

## THE RELATIONSHIP BETWEEN EXPOSURE TO PORNOGRAPHIC MEDIA, THE ROLE OF PEERS AND PARENTING PATTERNS TO RISK SEXUAL BEHAVIOR AMONG ADOLESCENTS AT SMAN 4 METRO

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### ABSTRAK : HUBUNGAN ANTARA PAPARAN MEDIA PORNOGRAFI, PERAN TEMAN SEBAYA DAN POLA ASUH ORANG TUA DENGAN PERILAKU SEKSUAL BERISIKO PADA REMAJA DI SMA NEGERI 4 METRO

Latar Belakang : Perilaku seksual adalah segala tingkah laku yang muncul karena adanya dorongan hasrat seksual. Berdasarkan data *World Health Organization* (2003-2017), remaja usia 12-15 tahun telah melakukan hubungan seksual, dengan prevalensi tertinggi di Amerika sekitar 17,8% dan Indonesia sekitar 8% remaja laki-laki dan 2% perempuan. Di Lampung, angka pernikahan dini meningkat dari 9,77% (2021) menjadi 18,81% (2022), sedangkan kota Metro sebesar 3,23% (2021) meningkat menjadi 9,24% (2022). Hasil pra survei terdapat 60% remaja memiliki pacar, 70% pernah melihat pornografi dan 30% diizinkan berpacaran oleh orang tua di SMA Negeri 4 Metro.

Tujuan : Tujuan dilakukan penelitian ini adalah untuk mengetahui hubungan antara paparan media pornografi, peran teman sebaya, dan pola asuh orang tua dengan perilaku seksual berisiko pada remaja di SMAN 4 Metro.

Metode : Jenis penelitian ini bersifat kuantitatif menggunakan survey analitik dengan desain *Cross Sectional*. Populasi 321 siswa kelas XI. Sampel dalam penelitian ini 179 siswa. Teknik pengambilan sampel adalah *Stratified Random Sampling*. Uji statistik yang digunakan uji *Chi-square*.

Hasil : Hasil analisis menunjukkan dari 179 responden diperoleh data perilaku seksual yang berisiko lebih rendah yaitu 37,4%, data paparan media pornografi yang tinggi yaitu 46,9%, data peran teman sebaya yang tidak baik yaitu 46,9%. Hasil uji statistik dengan uji *Chi-square* didapatkan *p value* paparan media pornografi = 0,005 <  $\alpha$  0,05, *p value* peran teman sebaya = 0,001 <  $\alpha$  0,05 dan *p value* pola asuh orang tua = 0,002 <  $\alpha$  0,05.

Kesimpulan : Ada hubungan antara paparan media pornografi, peran teman sebaya dan pola asuh orang tua dengan perilaku seksual pada remaja di SMA Negeri 4 Metro Tahun 2025.

Saran : Diharapkan keterlibatan orang tua dan guru lebih dalam pengawasan media, memperkuat pola asuh yang mendukung, serta membina pergaulan sebaya dapat mencegah terjadinya perilaku seksual dikalangan remaja.

Kata Kunci : Paparan Media Pornografi, Peran Teman Sebaya, Perilaku Seksual Dan Pola Asuh Orang Tua

### ABSTRACT

Background : Sexual behavior is any behavior that arises from sexual desire. According to World Health Organization data (2003-2017), adolescents aged 12-15 have engaged in sexual intercourse, with the highest prevalence in the United States at 17.8%, and in Indonesia at around 8% of boys and 2% of girls. In Lampung, the early marriage rate increased from 9.77% (2021) to 18.81% (2022), while in Metro City it increased from 3.23% (2021) to 9.24% (2022). A pre-survey showed that 60% of adolescents had a boyfriend/girlfriend, 70% had viewed pornography, and 30% were permitted to date by their parents at State Senior High School 4 Metro.

Purpose: The purpose of this study was to determine factors associated with sexual behavior among adolescents at State Senior High School 4 Metro in 2025.

Methods: This study was quantitative, using an analytical survey with a cross-sectional design. The population was 321 11th-grade students. The sample in this study was 179 students. The sampling technique used was Stratified Random Sampling. The statistical test used was the Chi-square test.

Results: The analysis showed that of the 179 respondents, 37.4% had low-risk sexual behavior, 46.9% had high exposure to pornographic media, and 46.9% had negative peer role behavior. The Chi-square test

revealed a p-value for exposure to pornographic media =  $0.005 < \alpha 0.05$ , a p-value for peer role =  $0.001 < \alpha 0.05$ , and a p-value for parenting style =  $0.002 < \alpha 0.05$ .

