

## Analysis of Adolescent Sexual Behavior Based on The Influence of Family and Environment

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**Abstract:** Adolescent sexual behavior has emerged as a critical issue in public health, particularly in the digital era and amid rapid social change. This study aimed to examine the influence of family factors, namely parenting style and parental marital status, as well as environmental factors, especially peer influence, on adolescent sexual behavior in Pekalongan Regency, 2025. A quantitative research design with a cross-sectional approach was employed. The study population included high school students across Pekalongan Regency, and cluster random sampling was used to produce a sample of 393 respondents. Data were analyzed using Chi-square tests for bivariate analysis and multiple logistic regression for multivariate analysis. The results revealed that peer influence showed a significant relationship with adolescent sexual behavior, where adolescents who were strongly influenced by peers were nearly twice as likely to engage in risky sexual activity compared to those less affected by peers. In contrast, parental marital status and parenting style showed no significant association with sexual behavior. Furthermore, regression analysis confirmed that among the variables studied, peer influence was the only factor with a significant effect, indicating its role as the strongest predictor of risky sexual behavior. In conclusion, peer influence constitutes the most influential factor shaping adolescent sexual behavior in Pekalongan Regency. Efforts to prevent risky sexual activity among adolescents should therefore emphasize strengthening positive peer roles, encouraging constructive group activities, and ensuring comprehensive support from schools and families.

**Keywords:** adolescent sexual behavior; peer role

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## Introduction

Adolescent sexual behavior represents a major public health concern due to its significant implications for physical, psychological, and social well-being. Risky sexual behavior among adolescents increases the likelihood of sexually transmitted infections (STIs), including Human Immunodeficiency Virus (HIV), as well as unintended pregnancies. In many cases, adolescents initiate sexual relationships before achieving adequate emotional and cognitive maturity to understand healthy relationship dynamics (Sholihah, 2019).

At the global level, adolescent reproductive health remains a persistent challenge. According to the World Health Organization, approximately 21 million girls aged 15–19 years in low- and middle-income countries experience pregnancy each year, with nearly 50% classified as unintended and resulting in around 12 million birth (WHO, 2024). In addition, adolescents and young people continue to account for a substantial proportion of new STI and HIV cases worldwide, emphasizing the need for targeted behavioral interventions.

At the national level, Indonesia faces similar concerns. Based on recent data from the Ministry of Health of Indonesia, between January and September 2024, there were 6,855 reported cases of syphilis and gonorrhea among adolescents aged 15–19 years, including 245 cases of primary syphilis, 239 cases of secondary syphilis, and 49 cases of congenital syphilis. During the same reporting period, 35,415 HIV cases and 12,415 AIDS cases were documented across all age groups, with a substantial proportion occurring among adolescents and young adults (Decembria, 2024). These data indicate that adolescent populations remain highly vulnerable, although age-disaggregated reporting remains limited, highlighting the need for more focused analysis.

At the local level, evidence from Pekalongan Regency further illustrates this issue. In 2023, the local Health Office reported 48 cases of pregnancy among adolescents aged 15–19 years (0.14%), which decreased to 0.048% in 2024 (Dinkes, 2024). However, data from the Women's Empowerment and Child Protection Office (P3A) and the

Family Planning Control Center (PPKB) reveal an increase in marriage dispensation cases from 128 in 2023 to 184 in 2024. Notably, the proportion of adolescents already pregnant at the time of marriage dispensation rose from 25% to 29%, predominantly among those aged 15–17 years (Dinas P3A dan PPKB, 2025). This discrepancy suggests that reductions in reported pregnancy cases may not fully reflect the actual prevalence of risky sexual behavior, indicating a hidden burden at the community level.

From a theoretical perspective, adolescent sexual behavior can be explained using the PRECEDE–PROCEED model developed by Lawrence Green. This model categorizes behavioral determinants into predisposing, enabling, and reinforcing factors. In this context, parenting style and parental marital status function as reinforcing factors that shape adolescents' values, supervision, and emotional support systems. Meanwhile, peer influence represents a critical social reinforcement mechanism, particularly during adolescence, when peer acceptance and group norms strongly affect decision-making process (Firdaus et al., 2023).

