



The Influence of Adolescent Resilience on Premarital Sexual Behavior

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Abstract: Adolescent resilience to premarital sexual behavior refers to the ability of individuals (adolescents) to face and overcome the pressure of premarital sexual behavior in everyday life in a healthy and productive way, namely the ability to adapt to situations by providing responses to improve themselves. Adolescents' permissive attitude towards premarital sexual behavior is associated with low levels of reproductive health knowledge, higher exposure to pornographic media, strong negative group influences, weak parental roles, low religious beliefs and negative environmental influences. This study aims to analyze and explain the relationship between the characteristics of D3 nursing students in Indramayu Regency, internal and external factors, and adolescent resilience to premarital sexual behavior, and to identify the most dominant types of variables. This type of research is an explanatory study with a cross-sectional approach. The respondents were D3 nursing students at both universities in Indramayu Regency totaling 175 respondents. Data were collected using a survey instrument. Data analysis: The analytical approach to this study used univariate techniques, bivariate techniques using the chi-square test, and multivariate techniques using multiple logistic regression tests. This study shows intermediate results, in the univariate test of survey recapitulation of 175 respondents, the majority are: female 140 people (80%), have studied MK Kep. Maternity 113 people (64.6%), live with parents 120 people (68.6%), have high low resilience levels 88 people (50.3%), have good knowledge 119 people (68%), have a permissive attitude 75 people (42.9%), have a strong understanding of religious norms 107 people (61.1%), strong role of parents 118 people (67.4%), positive role of peers 126 people (72%), positive influence of pornographic media 104 people (59.4%) and positive environmental influence 117 people (66.9%)

Keywords: Adolescent Resilience; D3 Nursing; Premarital Sexual Behavior

Introduction

Sexual behavior is one of the basic needs that always shapes human lifestyle patterns in society and is greatly influenced by prevailing values, norms, religion, and culture (Nadarsyah & Priyanto, 2023). However, sex is no longer viewed that way, and the word sex is interpreted negatively and deviates from its original meaning, especially among teenagers. Premarital sexual

behavior is still a big debate both in terms of morals, psychology, and physical, because sex is essentially a natural instinct and the origin of sex is in life. Sexual behavior is one of the basic needs that always shapes human lifestyle patterns in society and is greatly influenced by prevailing values, norms, religion, and culture (Abu-Ras et al., 2022; Rondonuwu et al., 2024).

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original meaning, especially among teenagers (Olamijuwon & Odimegwu, 2022; Rouhparvar et al., 2022). As is known, BKKBN defines teenagers as those aged 10 to 24 who are not yet married (Aima & Erwandi, 2024). During this period, some teenagers experience an identity crisis. In general, even under normal circumstances, this period is a difficult time for both individuals and groups to go through. Therefore, teenagers are often referred to as a problematic age group ('trouble teenagers'). This is influenced by reproductive hormones that begin to function and adolescents must adapt to physiological and psychological changes (Kadarwati et al., 2018). Sexuality behavior is the way a person thinks about themselves and how they view themselves, not only through actions such as touching, kissing, hugging, and sexual intercourse, but also through more subtle behaviors such as body movements, dress ethics, and vocabulary someone communicates feelings to the opposite sex (Potter & Perry, 2005). Risky sexual behavior is currently defined as sexual acts carried out by men and women who are not legally married. This behavior does not necessarily take the form of sexual intercourse to achieve sexual satisfaction, but can be in the form of holding hands, hugging, kissing cheeks or lips, kissing the neck, kissing the chest or breasts, or kissing each other rubbing genitals, oral and anal sex, and sexual intercourse (Alexander & Wilcox, 2012).

Based on the research of Asfia & Ferial (2023) on "Analysis of Risky Sexual Behavior in Students" of 80 respondents of College students in Serang City, it shows that those surveyed are increasingly permissive towards modern sexual behavior. At least 47.5% hug their partners and consider it normal, 31.25% do and allow kissing on the cheek, 23.75% Kiss using their mouths on their partner's body other than the cheek/face, 21.25% provide stimulation with their hands on their partner's genitals, 8.75% have sex by touching/rubbing their genitals, 11.25% have sex with more than one partner, 8.75% have sex without contraception, and 6.25% have sex using contraception. This is due to the lack of knowledge and attitudes of respondents (tending to be negative) about the dangers and consequences of premarital sexual behavior, where out of 80 respondents; 52.6% knowledge about premarital sexual behavior is not good and 38.5% premarital sexual behavior is negative.