Conclusion: There is a relationship between exposure to pornographic media, peer influence, and parenting patterns with sexual behavior in adolescents at Metro State Senior High School 4 in 2025.

Suggestions: Increased parental and teacher involvement in media monitoring, strengthening supportive parenting patterns, and fostering peer relationships are expected to prevent sexual behavior among adolescents.

Keywords: Pornographic Media, The Role Of Peers, Risk Sexual Behavior And Parenting Patterns

## **INTRODUCTION**

The World Health Organization (WHO) defines adolescents as individuals aged 10-19 years (WHO, 2023). This period is a transition from childhood to adulthood, marked by biological changes due to puberty, cognitive development, and social and emotional dynamics. According to Sigmund Freud's theory of psychosexual development, individuals go through five stages of development: oral, anal, phallic, latent, and genital. The genital stage begins at puberty and continues through young adulthood and is characterized by increased sexual drive along with physical maturity (Fitrikasari et al., 2021). During this phase, self-regulation and social environmental influences play a crucial role in shaping adolescent sexual behavior (Yesi & Sari, 2023).

Risky sexual behavior is a reproductive health issue that remains a global concern because it contributes to unwanted pregnancies and sexually transmitted infections (STIs). Conceptually, risky sexual behavior refers to sexual activity that increases the likelihood of negative impacts on reproductive health (WHO, 2023). In this study, risky sexual behavior is operationalized as adolescents' engagement in unprotected premarital sexual activity and forms of physical intimacy that have the potential to pose reproductive health risks.

Globally, WHO data from 2003–2017 shows that adolescents aged 12-15 have reported sexual experience, with the highest prevalence in the Americas at 17.8% and the lowest in the Western Pacific at 1.2% (Jing et al., 2023). Furthermore, the 15–24 age group contributes a significant proportion of new STI cases each year (WHO, 2023). These data demonstrate that adolescent sexual behavior is a cross-regional phenomenon with social and cultural variations.

At the national level, the 2017 Indonesian Demographic and Health Survey (SDKI) reported that 3.6% of adolescent boys and 0.9% of adolescent girls aged 15-19 had engaged in premarital sex. Some adolescents also reported experiencing unwanted pregnancies (BKKBN, 2018; DIY, n.d.; PMK, 2021).

At the regional level, SUSENAS data shows an increase in marriages before the age of 18 in Lampung Province from 9.77% (2021) to 18.81% (2022), and in Metro City from 3.23% to 9.24% (PPA, 2023). The 2023 Indonesian Health Survey (SKI) also reported teenage pregnancy in Lampung at 0.7% for 10-14 year olds and 23.0% for 15–19 year olds. These data sets demonstrate that adolescent reproductive health issues remain relevant at the provincial and city levels.

A pre-survey at SMAN 4 Metro revealed that 60% of students were dating, 70% had been exposed to pornography, and 30% were permitted to date by their parents. These findings indicate exposure to social and family factors potentially related to adolescent sexual behavior.

Various studies have shown that adolescent sexual behavior is influenced by interacting external and internal factors. Exposure to pornographic media has been reported to be associated with an increased tendency to engage in risky sexual behavior because it can influence adolescents' perceptions, norms, and attitudes toward sexual activity (Afrizawati et al., 2020; Akhriansyah et al., 2023). Furthermore, peers serve as significant social reference points in shaping adolescents' attitudes, values, and decisions regarding interpersonal relationships and sexual behavior (Arfiani et al., 2023). Adolescents tend to adapt their behavior to peer group norms as part of the social acceptance process.

Parenting styles characterized by open communication, adequate supervision, and emotional support serve as protective factors against risky sexual behavior (Dani et al., 2023; Mulya et al., 2021). Lack of supervision and ineffective communication can increase adolescents' vulnerability to negative environmental influences. In addition to these external factors, internal factors such as the urge to explore sexual behavior, previous experiences, emotional instability, and limited reproductive health literacy also contribute to the tendency to engage in risky sexual behavior (Sigalingging & Sianturi, 2019).

Although these factors have been extensively researched, most previous studies have analyzed them separately or in different regional contexts. Research integrating exposure to pornographic media, peer influence, and parenting styles into a single analytical model among high school students in Metro City is still limited. Therefore, this study aims to analyze the relationship between exposure to pornographic media, peer influence, and parenting styles with risky sexual behavior in adolescents at SMAN 4 Metro.

