



## Predictor of Premarital Sexual Behavior in Adolescents: A Systematic Review

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### ABSTRACT

Premarital sexual behavior refers to sexual activity that occurs between unmarried couples. The concept encompasses various forms of physical or sexual interactions between two individuals who are not yet legally married. Premarital sexual behavior can involve varying levels of intensity, ranging from mild physical contact to deeper sexual relationships. There are 9 journals out of 12 international journals that state that parenting and peer influence/conformity are contributing factors to premarital sexual behavior. The results of this systematic review found that there are various factors that cause premarital sexual behavior in adolescents such as exposure to social media, biological dimensions, cultural dimensions, curiosity and wanting to try, self-control, religion, age, place of residence, etc. The systematic review also found out the impact of premarital sexual behavior on adolescents. The systematic review also knows the impact of premarital sexual behavior, where the impacts experienced tend to be negative. Such as sexually transmitted diseases, damage to reproductive organs, unwanted pregnancy, abortion.

Keywords: Premarital Sexual Behavior, Adolescents

### 1. Introduction

Adolescence is a critical stage in human development that involves a period of transition from childhood to adulthood. Adolescents are individuals aged between 10 and 19 years, where various physiological and social changes occur, and are generally associated with high-risk behavior (Minhat et al., 2023). During this period individuals will experience changes in both physical, cognitive, and social aspects. An important change related to physical aspects is called puberty, which is a process towards sexual maturity characterized by the functioning of individual reproductive organs. Puberty occurs due to the activation of individual sexual hormones that have a very large influence on the emergence of sexual urges. Socially, adolescence is characterized by the decreasing dependence of adolescents on parents and the increasing attachment of adolescents to peers (Aulia et al., 2023). During adolescence, individuals also begin to recognize other types of interpersonal relationships, namely dating, which can lead to premarital sexual behavior.

The results of Windiarti's research on premarital sexual behavior in Semarang in 2009 showed that 20.4% of 250 subjects had had premarital sexual intercourse (Kartika & Budisetyani, 2018). The same phenomenon also occurred in Bali where Faturochman in Rahyani stated that as many as 40.3% of high school male adolescents and 29.4% of junior high school male adolescents in Bali had had premarital sexual intercourse (Rahyani et al., n.d.). According to the results of the 2017 Indonesian Demographic and Health Survey (IDHS) in Wahyuni's research, it shows that male adolescents who have had premarital sexual intercourse are 8%, where male adolescents aged 15-19 years are around 3.6% and aged 20-24 years are around 14.0%. This figure continues to increase from year to year and must be addressed immediately (Ningrum & Wahyuni, 2023). BKKBN noted that in adolescents aged 16-17 years there were as many as 60 percent of adolescents who had sexual intercourse, aged 14-15 years there were as many as 20 percent, and at the age of 19-20 as many as 20 percent (Solopos News, 2023). Based on data from the Cilembang health center, it was found that pregnancies in adolescents in the Cilembang health center working area from 2018 to June 2021 were 10% (Firdaus et al., 2023).

Premarital sexual behavior is any behavior that is driven by desire carried out by two people, a man and a woman who are not married. There are several factors that can cause premarital sexual behavior. Sexual behavior is influenced by internal and external factors. Internal factors include increased sexual libido due to hormonal changes (biological perspective), sexual experience and knowledge about reproductive health. External factors include delaying the age of marriage in adolescents, taboo prohibitions regarding sexual behavior in adolescents, increased sexual stimulation from mass media, parents' attitudes that are not open about sexual problems in children, increasingly free association among adolescents, lack of supervision from educators and parents in adolescents, and encouragement from peers to engage in sexual behavior (Setiawan & Nurhidayah, 2008). Nursal emphasized that the factors of gender, knowledge, number of girlfriends ever had, and parenting have a greater influence than other factors (Nursal, 2008).

The impact that occurs from premarital sexual behavior is a psychological impact, which results in guilt, irritability and excessive depression due to this behavior. In addition to the psychological impact, someone who has premarital sex also experiences the impact of the community or the environment in which they live. The result is being ostracized from society, and if you are still in school you can drop out of school because you violate the rules in one of the institutions (Afrilia et al., 2019).

Based on the data that has been presented, premarital sexual behavior can occur due to several factors and can have various impacts, so this study tries to find out about the causative factors and impacts of premarital sexual behavior in adolescents from various countries in Asia through a systematic review.

