Self-Regulation and Sexual Behavior in Adolescent Visitors

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Abstract. *The research aims is to determine the relationship between self-regulation and sexual behavior among teenage visitors to PT. Jakabaring Sport City Palembang. The total population in this study was 150 teenage visitors and the samples were 105 teenage visitors to PT. Jakabaring Sport City obtained through purposive sampling technique. The measuring instruments used in this research are the self-regulation and sexual behavior scales. For analysis techniques, use simple regression analysis techniques. The results of research data analysis using the SPSS version 25 for Windows program show a correlation coefficient (R) of -0.433, a coefficient of determination (R square) of 0.188 and a p value = 0.000 (p<0.01). This shows that there is a negative relationship between self-regulation and sexual behavior among teenage visitors to PT. Jakabaring Sport City. The contribution of the two independent variables to the dependent is 18.8%.*
Keywords: *self regulation, sexual behavior, adolescent*

Introduction

Sarwono (2017) states that sexual behavior is any behavior that is driven by a sexual desire, either done alone, with the opposite sex, or with the same sex. Forms of this behavior can vary, from feelings of attraction to behaviors of dating, making out, and intercourse. The sexual object can be another person, a person in a delusion, or yourself.

According to Santrock (2007), the factors that influence sexual behavior are the use of ineffective contraceptives, low academic achievement, low self-esteem, significant levels of depression, more frequent sexual activity, low socioeconomic status, and a style of attachment that avoids each other. According to Suryoputro et al. (2006), factors that influence sexual behavior include social support and individual factors, such as lifestyle, self-esteem, self-control, and knowledge about reproductive health. In addition, self-regulation is a predictor factor of adolescents engaging in sexual risk-taking (Raffaelli & Crockett, 2003; Santrock, 2007).

Research conducted by Fazrian (2016) shows that adolescents who perform forms of sexual behavior have low self-control so that they are unable to resist temptation and have uncontrolled

sexual desire or impulsivity to engage in sexual activities with others other than their partners; there is a significant negative relationship between self-regulation and sexual behavior. If the higher the self-regulation, then adolescents tend to avoid risky sexual behavior. Conversely, if self-regulation is low, adolescents tend to behave sexually at risk.

Adolescence is a vulnerable phase, considering that many changes occur both in physical, psychological, and social aspects. This phase of adolescence is full of desire for self-freedom filled with passion, love, hope, activity, imagination, and curiosity. Monks et al. (2018) divide adolescence into three stages, namely early, middle, and late adolescence; the age of 18-21 years is the age limit for late adolescence. In developmental tasks, adolescents are focused on attitude efforts, abandoning childish behavior and trying to be able to behave and behave in an adult manner.

Related to adolescent development tasks, one of which is freedom, such as spending much time gathering with friends, playing, and socializing, this is beyond the control of educators, both parents and schools. With this behavior, the teenagers devised ideas to pour out their minds with challenging things such as visiting tourist attractions and other exciting entertainment.
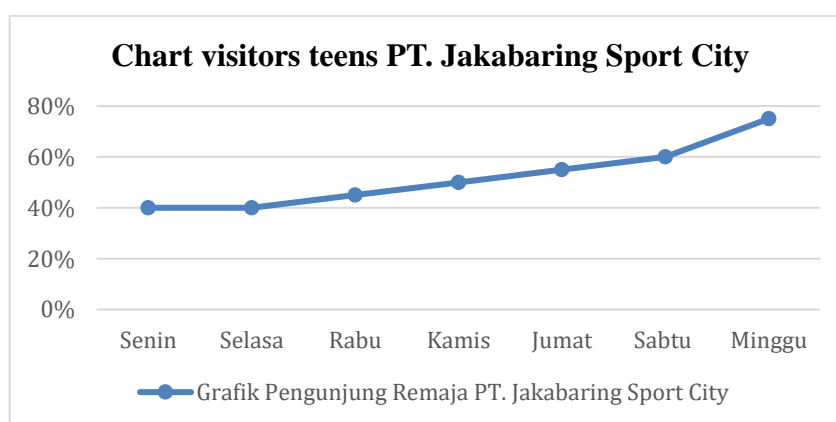
Sources: Manager Operasional PT. Jakabaring Sport City

The existence of recreation or tourism PT. Jakabaring Sport City has become an attraction for visitors, especially teenagers. In the recreation area, every day, the teenagers take turns in and out of tourist attractions; there is no filter to determine the number of teenagers and vehicles that enter the recreation area, but it can be estimated per day—the dominant teen who became a visitor at PT. Jakabaring Sport City confirmed that freedom is indeed related to the developmental tasks that exist in adolescents.