Empirical evidence supports this theoretical framework. Steele et al. (2020) found that family structure, including parental marital status and divorce, significantly influences adolescent sexual behavior, with higher risk observed among adolescents from non-intact families. Parenting styles characterized by low supervision or harsh discipline were also associated with increased sexual risk-taking. Furthermore, peer norms and attitudes have been consistently identified as strong predictors of adolescent sexual behavior (Steele et al., 2020). Similarly, Krisylva et al. (2019) demonstrated that parenting patterns, parental marital status, and religiosity are significantly associated with adolescent sexual behavior, including the risk of premarital pregnancy (Krisylva et al., 2019).

Despite these findings, studies integrating family structure, parenting patterns, and peer influence within a unified theoretical framework at the local level remain limited. In particular, there is a lack of research applying behavioral models such as PRECEDE–PROCEED to explain adolescent sexual behavior in specific regional contexts such as Pekalongan Regency. Therefore, this study aims to analyze the influence of parental marital status, parenting patterns, and peer support on adolescent sexual behavior in Pekalongan Regency in 2025, using a theoretically grounded approach.

## Method

This research is a quantitative study that uses a descriptive correlational research design with a cross-sectional layout. The population of the study consists of all high school/vocational school students equivalent in Pekalongan Regency, totaling 21,744 students. Due to logistical and feasibility considerations, the accessible population was defined as students enrolled in selected schools within chosen sub-districts. A multistage probability sampling technique was applied. In the first stage, cluster sampling was used to select sub-districts as primary sampling units. The number of clusters was determined based on feasibility, resource constraints, and recommendations for cluster sampling in field-based epidemiological studies, which suggest selecting a minimum of 3–5 clusters to ensure variability while maintaining operational efficiency (Lemeshow et al., 1990; Cochran, 1977). Consequently, four sub-districts (Kedungwuni, Bojong, Kesesi, and Wiradesa) were randomly selected from 19 sub-districts. In the second stage, one school from each selected sub-district was chosen using simple random sampling to represent each cluster. This resulted in four schools with a total accessible population of 4,264 students. Although only four schools were included, this approach follows cluster sampling principles where each selected cluster is expected to represent the characteristics of its respective sub-district. However, this limitation is acknowledged as it may affect the generalizability of the findings.

The sample size was calculated using a single proportion formula for cross-sectional studies, which is more widely recommended in epidemiological research than Slovin's formula (Lwanga & Lemeshow, 1991). Assuming a 95% confidence level ( $Z = 1.96$ ), a proportion ( $p$ ) of 0.5 to maximize sample size, and a margin of error ( $d$ ) of 0.05, the minimum required sample size was calculated to be 384 respondents. To account for potential non-response, the sample size was increased by approximately 2–3%, resulting in a final sample of 393 respondents.

The samples were then distributed proportionally across the selected schools based on the number of students in each school: SMK Muhammadiyah Kedungwuni (22 students), SMA N 1 Bojong (95 students), SMK NU Kesesi (189 students), and SMA N 1 Wiradesa (87 students). Proportional allocation ensures that each cluster contributes to the sample according to its size, thereby reducing sampling bias (Cochran, 1977). This study was conducted in June 2025.

The data collection technique using structured questionnaires includes the marital status of parents, parenting styles, peer roles, and teenagers' sexual behavior. Data collection is carried out by visiting the respondents directly at the research site that has been chosen. Before collecting data, the researchers provided an explanation of the research objectives and the confidentiality of the data collected, and requested the respondents' consent forms to be filled out and their agreement if the students were willing to be respondents.

Instruments and techniques for measuring variables are as follows:

### Marital status of parents

The questionnaire to measure marital status consists of: Married (living together), Married (living apart), Divorced (alive), Divorced (deceased). And are coded as follows: Married (living together) = 1 Married (living apart) = 2 Divorced (alive) = 3 Divorced (deceased) = 4.

### Parenting styles

The way of interaction and approach applied by parents in educating, guiding, and caring for their children, assessed using the questionnaire owned by Sastriani 2018. The questionnaire, consisting of 15 statements, includes: 6 statements for authoritarian, 6 statements for permissive, and 6 statements for democratic. Then the highest score among the three parenting styles will determine the result.

### Peer roles

To what extent do peers influence adolescent behaviour, particularly in relation to norms and values associated with sexual activity. Questionnaire owned by Ramadhanti2021 consisting of 10 statements, with the highest values Very Disagree : 1 Disagree : 2 Agree : 3 Strongly Agree : 4. Assessment is carried out using the total score, where the questionnaire will be summed up and then said to affect: Low = 10-19 Medium = 20-29 High = 30-40. Then it is further categorised into 1. Low 2. Medium/High. The higher the result, the more negatively influential the role of peers is in affecting sexual behaviour.

