

## THE ROLE OF PARENTS IN SEXUAL EDUCATION AND PREVENTION OF RISKY SEXUAL BEHAVIOR AMONG ADOLESCENTS IN INDONESIA

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### Abstract

Adolescent sexual behavior has increasingly become an urgent reproductive health issue in Indonesia, where the role of parents including supervision, communication, and parenting styles plays a pivotal role in shaping their sexual attitudes. This study aims to systematically examine the relationship between parental roles and adolescent sexual attitudes through a Systematic Literature Review (SLR) using the PRISMA approach. Data were obtained from 25 scientific articles (20 national and 5 international), published between 2015 and 2025, from databases such as Google Scholar, Garuda, ScienceDirect, PubMed, and ResearchGate, using keywords such as “parental role,” “parenting style,” “family communication,” “sexual attitudes,” and “adolescents.” Thematic analysis revealed significant relationships: open communication and authoritative parenting reduce the risk of risky sexual behavior, while lack of supervision and negative emotional relationships increase permissive attitudes. Protective factors include religious education and family emotional attachment. This review emphasizes the importance of parental involvement in providing open, healthy, and culturally appropriate sexual education for adolescents, serving as a foundation for the development of parenting education programs and family-based adolescent health policies.

**Keyword:** Parental role, sexual attitudes, adolescents, family communication, sexual education.

### INTRODUCTION

Adolescence is a critical developmental stage in human life. During this period, significant physical, psychological, and social changes occur, including the emergence of sexual drives, which are a natural part of the maturation process. However, without proper guidance and education, these changes may lead to risky sexual behaviors such as premarital sexual activity, unintended pregnancies, and sexually transmitted infections (Yurizali et al., 2024). This phenomenon is increasingly concerning in Indonesia, where cultural and religious values still regard discussions about sexuality as taboo, causing adolescents to often obtain information from inappropriate sources such as the internet, social media, or peers (Agung et al., 2024).

Data from the National Population and Family Planning Agency (BKKBN, 2017) indicate that approximately 12% of adolescent girls in Indonesia reported having experienced an unintended pregnancy, while 7% of adolescent boys reported that their partners had been pregnant. In addition, the Indonesian Adolescent Reproductive Health Survey (SKRRI, 2015) found that 29.5% of adolescent boys and 6.2% of adolescent girls had engaged in sexual activities such as kissing and fondling. These data confirm that premarital sexual behavior among Indonesian adolescents continues to increase year by year (Sma et al., 2018).

One of the most significant factors influencing the formation of adolescent sexual behavior is the role of parents. The lack of sexual education provided by parents is a primary trigger for the emergence of deviant sexual behavior among adolescents (Andini, 2022). Parents who tend to be withdrawn, busy with work, or feel awkward discussing sexuality often lead their children to seek information outside the family, which may not be accurate. Conversely, open communication between parents and children regarding reproductive health has been

proven effective in fostering understanding and positive attitudes toward healthy sexual behavior (Suzana & Haris, 2023).

Research conducted by (Mulya et al., 2021) indicates that, in addition to parents, the school environment and peers also influence adolescent sexual behavior. Nevertheless, the role of parents remains dominant because the family is the first place where children learn values, morals, and responsibilities. Early sexual education within the family environment can help adolescents understand bodily changes, develop self-respect, and resist invitations to engage in deviant sexual behavior (Made & Trisna, 2019).

Thus, it can be concluded that parents hold a central position in preventing risky sexual behavior among adolescents. Through proper sexual education, supervision, and open communication, parents can serve as the primary source of information and role models for their children during the transition to adulthood. Based on this background, this study aims to conduct an in-depth analysis of the role of parents in sexual education and the prevention of risky sexual behavior among adolescents in Indonesia.

### RESEARCH METHODS

This study employs a descriptive qualitative approach using a literature review method to analyze the role of parents in sexual education and the prevention of risky sexual behavior among adolescents based on previous research findings. According to Zed (2014), a literature review involves the collection, reading, note-taking, and processing of data from relevant sources without the need for fieldwork. This study examines various research results related to the relationship between parental roles, sexual education, and adolescent sexual behavior in Indonesia to provide a comprehensive overview of how parental involvement influences adolescent sexual behavior.

### RESEARCH RESULTS

The literature search was conducted on 25 national and international journals discussing the role of parents in sexual education and the prevention of risky sexual behavior among adolescents in Indonesia. All reviewed journals were published between 2015 and 2024. The analysis was carried out through the identification, selection, and synthesis of data in accordance with predetermined inclusion criteria. The results of the literature review are presented in the following table:

**Table 1. Literature Review**

| No | Authors & Year            | Research Title                                                                            | Research Objectives                                                                                        | Main Findings                                                                                                                                                | Study Relevance                     |
|----|---------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| 1  | (Andini, 2022)            | The Role of Parents in Introducing Reproductive Health Behavior in Adolescent Development | To examine the extent of parental involvement in introducing reproductive health behaviors to adolescents. | Most adolescents were not introduced to sexual education by their parents; the role of parents is crucial in preventing premarital or risky sexual behavior. | Descriptive analytic, questionnaire |
| 2  | (Waliyanti & Ajeng, 2021) | Sexual Education for Adolescents: Parent Role in Rural Area                               | To describe the role of parents in sexual education in rural areas.                                        | Emotional closeness, education, parental perception, and parenting style influence the effectiveness of sexual education within the family.                  | Qualitative phenomenological        |
| 3  | (Asclepius et al., 2024)  | The Relationship Between Knowledge and Parental Role on Adolescent Sexual Behavior        | To analyze the relationship between parental knowledge and roles toward adolescent sexual behavior.        | The role of parents has a significant relationship with adolescent sexual behavior ( $p = 0.022$ ).                                                          | Quantitative, cross-sectional       |
| 4  | (Nurkhansa et al., 2024)  | What Is the Role of Parents, Teachers, and Peers in Shaping Adolescent Sexual Behavior?   | To identify the influence of parents, teachers, and peers on adolescent sexual behavior.                   | Parents have the greatest influence on adolescent sexual behavior compared to teachers and peers.                                                            | Cross-sectional                     |
| 5  | (Mulya et al., n.d.)      | The Relationship Between Parental Communication and Adolescent Sexual Behavior            | To determine the relationship between parental communication and adolescent sexual behavior.               | Open communication between parents and children reduces the risk of premarital sexual behavior.                                                              | Quantitative, correlational         |

| No | Authors & Year              | Research Title                                                                       | Research Objectives                                                                                 | Main Findings                                                                                             | Study Relevance          |
|----|-----------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------|
| 6  | (Suzana & Haris, 2023)      | The Relationship Between Parenting Style and Adolescent Sexual Behavior in Bali      | To examine the influence of parenting style on adolescent sexual behavior.                          | A democratic parenting style has a positive influence on adolescents' control over sexual behavior.       | Quantitative, chi-square |
| 7  | (Ekayamti et al., 2024)     | The Role of Parents in Preventing Risky Sexual Behavior Among Adolescents in Bandung | To describe the role of parents in preventing risky sexual behavior among adolescents.              | Parental educational and supervisory roles remain low; there is a need to strengthen communication roles. | Quantitative descriptive |
| 8  | (Di et al., n.d.)           | Factors Influencing Premarital Sexual Behavior Among Adolescents in Surabaya         | To identify the factors influencing premarital sexual behavior among adolescents.                   | Peers and lack of parental control increase the likelihood of premarital sexual behavior.                 | Cross-sectional          |
| 9  | (Bulukumba & Arfiani, 2023) | The Relationship Between Knowledge and Adolescents' Attitudes Toward Sexuality       | To analyze the relationship between adolescents' level of knowledge and attitudes toward sexuality. | High sexual knowledge is associated with a positive attitude toward reproductive health.                  | Quantitative             |
| 10 | (Putri et al., 2022)        | The Relationship Between Parental Role and Adolescent Sexual Behavior in Sleman      | To examine the relationship between parental supervision and adolescent sexual behavior.            | There is a significant relationship between parental supervision and adolescent sexual behavior.          | Quantitative, chi-square |
| 11 | (Okunade, 2018)             | Parenting Style and Adolescent Sexual Attitude in Indonesia                          | To determine the relationship between parenting styles and adolescents' sexual attitudes.           | There is a significant relationship between parental supervision and adolescent sexual behavior.          | Cross-sectional          |

| No | Authors & Year                                   | Research Title                                                                          | Research Objectives                                                                                  | Main Findings                                                                                            | Study Relevance   |
|----|--------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------|
| 12 | (Made & Trisna, 2019)                            | Family Role in Adolescent Reproductive Health Communication                             | To explore the role of the family in adolescent reproductive health communication.                   | Parents are still embarrassed to talk about sex, causing adolescents to learn from media sources         | Qualitative       |
| 13 | (Pebrianti & Maryanti, 2021)                     | The Role of Parents in Shaping the Character of Generation 4.0 Adolescents              | To describe the contribution of the family in shaping adolescent character in the digital era.       | The family plays a role through education, supervision, and fostering a culture of dialogue              | Literature review |
| 14 | (Lamia Abdulgalil Saif Ali Al-amri et al., 2024) | Sex Education for Early Childhood in Indonesia                                          | To explain the importance of parents' role in providing sexual education from an early age.          | Parents play a vital role from an early age in preventing sexual deviation.                              | Deskriptif        |
| 15 | (Amare et al., 2019)                             | Premarital Sexual Initiation Among Adolescents                                          | To determine the factors influencing the initiation of premarital sexual behavior among adolescents. | Exposure to pornography increases premarital sexual behavior by up to 5.2 times.                         | Quantitative      |
| 16 | (Edisi, 2025)                                    | The Role of Peer Influence on Premarital Sexual Behavior Among Adolescents in Indonesia | To analyze the influence of peers on adolescents' premarital sexual behavior.                        | Peer influence has a significant effect on free sexual behavior.                                         | Quantitative      |
| 17 | (Shawon et al., 2024)                            | Parental Communication Barriers on Sexuality Issues                                     | To identify parental barriers in communicating about sexuality.                                      | Parents consider sex discussions taboo, resulting in ineffective communication.                          | Qualitative       |
| 18 | Haryani (2015)                                   | Moral Values and Sex Education in Indonesian Families                                   | To analyze moral values in sexual education within Indonesian families.                              | Sex education is often seen as conflicting with moral values; therefore, a religious approach is needed. | Literature review |