## 2. Method

In the review process, the author started by creating a research question. Using the SPIDER formulation (Sample, Phenomenon of Interest, design, Evaluation, Research Type) with reference to this systematic question the author framed the research question. The research question in this review is, what are the factors that cause premarital sexual behavior in adolescents? Then proceed with designing keywords for searching in the database. After getting the terms from the research question, the search was continued using the terms found, namely Sexual Behavior Marriage, Premarital Sexual Behavior, Premarital Intimacy. From several search terms, the author entered several databases of Ners Journal, Elsevir, Original Article, and Taylor & Francis Online. Furthermore, after several articles were collected, the author checked for duplication using Mendley and Rayyan. The authors filtered from the title and abstract, and continued with the entire manuscript. After selection from 1018 journals, there are 16 journals that match the criteria, namely finding out the factors that cause premarital sexual behavior in adolescents.

The flow of journal selection can be seen through the prism graph in figure 1. Researchers determine the limitations in journal review with 1) Journal content discusses premarital sexual behavior by including the factors that cause premarital sexual behavior, 2) Journal publication years from 2013-2023, 4) English language journals, 5) Qualitative and quantitative research types. As for some journal criteria that will not be selected, namely 1) Journals that discuss premarital sexual behavior but do not include factors that cause premarital sexual behavior, 2) do not use English, 3) Articles in the form of books, meta-analysis, and research without the method is not clearly described

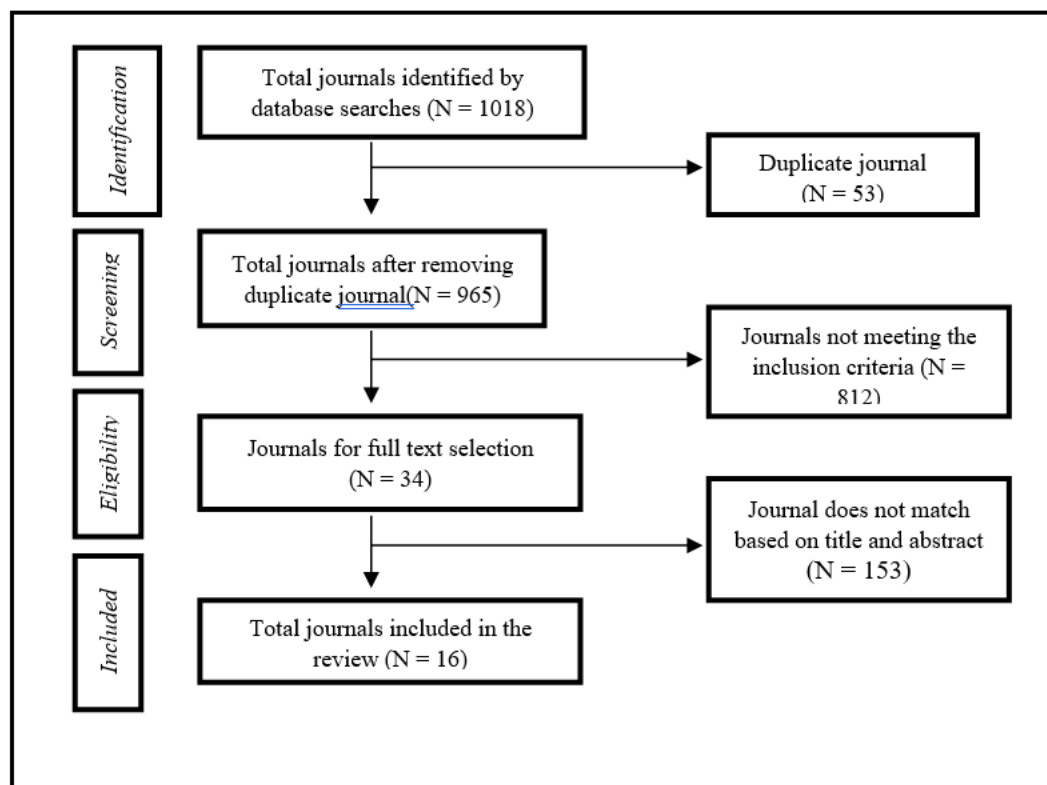


Figure 1. PRISMA Graph for Journal Selection Flow

## 3. Result and Discussion

In Indah's research, the definition of sexual behavior according to Sarwono is all behavior that is driven by sexual desire, whether with the opposite sex or the same sex. These forms of behavior can vary, from feelings of attraction to dating, flirting and sexual intercourse. The sexual object can be another person, someone in your imagination or yourself (Risnawati, 2016). According to Stenzel, sex is a physical expression of the commitment,