**RESEARCH METHODS**

This study employed an analytical cross-sectional design and was conducted from April to May 2025 at SMAN 4 Metro. The population consisted of 321 grade XI students. The sample size was calculated using the Slovin formula with a 95% confidence level, resulting in 179 respondents. Stratified random sampling was applied to ensure proportional representation from each class. The independent variables were exposure to pornographic media, peer influence, and parenting style, while the dependent variable was risky sexual behavior. Risk sexual behavior was operationally defined as engagement in premarital physical intimacy (e.g., kissing, petting, or sexual intercourse) and categorized as “risk” or “not risk.” Exposure to pornographic media was defined as intentional or unintentional access to erotic content and categorized as “high” or “low.” Peer influence refers to peer involvement in communication and encouragement related to sexual behavior and was categorized as “not good” or “good.” Parenting style was defined as patterns of parental supervision, communication, and support and categorized as “unsupportive” or “supportive.”

The questionnaire was tested for validity and reliability prior to data collection. Cronbach’s alpha values exceeded 0.70 for all variables, indicating acceptable internal consistency. Inclusion criteria were grade XI students who agreed to participate and provided informed consent. Students who were absent during data collection were excluded. Data were analyzed using univariate and bivariate analyses. The Chi-square test was used to determine associations between variables, with statistical significance set at  $p < 0.05$ . Prevalence Odds ratios (POR) with 95% confidence intervals were calculated to estimate the strength of associations. This study received ethical approval from the Health Research Ethics Committee of Poltekkes Kemenkes Tanjungkarang (No. 207/KEPK-TJK/IV/2025). Permission was obtained

from the school authorities prior to data collection. Written informed consent was obtained from all participants. Participation was voluntary, and respondents were free to withdraw at any time.

**RESEARCH RESULTS**

**Univariate Analysis**

**Table 1**  
**Frequency Distribution of Sexual Behavior in Adolescents at SMAN 4 Metro**

Sexual Behavior	N	%
Risk	67	37,4
Not Risk	112	62,6

Based on Table 1, it shows that of the 179 respondents, 37,4% of teenagers have risk sexual behavior at SMAN Negeri 4 Metro.

**Table 2**  
**Frequency Distribution of Exposure to Pornographic Media in Adolescents at SMAN 4 Metro**

Exposure to Pornographic Media	N	%
High	84	46,9
Low	95	53,1

Based on Table 2, it shows that of the 179 respondents, 46,9% of teenagers had high exposure to pornographic media at SMAN 4 Metro.

**Table 3**  
**Frequency Distribution of the Role of Peers in Adolescents at SMAN 4 Metro**

The Role of Peers	N	%
Not Good	83	46,4
Good	96	53,6

Based on Table 3, it shows that of the 179 respondents, 46,4% of adolescents had negative peer relationships at SMAN 4 Metro.

**Table 4**  
**Frequency Distribution of Parenting Patterns in Adolescents at SMAN 4 Metro**

Parenting Patterns	N	%
Unsupportive	84	46,9
Supportive	95	53,1

Based on Table 4, it shows that of the 179 respondents, 46,9% of adolescents have unsupportive parenting patterns at SMAN 4 Metro.

#### Bivariate Analysis

Based on Table 5, it shows that of the 84 respondents with high exposure to pornographic media, 48,8% of adolescents had risk sexual behavior, while of the 95 respondents with low exposure to pornographic media, 27,4% of

adolescents had risk sexual behavior. The results of the Chi-square test obtained a p value = 0,005 ( $\alpha$  0,05), meaning that there is a relationship between exposure to pornographic media and sexual behavior. From the analysis, the POR value was 1,783 times, meaning that respondents with high exposure to pornographic media were 1,783 times more likely to have risk sexual behavior than respondents with low exposure to pornographic media (95% CI 1,203-2,645).