Based on the results of interviews with local employees and security while carrying out internships in November to February 2023, several cases of teenage visitors who committed sexual behavior such as kissing, necking, and intercourse were found in several quiet areas at JSC then several teenage visitors who committed these actions were detained in the security post area to wait for related parents to come pick up.

Adeoye (2018) explained that sexual behavior occurs because there are factors from outside and from within, such as lack of health education, mass media influence, negative influence of peers, free association, and the desire of adolescents to try new things. From the factors above, there is one psychological factor that influences adolescents in preventing sexual behavior, namely self-regulation. Adolescents who have low self-regulation are more likely to engage in sexual behavior, while adolescents with high self-regulation will be able to control their sexual behavior (Gaiiliiot & Baumeiiisteir, 2016).

Eisenberg et al. (2016) explain that the center of self-regulation is to build self-control, including the ability to inhibit the dominant response and plan and detect errors. Adolescents who seek to exercise self-control can divert their attention and focus on behavior that needs to be done, inhibit unnecessary behavior, migrate information received, and plan and regulate emotions and behavior. This is a reflection of the 7 (seven) processes of self-regulation Miilleir & Brown (2016), namely receiving that will make adolescents understand sexual behavior and its dangers, evaluating that will make adolescents able to behave by the norms in society, triggering that will make adolescents able to think and behave creatively in response to sexual behavior problems, searching that will make adolescents, formulating that will make adolescents able to design strategies to overcome sexual urges in themselves, implementing that makes adolescents able to apply strategies that have been designed to refrain from temptations that lead to sexual behavior, and assessing that makes adolescents able to evaluate their behavior, so that adolescents can behave adaptively to their environment.

Some factors make a person less able to develop self-regulation, such as lack of learning experience from the social environment, apathy (disinterest) that comes from mood disorders, learning disabilities, and others (Omrod, 2015).

Previous research conducted by Zadri (2020) identified several behaviors that result in low self-regulation, including not setting goals for his future, assuming what has been done is for fun, and not wanting to change bad habits in himself that cause life in education to be disrupted.

Based on the results of interviews conducted by researchers on April 15, 2023, with 50 teenage visitors, it is known that out of 50 respondents, 36% of teenage visitors do not have standards and goals in themselves to regulate their behavior when they are at JSC, 40% cannot regulate their emotions such as saying rude, overflowing emotions and hitting when angry with friends or their partners at JSC, 36% find it difficult and cannot instruct themselves to behave appropriately when they are at JSC, 26% do not monitor behavior on themselves, 44% did not self-evaluate inappropriate behavior while in JSC such as not obeying existing regulations in JSC, littering, smoking arbitrarily, speeding using noisy exhaust.

The results of the interview are in line with the observations made by researchers during the internship period, namely in November-February 2023, against teenage visitors who have low self-regulation characterized by speeding when at JSC, which means it is challenging to instruct themselves to be able to behave appropriately, fight with their partners and hit their partners on the shoulder, smoke, and litter, both with their partners in a quiet area.

The existence of self-regulation is expected to enable a person to control their behavior in order to be by the environment. This is because the environment has certain norms, values, and behavior standards assigned to each of its members. These norms, values, and standards pressure individuals to curb their impulses and desires so that their behavior can align with society's needs. This is also true in terms of sexual behavior (Sarwono, 2001).