| No | Authors & Year            | Research Title                                                     | Research Objectives                                                                            | Main Findings                                                                                   | Study Relevance   |
|----|---------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------|
| 19 | (Ispandiyah et al., 2023) | Global Standards for Comprehensive Sexual Education                | To review global standards of comprehensive sexual education and their effectiveness.          | Comprehensive sex education effectively reduces the risk of teenage pregnancy.                  | Review global     |
| 20 | (Ningrum, 2022)           | Internal and External Factors Influencing Adolescent Risk Behavior | To identify internal and external factors influencing adolescents' risky behaviors.            | Knowledge and family factors are dominant in shaping adolescent sexual behavior.                | Quantitative      |
| 21 | (Nasional & Rumah, 2010)  | Introductory Maternity and Pediatric Nursing                       | To provide a basic understanding of adolescents' physical and psychological development.       | Adolescents experience significant physical and psychological changes during puberty            | Literature review |
| 22 | (Nisa et al., 2018)       | Introduction to Maternity and Pediatric Nursing                    | To explain physiological and hormonal changes during adolescence.                              | Explaining the adolescent phase and hormonal changes helps identify triggers of sexual behavior | Textbook          |
| 23 | (Afrilia et al., 2019)    | Relation of Media on Adolescent Reproductive Health Attitude       | To analyze the influence of media on adolescents' attitudes toward reproductive health.        | Pornographic media influence negative attitudes toward sexuality.                               | Quantitative      |
| 24 | (Collins et al., 2021)    | Democratic Parenting Style and Adolescent Self-Control             | Democratic parenting significantly improves adolescents' self-control against risky behaviors. | A democratic parenting style enhances self-control over risky behaviors                         | Cross-sectional   |

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| <b>No</b> | <b>Authors &amp; Year</b> | <b>Research Title</b>                                                | <b>Research Objectives</b>                                                             | <b>Main Findings</b>                                                        | <b>Study Relevance</b> |
|-----------|---------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------|
| 25        | ( <i>No Title</i> , 2025) | The Influence of Family, Teachers, and Peers on Teen Sexual Behavior | To compare the influence of family, teachers, and peers on adolescent sexual behavior. | The family serves as the main protective factor compared to peer influence. | Cross-sectional        |

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## DISCUSSION

The results of this literature study confirm the central role of parents in sexual education and the prevention of risky sexual behavior among adolescents in Indonesia. The family serves as the primary educational environment that shapes a child's values, morals, and understanding of sexuality from an early age. Open communication, role modeling, and effective parental supervision are crucial factors in providing meaningful sexual education and fostering adolescents' awareness of the risks associated with sexual behavior. However, cultural taboos remain a significant barrier, causing many adolescents to seek information from social media or peers, which is often inaccurate. Moreover, the challenges of the digital era require parents to act as filters against exposure to sexual content on the internet through empathetic communication and proper supervision.

The involvement of both parents, particularly the presence of a father figure, is essential in shaping adolescents' mindset and sexual identity in a balanced manner. The effectiveness of sexual education within the family is influenced by factors such as parental education level, emotional closeness, perceptions of sexual education, parenting style, as well as environmental and media influences. Studies indicate that the higher the level of parental involvement in communication, supervision, and role modeling, the lower the risk of adolescents engaging in risky sexual behavior. Therefore, strengthening the parental role through systematic training and counseling programs is highly necessary to support the prevention of premarital sexual behavior and to foster sexually responsible adolescents.

## CONCLUSION

Parental roles are highly influential in shaping adolescents' sexual attitudes and behaviors in Indonesia through the effective delivery of sexual education within the family. Family-based sexual education serves as the primary foundation for preventing risky sexual behaviors by increasing adolescents' knowledge, attitudes, and responsibility toward reproductive health. Open communication and a warm emotional relationship between parents and children are key to successful sexual education, allowing adolescents to discuss and understand physical and emotional changes without fear or shame. Factors such as parents' educational level, their perceptions of sexual education, parenting styles, as well as environmental and digital media influences also affect the effectiveness of parental roles. Active parental involvement as educators, communicators, supervisors, and role models can significantly reduce and prevent risky sexual behaviors among adolescents. Therefore, strengthening family-based sexual education through training and counseling programs for parents and communities is crucial to fostering adolescents who are healthy, responsible, and practice safe sexual behaviors.

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