Relationships with parents, negative pressure from peers, and exposure to information media, including pornographic and mass media, both print (magazines, newspapers, pornographic books) and electronic (TV, VCD, Internet) have a direct and indirect influence on adolescents engaging in premarital sexual relations. The above factors influence adolescent premarital sexual

behavior. Knowledge is one of the causes of deviant sexual behavior. This is due to the lack of understanding of adolescents about sexual behavior which ultimately harms themselves and their families (Lestari, 2019).

The socio-cultural conditions of the Indramayu community, which is geographically located in the north coast (Pantura) and the main transportation route through Java, Sumatra and even Bali, Indramayu has a different openness to cultural exchange. In terms of how sexual acts are viewed and accepted, Indramayu is also known for its long-standing sexual behavior. The strength of the *luru duit* tradition, seen from the context of understanding the traditions of the Indramayu community as a form of women's rebellion against the pressure of economic problems in the family, makes this *luru duit* tradition an excuse to strengthen family welfare. This is considered to be the cause of the problem of negative social stigma which is often labeled for the people of the Indramayu area. Marrying young and on average still being a young widow is a reality of life for the people of Indramayu. A source from the West Java Central Statistics Agency explained that the number of West Java Community Marriage Rates in 2018 reached 438,384 times, and the District. Indramayu ranks 7th (4.9%) out of 31 districts. The city in West Java, after being ranked first in Kab. Bogor (9.6%), 2nd Kab. Tasikmalaya (7.7%), k2-3 Kab. Bandung (7.4%), 4th Kab. Garut (6.4%), 5th Kab. Sukabumi (5.9%), 6th Kab. Cirebon (5.6%) while the divorce rate in West Java Province in 2019 reached 97,090 divorce cases and Indramayu Regency ranked first (8.6%) out of 31 regencies/cities in West Java Province, followed by Bandung Regency in 2nd place and Cirebon Regency in 3rd place (7.5%).

The growth and development of dimly lit food stalls in several locations along the north coast of Indramayu is clearly the result of a misunderstanding of the tradition of donating money to the local community. This situation is caused by the low awareness and social control of the Indramayu community towards free sexual behavior, low knowledge about health and the risk of dangerous diseases, weak attitudes towards sex workers indicating a tendency towards legality. This condition is considered to be one of the triggers for increasing premarital sexual behavior and puts the community (especially Indramayu teenagers) at risk of engaging in free sex (priming stressor), this is very worrying because it can cause exposure and ultimately various negative consequences. The impacts that arise include physical impacts that can result in sexually transmitted infections, psychological impacts that can cause anxiety and depression, physiological impacts that can result in pregnancy and abortion, and social impacts such as social exclusion and dropping out of school

(Mulder et al., 2024). Based on sources from the Women's Empowerment, Family Planning and Child Protection Service of Indramayu Regency, the following data was obtained: in 2022, out of 43 cases handled, 22 cases (51.1%) were cases related to sexual behavior, 19 cases (86.4%) were female, 15 cases (68.2%) were adolescents; In 2023, out of 60 cases handled, 34 cases (56.7%) were cases related to sexual behavior, 31 cases (91.2%) were female, 27 cases (79.4%) were adolescents and in 2024, from January to June, out of 27 cases (45%) were cases related to sexual behavior, 24 cases (91.2%) were female, 21 cases (77.8%) were adolescents

As is known, the transition period of age can increase adolescent curiosity and dangerous risk-taking behavior, and it is not surprising that adolescents experience child psychology becoming vulnerable to various risks that threaten their personal development. Even today, no one is immune to the pressures of rapid change, and stressful environments create new risks for children and adolescents (Brooks, 2012). However, although adolescents are under stress due to the rise in promiscuous sexual behavior, they are actually more concerned about the stressors (called premarital sexual behavior). The ability of individuals to bounce back and choose to adapt to these situations is known as resilience.

