



THE DIFFERENCES OF SELF-CONTROL IN ADOLESCENT MALE AND FEMALE IN PREVENTING PRE-MARRIAGE SEXUAL BEHAVIOR

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ABSTRACT

This study aims to look at the differences in self-control in adolescent boys and girls in preventing premarital sexual behavior. This study uses a quantitative approach to the type of comparative research and uses a *cluster sampling technique*. The subjects in this study were 240 adolescents, consisting of 120 boys and 120 girls. The data collection method used a self-control scale compiled by the researcher which consisted of 50 items. Data analysis using *independent samples t-test*. The results of this study indicate that there are differences in self-control of male and female adolescents in preventing premarital sexual behavior. The self-control of boys is low, in this case boys rarely think about the impact of what they do. While the self-control of female adolescents is high, in this case female adolescents are able to guide and regulate the right way to behave.

Keywords: *self control, premarital sexual behavior, adolescent boys, adolescent girls*

Introduction

Currently, the problem of juvenile delinquency is increasingly troubling the community, where one of the most prominent problems that hit teenagers in Indonesia is premarital sexual behavior (Setiawan and Ramadani, 2014). According to Sarwono (2012) the development of sexual activity in adolescents begins with the establishment of interactions with the opposite sex, both in the form of interactions between friends and dating with partners. Conolly & McIsaac (in Santrock, 2013) states that adolescents who experience attraction and dating of the opposite sex at the age of 11-13 years are said to be vulnerable to premarital sexual behavior in adolescents.

According to Sarwono (2010) sexual behavior is all behavior that is driven by sexual desire both with the opposite sex and with the same sex. The forms of sexual behavior are *touching, kissing, petting, and sexual intercourse*. Sexual behavior is currently also happening in Aceh, Aceh is a province of "Seuramo Mekkah" (Veranda of Mecca) with a majority Muslim population of 98.89% and is also known as an area of Islamic law (Abubakar, 2011). Islamic sharia law in Aceh has been regulated in Law No. 6 of 2014, one of which is related to premarital sexual behavior, Individuals who engage in premarital



sexual behavior, will be given a caning sentence and also pay fines in the form of money or gold (Aceh Qanun, 2014).

However, until now, there are still many teenagers who engage in sexual behavior pre-nup. According to research conducted by Julistia (2018) which shows that as many as 58% Lhokseumawe city youths engage in premarital sexual behavior while 42% do not engage in sexual behavior premarital sex. Furthermore, the results of research conducted by Idawati (2020) show that, of 74 respondents at SMA Negeri 2 Banda Aceh are known to have committed sexual behavior as much as 60 people (81.1%) are at risk and less at risk there are 14 people (18.9%). In addition to the research results, the researchers made observations also supported the data above. Furthermore, the researchers also conducted. Interview in 6 junior high school students in North Aceh consisting of 3 boys and 3 teenagers woman. Based on interviews with 3 teenage boys, it can be concluded that teenage boys know the consequences that will be accepted when engaging in sexual behavior. Only when we meet they find it difficult to restrain themselves, so those who invite their partners to do behavior sexual.

The behavior they have done has reached the stage of touching the sensitive part of their partner. If their partner refuses to do the behavior they will try to convince his partner. This teenage boy is also not too worried and not too afraid of the consequences obtained, the most important thing is that the behavior is fulfilled.

Then the results of interviews with 3 teenage girls can be concluded that women also know the impact of sexual behavior. The behavior they often do is hug and kissing. They do this behavior because their partner invites them. At first they refused to perform the behavior, but when their partner persuades and convinces them finally they want to do sexual behavior. After they perform sexual behavior, this teenager also said that they are afraid and anxious if their behavior is known by their family.

Then, Sarwono (2015) suggests factors that can influence sexual behavior are: the existence of hormonal changes and the ability of adolescents to control themselves is low. According to Sarwono (Sholihah, 2016), adolescents who are able to control themselves will reduce their behavior compared to adolescents who feel easily influenced by external factors himself. Further research conducted by Nurhapipa, Alhidayati, and Ayunda (2017) said the relationship between self-control and sexual behavior in adolescents showed that Adolescents' ability to control themselves plays an important role in suppressing their sexual behavior.

Self-control as personal control is a person's ability to act or respond by preventing or reducing unwanted stimuli or events. Self control is a simple psychological variable because in it there are different concepts about the ability to control oneself includes: the individual's way of interpreting every event, opportunity, to choose each alternative behavior or action and take direct action against Averil's neighborhood (1973).

According to research conducted by Asstuty (2017) shows that there is a difference between self-control of men and women towards the intention to perform sexual behavior where control women's self-control is high and men's self-control is low, women have better self-control when compared to men's self-control, in this case men rarely think about the impact of what they do because they feel they don't care about the environment around them. Then Zahra .'s research (2020) shows that there are differences in self-control between male and female students in social interaction, where female students' self-control in social interaction is higher compared to the self-control of male students. According to Averill (1973) there are 3 aspects of self-control,



namely cognitive control, behavioral control and self-control decision. Based on results interview with 3 male and female, it was seen that there was a difference between the two in terms of controlling sexual behavior, it can be seen based on the explanation above.

