional approach was employed, involving 100 tenth- and eleventh-grade students selected through stratified area sampling. Data were collected using a structured questionnaire. The Chi-square test, conducted at a 95% confidence level, revealed a statistically significant result ($p = 0.000$), which was lower than the significance threshold of 0.05. In conclusion, there is a significant association between parenting styles and sexual behavior among senior high school adolescents in Greater Jakarta area.

Keywords: Adolescents, Sexual behavior, Parenting,

Introduction

Adolescence represents a critical period of physical, mental, and sexual development that bridges the transition from childhood to adulthood. During this stage, individuals undergo rapid physical, intellectual, and psychological changes that often increase tendencies toward exploration, risk-taking, and heightened curiosity, particularly in relation to sexuality(Santrock, 2019). These developmental characteristics place adolescents at a higher risk of engaging in premarital sexual behavior, which has increasingly become a significant public health concern.

Globally, the World Health Organization (WHO, 2023) reports that approximately 65% of sexual behaviors involving physical contact occur during adolescence, with 38.2% involving male adolescents and 28.3% involving female adolescents. Empirical evidence from China indicates that 22.4% of young people aged 15–24 years have engaged in premarital sexual intercourse (Miron & Miron, 2006). In Indonesia, comparable patterns have been observed, with approximately 32% of adolescents in major metropolitan areas such as Jakarta, Surabaya, and Bandung reporting sexual intercourse outside of marriage (Marlina et al., 2018).

National evidence further demonstrates a gradual progression of sexual intimacy among Indonesian adolescents. According to the Indonesian Demographic and Health Survey (SDKI), the most frequently reported dating behaviors among adolescents include holding hands, followed by lip kissing, hugging, and sexual intercourse (BKKBN, 2018).

These patterns suggest that early forms of physical intimacy during dating may increase the likelihood of progression toward premarital sexual intercourse.

The rising prevalence of premarital sexual behavior among adolescents has been associated with adverse health and social outcomes, including HIV/AIDS and early marriage. Data from the Indonesian Ministry of Health indicate that by March 2021, Indonesia had recorded 242,699 HIV cases nationwide. Additionally, data from the National Socio-Economic Survey indicated that approximately 25% of women aged 20–24 years had married before the age of 18 (BPS, 2022). These findings underscore the broader public health implications of adolescent sexual behavior. Previous studies have identified several determinants of premarital sexual behavior among adolescents, including reproductive health knowledge, peer influence, and parenting practices (Lathifah Arub, 2017) highlighted that limited knowledge and inadequate family communication regarding sexuality contribute to adolescents' engagement in premarital sexual behavior. (Djiwandono, 2008) emphasized that unhealthy adolescent sexual behavior is mainly attributable to inappropriate parenting practices. Empirical studies by (Umaroh et al., 2017) consistently demonstrate that parenting style plays a more dominant role than other factors, such as gender, knowledge, and the number of romantic partners.

Despite this growing body of evidence, quantitative studies that specifically examine the association between parenting styles and adolescent sexual behavior within metropolitan Indonesian contexts remain limited. Existing research has often focused on general adolescent populations or explored determinants in isolation, leaving insufficient understanding of how parenting styles operate as a contextual factor influencing adolescent sexual behavior in large urban settings such as Greater Jakarta area.

Therefore, this study aims to examine the association between parenting styles, authoritarian, democratic, and permissive, and sexual behavior among senior high school adolescents in the Greater Jakarta Area. The research seeks to answer the question of whether parenting styles are significantly associated with adolescent sexual behavior in this metropolitan context. The novelty of this study lies in its focus on urban adolescents using updated empirical data, providing context-specific evidence that strengthens the understanding of family influences on adolescent sexual behavior and supports the development of targeted, family-based reproductive health interventions.