Syaefuddin Zuhri Health College (Stikes) and Indramayu State Polytechnic (polindra) are Diploma III level Nursing Colleges. From the results of the researcher's interview with the Deputy Chairperson III for Student Affairs of Stikes Aksari, data was obtained that in the last 5 years there was one female student who was considered alpha study/stopped resigning due to marriage. And from the researcher's interview with the task force handling cases related to sexual behavior at the Indramayu State Polytechnic, there were 34 cases during the 2023 period, and this could be an iceberg phenomenon, meaning that what is visible on the surface looks small but what is not visible could possibly be large in number. From the preliminary study conducted by the researcher through interviews with 10 students, the following data were obtained: most of 70% already have or have had a boyfriend/girlfriend and when dating they hold hands, 50% kiss on the cheek, 10% necking, 10% petting, 10% groping, 0% have had casual sex, 20% think that having premarital sex (intercourse) while dating among today's teenagers is normal.

The figures for these behaviors are most likely an iceberg phenomenon because there may be much more that is not visible on the surface. D3 Nursing students in Indramayu Regency, who are all teenagers, of course, cannot be separated from the social phenomenon among teenagers where with their characteristics that tend to be curious and experimenting, it is feared that they can be influenced by their environment, so that they tend to be

more permissive towards premarital sexual behavior. While this permissive attitude is greatly influenced by the environment, where in a group that is permissive towards premarital sexual behavior will suppress its members who are not permissive. In this case, social control will influence the permissive attitude towards the group. This statement is reinforced by Bandura in his concept of reciprocal determinism, namely that a person will behave in a situation that he actively chooses (Phillips & Orton, 1983). Thus, it becomes something interesting to study and based on the description above, the researcher gave the title to this study: "Factors that Influence Adolescent Resilience towards Premarital Sexual Behavior in D3 Nursing Students in Indramayu Regency".

Method

Study Design

The type of research conducted is Explanatory Research, which is explanatory research by conducting a test of the relationship between various independent variables with related variables, to study and explain the relationship of various independent variables to related variables, and ultimately obtain the most related independent variables to the following variables (Bentouhami et al., 2021). The research was conducted from January to December 2024. The research approach or technique used in this study is a cross-sectional survey, which is a research method to study the dynamics of the correlation between risk factors and effects, by means of an observation approach or data collection at once at one time (point time approach). This means that each research subject is only observed once and measurements are made on the character status or subject variables at the time the research is conducted. In this study, a quantitative method was used as a method to determine the relationship between respondent characteristics, internal factors and external factors with adolescent resilience in D3 nursing students in Indramayu Regency. Population and Subjects

The population in this study were all D3 Nursing students in the 2023/2024 Academic Year at the two Higher Education institutions, with a sample size of 200 respondents with details of 100 respondents who had received Maternity Nursing MK and 100 other respondents who had never received Maternity Nursing MK.

Data Analysis

The bivariate analysis in this study used the Chi-Square statistical test with independent variables in the form of ordinal categorical data and dependent variables in the form of nominal categorical data in the form of a 2

x 2 table. The multivariate analysis used in this study was logistic regression because the dependent variable is a variable with a dichotomous categorical measurement scale (Miola & Miot, 2022). The requirements for variables that can be analyzed by logistic regression are variables that in the bivariate analysis have a p value <0.25. The results of this multivariate logistic regression analysis are in the form of Odds Ratio (OR), which is the ratio of the probability of an event (dependent variable) occurring due to an exposure (exposure / independent variable) to the probability of an event not occurring. This OR is then used as a coefficient value in an equation that is useful for predicting the probability of a dependent variable occurring.