### Teenagers' sexual behavior

Any form of action or activity carried out by adolescents related to sexual desire towards the opposite sex before the existence of a legal marriage bond. The sexual behaviours referred to are: 1. Masturbation 2. Touching 3. Kissing 4. Deep Kissing 5. Oral Sex 6. Petting 7. Sexual Intercourse. Questionnaire with the Guttman scale owned by Ramadhanti 2021, consisting of 15 statements with the maximum values: Ever: 2, Never: 1. Assessment is carried out using the total score, where the questionnaire will be summed up then the results are stated as Not at Risk: 0-6, At Risk: 7-15.

Univariate analysis in this study was used to determine the distribution of parenting style variables, parental marital status, peer role, and adolescent sexual behavior. Bivariate analysis with chi-square was used to determine the relationship of each independent variable: parenting style, parental marital status, and peer role. Multivariate analysis with multiple logistic regression was conducted to examine the relationship of the six independent variables with adolescent sexual behavior. The research instrument used a questionnaire that had been validated and proven reliable through validity and reliability tests using SPSS 27 with a table r value of 0.320 and all statements declared valid. Cronbach's alpha value >0.6, thus it is declared reliable. The ethical testing of the research has been conducted by the Research Ethics Committee of the Research and Community Service Institution of Universitas Muhammadiyah Pekajangan Pekalongan and was approved based on certificate number 128/KEP-UMPP/VI/2025).

## Results and Discussion

### Results

Table 1. Characteristics of The Respondents

Characteristics	Frequency	Percentage
<b>Age</b>		
15 Years	12	3,1
16 Years	127	32,3
17 Years	215	54,7
18 Years	39	9,9
<b>Gender</b>		
Woman	289	73,5
Man	104	26,5
<b>Total</b>	<b>393</b>	<b>100</b>

Based on Table 1, the characteristics of the respondents show that the majority of respondents are 17 years old, accounting for (54,7%). Based on gender data, the majority of respondents are female, accounting for (73,5%). This distribution indicates that the female population dominates the research sample

Table 2. Frequency Distribution of Parental Marital Status, Parenting Styles, Peer Role, and Sexual Behavior

Variable	Frequency	Percentage
<b>Marital Status of Parents</b>		
Married (Living Together)	287	73,0
Married (Living Apart)	23	5,9
Divorce (living)	36	9,2
Divorce (Deceased)	47	12,0
<b>Parenting Style</b>		
Authoritarian	44	11,2
Permissive	40	10,2
Democratic	309	78,6
<b>The Role of Peers</b>		
Low	129	32,8
Medium	250	63,6
High	14	3,6
<b>Sexual Behavior</b>		
Risky	215	54,7
Not Risky	178	45,3
<b>Total</b>	<b>393</b>	<b>100</b>

Based on table 2, the marital status of the parents shows that the respondents come from parents who are still married and living together, with the majority of respondents coming from parents who are still married or living together, which is (73%). Based on parental upbringing data, the majority of respondents are raised with a democratic parenting style, which is (78,6%). Based on data on peer roles, more than half of the respondents fall into the moderate peer role category, which is (63,6%). Based on data on adolescent sexual behavior, more than half of the respondents, which is (54,7%), fall into the at-risk category.

Table 3. The Relationship Between Parents' Marital Status, Parenting Styles, and Peer Influence on Adolescent Sexual Behavior

Variable		Sexual Behavior				Total	p	OR	CI 95% Lower- Upper	
		Not Risk		Risk						
		n	%	n	%					
Marital Status of Parents	Complete	137	77,0	150	69,8	287	27,0	0,109	1,448	0,919- 2,281
	Incomplete	41	23,0	65	30,2	106	73,0			
Parenting Style	Democratic	137	77,0	172	80,0	309	21,4	0,465	0,835	0,515- 1,354
	Authoritarian/ Permissive	41	23,0	43	20,0	84	78,6			
The Role of Peers	Low	72	40,4	57	26,5	129	32,8	0,003	1,883	1,230- 2,882
	Medium/ High	106	59,6	158	73,5	264	67,2			
Total		178	100	215	100	393	100			

