

Parental Monitoring Aspect On Adolescent's Premarital Sexual Behavior: Qualitative Study in Pontianak

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Reproductive Health has special attention globally since the International Conference on Population and Development in Cairo, Egypt. One of the results of this conference was focusing on adolescent reproductive health. Population Reference Bureaus (2013) showed the number of adolescents (10-24 years old) about 1.809 billion (25% of total population in Asia, including Indonesia). It indicates that proportion of adolescent are high in the population of world, including Indonesia. Adolescence is an investment in the future, who will facilitate the achievement of Millenium Development Goal (MDGs). Adolescents premarital sexual behavior in Indonesia are worried, which have an impact on Unwanted Pregnancy, abortion, sexually transmitted infections (STD), HIV and AIDS. Previous studies have shown that parental monitoring can prevent to adolescent engaged risk behavior, including premarital sexual. Unfortunately, parental monitoring aspect is not clear yet. Therefore, this paper will discuss about parental monitoring aspects which based on research in Pontianak, Indonesia.

This paper aimed to explore the aspect of parental monitoring which can prevent and protect adolescents to engage in premarital sexual behavior (kissing, necking, petting, and intercourse) in Pontianak. Qualitative research and phenomenological approach were used in this research. The informants of this research were 12 adolescent (13-15 years old in Junior High School in Pontianak City), 11 of their mothers and 5 fathers. Informants were selected by purposive sampling, and strategy of maximum variation sampling was used. The criteria were: 1) adolescent live together with their parents; 2) marital status of their parents are married. Informant was chosen by maximum variation sampling (adolescent sexual behavior, parental education, parental employment). Content analysis was used to explore parental monitoring aspect.

Based on content analysis, there were 5 aspects of parental monitoring. The first aspect was adolescent-parents relationship. It consists of awareness, openness, and warmth. Parent-child relationship will be established if parents and adolescent have the same forming of caring perceptions. Adolescent will feel that their parents care if parents ask about activities and friends. Perceptions of adolescents about the parental caring, will have an impact on the attitudes and behavior of adolescents. Adolescence who feel ignored and neglected by their parents, they tend to be more likely to spend time outdoors with friends rather than in the house and do negative things (including risky sexual behavior).

The second aspect was parental monitoring behavior consisting of expectations, behavior control, and rules / restrictions. Parents' expectations to adolescents is one of parental monitoring behavior. Adolescent whose their parents expressed the hope, tend to try not disappointed their parents. Parental expectations to adolescents is important because it will make them to do what their parents expectation and stay away from negative things. In addition, parents' expectations can be control in everyday behavior for teenagers.

The third aspect was parental knowledge consisting of whereabouts, activity, and friends adolescents. There is double standard in parental monitoring, including parental knowledge. It can be seen from the knowledge of parents more aware to their girl than son. Almost all adolescent girls informants stated that their parents always want to know about the existence, and activity all of the times.

The fourth aspect was parents-adolescents communication consisting of communication about daily activities, sexuality, and problems. All of the parents in this research were still taboo to communicate regarding sexuality to their adolescent, and they didn't know the way to deliver it. As a result, adolescents prefer to search the sexuality information by internet and their peers. Parent-adolescent communication is a protective factor in adolescent risk behavior. A good communication between parent and adolescent can make a comfortable feeling to tell all of

information about their activities to their parents. In addition, ¹ open communication between parents and adolescents is positively associated with general measurement of parental monitoring. Therefore, open communication between parents and adolescents could be a protective factor to risky behavior. Instead, a poor communication could be a risk factor in adolescent risky behaviors (including unsafe sex).

The fifth aspect was psychological control consisting of the delivery of rules and expectations, and bring psychological attitudes (guilty, shame, and etc). Psychological control is an important aspect that influence adolescents behavior. The existence of It can be a consideration to do anything.

All of the construct of parental monitoring related each other. The most important thing is the disclosure adolescent to their parents. Moreover, there was double standards in the implementation of parental monitoring on adolescence, still taboo to talk about sexuality and mother did parental monitoring to adolescents more than father.

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- 1** Sabina Kapetanovic, Therése Skoog, Margareta Bohlin, Arne Gerdner. "Does one Size Fit All?-Linking Parenting With Adolescent Substance Use and Adolescent Temperament", Journal of Research on Adolescence, 2019 14 words — 2%
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