Results and Discussion

Result

This study aims to determine the factors that can influence the resilience of premarital sexual behavior in

adolescents and analyze the possibility of protective factors. The results of this study indicate that there is a significant relationship between gender ($p = 0.006$), place of residence ($p = 0.035$), previous knowledge ($p = 0.007$), knowledge of premarital sex ($p = 0.018$), understanding of religious norms ($p = 0.001$), attitudes about premarital sexual behavior ($p = 0.033$), family role ($p = 0.50$), peer influence ($p = 0.003$), influence of information media ($p = 0.012$), and environmental influence ($p = 0.026$) on the resilience of premarital sexual behavior in productive age.

Meanwhile, previous knowledge history has the largest odds ratio to predict the possibility of resilience of premarital sexual behavior in adolescents, which is 2.462 (95% CI 1.298-4.670). Multivariate analysis of the most influential factors on resilience of premarital sexual behavior in adolescents can be seen in Table 2.

Table 1. Analysis of Factors Influencing Resilience of Premarital Sexual Behavior

Variable	Risky Sex Resilience (n=175)		P value	OR (95% CI)
	Low (%)	High (%)		
Gender				
Male	50 (56.8)	67 (77.0)	0.006	0.393 (0.204-0.755)
Female	38 (43.2)	20 (23.0)		
Residence				
Separated from parents	21 (23.9)	34 (39.1)	0.035	0.489 (0.254 – 0.938)
Living with parents	67 (76.1)	53 (60.9)		
Prior knowledge				
Yet	40 (45.5)	22 (25.3)	0.007	2.462 (1.298-4.670)
Not yet	48 (54.5)	65 (74.7)		
Knowledge about premarital sex				
Poor	49 (55.7)	64 (73.6)	0.018	0.452 (0.239-0.853)
Good	39 (44.3)	23 (26.4)		
Attitudes regarding premarital sexual behavior				
Permissive	45 (51.1)	30 (34.5)	0.033	1.988 (1.082-3.654)
Positive	43 (48.9)	57 (65.5)		
Understanding religious norms				
Weak	44 (50)	65 (74.7)	0.001	0.338 (0.179-0.641)
Strong	44 (50)	22 (25.3)		
Role of Family				
Weak	51 (58)	60 (69)	0.050	0.620 (0.333-1.154)
Strong	37 (42)	27 (31)		
Peer Influence				
Negative	46 (52.3)	65 (74.7)	0.003	0.371 (0.196-0.703)
Positive	42 (47.7)	22 (25.3)		
The Influence of Information Media				
Negative	48 (54.5)	64 (73.6)	0.012	0.431 (0.229-0.814)
Positive	40 (45.5)	23 (26.4)		
Environmental Influence				
Negative	50 (56.8)	64 (73.6)	0.026	0.473 (0.250-0.894)
Positive	38 (43.2)	23 (26.4)		

Analysis of the factors that most influence resilience of premarital sexual behavior based on the multivariate

analysis above are previous knowledge ($p=0.008$), understanding of religious norms ($p=0.006$), place of

residence ($p=0.033$) and attitudes towards premarital sexual behavior ($p=0.030$).

Discussion

Premarital sexual activity is a common sexual exploration among adolescents, which usually involves behaviors such as changing sexual partners, inconsistent or irregular condom use (Kwarkyewaa, 2023; Reeves et al., 2024), and consumption of pornography. The number of adolescent pregnancies and the high level of premarital sexual indulgence among school children in the 21st century have become the subject of discussion. These children have been observed to engage in sexual activities without proper education, and hence, they are exposed and pushed to unknown risks and Sexually Transmitted Diseases (STDs) such as gonorrhea, syphilis, candidiasis, chlamydia, and Acquired Immune Deficiency Syndrome (AIDS) etc. (Jain et al., 2014; Yedemie, 2024).