**Table 5**  
**Relationship between Exposure to Pornographic Media and Sexual Behavior in Adolescents at SMAN 4 Metro**

Exposure to Pornographic Media	Sexual Behavior				N		POR (95% CI)	P-Value
	Risk		Not Risk		f	%		
	f	%	f	%				
High	41	48,8	43	51,2	84	100	1,783	0,005
Low	26	27,4	69	72,6	95	100	(1,203-2,645)	

**Table 6**  
**Relationship between The Role of Peers and Sexual Behavior in Adolescents at SMAN 4 Metro**

The Role of Peers	Sexual Behavior				Total		POR (95% CI)	P-Value
	Risk		Not Risk		f	%		
	f	%	f	%				
Not Good	42	50,6	41	49,4	83	100	1,943	0,001
Good	25	26,0	71	74,0	96	100	(1,304-2,895)	

Based on Table 6, it shows that of the 83 respondents with poor peer roles, 50,6% of adolescents had risk sexual behavior, while of the 96 respondents with good peer roles, 26,0% of adolescents had risk sexual behavior. The results of the Chi-square test obtained a p value = 0,001 ( $\alpha$

0,05), meaning that there is a relationship between peer roles and sexual behavior. From the analysis, the POR value was 1,943 times, meaning that respondents with poor peer roles were 1,943 times more likely to have risk sexual behavior than those with good peer roles (95% CI 1,304-2,895).

**Table 7**  
**Relationship between Parenting Patterns and Sexual Behavior in Adolescents at SMAN 4 Metro**

Parenting Patterns	Sexual Behavior				Total		POR (95% CI)	P value
	Risk		Not Risk		f	%		
	f	%	f	%				
Unsupportive	42	50,0	42	50,0	84	100	0,526	0,002
Supportive	25	26,3	70	73,7	95	100	(0,353-0,784)	

Based on Table 7, it shows that of the 84 respondents with unsupportive parenting patterns, 50,0% of adolescents had risk sexual behavior. while f the 95 respondents with supportive parenting patterns, 26,3% of adolescents had risk sexual behavior. The results of the Chi-square test obtained a p value = 0,002 ( $\alpha$  0,05), meaning that there is a relationship between parenting patterns

and sexual behavior. From the analysis, the POR value was 0,526 times, meaning that respondents with supportive parenting patterns had a 0,526 times lower risk of engaging in risk sexual behavior than respondents with unsupportive parenting patterns (95% CI 0,353-0,784).

## DISCUSSION

### **The Relationship between Pornographic Media Exposure and Sexual Behavior in Adolescents at SMAN 4 Metro**

This study demonstrated a statistically significant association between exposure to pornographic media and risky sexual behavior among adolescents at SMAN 4 Metro ( $p < 0.05$ ; POR = 1.783). A POR greater than 1 indicates that adolescents with higher exposure were more likely to report risky sexual behavior compared to those with lower exposure. This finding suggests a positive association between exposure to pornographic media and risky sexual behavior in this study population.

This finding aligns with research by Yundelfa and Fitri (2020), which reported a significant association between exposure to pornographic media and premarital sexual behavior in adolescents ( $p = 0.006$ ). Sari (2020) also found that mass media exposure was significantly associated with adolescent sexual behavior ( $p = 0.007$ ). The consistency of findings across various educational contexts suggests that media exposure is a relevant contextual factor in the study of adolescent reproductive health.

Theoretically, exposure to sexually explicit content may be associated with changes in attitudes, perceptions, and normative beliefs regarding sexuality (Ahmad et al., 2022). (Akhriansyah et al., 2023) explain that pornography, whether visual or textual, can be associated with the activation of certain brain areas, including the prefrontal cortex, which plays a role in decision-making and emotional regulation. Repeated exposure has been reported to be associated with changes in self-control and emotional responses. Adolescence is a developmental stage characterized by emotional exploration and developing decision-making capacity (Farida, 2016; Sarwono, 2016), so exposure to explicit media may be correlated with the formation of interpretations of sexual norms and behaviors.

A recent meta-analysis suggests that exposure to easily accessible pornographic media in the digital age is associated with earlier age at first sexual intercourse and sexual behavior tendencies in adolescents because such exposure can become a "social script" that is learned and internalized by adolescents through digital media (a social learning system) without demonstrating a direct causal relationship (Raggatt et al., 2022).

### **The Relationship Between Peer Roles and Sexual Behavior in Adolescents at SMAN 4 Metro**

This study demonstrated a statistically significant association between peer influence and risky sexual behavior among adolescents at SMAN 4 Metro ( $p < 0.05$ , POR = 1.943). A POR greater than 1 indicates that adolescents who report negative peer influence are more likely to engage in risky sexual behavior compared to those in a more positive peer environment. This finding confirms that peer dynamics are a social factor statistically associated with adolescent sexual behavior in this study population.

These results align with research by Arfiani et al (2023), who reported a relationship between peer influence and sexual behavior in adolescents ( $p = 0.015$ ). Sari (2020) also found a significant association between peer influence and risky sexual behavior ( $p = 0.026$ ). Similarly, Amaylia et al (2020) reported a relationship between peer influence and risky sexual behavior ( $p = 0.003$ ). The consistency of findings across regions strengthens evidence that the peer environment is a relevant social context in the study of adolescent sexual behavior.