The concepts of self-regulation that have been described indicate that adolescent visitors need to have self-regulation so that they can adjust to the environment (adaptive) according to the law in Indonesia and existing norms in society, be able to be selective during life in their social environment and be able to survive peer pressure and groups and avoid risky sexual behavior. Finally, as an educated teenager, it would be better to do positive activities that can prevent adolescents from sexual behavior. Therefore, self-regulation is needed so that adolescents can direct and control their behavior in a social environment and an increasingly free lifestyle so that they can direct their sexual impulses in a positive direction, especially at PT. Jakabaring Sport City. In addition, with self-regulation, adolescents can interpret stimuli or information about sexuality, consider the consequences obtained if they carry out risky sexual behaviors, and regulate their responses so that they can behave according to laws and norms in society.

This study aims to determine the relationship between self-regulation and sexual behavior in adolescent visitors at PT. Jakabaring Sport City. In addition, this study is also expected to be a reference for adolescents, parents, and schools that learning to self-regulate is an important

aspect that must be owned by adolescents who are beginning to experiment with the world of sexuality and have a high curiosity about sexuality.

Methods

The population in this study is a teenage Visitor PT. Jakabaring Sport City Palembang totaling 150 teenagers. Based on the population of visitors, teenagers PT. Jakabaring Sport City Palembang as for the techniques used by researchers. The sample was drawn and determined using the adaptation table from Issac & Michael's table with an error rate of 5%. From the total number of tables obtained, Issac & Michael can also obtain the number of samples of as many as 105 teenage visitors. Before this study, as many as 45 adolescent visitors were given a trial scale Try Out. The scale used in this study is closed, where subjects are asked to choose one of several answer options in the form of a checklist.

Scale researchers use variables of sexual behavior, precisely using a scale prepared by the researchers. This scale was prepared using a reference to aspects of sexual behavior variables based on the theory proposed by Masland (Sugiarto & Widyastuti, 2021). The scale used on the self-regulation variable uses a scale that the researchers have prepared; this scale is prepared using the reference aspects of the self-regulation variable based on the theory proposed by Omrod (Santoso, 2015).

Items on the Sexual Behavior Scale amounted to 60 items, namely 32 items favorable with examples (I kiss my partner's cheek when meeting, I kiss my partner's neck, I kiss my partner's forehead when meeting) and 28 items unfavorable with examples (I refuse when my partner wants to kiss my chest or breast, I refuse if my partner Kisses my cheek, I immediately get angry if my partner hugs me) then on the self-regulation scale amounted to 60 items, namely 30 items favorable with examples (I monitor my own behavior in achieving each goal I make, I can direct my behavior in everyday life, I instruct myself to obey all the rules that exist in jsc) and 30 unfavorable items by example (I behave as I like until others get annoyed, I like sudden emotions and cannot manage them, I never believe myself to be better).

In this scale, there are five response options, namely SS (strongly agree), S (agree), n (neutral), TS (disagree), and STS (strongly disagree). Each option has its score depending on the type of item, whether it is favorable or unfavorable. The ratings for favorable statements are distributed with unity as follows: SS (strongly agree) is given a score of 5, S (agree) is given a score of 4, N (neutral), TS (disagree) is given a score of 3 is given a score of 2, and STS (strongly disagree) is given a score of 1. The assessment for statements that do not support (unfavorable) is given

with unity as follows: SS (strongly agree) is given a score of 1, S (agree) is given a score of 2, N (neutral) is given a score of 3, TS (disagree) is given a score of 4 and STS (strongly disagree) is given a score of 5. The reliability test on the Sexual Behavior Scale showed an alpha reliability value of 0.933, while the reliability on the Self Regulation scale showed an alpha reliability of 0.978.

Results

Based on descriptive statistical data, the research results are grouped into two parts: sexual behavior variable data and self-regulation data. The results of the data research can be seen in Table 1.

Table 1.
Descriptives Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Sexual Behavior	105	109.00	165.00	138.68	12.656
Self-Regulation	105	111.00	201.00	149.48	27.668

Before carrying out the correlation test, a distribution normality test is first carried out to determine the normal distribution of sexual behavior variables and self-regulation variables. In addition, an assumption test was carried out to determine the linearity of the relationship between sexual behavior and self-regulation. The data results can be seen in Table 2 and Table 3.