Therefore, researchers are interested in conducting research on “Differences in Self-control in Male and Female Preventing Premarital Sexual Behavior”.

Materials and Methods Research design

This study uses a quantitative approach. Furthermore, the type of research used is comparative. This type of research aims to compare the existence of one variable or more on two or more different samples, or at different times (Sugiyono, 2006).

Population and Research Sample

Population

According to Sugiyono (2019), the population is an area consisting of objects or subjects that have certain qualities and characteristics that have been determined by the researcher to be studied and drawn the conclusion. The population in this study were junior high school adolescents in the District of North Aceh in 2021, totaling 3,678 respondents.

Sample

According to Sugiyono (2019), the sample is part of the number and characteristics possessed by a population. The sampling technique used in this research is *probability sampling*. In this study, the researcher used one of the *probability sampling* techniques, namely the area .techniquesampling (*cluster sampling*). In this study, the researchers selected junior high school students in North Aceh. According to Sugiyono (2019) the *cluster sampling* technique is often used in two stages that is:

- a. The first stage of *sampling* is selecting *the primary sampling unit* (psu) from the total psu.

All junior high school students in North Aceh are grouped into areas or *clusters* (district) which consists of 27 sub-districts.

- b. The second stage of *sampling* , selecting elementary units from within *the primary sampling unit* (psu) that has been chosen.



Based on the selected *clusters* , namely 14 sub-districts, then the researcher re-selected elementary units namely State Junior High School 2 Muara Batu, State Junior High School 1 Dewantara, State Junior High School 3 Simpang Keuramat, State Junior High School 2 Nisam, State Junior High School 3 Sawang, School State Junior High School 1 Kuta Makmur, State Junior High School 1 Banda Baro, School State Junior High School 1 Syamtalira Aron, State Junior High School 2 Syamtalira Bayu, State Junior High School 1 Meurah Mulia, State Junior High School 1 Lhoksukon, State Junior High School 2 Cot Girek, State Junior High School 3 Samudera, State Junior High School 1 Tanah Pasir. The total sample in this study is 120 boys and 120 girls.

Method of collecting data

Data collection in this study used a measuring instrument in the form of a scale/questionnaire that was compiled based on Averill's (1973) self-control theory. The type of scale used in this study is the scale Likert with four categories of answer choices.

Validity and Reliability

According to Sugiyono (2016) the validity test was carried out to determine whether the psychological scaleable to produce accurate data in accordance with the purpose of measuring or in other words validity testis the validity test of the questionnaire, scale or research questionnaire and the item is said to be valid if > 0.30 . In this study, the items selected are items that have a power index > 0.40 - > 0.70 so that i

The remaining items in this study are 52 items.

Reliability

According to (Priyatno, 2011) reliability test is used to determine the consistency of measuring instruments, whether the measuring instrument used is reliable and remains consistent if the measurement is repeated. A construct or variable can be said to be reliable if it has a *Cronbach alpha* value > 0.6 . The reliability of the self-control scale in this study is 0.950, it can be said that the scale in this research is reliable.

Assumption Test

a. Normality test

Normality test aims to knowing is
population data

have a normal distribution or not (Priyatno, 2011). Testing the normality of the data in This study used *the Kolmogorov-Smirnov test* with a significance level of > 0.05 .

b. Homogeneity Test Results

Homogeneity test is used to find out two or more groups of sample data come from populations that have the same variation or not with a level of significance 0.05.



Hypothesis testing

Hypothesis testing was carried out after the normality test and homogeneity test were carried out. Based on test normality that has been carried out, that the data in this study are normally distributed but not homogeneous. Therefore, the hypothesis test used in this study is the free sample T test (*Independent Samples T Test*). The *Independent Samples T Test* was used to see if there is a difference between the 2 groups of free samples (Priyatno, 2011).



Results

This research was conducted in 14 Junior High Schools in North Aceh Regency. The subjects in this study were 240 students, consisting of 120 male students and 120 female students. The age range of the subjects in this study started from the age of 13-18 years.

Results Description of Research Subjects

Descriptive data analysis was carried out to see if there was a comparison between the data hypothetical (which may happen) with empirical data (based on data in the field). Self control scale using 4 alternative answers with scores moving from 1 - 4 (for *favorable*) and 4 - 1 (for *unfavorable*).



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Discussion

Based on the results of research conducted to see differences in self-control in adolescent boys and adolescent girls in preventing premarital sexual behavior in Aceh District North, it can be said that the hypothesis (H_a) is accepted and the hypothesis (H_0) is rejected. This can be seen in table 13, namely the results of the t-test analysis obtained from 240 subjects with 120 male adolescents and 120 girls showed that the *mean* score for boys was 154.83 smaller than adolescent girls 180.13.