Theoretically, peers play a crucial role in the socialization process and identity formation during adolescence (Irwan, 2017). Interactions within peer groups are linked to the formation of norms, values, and specific behavioral patterns. Adolescents tend to spend more time with peers than with family, making the social influence within these groups significant. Group dynamics, including the need for social acceptance and conformity, can correlate with the tendency to adopt behaviors considered common or accepted within the group (Gafar & Syahrums, 2023).

### **The Relationship Between Parenting Patterns and Sexual Behavior in Adolescents at SMAN 4 Metro**

The results of this study indicate a significant association between parenting style and risky sexual behavior in adolescents at SMAN 4 Metro ( $p < 0.05$ ; POR = 0.526). A POR value of less than 1 indicates that adolescents who receive a supportive parenting style are less likely to engage in risky sexual behavior than adolescents who receive a less supportive parenting style. This odds ratio indicates a protective relationship, but not a direct preventive effect.

These findings align with previous research. (Sari, 2020) reported a significant association between parenting style and adolescent sexual behavior ( $p = 0.006$ ). Dani et al (2023) also found a

significant association between parental role and risky sexual behavior ( $p = 0.001$ ), and Mulya et al (2021) reported similar results ( $p = 0.000$ ).

Other studies have confirmed the importance of parental roles in various regions. (Lumolo & Shintya, 2025) research at West Siau State Senior High School 1 found that a positive parenting style was associated with lower premarital sexual behavior in adolescents ( $p < 0.05$ ). Kalah et al (2024) study at East Halmahera State Senior High School 6 also showed a significant correlation between parenting styles and adolescent sexual behavior ( $p = 0.003$ ). Similarly, Asba et al (2025) research in Malang reported that democratic parenting was associated with lower risky sexual behavior compared to authoritarian or permissive styles. These findings suggest that parenting styles are an important factor that consistently influences adolescent sexual behavior across contexts.

Theoretically, the family is the primary environment for shaping values and behavioral norms. A warm parenting style involving open communication and supervision is associated with adolescents' self-regulation skills. Sigmund Freud, as cited by Fitrikasari et al (2021), emphasizes that parental support helps adolescents form a stable self-identity. Supportive parenting styles are also associated with higher self-confidence and the ability to consider consequences before acting (Oktavianis et al., 2021; Rahmat, 2018).

Other research shows that parenting styles influence adolescents' decision-making and impulse control abilities, with good communication and adequate emotional attention resulting in more adaptive behavior. (Eliza, 2022) adds that parenting emphasizing structure, warmth, and guidance is associated with healthier adolescent sexual behavior, likely due to improved self-regulation and moral reasoning skills. In other words, supportive parenting styles act as a protective factor, although they are not the sole determinant of adolescent sexual behavior; peer influence, education, and societal norms are also important.

This study has several limitations. The cross-sectional design used can only demonstrate associative relationships and cannot determine the direction of the relationship between variables. Data were collected through self-report questionnaires, which can lead to information bias, particularly because the variables studied relate to sensitive issues. Furthermore, the study was conducted in a single school, limiting the generalizability of the results to a broader adolescent population. The variables analyzed were also limited to exposure to

pornographic media, peer influence, and parenting styles, thus other potentially related factors were not examined.

## CONCLUSION

The conclusion of this study is that there is a relationship between exposure to pornographic media ( $p$ -value = 0,005), peer influence ( $p$ -value = 0,001), and parenting styles ( $p$ -value = 0,002) and sexual behavior in adolescents at SMAN 4 Metro. This study found that exposure to pornographic media, peer influence, and parenting style were significantly associated with risky sexual behavior among adolescents. These findings indicate that adolescent sexual behavior is influenced by multiple social and environmental factors. Preventive efforts should therefore involve strengthening parental supervision, promoting positive peer environments, and enhancing digital literacy education within schools.

## SUGGESTION

It is hoped that the Metro Midwifery Study Program will provide the latest references on adolescent sexual behavior, and that schools will collaborate on adolescent health education outreach to create a safe, comfortable, and healthy learning environment. Future researchers are advised to expand the variables and number of respondents to achieve more comprehensive results. The involvement of parents and teachers in media monitoring, implementing supportive parenting styles, and fostering peer relationships is crucial for preventing risky sexual behavior in adolescents.

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