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**RESEARCH ARTICLE**

**RELATIONSHIPS OF EFFECTIVE FAMILY COMMUNICATION AGAINST YOUTH SEX BEHAVIOR  
 OF 11<sup>th</sup> GRADE STUDENT AT BARUNAWATI SURABAYA HIGH SCHOOL.**

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**Abstract**

Many factors that affect juvenile sexual behavior including effective family communication. The purpose of this study was to determine the relationship of effective family communication against youth sex behavior of 11<sup>th</sup> grade student at barunawati surabaya high school. The study design uses observational analytic cross sectional approach. The population of the study was 214 respondents and research sample of 140 respondents. The instrument used was a questionnaire sheet. Data analysis used Chi Square test  $\alpha < 0.05$ . Statistical test results obtained effective family communication and juvenile sexual behavior  $\rho = 0.035$  ( $\alpha < 0.05$ ). There is an effective relationship of family communication and juvenile sexual behavior. Peer group with adolescent sexual behavior  $\rho = 0.032$  ( $\alpha < 0.05$ ). There is a relationship with juvenile sexual behavior. The implications of this research are the need for good communication between parents and children, provide education about the dangers of adolescent sexual behavior and monitor children's society. It is recommended for teachers in schools to help in providing education about the dangers of juvenile sexual behavior.

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**Introduction:-**

Teenagers will experience psychological and biological changes generally. The changes that occur in teenagers provide a strong impetus to do things that they find interesting in it. Most of teenagers were explore sexual information through their environment because they assume that it could be free to ask their friends without any restrictions, meanwhile they assume that parents often forbid them to ask questions or talk about matters that relate to sex on the grounds that sexuality is a taboo subject to be discussed with children (Lou & Chen's, 2009) in (Fauzy, 2014a). Juvenile sexual behavior among teenagers today is very worrying. Many juvenile behaviors violate the norms in society. If their parents are set them free without controlling and are not accompanying them in obtaining sexual information, it can cause a bad impact on juvenile sexual behavior as a result many incidents of abortion, HIV and AIDS Collen et al, (1999) in (Suwarni, 2009).

One method that can be done is by having good communication between parents and children, controlling children's friend environment, and how the education they get at school. However, the lack of communication and attention between parents and their children caused juvenile are more likely to choose to look for information outside the home, fill the spare time with negative things and engage in sexual behavior. This is supported by Hutchinson (2003), in (Lenciauskiene and Zaborskis, 2008) show that the quality of parent and children relationships is a social interaction that affects early sexual behavior among juvenile. Juvenile who actively communicate with their parents

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have lower rates of free sex compared to passive teenager in communicating with their parents. According to Cleveland et al, (2003) in (Ellis et al, 2013) it shows that teens who have a close relationship with their parents are less likely to be involved in risky teen dating relationships. According to Rubin et al, (2006) in (Ellis et al, 2013) Peers are the main source of influence on adolescent attitudes and behavior in the context of dating relationships.

According to WHO (2010) in (Wulandari, 2013) teenager's growth and development is divided into three stages; early teenager aged 11-14 years, mid-teenager aged 14-17 years and late teenager aged 17-20 years. The number of Indonesian teenagers in 2010 was 237.6 million people, 26.67% that will affect the development of social, economic and demographic aspects both now and in the future (BKKBN, 2011). Surabaya is the capital of East Java Province which has been quite advanced, moreover it is coupled with the increasing number of nightclubs, which represent that East Java, especially Surabaya is the metropolis provincial capital. Educational Hotline survey results that 44% of high school students assume that sex when dating is a natural thing. The police found that most of molestation victims and human trafficking were students. Police data shows that human trafficking cases during 2012 reached to 20 cases (Source: Jawa Pos, January 1<sup>st</sup>, 2012) in (Susanti, 2013). Professor of the University of Dr Soetomo (Unitomo) Surabaya who is also the Secretary of the East Java AIDS Commission Drs. Otto Bambang Wahyudi said, East Java was first ranked in Indonesia regarding cases of HIV / AIDS sufferers, there were 18,008 cases that were discovered by the East Java AIDS Commission during 2017 and the largest number of people affected by HIV / AIDS are in Surabaya which is reached to 7,000 people. Patient age is productive age, between 15 to 35 years (Source: Jawa Pos Radar, December 3<sup>rd</sup>, 2017). Based on the interview results with 10 students of XI grade at Barunawati High School, 30% of children have open communication with their families and get information about the dangers of sexual behavior, 60% of children prefer to get information about sex behavior to their friends, 10% of children say they have not information about free sex behavior at school.