Based on the results of bivariate analysis in table 3, using the chi-square test, a p value of 0,109 was obtained ( $P > 0,05$ ), which indicates that there is no relationship between parental marital status and adolescent sexual behavior. Based on the bivariate analysis results on the parental parenting style variable, a p value of 0,465 was obtained ( $P > 0,05$ ), meaning there is no significant relationship between parental parenting style and adolescent sexual behavior. Based on the bivariate analysis with the chi-square test for the peer role variable, a p value of 0,003 was obtained ( $P < 0,05$ ), which indicates that there is a significant relationship between peer roles and adolescent sexual behavior. The OR value is 1,883, meaning that adolescents with a high peer role have 1,88 times higher odds of engaging in sexual behavior compared to adolescents with a low peer role.

Table 4. The Influence of Parental Marriage Status, Parenting Patterns, and Peer Roles on Adolescent Sexual Behavior

Variable	Exp (B)	CI 95%		p	Nagelkerke R <sup>2</sup>
		Lower	Upper		
Marital Status of Parents	0,711	0,448	1,127	0,711	0,037
Parenting Style	1,191	0,728	1,948	0,485	
The Role of Peers	0,545	0,355	0,836	0,005	

Based on Table 4, the results of the multiple logistic regression analysis obtained from 3 independent variables related to adolescent sexual behavior show that the most influential variable on adolescent sexual behavior is the role of peers. The multivariate analysis results indicate that out of the three variables studied, only one variable has an effect on adolescent sexual behavior, namely the role of peers, with a p value of 0.005 ( $P < 0,05$ ) and an Exp(B) value of 0,728, 95% confidence interval (0,355–0,836). In contrast, the results of the analysis of the parents' marital status variable show no effect on adolescent sexual behavior with a p value of 0,711 ( $P > 0,05$ ) and an Exp(B) value of 0,711. Similarly, the variable of parenting style has a p value of 0,485 ( $P > 0,05$ ) and an Exp(B) value of 1,191.

From the results of the multiple logistic regression test on the three variables related to adolescent sexual behavior, a Nagelkerke R square value of 0,037 was obtained, meaning that the variables of parenting style, parents' marital status, and peer influence in this model can only explain 3,7% of adolescent sexual behavior, while the remaining percentage is explained by other variables not studied.

## Discussion

### The Relationship Between Parents' Marital Status and Adolescent Sexual Behavior

The results of this study indicate that parental marital status is not significantly associated with adolescent sexual behavior ( $p = 0.109$ ). This finding suggests that adolescents from both intact and non-intact families have a similar likelihood of engaging in risky sexual behavior.

This result does not fully support Murray Bowen's Family Systems Theory, which posits that family structure and emotional dynamics influence individual behavior. However, the findings are consistent with studies emphasizing that family processes, rather than family structure alone, play a more decisive role. For instance, Ryan et al. (2015) demonstrated that early sexual debut among adolescents is more strongly associated with low parental monitoring than with the absence of a parent per se (Ryan, 2015).

Similarly, international evidence suggests that family structure is not a consistent predictor of adolescent sexual behavior when controlling for relational quality. Orgilés et al. (2015) found that adolescents from high-conflict intact families were at greater risk compared to those from divorced but low-conflict families. This indicates that relationship quality, supervision, and communication are more influential than marital status alone (Orgilés et al, 2015).

Therefore, the findings of this study reinforce the notion that parental marital status may act as a distal factor, while more proximal variables such as communication and monitoring play a more direct role in shaping adolescent sexual behavior.

### The Relationship between Parenting Styles and Adolescent Sexual Behavior

The present study found no significant relationship between parenting styles and adolescent sexual behavior ( $p = 0.465$ ). This suggests that variations in parenting styles, as measured in this study, are not sufficient to explain differences in adolescent sexual behavior.

This finding contrasts with Diana Baumrind's theory, which highlights the importance of authoritative parenting in promoting positive developmental outcomes. Previous studies, such as Sinaga (2019), have also reported a strong association between parenting styles and reduced risky sexual behavior (Sinaga, 2019).

However, the current findings are consistent with more recent studies indicating that broad parenting style categories may not adequately capture specific protective dimensions. Yulianto et al. (2022) similarly reported no significant association between parenting styles and adolescent sexual behavior ( $p = 0.556$ ), despite observable differences in proportions (Yulianto et al., 2022).

