

The Relationship Between Self-Control and Premarital Sexual Behavior Among Boarding Houses and Non-Boarding Houses Students in DKI Jakarta

Riblita Damayanti^{1*}, Eka Nia Irmayanti²

Fakultas Psikologi, Universitas Mercu Buana

E-mail: *riblita.damayanti@mercubuana.ac.id, ekaniaa12@gmail.com

*Corresponding author

Abstract. This study aims to examine the relationship between self-control and premarital sexual behavior in boarding houses and non-boarding houses students in DKI Jakarta. The number of samples in this study were 260 students. This research sample uses a quantitative approach by using a self-control scale and a premarital sexual behavior scale. Data were analyzed using pearson correlation and comparing subjects based on residence using independent sample T-test. The results of the correlation between self-control and premarital sexual behavior show that there is a significant negative correlation between the two variables where if self-control is high then premarital sexual behavior is low, and vice versa if self-control is low then premarital sexual behavior will be high. Based on the comparative results of self-control and premarital sexual behavior in boarding houses and non-boarding houses students, it shows that non-boarding houses students have higher self-control than boarding houses students. While premarital sexual behavior in boarding houses students is higher than that of non-boarding houses students.

Keywords: *self control, premarital sex behavior, student*

Introduce

The adolescent developmental period is one of transition, biological growth, psychological changes, and social influences. During the transition period, adolescents will become more interested in matters related to sexuality and biologically they are able to have offspring (Stainberg, 2017). According to Dewi (2014), along with the times, promiscuity in the adolescent environment has a different meaning. Today's teenagers tend to interpret promiscuity with a variety of certain behaviors that are not in accordance with the rules or norms that exist in society. Currently, adolescents tend to violate the prevailing norms because of their lack of self-control, one of which is premarital sexual behavior (Khairunnisa, 2013).

Premarital sexual behavior is sexual behavior that involves verbal, visual, and even olfactory elements, but above all, sexual behavior that touches and there is physical contact

between bodies carried out before the marriage bond (Katchadourian, 1980). Research conducted by Irmawaty in 2013 regarding the description of premarital sexual behavior revealed that adolescents who engage in premarital sexual behavior tend to think that kissing lips is a natural thing. The view related to premarital sexual behavior is a natural thing can be seen in the electronic media, where almost every year cases of students caught having premarital sexual intercourse fill the electronic news pages, they are caught doing this in their boarding houses rooms. There are even boarding houses that have been found for the umpteenth time students who have premarital sexual intercourse in that place (Kabar-priangan.com, 2020). Where students live either with family or boarding houses if parental supervision, as well as control from their social environment is weak, this can affect their self-control abilities and make students have the desire to take an action without thinking, one of which is premarital sexual behavior (Yudia, Cahyo, and Kusumawati, 2018).

The tendency of adolescents is the desire to try new things, be it positive things or try negative things that are clearly against the norms and even the law. This is because in adolescents there are changes and developments in cognitive, biological, sexual and emotional maturity aspects (Stainberg, 2017). Teenagers who can control themselves when there is a sexual urge, then the teenager will be able to behave positively, so they are not easily influenced.

Based on data from the 2017 Indonesian Demographic and Health Survey, 8% of men and 2% of women in adolescents aged 15-24 years have had sexual intercourse. Research conducted by BKKBN in 2008 on students living in boarding houses, found that 90% of them had had abortions where this was due to premarital sexual behavior. Other survey data, namely in the National Epidemiology Network (2009) there were 1906 students, 58.3% had been dating, 31.7% had kissed, 16.9% had done necking, 13.2% rubbed and attached genitals (petting) and 10% admitted that they had experience in having sexual intercourse. These results were obtained from several participating universities in Jakarta, Semarang, and Surabaya, regarding sexual and reproductive health. According to the data above, it can be said that high self-control will generally lead to good sexual behavior and also low self-control tends to lead to poor sexual behavior, namely leading to premarital sexual behavior. Teenagers who can control themselves when there is a sexual urge, then

the teenager will be able to behave positively, so they are not easily influenced. For example, adolescents will not violate unhealthy dating norms such as kissing to intercourse (Sarwono, 2005).

Observing the various data and phenomena above, researchers see that premarital sex in recent years has increased and self-control as the ability of everyone to control and organize the actions that will be carried out in adjusting to a situation and environmental conditions, contributes to controlling the behavior of premarital sex. Researchers are interested in conducting research on the relationship between self-control and premarital sexual behavior among boarding houses and non-boarding houses students in Jakarta.