According to Allen et al, (2006), Sayang and Hicks (1982), Gebhard (1977), Jaccard et al, (2005) in (Scott and Rickard, 2008) interactions of parents and friends have an influence on adolescents, they get information about sex in a willingness not to engage in sexual behavior. If the child has not be a teenager yet and unfortunately they get more specific information about sexual behavior from their friends it can cause a risky behavior. According to Kinsman et al, (1998) in (Scott and Rickard, 2008) friends have the influence of creating normality needs in individuals which cause sexual behavior to begin in order to meet this standard of normality. Friends influence at its peak is during grade 11 and grade 12 (Dilorio et al, 1999), Treboux and Busch (1995) in (Scott and Rickard, 2008).

The role of parents is to educate children to avoid sexual behavior because parents are the child's first environment to get an education. Teenagers who involved in high-risk behavior often realize that their behavior is risky but do not believe that they are personally at risk (Van Der Pligt, 1996) in (Scott and Rickard, 2008).

Parents have an important role in reducing sexual behavior in teenagers. In this case parents must provide information to children about the dangers of free sex and ensure they are in a healthy environment (Koss, 2011). According to Agha & Rossem (2004) in (Fauzy, 2014a) shows that prevention in free sex behavior in teenagers can also be done in the school environment conducted by the school. The provision of sex education from an early age makes the teenager be more careful and take care of himself in his behavior. If this is not done, there is a risk of reproductive health problems such as pregnancy outside marriage, abortion, and sexually transmitted infections. Based on this, the researcher is interested in taking the title of "Relationships of Effective Family Communication Against Youth Sex Behavior in 11<sup>th</sup> Grade Student of Barunawati High School Surabaya".

### **Materials And Methods:-**

This type of research is observational analytic. The type of design used is cross sectional. This research was conducted at Barunawati High School in Surabaya and was carried out on 12 April 2018 - April 16, 2018. The population in this study were 11<sup>th</sup> Grade Student at Barunawati High School Surabaya, which totaled 214 respondents. In this study, questionnaire data collection instruments to measure the risk factors for rheumatoid arthritis and data collection to determine the occurrence of rheumatoid arthritis in the elderly with questionnaire sheets.

**Results:-**

Statistical test results using the Chi-square test obtained significance value  $p = 0.035$  with a degree of significance ( $p < 0.05$ ) it can be concluded that H1 is accepted, which means there is a relationship between effective family communication against teenage sex behavior of 11<sup>th</sup> Grade Student in Barunawati High School, Surabaya.

**Discussion:-****Family's Effective communication of 11<sup>th</sup> Grade Student in Barunawati High School, Surabaya:-**

Factors that influence effective family communication are: physical factors, biological factors, intellectual factors, and cultural factors. In the intellectual factors of parental education is a factor that can affect communication can be run effectively in providing education to children because of good knowledge and insight can make the guidelines of parents, especially fathers as heads of households in providing images to children and the communication delivered to children becomes wider. Lack of education and knowledge of parents (especially fathers) about reproductive and sexual health can be the impact of parents in providing education to children and making communication unable to run effectively between parents and teenager. Supported from the results of the study, Vesely (2004) in (Gustina, 2017) states that parental education is associated with early sexual delay in adolescents where adolescents who have parents with a minimum education degree are reported not to have sexual premature. Meanwhile, according to Slap (2003) in (Gustina, 2017) Teenagers with low parental education 2.5 times tend to have early sex.

According to (Sustrami, 2012), the more experience a person has, the better the way they communicate and attitudes will also affect the communication process can be effective or not. From the analysis of the answers to the questionnaire questions effective family communication of 140 respondents 108 (77.1%) experienced ineffective communication. First the respondent answered question no. 5 which reads "I always communicate with parents when facing problems with a boyfriend?" This question is part of the favorable question for items / parameters of ineffective communication.

This is in line with (Noegroho, 2014), communication between parents and teenagers can be interpreted as a conversation between parents (can be father and / or mother) with teenager who occur in the family and the main purpose of family communication is to maintain interaction between one member with other family members so that effective communication is created. Communication can be ineffective if adolescents feel their relationship with parents is lacking in good communication and they increasingly feel they don't get attention in facing problems faced especially around physical and psychological development. So that teens are lazy to ask questions to communicate with their parents. The question number 6 is "Have your parents ever provided information that related to sexuality?" This question is part of the favorable question for items / parameters of ineffective communication.