trust and interdependence that constitute marriage. When someone smiles, hugs, holds or squeezes the hand of their partner (husband/wife), they are basically engaging in sexual activity (Stenzel, 2003) . From this explanation we can see that sex/sexuality does not fully mean sexual relations (something that involves the function of the reproductive organs) but is also related to psychosocial functions (behavior) which not only give rise to satisfaction for oneself but also for other people. The definition of pre-nup according to the Big Indonesian Dictionary, the word "pra" means "before", while "nikah" means an agreement between a man and a woman to officially marry and wife. In general, "pre-marriage" is defined as something that occurs before there is an agreement between a man and a woman to officially marry and wife (Indonesia, 2005) . So premarital sexual behavior refers to sexual behavior or activity that occurs between a man and a woman before there is an official bond or agreement as husband and wife and there is no desire/commitment to form a family. This includes various forms of physical intimacy, starting from kissing, holding hands, hugging each other to sexual relations, which occur before legal marriage.

**Table 1.**List factors and impacts of premarital sexual behavior on teenager.

NO.	WRITER	PARTICIPANTS	PREDICTORS	IMPACT
1	(Oktriyanto&Alfias ari, 2019)	Teenagers 15-24 years old and unmarried	<ol style="list-style-type: none"> <li>1. Friends of the same age</li> <li>2. Parent</li> <li>3. Desire to be seen as mature</li> <li>4. Defiant attitude of parents.</li> <li>5. Teenagers hold hands, kiss lips, and touch sensitive body parts while dating.</li> </ol>	<ol style="list-style-type: none"> <li>1. Happiness (derive Happiness)</li> <li>2. Sexual satisfaction</li> <li>3. Fulfilling the sexual ego</li> <li>4. Increases ego</li> </ol>
2	(Purnama Sari et al., 2022)		<ol style="list-style-type: none"> <li>1. Dating is characterized by activities such as kissing, necking, petting, and sexual intercourse.</li> <li>2. Adolescents who have high knowledge about reproductive health and contraception.</li> <li>3. Emotional status (adolescent psychology), social influences (role of parents, peers and environment) and previous experiences.</li> <li>4. Low knowledge</li> <li>5. Teenagers living in rural areas</li> </ol>	<ol style="list-style-type: none"> <li>1. Premarital sexual behavior can result in damage to sexual organs</li> <li>2. Susceptibility to sexually transmitted diseases such as HIV/AIDS, gonorrhea, genital herpes and syphilis.</li> <li>3. Premarital sexual behavior also has a psychological impact; such as feelings of guilt, regret, low self-esteem, and negative emotions related to unwanted pregnancy.</li> </ol>
3	(Zubaidah et al., 2020)	226 students of classes X and XII at SMKN 3 Banjarbaru	<ol style="list-style-type: none"> <li>1. A person's relationship with other people, both the environment and the culture that is brought or inherited from parents.</li> <li>2. Parental parenting style</li> </ol>	<ol style="list-style-type: none"> <li>1. Unwanted pregnancy</li> <li>2. Social sanctions from society, in the form of shame borne by the family</li> </ol>
4	(Sopacua et al., 2023)	The population studied was 429 people.	<ol style="list-style-type: none"> <li>1. Age. The average age of teenagers who engage in premarital sexual behavior is 18.7 years.</li> <li>2. Educational factors.</li> </ol>	<ol style="list-style-type: none"> <li>1. Can damage sexual organs</li> <li>2. Increased possibility of contracting sexual diseases such as HIV/AIDS, gonorrhea, syphilis.</li> <li>3. Causes negative psychological effects, for example feelings of guilt,</li> </ol>