Theoretical Foundation

Premarital sexual behavior is sexual behavior that involves verbal, visual, and even olfactory elements, but above all, sexual behavior means touching and body contact before marriage (Katchadourian in Steinberg, 2017). Most adolescents' first sexual experiences fall into the category of self-inflicted autoerotic. The most common autoerotic behaviors performed by adolescents today are sexual fantasizing and masturbation. If adolescents have passed autoerotic behavior, then they will lead to sociosexual behavior, namely sexual behavior carried out with other people, generally they will kiss and then hug, then move towards touching each other's genitals with complete clothing, then touching each other directly to the genitals and leading to premarital sexual intercourse (Katchadourian, 1980).

Premarital sex is categorized as a result of the failure of the self-control system on a large external stimulus along with the internal drive that occurs in adolescents. In addition, it can be said that a person's weak self-control over negative stimuli that appear around him makes someone take deviant actions, where according to him this is an act that contains challenges and gives pleasure to individuals or groups of teenagers, especially students (Solihah, 2016). According to Averill, self-control is defined as the ability to organize, direct, regulate and shape behavior that will lead to positive consequences (in Ghufron and Risnawati, 2012). According to Averill (1973), there are several dimensions in self-control ability (in Ghufron and Risnawati, 2012):

1. Behavior Control

Is the readiness of the availability of a response that can directly change or modify an unwanted or unexpected condition.

2. Cognitive Control

Is the ability to process and organize unexpected information through the process of meaning, giving value to the information, or connecting an event with experiences that are owned to produce a cognitive framework which is the result of psychological adaptation in reducing pressure.

3. Decision Control

One's ability to make action choices based on what one believes or agrees with.

Method

This study uses a correlational method with Pearson's correlation technique to see the relationship between the two variables, then compares the subjects. The sample in this study were students aged 18 to 21 years, who lived with their parents or lived in their own boarding houses and the subjects of this study were students studying in the DKI Jakarta area. The sample size was 260 students consisting of 130 boarding houses students and 130 non-boarding houses students.

The psychological scale used in this study, namely the self-control scale, adapts based on an instrument prepared by Putri (2019) with a reliability of 0.849 which is compiled based on aspects of self-control proposed by Averill (1973). Based on these results, the measuring instrument to be used can be said to be reliable with the dimensions of behavioral control, cognitive control and decision control. The premarital sex behavior scale used is a scale compiled by Sholihah in 2016 consisting of 21 items with a reliability result of 0.959 based on the theory of Katchadourian (1980). This premarital sex scale has autosexual and sociosexual dimensions that represent sexual behavior in adolescents and not only looks at premarital sexual behavior in behavior with a partner but behavior that is done alone, so researchers use this scale to support research. The results of the Cronbach's alpha reliability test on the self-control scale and premarital sex scale obtained Cronbach's alpha results of 0.827 on the self-control scale and 0.901 on the premarital sex scale.

Result and Discussion

Table 1.
Categorization of Self Control Based on Place of Residence

Place of Residence	Self-Control		Total
	Medium	High	
Boarding Houses	39.2%	10.8%	50.0%
Non-Boarding Houses	9.6%	40.4%	50.0%
Total	48.8%	51.2%	100.0%

Based on the categorization results, the distribution of self-control samples in boarding houses students is in the high category of 10.8% and the moderate category of 39.2%. Self-control in non- boarding houses students who fall into the high category is 40.4% and the moderate category is 9.6%. This can be interpreted; in the sample of boarding houses students the majority level of self-control is in the "medium" category while non-boarding houses students are in the "high" category.

Table 2.
Categorization of Premarital Sex Based on Place of Residence

Place of Residence	Premarital Sex		Total
	Low	Medium	
Boarding Houses	23.1%	26.9%	50.0%
Non-Boarding Houses	36.9%	13.1%	50.0%
Total	60.0%	40.0%	100.0%

While the results of categorization, the distribution of premarital sex samples on boarding houses students is in the low category of 23.1% and the moderate category of 26.9%. The distribution of premarital sex samples in non-boarding houses students who fell into the low category was 36.9% and the moderate category was 13.1%. This can be interpreted; in the sample of boarding houses students the majority of premarital sex levels are in the "moderate" category while the majority of non-boarding houses students are in the "low" category.