Table 2.
Test of Normality

		Sexual Behavior	Self-Regulation
N		105	105
Normal Parameters[a,b]	**Mean**	138.68	149.48
	Std. Deviation	12.656	27.668
Most Extreme Differences	**Absolute**	0.092	0.097
	Positive	0.092	0.082
	Negative	-0.079	-0.097
Kolmogorov-Smirnov Z		0.967	1.022
Asymp. Sig. (2-tailed)		0.308	0.247

Based on the normality test data, it shows that the data is usually distributed where the sexual behavior variable gets $Z = 0.967$; $p = 0.308$ ($p > 0.05$) and the self-regulation variable gets $Z = 1.022$; $p = 0.247$ ($p > 0.05$), meaning that the data normality test assumptions are met.

Table 3.
Test of Linearity

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	1664.890	1	1664.890	14.546	0.000[b]
	Residual	11331.170	99	114.456		
	Total	12996.059	100			

The linearity test data shows that p = 0.000 (p < 0.05), which means the relationship between self-regulation and sexual behavior is linear. So that the linearity assumption is met in the test.

Table 4.
Test of Hypothesis

Model	R	R Square	Adjust R Square	t	Sig.
Regression	-0.433	0.188	0.119	3.814	0.000

a. Dependent Variable: Sexual Behavior
b. Predictors: (Constant), Self Regulation

A simple regression hypothesis test showed that there is a significant negative relationship between self-regulation and the sexual behavior of adolescent visitors PT. Jakabaring Sport City. This is indicated by (R) of -0.433, the coefficient of determination (R square) of 0.188, and the value of p = 0.000 (p < 0.01); thus, the hypothesis is accepted.

Discussion

The results of this study support the opinion expressed by Eisenberg et al. (2016), who explained that the center of self-regulation is to build self-control efforts, including the ability to inhibit the dominant response, the ability to plan, and the ability to detect errors. Adolescents who seek to exercise self-control can divert their attention and focus on behavior that needs to be done, inhibit unnecessary behavior, migrate information received, and plan and regulate emotions and behavior.

This is a reflection of the 7 (seven) processes of self-regulation Miilleir & Brown (2016), namely receiving that will make adolescents understand sexual behavior and its dangers, evaluating that will make adolescents able to behave by the norms in society, triggering that will make adolescents able to think and behave creatively in response to sexual behavior problems, searching that will make adolescents, formulating that will make adolescents able to design strategies to overcome sexual urges in themselves, implementing that makes adolescents able to apply strategies that have been designed to refrain from temptations that lead to sexual behavior,

and assessing that makes adolescents able to evaluate their behavior, so that adolescents can behave adaptively to their environment.

The findings of Quinn & Fromme (2010) suggest that self-regulation can be a protective factor for adolescents and always develops after age 21. Self-regulation can be a protective factor for adolescents to avoid problems related to alcohol and unprotected sexual relations in college students. Adolescents with high self-regulation have a capacity for planning, goal setting, and delayed gratification. In issues related to risky sexual behavior, self-regulation attempts to avoid individuals or social groups that offer opportunities to engage in unsafe sexual practices (Quinn & Fromme (2010). Therefore, sensitivity to stimuli becomes an essential thing so that the ability to self-regulate is more relevant, especially in the context of sexual risk.

The results of this study are in line with the findings made by Gailliot & Baumeister (2007), showing that self-regulation is related to refraining from sexual behavior. In the study, self-regulation becomes an essential thing to have because teenagers will be better able to regulate themselves and regulate sexual urges in themselves. They can control or restrain themselves when they want or have to engage in risky sexual behavior. In addition, because adolescents are more discriminating against their sexual urges, it will allow adolescents to restrain themselves and not engage in risky sexual behavior with their partners. They also seek to exert and stimulate desired responses and inhibit unwanted responses so that adolescents do not develop risky sexual behavior patterns (Ridder, 2012).