Methods

This study employed a quantitative approach using an analytic survey method to examine the relationship between parenting styles and adolescent sexual behavior. A non-experimental, descriptive, correlational design with a cross-sectional approach was employed, enabling the simultaneous measurement of independent and dependent variables at a single point in time. This design was considered suitable for addressing the research objective of identifying associations rather than causal effects. The study was conducted in six senior high schools located in the Greater Jakarta area region, Indonesia, namely SMAN 6 Jakarta, SMKN 1 Cibinong, SMAN 2 Depok, SMAN 8 Kota Tangerang, SMAN 5 Bekasi, and SMKN 1 Balaraja. Data collection was carried out in 2025. The study population consisted of all Grade X and XI students enrolled in these schools, totaling 2,380 students. A sample of 100 students was selected using a stratified area sampling technique. Initially, the Greater Jakarta area region was stratified based on the location of schools. Schools were then selected from each stratum, followed by proportional sampling of Grade X and XI

students within each school. Simple random sampling was subsequently applied to select respondents from each stratum, ensuring proportional representation and minimizing selection bias. The independent variable in this study was parenting style, classified into authoritarian, democratic, and permissive styles, while the dependent variable was adolescent sexual behavior. Data were collected using a structured questionnaire. The parenting style instrument was adapted from a questionnaire developed by Devi (2012), which has been previously tested for validity and reliability. The questionnaire was administered directly to the respondents after obtaining informed consent. Data analysis was conducted using descriptive statistical methods and the Chi-square test to assess the association between parenting styles and adolescent sexual behavior. A significance level of 0.05 was applied.

Results

1. Characteristics of Respondents

Table 1. Characteristics of Respondents

Variable	f	%
Age		
15	36	36
16	41	41
17	23	23
Gender		
Male	43	43
Female	57	57
Father Education		
Elementary School-Junior		
High School	10	10
Senior High School	57	57
University	33	33
Mother Education		
Elementary School-Junior		
High School	14	14
Senior High School	66	66
University	20	20
Father's Occupation		
Labor	42	42
Self-employed	29	29
Civil Servant/ Military/Police	11	11
Private Employee	18	18
Mother's Occupation		
Housewife	40	40
Labor	39	39
Self-employed	14	14
Civil Servant/ Military/Police	4	4
Total	100	100

(Data Source: Primary Data 2024)

The distribution of respondents based on age characteristics shows that the majority of high school adolescents in the Greater Jakarta area are 16 years old (41%). Regarding gender, most respondents are female (76%), while males account for 24%. In terms of parental education, the majority of respondents have fathers with a high school education (57%) and mothers with a high school education (66%). Considering parental occupation, most respondents have fathers working as laborers (42%) and mothers who are housewives (40%).

Table 2. Distribution of Respondents Based on Parenting Style

Parenting Style	n	%
Otoriter	65	65
Democratic	26	26
Permissive	9	9
Total	100	100

(Data Source: Primery Data 2024)

Table 2 presents the distribution of respondents by parenting style. The majority of respondents were classified under the authoritarian parenting style, with 65 respondents (56%). The authoritative parenting style was observed in 26 respondents (26%), while the permissive parenting style represented the smallest proportion, with 9 respondents (8%).

Table 3. Distribution of Respondents Based on Sexual Style

Sexual Style	n	%
At risk	69	69
Not at risk	31	31
Total	100	100

(Data Source: Primery Data 2024)

The data in Table 3 show that, out of the total high school adolescent respondents in the Greater Jakarta area, 69 individuals (69%) exhibited at-risk sexual behavior. This finding is consistent with the study by Arub (2015), in which 70 out of 80 respondents (87.5%) reported positive sexual behavior

2. Bivariate Analysis

Table 4. Relationship Between Parenting Style and Sexual Behavior

Parenting Style	Sexual Behavior						p-Value	
	At risk		Not at risk		total			
	n	%	n	%	n	%		
Otoriter	60	92,3	5	7,7	65	100		
Demokratis	3	11,5	23	88,5	26	100	0.000	
Permisif	6	66,7	3	33,3	9	100		
Total	69	69	31	31	100	100		

(Data Source: Primery Data 2024)

The analysis of the relationship between parenting style and sexual behavior among high school adolescents in the Greater Jakarta area using the chi-square test at a significance level of $\alpha = 0.05$ yielded a p-value of 0.000 (< 0.05). This indicates a significant association between parenting style and sexual behavior among adolescents in the region. The study found that adolescents raised with an authoritarian parenting style were more likely to engage in at-risk sexual behavior, with 23 adolescents (67.7%) involved in risky behavior. In comparison, only 11 adolescents (32.3%) were not at risk.