				regret, low self-esteem, and bad feelings due to unwanted pregnancy.
5	teenage girls who have premarital sex, psychologist.  (Farchan& Rina, 2022)	<ol style="list-style-type: none"> <li>1. Curiosity, friendship environment, invitation from partner, reassurance from partner, affection, coercion from partner, supportive atmosphere, addiction to pornographic videos, and increased sexual libido.</li> <li>2. Pleasing your partner, preventing your partner from getting angry, increasing love, increasing affection, satisfying yourself, satisfying sexual desires, so you don't choose the wrong partner as an escape, a middle ground for every problem, dealing with stress, reversing mood conditions.</li> </ol>	<ol style="list-style-type: none"> <li>1. The bad impact that teenagers get is of course they are no longer virgins</li> <li>2. Risk of contracting infectious diseases; such as syphilis, gonorrhea, herpes simplex, condyloma acuminata, chlamydia and HIV/AIDS.</li> <li>3. Threatened with unwanted pregnancy, unsafe abortion, reproductive organ infections, anemia, infertility, and even death due to bleeding or pregnancy poisoning.</li> </ol>	
6	332 students of State Vocational School Z Kupang  (Nomleni et al., 2023a)	<ol style="list-style-type: none"> <li>1. Children's perceptions of their parents' parenting styles</li> <li>2. Friends of the same age</li> <li>3. Social media</li> <li>4. Understanding of reproductive health</li> </ol>	Frequently changing partners during sex can transmit sexually transmitted diseases.	
7	This research involved 100 participants  (Anjani &Zahara, 2020)	<ol style="list-style-type: none"> <li>1. Parental bonding.</li> <li>2. Level of religiosity</li> </ol>	<ol style="list-style-type: none"> <li>1. Damage to the relationship between parents and children</li> <li>2. Infectious diseases</li> <li>3. Abortion</li> </ol>	
8	The population in this study were all SMAK St Familia students, totaling 1109 people and a sample of 88 people.  (Arvidiani et al., 2023)	<ol style="list-style-type: none"> <li>1. Teenagers who have a very high level of curiosity</li> <li>2. Low access to reproductive health information</li> <li>3. Peer conformity</li> <li>4. The role of parents.</li> <li>5. Situations and circumstances</li> <li>6. Self-efficacy</li> </ol>	<ol style="list-style-type: none"> <li>1. Exposed to infectious diseases such as HIV/AIDS</li> <li>2. Becomes the talk of the local community</li> </ol>	
9	The population in this study was class X SMA Negeri 1 Bojonegara students, namely 350 students. The sample was 188 students.  (Rahmawati et al., 2023)	<ol style="list-style-type: none"> <li>1. Increased sexual desire or libido</li> <li>2. The spread of information and sexual stimuli is increasingly easy to find via the internet and is</li> </ol>	<ol style="list-style-type: none"> <li>1. Unplanned pregnancy</li> <li>2. Expelled from school</li> <li>3. Affected by reproductive organ disease</li> </ol>	

			becoming unstoppable	
		3.	The curiosity felt by teenagers	
		4.	Feeling like trying	
		5.	Feeling lonely and lacking love from the family environment	
		6.	Lack of religious understanding.	
		7.	Self control	
10	The population and sample in this study were 34 teenagers  (Wae, nd 2020)	1.	Biological dimension.	1. Changes in social relationships
		2.	Psychological dimension.	2. Sex addiction
		3.	Social dimension.	3. Infectious diseases
		4.	Dimensions of moral culture.	
11	The population in this study were all students in class XI and XII at SMAN 1 Nagawutung, Lembata Regency, totaling 202 teenagers. The sample was 66 teenagers	1.	exposure to information media	1. Emotionally disturbed
		2.	parenting style	2. Excessive feelings of regret
		3.	peer interaction.	
12	The population in this study was ANDIKPAS who were currently undergoing training as many as 34 people, male	1.	Exposure to internet media.	1. Feelings of being isolated from society
		2.	There is poor support from peers.	2. Dropout
				3. downturn
13	The population is 390 teenagers  (Minhat et al., 2023)	1.	Gender is one of the factors of premarital sexual behavior, which in this study explains that men tend to be more likely to have premarital sexual behavior	1. Decreased reproductive system health
		2.	There are cultural and religious beliefs in Malaysia that prohibit premarital sexual behavior	2. Violating cultural and religious rules
		3.	Different parental approaches in managing teenagers in terms of sexual relations	
		4.	Poor or lack of parental supervision	

14	The research sample was 109 high school students  (Pradanie et al., 2022)	The religiosity factor has a significant relationship with premarital sexual behavior. In this study, the lower the religiosity, the higher the premarital sexual behavior	<ol style="list-style-type: none"> <li>1. Unwanted pregnancy</li> <li>2. Abortion</li> <li>3. HIV</li> <li>4. The baby was born prematurely</li> <li>5. Postpartum bleeding</li> <li>6. Vulnerable to maternal and infant death</li> </ol>
15	415 Nepali students are over 18 years old  (Paudel et al., nd)	<ol style="list-style-type: none"> <li>1. Student parent education</li> <li>2. My large amount of money is a factor in premarital sexual behavior</li> <li>3. Peer influence</li> <li>4. Exposure to pornography</li> <li>5. Gender is also a factor in premarital sexual behavior, where men have more premarital sex than women</li> <li>6. Dating culture</li> </ol>	<ol style="list-style-type: none"> <li>1. Having an abortion</li> <li>2. Unwanted pregnancy</li> </ol>
16	The population in this study was 169,814 unmarried women and 40,003 unmarried men  (Singh, 2020)	<ol style="list-style-type: none"> <li>1. Liberalized sexual attitudes</li> <li>2. Sexual opportunities that arise due to violations of social and cultural norms about sex and sexuality.</li> <li>3. Residential environment</li> </ol>	<ol style="list-style-type: none"> <li>1. HIV/AIDS</li> </ol>