Stinson, et,. al (2011) explain that self-regulation is an individual's ability to regulate emotions, thoughts, interpersonal interactions, and behavior. Self-regulation can be achieved through strategies designed to reduce internal pressure, tension, or drive and restore a comfortable state to the adolescent. That is, adolescents who have high self-regulation seek to minimize sexual impulses in themselves, which is the result of a reflection of the stages or processes of self-regulation. Overall, the correlation between self-regulation and sexual behavior was 0.188 or 18.8%.

The small value of the correlation between self-regulation and sexual behavior can be found from the explanation by Santrock (2012), which explains that adolescents begin to develop interactions with peers. At this time, interactions with peers become familiar, and they also experience courtship and sexual exploration, even sexual intercourse. About the subject criteria, the subjects in this study were included in late adolescence, namely 18-22 years of age, which began to be characterized by career interests, courtship, and identity exploration that were more

prominent than early adolescence. Sexually, adolescence is a time of sexual exploration and experimentation, a time of sexual fantasy and reality, a time of integrating sexuality into one's identity, having a curiosity and sexuality that can hardly be satisfied, thinking about whether one is sexually attractive, and how to have sex (Santrock, 2007).

Kalichman (2016) believes that adolescents have difficulties in forming a sexual identity due to the lack of opportunities to learn sexuality itself. At this time, adolescent sexual identity is still being formed through family, peer groups, the media, schools, and other social institutions. Adolescents should openly explore more about sexuality in the form of classes designed specifically for sexual education (Santrock, 2016). Based on the categorization of mean values between men and women, the results showed that men and women had high self-regulation, as well as low sexual behavior. However, the distance between average self-regulation and average sexual behavior is not very far apart.

This finding is to the results of research by Raffaeli & Crocket (2003), which shows that adolescent involvement in risky sexual behavior can be influenced by self-regulation. However, it does not mean that adolescents who have good self-regulation do not perform sexual behavior. However, adolescents who have good self-regulation do not develop a pattern of performing more risky sexual behavior than adolescents with poor self-regulation. Therefore, the correlation value of self-regulation with sexual behavior is only 18.8%. Uniquely, it is seen that the subjects in this study tend not to develop sexual behavior patterns towards petting and intercourse but tend to be limited to kissing and necking. Overall, it is known that the correlation between self-regulation and sexual behavior is 18.8%. In comparison, 81.2% are influenced by other factors, namely religiosity and self-control (Khairunnisa, 2013), residences, such as boarding houses or dormitories, inharmonious families, lifestyle (Banun & Setyorogo, 2013), and knowledge of sex through counseling activities for Adolescent Health Care Services (Rahayu et al., 2013).

Santrock (2012) explained that factors related to sexual problems in adolescents include contextual factors, such as socioeconomic status, parental care, peers, and academic achievement. Then, based on the results of the description of sexual behavior data categorization showed from as many as 105 samples used as the subject of research, there are 36 adolescent visitors, or 34%, who have a high level of sexual behavior, and there are 69 adolescent visitors or 66% who have a low level of sexual behavior. It can be concluded from the analysis above that visitors to teenagers PT. Jakabaring Sport City has low sexual behavior, some of which have high sexual behavior with top kissing and necking, then teenage visitors who perform low sexual behavior that is not going

to have sexual intercourse even if only one time, even if only with a permanent partner should not be, afraid to perform sexual behavior such as petting and intercourse.

Conclusion

Based on the results obtained from the analysis of data and discussion, the researchers concluded that Self-Regulation and sexual behavior in adolescent visitors at PT. Jakabaring Sport City has a negative correlation, which means that the two correlated variables run in opposite directions or vice versa; this means that a decrease or reduction will follow the increase or increase in variable X (self-regulation) in variable Y (sexual behavior). If the higher the self-regulation, then adolescents tend to avoid sexual behavior. Conversely, if self-regulation is low, adolescents tend to behave sexually. In addition, self-regulation can also be a protective factor for adolescents to avoid risky sexual behavior. Thus, it is expected that with the willingness of adolescents to self-regulate, the number of sexual behaviors can be minimized.

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