Table 2. Multivariate Analysis of Factors Affecting Resilience of Premarital Sexual Behavior

Variable	Coefficient B	p-value
Gender	-2.015	0.121
Residence	-0.785	0.033
Previous knowledge	0.959	0.008
Knowledge about premarital sex	19.755	0.999
Attitudes about premarital sex	0.728	0.030
Understanding of religious norms	-0.948	0.006
Role of Family	-0.319	0.378
Peer Influence	-1.531	1.000
Influence of Information Media	0.759	0.530
Influence of Environment	0.847	0.309

Premarital sex, which is sexual intercourse between unmarried people, is becoming increasingly common across the world (Das & Rout, 2023). This is risky as many young people lack knowledge and guidance on how to prevent pregnancy, sexually transmitted infections (STIs) and human immunodeficiency virus (HIV). Various experts have found various factors that influence premarital sexual practices positively or negatively. Some of these factors are student age, gender, place of residence, level of education, peer pressure, pocket money, use of drugs, alcoholic beverages, pornographic films, living arrangements, parent-child communication regarding sexual issues, peer influence, self-image, love and religious education and life skills (Jain et al., 2014; Yedemie, 2024).

The results of this study indicate a significant relationship between gender ($p = 0.006$), place of residence ($p = 0.035$), previous knowledge ($p = 0.007$), knowledge of premarital sex ($p = 0.018$), understanding of religious norms ($p = 0.001$), attitudes about premarital sexual behavior ($p = 0.033$), family role ($p = 0.50$), peer influence ($p = 0.003$), influence of information media (p

$= 0.012$), and environmental influence ($p = 0.026$) on resilience to premarital sexual behavior at productive age. The results of this study are in accordance with the research of Nurmala et al. (2019) which showed that 97.3% of students had positive norms that were conducive to preventing premarital sexual behavior and 98.7% of students had positive behavioral control and attitudes to prevent premarital sexual behavior.

The results of this study are also in accordance with the study of Sari et al. (2022) which showed that adolescents with higher knowledge about reproductive health had a 2.7 times greater risk of premarital sexual behavior than others after being controlled by family planning knowledge, socio-economics and place of residence (95% CI: 1.8 - 3.9). Subjective norms and perceived behavioral control in this study did not affect adolescents' attitudes in preventing premarital sexual behavior. Belief in norms is indicated by respondents' compliance with social norms that apply in society. Although social norms in society are beginning to shift, most respondents still believe that orders and prohibitions from family and teachers must be obeyed. The compliance carried out by respondents is related to their belief that the prohibitions given to them are a form of attention and concern for the environment towards them.

Respondents often receive input from family and the surrounding environment to choose friends and avoid friends who have a negative influence. There are still many friends of respondents who have a positive influence on respondents, so that they become a form of support for respondents to behave well. Based on previous research, it has been shown that adolescents with poor peer support are more likely to experience depression (Nurmala et al., 2019; Sari et al., 2022). Another study by Nurhayati et al. (2017) also showed a significant relationship between knowledge (p value = 0.047; PR 0.487: 95% CI 0.252-0.953), self-efficacy (p value = 0.010; PR 2.561: 95% CI 1.291-5.079), peer influence (p value = 0.0001; PR 4.626: 95% CI 2.229-9.598), parental influence (p value = 0.030; PR 2.292: 95% CI 1.135-4.626) with premarital sexual behavior in SMA Negeri 1 Indralaya Utara (Nurhayati et al., 2017). Positive interpersonal communication between parents and children can support the prevention of premarital sexual behavior (Diyanti & Awalya, 2022).

Interpersonal communication between children and parents is needed so that parents can understand their children's development and relationships. Parents can direct and help make decisions about children's behavior. When living at home, parents can look for friends who become their child's interaction group. However, when children do not live with their parents (boarding house or dormitory), parents may not be sure

about their children's social interactions (Nurmala et al., 2019; Wondimagegne & Anbese, 2024).

Conclusion

The results of this study indicate that there is a significant relationship between gender, place of residence, previous knowledge, knowledge of premarital sex, understanding of religious norms, attitudes about premarital sex, family roles, peer influence, media information influence, and environmental influence on resilience of premarital sex behavior at productive age. The level of counseling in schools and communities as well as adolescent attitudes especially in the field of reproduction and parental understanding are important in preventing premarital sex behavior in adolescents.

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Author Contributions

Article writing was done by H. A. Data collection and data analysis were done by L. A., AND M. Direction, guidance, review of ideas, concepts, methodology, analysis were done by K.

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Conflicts of Interest

The authors declare no conflict of interest.

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