Discussion

Respondents' Characteristics, Parenting Style, and Sexual Behavior

The majority of respondents in this study were 16 years old, which falls within the middle phase of adolescence. This phase is characterized by accelerated biological development, sexual maturation, and significant psychosocial changes, including an increased quest for self-identity and independence from parents. These conditions make adolescents more vulnerable to environmental and peer influences, particularly in decision-making related to health and sexual behavior (Sawyer et al., 2018). The predominance of female respondents in this study warrants attention, as adolescent girls generally experience puberty and emotional maturation earlier than boys, which can influence their risk perception and responses to social stimuli (Blakemore, 2019).

Most respondents have parents with a secondary education level and informal occupational backgrounds, which may influence parenting style, family communication, and supervision of adolescent behavior. Previous studies have shown that parental education plays a crucial role in the quality of reproductive health communication and in shaping adolescents' attitudes toward at-risk sexual behavior (Hasmarlin et al., 2019). During middle adolescence, sexual development begins to orient toward attraction to the opposite sex, while emotional regulation is not yet fully mature, increasing the tendency for risky behavior (Duell & Steinberg, 2019). Although adolescent girls tend to experience earlier biological maturation, various studies indicate that adolescent boys generally exhibit higher levels of sexual activity and a greater propensity for at-risk sexual behavior, influenced by gender norms and differing patterns of sexual socialization (Kågesten et al., 2016).

The majority of respondents had parents who employed various parenting styles, with 65 respondents (35.1%) being raised under an authoritarian style, 26 respondents (13.2%) under an authoritative (democratic) style, and 9 respondents (4.6%) under a permissive style. These findings align with a study by (Lathifah Arub, 2017) which found that among 80 respondents, the authoritative (democratic) parenting style was the most dominant, chosen by 54 individuals (67.5%). This suggests that authoritative parenting is a widely practiced approach among parents in educating and nurturing their children. Authoritative parenting is a method in which parents prioritize the child's interests while still maintaining control. Parents who practice this parenting style typically demonstrate high levels of affection, strong involvement, and heightened sensitivity toward their children. They grant children freedom while still setting boundaries to help them make appropriate decisions in life (Amin & Harianti, 2018).

Sexual behavior is defined as actions aimed at attracting the opposite sex, which can involve physical contact between males and females up to intimate relations (Abrori & Qurbaniah, 2017). In previous interviews with 18 high school respondents in the Greater Jakarta area, most reported that behaviors such as holding hands, hugging, and kissing on the cheek were considered harmless. When asked about their views on premarital sex, which is prevalent among adolescents,

the majority stated that it should not be practiced as it contradicts existing norms and should only occur among married individuals. They also indicated that premarital sex could lead to negative consequences such as unintended pregnancies, which may result in abortion, school dropout, and early marriage. These factors contribute to the high number of adolescents exhibiting non-risky sexual behavior in this study. The researchers assume that adolescence is a period characterized by intense curiosity and a strong desire to experiment, which can trigger delinquent behaviors, including inappropriate sexual behavior. However, if adolescents possess strong self-control, they may be able to regulate inappropriate sexual urges. Self-control is crucial for managing emotions and impulses, and awareness of the risks associated with inappropriate sexual behavior can serve as a guide for adolescents to refrain from such behaviors until marriage.

Relationship Between Parenting Style and Sexual Behavior

The analysis results indicate a significant relationship between parenting style and sexual behavior among high school adolescents in the Greater Jakarta area. Based on the chi-square test with a significance level of $\alpha = 0.05$, a p-value of < 0.001 was obtained, suggesting that parenting style plays an important role in shaping adolescents' sexual behavior tendencies. These findings indicate that the dynamics of the parent–adolescent relationship, particularly regarding control, communication, and the establishment of boundaries, influence the sexual behavior choices made by adolescents. This finding is supported by the study by (Eliza, 2023) in which most adolescents raised under an authoritarian parenting style were reported to have a higher proportion of at-risk sexual behavior compared to other parenting styles ($P = 0.003$), demonstrating a significant association between parenting style and adolescent sexual behavior. Similar studies have shown that parenting styles—including authoritarian, authoritative, and permissive—affect adolescents' sexual behavior tendencies (Pandensolang et al., 2019). Parents who adopt an authoritarian style tend to demand absolute compliance with established rules and apply punishments when these rules are violated. This parenting style is restrictive, low in emotional warmth, and offers little space for children to express their opinions. As a result, children raised under authoritarian parenting often feel pressured and constrained, which may promote rebellious behaviors during adolescence, including engagement in risky behaviors such as premarital sexual activity (Baumrind, 2005); (Santrock, 2019)