This shows a significant difference between adolescent boys and adolescent girls. Furthermore, the t-test value is

$9.129 > 1.658$ with the value of *sig. 2 tailed* is $0.00 < 0.5$. Thus then it can be said that there are differences in self-control in adolescent boys and girls in prevent premarital sexual behavior. The results of this study are in line with the results of previous studies which conducted by Zahra (2020) shows that there are differences in self-control between male students and female students in social interactions, where female students' self-control in interacting higher social control compared to male students' self-control. Then, the research conducted by Astuty (2017) says that there is a difference between male self-control and self-control women in the intention to perform sexual behavior. Furthermore, the results of research conducted by Nofziger (2010) there are differences in self-control based on gender.

The difference according to Nofziger (2010) men tend to have more problems with people and the surrounding environment, in other words, more crimes are committed by man. According to the results of research conducted by Pradita (2019) there is no strict control for men than women, as a result, men are more likely to do various things compared to women so that the ability to control themselves is also male and female different.

According to Astuty (2017) if individuals prefer to satisfy desires, then this indicates that there is a failure to control oneself or divert desires into a positive activity. Furthermore, adolescent girls think more about the impact and the risks of premarital sexual behavior such as changing roles from being a girl then pregnant and changing the role of motherhood, rejection from the surrounding community, and dropping out of school so that adolescent girls can restrain and control their behavior (Sanderowitz and Paxmanin Sarwono, 2016). Teenage girls who will suffer the consequences directly if engage in premarital sexual behavior, including pregnancy, so that women are required to be more careful Sarwono (2016). This makes young girls more able to consider and control sexual behavior.

Then from the results of research, male adolescent self-control is lower than that of male adolescents adolescent self-control. Adolescent boys are unable to organize, direct and control the impulses that exist within him. This is in line with Wulandari's research (2020) which states that if adolescents' self-control is



low, adolescents are unable to regulate themselves and directing their behavior, so that adolescents will behave and act more towards things that Pleasing himself, including by doing sexual behavior. According to Astuty (2017) Individuals who have low self-control cause premarital sexual behavior to be high.

Meanwhile, adolescent girls have high self-control. Teenage girls can regulate, direct and control the impulses that exist within him. This is in line with research conducted by Karniyanti & Lestari (2018) showing that adolescent women who have a high level of self-control are able to organize, guide, organize and pay attention to appropriate ways to behave according to the demands of the situation in order to direct behavior in a positive direction. Then according to Wulandari (2020) Adolescents who have high self-control are able to withstand or control impulses sexual urges that arise from within him, every sexual urge that arises can be controlled by teenagers by diverting the mind in the sense of not thinking about things that can further encourage sexual arousal, so that teenagers can avoid negative actions.

In addition to self-control, according to Brizendine (2014) there are also differences in sexual behavior between women and men boys and girls, the difference lies in that boys have an average often to one hundred times more testosterone than women. Difference in Biology is also what causes differences in self-control for boys and adolescent women in preventing premarital sexual behavior. This is in line with the opinion of Dagon (1992) argues for the reason that differences in cyber-sex attitudes are influenced by biological and social factors psychological.

According to Averill (1973) there are 3 aspects of self-control, namely behavioral control, cognitive control and control decisions. Based on the results of the categorization per aspect of self-control for boys and girls, adolescent girls in preventing premarital sexual behavior, the lowest aspect is behavioral control aspects. Behavioral control is an individual's ability to determine how, who controls the situation or situation, and when an unwanted stimulus faced by Averil (1973). In this aspect, male and female adolescents are in the same category low. This shows that adolescent boys and girls are less able to regulate the implementation and determine who is in control of the situation and circumstances and is able to know how and when undesirable stimulus situations can be controlled.

Then the highest aspect of self-control for boys and girls in preventing premarital sexual behavior is the aspect of cognitive control. According to Averill (1973) cognitive control is an individual's way of translating, assessing, interpreting or combining something events within a cognitive framework. In this aspect, boys and girls alike are in the high category. This shows that boys and girls are able to manage unwanted information by interpreting or assessing an event so that it can be directed to positive behavior to reduce stress. In line with research results conducted by (Rahmadani & Fikry, 2020) which states that students who have control. High cognitive ability is able to manage unwanted information by seeing and assessing, so that it can relate an event in a cognitive framework to reduce stress.



Conclusion

Based on the results of the research conducted, it can be concluded that there are differences in self-control in adolescent boys and girls in preventing premarital sexual behavior. Boys have low self-control. Teenage boys rarely think about the impact of what they do because they feel they don't care about their environment. Teens who have low self-control are unable to regulate, direct and control the impulses that exist in themselves so that adolescents will behave and act more towards things that please themselves including by engaging in sexual behavior. While adolescent girls have self-control. Adolescents who have high self-control are able to organize, guide, organize and pay attention to appropriate ways to behave in accordance with the demands of the situation in order to direct behavior in a positive direction.

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