Table 3.
Correlation Results of Self-Control with Premarital Sex

Correlations		
	Self-Control	Premarital Sex
Pearson Correlation	1	-,666**
Sig. (2-tailed)		,000
Pearson Correlation	-,666**	1
Sig. (2-tailed)	,000	

The results of Pearson correlation testing between self-control and premarital sex for boarding houses and non-boarding houses students, show that there is a negative correlation between self-control and premarital sex where the r value is -0.666 with a significance value (p) of 0.000 <0.0 which means that there is a significant negative relationship between self-control and premarital sex in boarding houses and non-boarding houses students.

After testing the correlation between self-control and premarital sex and the results are correlated, in Ningsih and Susilawati, (2019) also stated that there is a correlation between self- control and the tendency of premarital sexual behavior where the influence in making decisions from the sexual behavior of a teenager from the high and low self-control possessed. researchers continued by conducting comparative testing of premarital sexual behavior in boarding houses and non-boarding houses students. The results of the comparative test between boarding houses and non-boarding houses students in self-control behavior with premarital sex show that the F value on premarital sexual behavior is 2.461 and (p) 0.118 > 0.05, which means that the variance of premarital sexual behavior between students who live in boarding houses and non-boarding houses has the same variance so that in the t-test using equal variances assumed. In the t-test the t value on equal variances assumed is 8.698 and the significance value (p) is 0.000 <0.01, so there is a significant difference in premarital sexual behavior between boarding houses students and non-boarding houses students. Students who boarded had higher premarital sexual behavior compared to students who lived in boarding houses, with an average value for boarding houses students of 43.43 while for boarding houses students of 35.72.

The results of comparative testing of self-control in boarding houses and non-boarding houses students, that the F value on self-control is 0.089 and (p) $0.765 > 0.05$ which means that the variance of self-control between students who live in boarding houses and non-boarding houses has the same variance so that in the t-test using equal variances assumed. In the t-test, the t value on equal variances assumed is -11.404 and the significance value (p) is $0.000 < 0.01$, so there is a significant difference in self-control between boarding houses students and non-boarding houses students. Non-boarding houses students have higher self-control than students who live in boarding houses, with an average value for non-boarding houses students of 97.82 while for boarding houses students it is 87.45.

Conclusion

Based on hypothesis testing conducted by researchers, the results show that there is a significant relationship between self-control and premarital sexual behavior in boarding houses and non-boarding houses students in the Jakarta area. The results showed that various internal factors such as self-control contribute to premarital sexual behavior in students who live in boarding houses and non-boarding houses. Low self-control means high premarital sexual behavior and vice versa if self-control is high then premarital sexual behavior becomes low. Calhoun and Acocella (1990) reveal that individuals with high self-control will be very concerned about how and the right way to behave that is acceptable to social norms and society.

Self-control is the ability to organize, direct, organize, and shape behavior that will lead to positive consequences. In addition, it is also in managing the impulses that exist in behavior to be able to adjust to the circumstances and conditions for the process of social environmental acceptance (in Ghufroon and Risnawati, 2012). Until if self-control is low, the behavior that is raised will lead to behavior that has negative consequences, one of which is premarital sexual behavior which can lead to negative impacts, both psychologically, namely a sense of inferiority and shame, then physiological consequences, namely pregnancy before marriage, and socially with a low view of society and even the worst can contract HIV AIDS (Sarwono, 2005).