This is supported by (Noegroho, 2014) the family has an important role in the development of the child's personality because in the family the first time children get experience and education about the dangers of sexual behavior, so it is necessary to instill a strong self-foundation in children for example by providing sex education, information about the dangers of premarital sexual behavior in order to minimize the occurrence of adolescent sexual behavior. Communication that exists between parents of children if parents and children do not have good and open communication without feeling taboo when talking about sexual behavior to teenagers.

Effective communication between parents and teenager has been identified as the main strategy in promoting responsible sexual behavior and minimal risky sexual experiences in teenager (Burgess 2005) in (Gistina, 2017). According to Sarwono (2007) in (Syaputri, 2014), the role of parents is very large in providing choices of answers to the behavior and questions asked by children. Wise parents will provide more than one answer and alternative so that the teenager can think further and choose the best, while parents who are unable to provide explanations wisely and be rigid will make children lazy to ask questions and exchange opinions with parents so that teens will look for information outside the home.

**Youth sex behavior of 11<sup>th</sup> grade Student of Barunawati High School, Surabaya:-**

Factors that can influence youth sexual behavior are the relationship of teenager's parents, friend negative pressure is a significant influence, both directly and indirectly on youth sexual behavior. Most teenagers say that they cannot talk freely with their parents about sexual matters, so teenagers talk about sexual matters with peers which affect teenage sexual behavior. According Sarwono (2011) in (Najib, 2016), the factors that influence teenager premarital sexual behavior of teenager sexual behavior is caused by several factors, such as: 1) Biological: biological changes

that occur during puberty and hormonal activation that can cause sexual behavior, 2) Parents' influence: the lack of open communication between parents and teenagers in sexual problems, can strengthen the emergence of sexual behavior deviations, 3) Friends' influence: influence of teenagers makes teens have a tendency to use peer norms compared to the existing social norms. According to the research of Seotjningsih (2006) in (Sapto, 2011), the factors that influence adolescent sexual behavior are adolescent parents' relationships, negative peer pressure, and pornographic media exposure have a significant effect, both directly and indirectly on behavior teenage sex.

According to Marbiyati (2016) in (Sustrami, 2017) in accordance with Notoatmojo's theory which states that knowledge is a very important domain in the formation of individual behavior. Behavior based on knowledge, awareness, and a positive attitude, then the behavior will last a long time. According to Kinnaird, 2011 and Sarwono, 2010 in (Syaputri, 2014), factors that influence sexual behavior in teenager are internal factors and external factors, it mentioned that contact with information sources, family characteristics is the level of family education as a social supporter to provide information to his child. According to Sarwono (2007) in (Syaputri, 2014), sex education is a way of teaching or education that can help teenagers to deal with life problems that originate from sexual drive. Thus this sexual education intends to explain all matters relating to sex and the dangers of sexual behavior so that teenagers will understand better the risks when engaging in deviant behavior.

From the analysis of the answers to the questionnaire questions of youth sex behavior of 140 respondents, 129 (92.1%) are at risk of youth sexual behavior with some criteria such as knowledge, attitudes and actions have a value that is at risk. The respondent answers questions number 3 which is "Masturbation can cause impotence in men (conditions when a man's genitals are unable to get an erection)?" This question becomes part of the unfavorable question for items / parameters of knowledge about lack of sexual behavior. According to Sarwono (2011) in (Najib, 2016) mentions that premarital sexual behavior is all behavior that is driven by sexual desire committed by two people, men and women outside of legal marriage. Youth sexual behavior is an opposite sex male and female activity that arises because of sexual urges or activities to get pleasure from sexual organs through various behaviors without the existence of marriage ties.

Both respondents answered the question of positive attitude No. 4 which reads "I will obey whatever the wishes of the boyfriend so as not to break the relationship of dating or fiancée?" This question becomes part of the parameter questions about positive sexual behavior. The third answer the question of positive action No. 1 which reads "I am holding hand with girlfriend is a normal things?". Question number 4 which reads "I kissed my boyfriend sometimes?". Question number 7 which reads "I masturbate when sexual desire arises?". Question number 12 which reads "Having intercourse without inserting genitals with a partner is done for fear of pregnancy?". Question No. 13, which reads "I have a body relationship with a boyfriend / fiancée because we are sure to get married?" The above question becomes part of the question for the item / parameter of action about positive sexual behavior.

According to (Catur, 2017) the younger a person knows about dating, the greater the potential for sexual intercourse and causing an increase in sexually transmitted infections. According to the BKKBN (2014) in (Chess, 2017) Dating behavior to the kissing stage has the potential to have sexual relations, especially if you have a wet kiss or more than that, then the chance to have sexual intercourse is 26 times greater than those who do not. According to Green and Kreuter (2000) in (Chess, 2017) a person's behavior is influenced by 3 factors: predisposition (knowledge, attitude, gender and age), reinforcement factors (friends and friends' roles), and enabling factors (infrastructure, affordability of facilities and mass media).