Systematic review what was done endeavor Answer the question study that is looking for the factors that cause premarital sexual behavior in adolescents. Answer question From the previous table it can be categorized that of the 12 journals there are four journal stated that the factors causing premarital sexual behavior in adolescents were parenting patterns, four journals stated the influence of peers, four journals stated curiosity and biological drives, four journals exposed to social media and pornography, three journals stated religiosity and sexual education.

One of the causes of sexual behavior in adolescents is the parenting style they experience. Lack of open communication between parents and adolescents regarding sexual issues can lead to deviant sexual behavior. Passive sex education (without two-way communication) can influence attitudes and behavior. This is because in children's sex education, it is not enough just to see and hear the information once or twice. This must be done gradually and continuously. Parents are obliged to correct misinformation accompanied by an explanation of the risks of sexual misconduct (Zubaidah et al., 2020) .

Peers are people around teenagers who generally have the same characteristics, such as age and social status. Interactions with peers influence adolescent behavior. This happens because when a person enters the teenage phase, he wants to be accepted by his peer group, thus encouraging him to adopt the behavior of his peers. The findings report that there is a correlation between peers and premarital sexual behavior. Adolescents with negative peers tend to engage in premarital sexual behavior. Negative influence from peers in the form of invitations and support for premarital sexual behavior from peers. Research finds that teenagers who have peers with negative influences are more likely to engage in heavy sexual behavior. This research also reports that teenagers watch pornographic videos with their peers, get information about sex, and are invited to have sex. This finding is similar to previous research which proved that peers are linked to premarital sexual behavior among teenagers. Adolescents with a negative social environment are more at risk of engaging in premarital sexual behavior (Nomleni et al., 2023) .

The negative impact of using internet media exposure can increase teenagers' thinking patterns which are influenced by content from internet media. Pornographic content can be obtained easily from the internet. Adolescents who are exposed to pornography can experience pleasure and addiction. Addiction to pornography will give rise to the desire to practice it in one's life. Internet media will not be avoided in today's and future life. Efforts that can be made to reduce the impact of the internet are blocking pornographic content, providing self-training, and assistance from parents, teachers and people around them to help monitor and control teenagers' internet access behavior (Suwarsi, 2016) .

The instillation of religious values or religiosity from childhood protects a person from engaging in risky behavior as an adult, one of which is premarital sex. The instillation of religious values includes habituation from childhood and the experience of religious values in daily life which are embedded in the child and become habits that flesh blood. Religion plays a very important role in building mental and moral education. Without religion, a person's life will be destroyed, they will not have peace in life, and they will certainly not have a clear purpose in life. So when an individual's religiosity is low, they will be vulnerable to premarital sexual behavior (Rakhmawati, 2020).

From the systematic review it was also found that premarital sexual behavior will have various impacts. The impacts received can include sexual satisfaction, damage to sexual organs, vulnerability to infectious diseases (HIV/AIDS, gonorrhea, genital herpes and syphilis), adolescent psychology such as feelings of guilt and regret, unwanted pregnancies, abortions, etc. We know that the impact of premarital sexual behavior tends to be negative and of course very detrimental for the perpetrators. By looking at the negative impacts of premarital sexual behavior, of course adults can pay more attention to the teenagers around them so that they do not adopt this premarital sexual behavior.

#### 4. Conclusion

Premarital sexual behavior is deviant behavior that can have a negative impact on teenagers' lives. There is Several factors cause premarital sexual behavior such as exposure to social media, biological dimensions, cultural dimensions, curiosity and wanting to try, self-control, religion, age, place of residence, etc. The results of this systematic review found that from 12 journal there is 9 journal Which state that the dominant factors causing premarital sexual behavior are parental parenting and influence/conformity from peers. Apart from the factors that cause the behavior, the systematic review also determines the impact of premarital sexual behavior, where the impacts tend to be negative. Such as sexually transmitted diseases, reproductive organ damage, unwanted pregnancy, abortion etc.

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