Dittus et al. (2015), in a meta-analysis, emphasized that specific parenting practices—such as parental monitoring, rule-setting, and parent-child communication—are more predictive of adolescent sexual outcomes than general parenting style classifications. This suggests that the lack of association in this study may be due to the measurement focusing on general parenting typologies rather than specific behavioral components (Dittus, et al. 2015).

Thus, parenting style alone may not be a sufficiently sensitive predictor unless it is examined alongside more specific relational and behavioral factors

### The Relationship Between Peer Role and Adolescent Sexual Behavior

The results of the Chi-square test in Table 3 show a significant relationship between peer influence and premarital sexual behavior among adolescents ( $p = 0,003$ ). The odds ratio of 1,883 (95% CI = 1,230–2,882) indicates that adolescents who are strongly influenced by peers are 1,9 times more likely to engage in risky sexual behavior compared to those with low peer influence. This finding is consistent with Bandura's social learning theory (1997), which emphasizes that behavior is learned through observation, imitation, and social modeling, where peers become a major agent in shaping adolescents' attitudes and behaviors, including sexual behavior (Koutroubas & Galanakis, 2022).

Clark et al. (2021) reported a significant positive association between permissive peer norms and adolescent sexual behavior (mean weighted  $r = 0.22-0.25$ ;  $p < 0.001$ ), indicating that peer norms substantially influence behavioral decisions (Clark, D.A et al, 2021). Similarly, Fariana et al. (2024) found that peer influence has a direct effect on premarital sexual behavior, highlighting the importance of peer interactions in shaping attitudes and behaviors (Fariana et al., 2024).

These results confirm that peer influence functions as a proximal determinant of adolescent sexual behavior, particularly through mechanisms of social conformity and normative pressure

### The Influence of Parental Marriage Status, Parenting Patterns, and Peer Roles on Adolescent Sexual Behavior

The multivariate analysis reveals that, among the variables examined, only peer influence remains a significant predictor of adolescent sexual behavior ( $p = 0.005$ ;  $\text{Exp}(B) = 0.545$ ; 95% CI: 0.355–0.836). The odds ratio below 1 indicates that positive peer influence serves as a protective factor, reducing the likelihood of risky sexual behavior by approximately 45.5%.

In contrast, parental marital status ( $\text{Exp}(B) = 0.711$ ; 95% CI: 0.448–1.127) and parenting styles ( $\text{Exp}(B) = 1.191$ ; 95% CI: 0.728–1.948) were not statistically significant predictors. Although both variables show directional tendencies, their effects are not strong enough to reach statistical significance.

These findings are consistent with contemporary behavioral frameworks, including the PRECEDE–PROCEED model by Lawrence Green, which classifies peer influence as a reinforcing factor with a direct impact on behavior. In contrast, parental marital status and general parenting styles may function as more distal or indirect determinants.

International evidence further supports this interpretation. Clark et al. (2021) emphasize that peer norms are among the most robust predictors of adolescent sexual behavior, while family-related variables often exert indirect effects mediated by communication and supervision.

Overall, the findings of this study highlight that adolescent sexual behavior is more strongly influenced by immediate social environments, particularly peer groups, than by broader family structural factors. However, family-related factors remain important as contextual influences that may indirectly shape adolescent behavior through mechanisms not directly measured in this study.

In this study, the role of peers is the strongest predictor, while the marital status of parents and parenting styles do not have a significant effect. Nevertheless, the quality of parent relationships, attentive parenting, knowledge of reproductive health, and individual psychological factors remain important because sexual behavior is influenced by both environmental and personal aspects (Firdaus et al., 2023)

## Conclusion

There is a significant relationship between the role of peers and the sexual behavior of adolescents. There is no significant relationship between parenting patterns and the marital status of parents regarding adolescent sexual behavior. The role of peers is a factor that influences the sexual behavior of adolescent in this study, while parenting patterns and marital status of parents have no influence on the sexual behavior of adolescents in Pekalongan Regency.

## Authors' Contribution

All authors contributed equally to every aspect of this research, from the initial study design and data collection to the analysis, interpretation, manuscript preparation, and critical revisions. All authors have read and approved the final version for submission.

## Conflict of Interests Statement

The authors declare no conflict of interest.

## Data Availability

The dataset presented in the study is available on request from the corresponding author during submission or after publication.

## Informed Consent

Written informed consent was obtained from the participants.

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