Based on this study, parents who adopt an authoritarian parenting style tend to constrain their children. This is evident from three questionnaire items most frequently applied in families: the obligation to study even on weekends, parents making all decisions regarding the child's future, and the demand for children to always obey parental instructions. In previous interviews, some respondents who experienced authoritarian parenting reported that they preferred to talk to friends rather than their parents when facing problems and tended to explore new things together with their peers. These conditions can encourage adolescents to engage in delinquent behaviors, including at-risk sexual behavior, due to boredom from restrictions and peer influence. Related research by (Ugoji, 2015) also demonstrated a significant association between autocratic parenting and adolescents' engagement in risky sexual behaviors. This parenting style, which is often demanding, less responsive, aggressive, and punitive, may negatively influence adolescents' behavioral development. Autocratic parenting, characterized by demanding, unresponsive, aggressive, and punitive behaviors, makes children more vulnerable to rebellion and increases the likelihood of engaging in risky sexual behaviors. This study also found that parents who practice an authoritative (democratic) parenting style have adolescents with the lowest level of at-risk sexual behavior, with 123 adolescents (69.1%) exhibiting such behavior

These findings are consistent with the study by (Aguma et al., 2014), which found that adolescents raised under an authoritative (democratic) parenting style exhibited the highest level of non-risky sexual behavior, with 41 out of 177 respondents (62.1%). The study by (Niron, 2012) also reported that most respondents who experienced authoritative parenting demonstrated non-risky sexual behavior, thanks to proper parental guidance and education. In this study, most parents who employed an authoritative parenting style allowed their children to socialize freely, as long as it had a positive impact. When children faced problems, parents responded appropriately and provided constructive feedback. This supportive approach is a key factor contributing to adolescents raised under authoritative parenting exhibiting the highest levels of non-risky sexual behavior.

Thus, it can be concluded that the implementation of a good authoritative (democratic) parenting style can reduce the level of at-risk sexual behavior among adolescents. Parents who practice authoritative parenting generally have a deep understanding of their children's future and strive to shape and educate their children's character according to their abilities, without resorting to coercion. They provide children with the freedom to make their own life choices while still offering explanations and reasonable boundaries so that children can exercise self-control and avoid unhealthy peer interactions, including at-risk sexual behavior. Authoritative parenting is characterized by high emotional warmth combined with behavioral control through explanations and the provision of reasons behind rules, which supports positive adolescent development (Hoskins, 2014).

The crosstab results indicate that adolescents raised under a permissive parenting style exhibited the highest level of at-risk sexual behavior, with 33 individuals (82.5%). This finding aligns with the study Asiah, Manullang, dan Ginting (2023) which reported a positive correlation between permissive parenting and tendencies toward promiscuous behavior among high school students, where adolescents experiencing permissive parenting faced a higher risk of engaging in at-risk sexual behavior (Asiah et al., 2025). Permissive parenting often emerges as a form of psychological compensation by parents who, during their own childhood, grew up in restrictive, authoritarian environments, leading them to provide unrestricted freedom as a reaction to past trauma (Miswanto et al., 2023).

This parenting style is based on the belief that children will achieve social maturity independently through the natural consequences of their actions, without the need for structured parental intervention. However, this approach creates a guidance gap in which children are not introduced to clear rules, are not held accountable for violations, and do not receive recognition for positive behavior. Consequently, children risk losing their moral compass and self-discipline when facing a social reality that is full of boundaries (Armayanti, 2023) which demonstrates a strong positive correlation of 66% between permissive parenting and tendencies toward promiscuous behavior. The absence of clear boundaries and minimal moral guidance at home causes adolescents to struggle with making responsible decisions. Thus, the higher the level of parental permissiveness, the greater the likelihood that adolescents will engage in at-risk behaviors within their social environment.

Conclusion

Based on the results of this study, the following conclusions can be drawn:

1. The most commonly practiced parenting style is the authoritarian style.
2. The majority of respondents exhibited at-risk sexual behavior.
3. There is a significant relationship between parenting style and sexual behavior among adolescents in the Greater Jakarta area.

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