#### **Relationship of Effective Family Communication against Youth Sex Behavior in Class XI at Barunawati High School, Surabaya:-**

Statistical test results using Chi-square test in the SPSS 16 program obtained significance value  $\rho = 0.035$  with a degree of significance ( $\rho < 0.05$ ) can be concluded as H1 which is expected to be related to any relationship related to gender of 11<sup>th</sup> grade students in Barunawati High School Surabaya. According to Sarwono (2010) in Syaputri (2014) sexual behavior of all behaviors that are supported by sexual desires even be done alone, and the opposite sex or same-sex without the relationship of marriage according to religion. The active role of parents in engaging in youth sexual relations by engaging in communication activities between parents (can be fathers and / or mothers) and partners involving teenagers with regard to the topic of adolescent reproduction health (Noegroho, 2014).

Because by communicating well between parents and children it can reduce teenage sex problems. Supported the opinion expressed by Jennifer et al (2008) in (Qomarasari, 2015) in her research showing that a harmonious family

environment and exchanging ideas open communication between parents and teenagers that can help adolescent girls. Parents who monitor the activities and environment of children, always participate in activities and improve communication with regard to increase the risk in adolescents.

Families who have higher conversations in communication as well as open conversations about sharing personal experiences and other people also discuss thoughts, personal communication and engage directly in conversations can avoid adolescents to conduct activities that simplify norms and religious issues such as teenage sexual habits.

According to Santrock (2007) in (Qomarasari, 2015) teenagers who are in a divorce parents are adapting more than who gather their parents. Busy parents, poor quality caregiving, do not have the time to support and divorce parents, can cause teenagers depression, confusion, and inconsistencies in transition related to responding to the needs of premarital adolescents.

From the analysis of the answers to the questionnaire questions family communication from 140 respondents, 108 (77.1%) answered ineffective communication. First, the respondent answers question no. 5 that says "I can always communicate with parents, if I had problem with boyfriend/girlfriend" this question becomes part of the favorable question for items / ineffective communication parameters. From the analysis of the answers to the questionnaire questions youth sex behavior of 140 respondents, 129 (92.1%) are at risk of youth sexual behavior with criteria such as knowledge, attitudes and actions having a values that is at risk. First, respondent answer the question from number 3 which reads "Masturbation can cause impotence in men? (Conditions when male genitals are unable to get an erection)" This question is part of the question that is not favorable for the question / parameter of knowledge about sex problems. The two respondents answered the question of positive attitude number 4 which reads "I will obey whatever the boyfriend wishes to not break the relationship of dating or fiancée?" The third answer the question of positive action No. 1 which reads "I am with a girlfriend holding hands normally?". Question number 4 that says "I kiss my boyfriend whenever I have a chance?" Questions to the question / question parameter / action parameters about positive sex problems.

According to Achdiat (1997) in (Noegrogo, 2014) family communication is an organization that uses words, gestures (intonation), voice intonation, actions to create hopes, challenges, and interconnections between words. The main purpose of family communication is the interaction of parents with children so that communication can run effectively and does not have a negative impact on children and children who get attention and gratitude from parents so that effective communication is created. According to (Catur, 2017) in terms of dating in teenagers can cause them to behave in negative dating because of knowing about dating behavior since a young age. This is inseparable from parents in providing information about the dangers of teenage sex because the younger a person is to get to know the relationship then it will question the relationship of a larger section and increase cause an increase in sexually transmitted infections.

This study is in line with (Qomarasai, 2015) which is showing a relationship between family roles and sexual behavior and is statistically significant ( $p < 0.001$ ). Teenagers who have weak family communication (score  $<$ mean) are 0.09 times more likely to engage in sexual behavior than adolescents who have strong family communication.

### **Conclusion:-**

Based on the results of research conducted at Barunawati High School in Surabaya, it shows that 214 respondents found that effective communication of 11<sup>th</sup> grade student's families in Barunawati High School Surabaya was largely ineffective and youth sex behavior of 11<sup>th</sup> grade student at Barunawati High School Surabaya was mostly at risk.

The results of this study are expected health workers to promote adolescent reproductive health through home visits, school guidance through the UKS program and collaborating with health centers in counseling about adolescent reproductive health and the dangers of youth sexual behavior. Furthermore, it is expected that adolescents should increase their knowledge of reproductive health openly communicate with parents or family and use information media to access positive information. And can be more selective in associating with friends so that it can provide a positive influence so it does not fall into deviant sexual behavior.



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