References

- Azwar Saifuddin. (2018). *Metode Penelitian Psikologi*. Yogyakarta: Pustaka Pelajar
- Azwar Saifuddin. (2019). *Penyusunan Skala Psikologi*. Yogyakarta: Pustaka Pelajar
- Azinar, Muhammad. (2013). Perilaku Seksual Pranikah Berisiko Terhadap Kehamilan Tidak Diinginkan. *Jurnal Kesehatan Masyarakat*. 8(2). 153-160.
- Badan kependudukan dan Keluarga Berencana (2013). *Survei Demografi dan Kesehatan Indonesia (SDKI) 2012*. Jakarta: Badan Pusat Statistik.
- Badan Pusat Statistik. (2017). *Jumlah Perguruan Tinggi 1, Mahasiswa, dan Tenaga Edukatif (Negeri dan Swasta) tahun ajaran 2013/2014-2014/2015*. Di lihat 02 september, 2019
- Dewi, Aprilia Kristina. (2014). Hubungan Kontrol Diri Dengan Perilaku Seksual Pranikah Pada Mahasiswa Universitas Negeri Semarang. *e-Journal Developmental and Clinical Psychology*. 3(1). 13-17.
- Ghifari, Muhammad. (2017). *Pengambilan Keputusan Mahasiswa Dalam Memilih Indeks di Daerah Universitas Muhammadiyah Surakarta*. Naskah Publikasi Universitas Muhammadiyah Surakarta.
- Ghufron dan Risnawita. (2012). *Teori-Teori Psikologi*. Yogyakarta: Ar-Ruzz Media
- Guruppkn.com. (2015). *7 Peran dan Fungsi Mahasiswa Dalam Masyarakat*. lihat 19 September 2019 dari <https://guruppkn.com/peran-dan-fungsi-mahasiswa-dalam-masyarakat>
- Irmawaty, Lenny (2013). Perilaku Seksual Pranikah Pada Mahasiswa. *Jurnal Kesehatan Masyarakat*. 9(1). 44-52.
- Katchadouria, Herant (1980). *Adolescent Sexuality*. Symposium on Adolescent Medicine. Vol. 27 no 1.
- Khairunnisa Ayu. (2013). Hubungan Religiusitas Dan Kontrol Diri Dengan Perilaku Seksual Pranikah Remaja Di Man 1 Samarinda. *eJournal Psikologi Universitas Mulawarman*. 1(2). 220-229.
- Lemeshow, S., Hosmer, D.W., Klar, J dan Lwanga, S.K. (1990). *Adequacy of Sampel Siza in Health Studies*. World Health Organization
- Masuk Universitas (2019). *Peran, Fungsi Dan Pengertian Mahasiswa Menurut Para Ahli*. Di lihat 19 September 2019 dari <https://www.masukuniversitas.com/mahasiswa/>
- Nina dan Setianingsih. (2018). Pengendalian Diri, Lingkungan dan Sumber Informasi terhadap Perilaku Seksual Remaja. *Jurnal Ilmu Kesehatan Masyarakat* 7(4). 218-226.
- Ningsih dan Susilawati. (2019). Peran Kecerdasan Emosi Dan Self-control Pada Sikap Terhadap Perilaku Seksual Pranikah Siswa SMPN di Bali. *eJurnal Psikologi Udayana*. 6(1). 782-793.
- Nisfiannoor, muhammad. (2013). *Pendekatan Statistika Modern*. Jakarta: Universitas Trisakti
- Nurhapipa., Alhidayati., & Ayunda. (2017). Faktor -faktor yang berhubungan dengan perilaku seksual. *Journal of Midwifery Science*, 1(2). 54-65. Program Studi Magister Ilmu Kesehatan Masyarakat STIKes Hang Tuah Pekanbaru.
- Putri, Gabriela Tyffani Tybera (2019). *Hubungan Kontrol Diri Dengan Perilaku Seksual Pada Mahasiswi*. Universitas Katolik Soegijapranata Semarang.
- Rahardjo, Wahyu, et al (2017). *Perilaku Seks Pranikah pada Mahasiswa: Menilik Peran Harga Diri, Komitmen Hubungan, dan Sikap terhadap Perilaku Seks Pranikah*.

- Universitas Gunadarma. 10.22146/jpsi.23659.
- Sarwono, S. W. 2005. Psikologi Remaja. Jakarta: PT. Raja Grafindo Persada
- Santrock, John w. (2017). Adolescence. Jakarta: Erlangga
- Sholihah. (2016). Hubungan Kontrol Diri Dengan Perilaku Seksual Pranikah Remaja Yang Berpacaran di SMKN "X" I Nd Ramayu. Universitas Pendidikan Indonesia.
- Sova, Arviah. (2012). Tahap Perilaku Seks Pranikah Pada Mahasiswa Kost. Naskah Publikasi Universitas Muhammadiyah Surakarta.
- Steinberg. (2017). Adolescence, Third Edition. New York: Mc Graw Hill
- Yudia, Cahyo, dan Kusumawati, (2018). Perilaku Seksual Pranikah Pada Mahasiswa Kost (Studi Kasus Pada Perguruan Tinggi "X" Di Wilayah Jakarta Barat). e-Journal Kesehatan Masyarakat. 6(1). 819-825.