

Self-Esteem And Conformity to Premarital Sexual Behavior In Adolescent Girls

Lisa Esi Yulianti

Department of Psychology, Mulawarman University, Indonesia

Email: lisa156@gmail.com

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ABSTRACT

This study aims to determine the effect of self-esteem and conformity on premarital sexual behavior among young women in the Sanga-Sanga area. The sample technique used was purposive sampling. The measuring instrument used in this study used a scale of premarital sexual behavior, self-esteem, and conformity. The collected data were analyzed using multiple linear regression test with the help of the Statistical Package for Social Sciences (SPSS) 24.0 for Windows program. The results of this study indicate that there is significant influence between self-esteem and conformity on premarital sexual behavior, namely with a value of $F = 12,265$, $R^2 = 0.202$, and $p = 0.000$. There is no significant influence on self-esteem on premarital sexual $\beta = 0.214$, $t = 1.639$, and $p = 0.105$. On conformity, there is a significant influence on premarital sexual behavior with a β value = -0.270 , $t = 2.066$, and $p = 0.041$. The contribution of the influence of self-esteem and convenience on premarital sexual behavior of girls in Sanga-Sanga was 0.202 (20.2 percent).

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Correspondence:

Lisa Esi Yulianti

Department of Psychology,

Mulawarman University, Indonesia

Email: lisa156@gmail.com



BACKGROUND

Adolescence becomes a period of transition from children to adulthood brings consequences that are not simple. At this time teenagers will be faced with turmoil and struggle because of which this time is also considered a stormy period (Hurlock, 2003). When an individual enters adolescence, there are physical, cognitive, emotional changes that will certainly have implications for his social life.

Physical changes, one of which occurs because new hormones are produced by the endocrine glands, as a result cause changes in primary sex traits and give rise to secondary sex characteristics. Hormonal changes result in sexual changes and cause new urges and feelings. Interest in more intimate correlations begins to occur in adolescence.

Sexual maturity in adolescence leads to the emergence of sexual interest and high curiosity about sexuality. The result of these interests includes changes in sexual behavior in adolescents. This makes adolescents particularly vulnerable to premarital sexual behavior (Muzayyanah, 2008).

Similarly, Kartika and Budisetyani (2018) stated that premarital sexual behavior is any behavior driven by sexual desire. with the opposite sex or same sex without any legal and religious marriage ties or beliefs in the form of touching, kissing, necking, petting, intercourse behaviors.

The phenomenon of the rise of pregnant girls outside the marriage is evidence that premarital sex among young women has become a natural thing. premarital sexual attitudes in adolescents can convey some negative impacts.

Psychological negative consequences can be in the form of feelings of anger fear, anxiety, depression, low self-esteem, feeling

guilty and sinful. Dropouts in pregnant girls and changes in the role of motherhood and pressure come from society that denounces and rejects the situation. Physiologically it can lead to an unwanted pregnancy resulting in an abortion. In addition, negative impacts can also be observed from the physical aspect, namely the development of sexually transmitted diseases (STDs), HIV or AIDS (Sarwono 2011).

Based on the results of screening on 100 adolescents aged 16-18 years which showed that, 95 respondents who engaged in hand-holding behavior, hugged 79 respondents, kissed 57 respondents, groped sensitive body parts 36 respondents, petting 19 respondents, oral sex 16 respondents, and intercourse 14 respondents. Of the 100 respondents, 95 who engaged in premarital sexual behavior and 5 respondents who did not engage in premarital sexual behavior.

Premarital sexual attitude is a multidimensional sitting thing, influenced by a variety of factors origin inside also from outside the adolescent self (Suryoputro, 2006). Adolescent traits or personal factors, family, and factors outside the family such as school, and the surrounding environment can be used to predict adolescent sexual activity. Factors from within the individual that are factors that cause adolescent sexual behavior include the self-esteem possessed by the teenager (Rohmahwati, 2008).

Self-esteem is an evaluation made by an individual and usually associated with respect for himself it expresses an attitude of agreement or disapproval and shows the degree to which the individual believes himself is capable, important, successful, and valuable Coopersmith (2012). Steinberg (in Sari, 2009) says that self-esteem is an important construct in everyday life and plays a role in determining a person's behavior.

Self-esteem affects a person's self-control. Whether a teenager can control himself to behave sexually or not depends on his self-esteem.

According to Subandriyo (in Sari, 2008) premarital sexual behavior carried out among adolescents, especially in adolescent girls, can have negative consequences on the individual concerned such as feeling low self-esteem, feeling dirty, feeling humiliated, guilty, feeling afraid because they have violated religious norms, contracting diseases, to the occurrence of unwanted pregnancies.

In line with interviews conducted with subjects F, DS, and RA they admitted that after doing so there was regret, shame, and feeling no self-esteem. But at that time, they feel lulled by the seduction of their girlfriends, so they want to do it and the subject enjoys it so that they want to do it repeatedly, such as the subject.

DS who is willing to give his virginity to his girlfriend because he is wooed will faithfully wait until he graduates from school and then will marry the subject. DS admitted that he was afraid that his girlfriend would break off their relationship while the subject had given his sanctity to his girlfriend. Friction to be fair to friends of the same age usually gets stronger during adolescence, this was done.

For encouragement to be accepted in groups (Santrock, 2007). Jika teenagers enter the group whose friends have been active in premarital sexual behavior, then it is likely that the teenager can also perform premarital sexual behavior because teenagers are usually conformity (Monks, et al 2004).

The definition of conformity itself means a type of social impact when people

renew their attitudes and behaviors to synchronize existing social customs (Baron and Byrne, 2005). from Monks (2004) conformity in adult towards groups of friends his age occurs because in social changes, teenagers begin to strip themselves of parental origin and lead towards friends his age.

From the results of interviews conducted on subjects F, DS, and RA where subjects who are friends and gather in a group of the scrambling as young as possible. Subject F told me that he would follow whatever was suggested by friends in the scrambling group at his age. He was afraid that he would be different from his group mates.

Interview conducted with Subject DS, subject will not refuse advice or willpower from friends of the group of his play friendship including requests to kiss with girlfriends, hugged the girlfriend, took the boyfriend's hand while going for a walk.

According to Sarwono (2010) sexual behavior is any behavior driven by sexual desire, both with the opposite sex and with the same sex. According to Nevid (in Teruna, 2009) sexual behavior is any type of physical activity that the body uses to express erotic feelings or affections before an official bond. aspects of premarital sexual behavior.

According to Sarwono (2010) is touching (Touching), kissing (Kissing), making out (Petting), oral genital sex, and sexual intercourse (Sexual Intercourse). factors that can affect premarital sexual behavior. According to Soetjningsih (2006), parents' relationship with adolescents, self-esteem, peer pressure, religiosity, and exposure.

According to Coopersmith (2012) self-esteem is an evaluation made by the

individual and usually related to respect for himself, this expresses an attitude of agreement or disapproval and shows the level to which the individual believes himself capable, important, successful, and valuable. The aspects of self-esteem mentioned by Coopersmith (in Irawati, 2012) are, self-acceptance, confidence, interpersonal relationships, the ability to face the environment. Factors that can affect self-esteem according to Coopersmith (2012) are appreciation and acceptance of significant people, social class and success, individual values and inspiration in interpreting experiences, the way individuals deal with devaluation.

According to Sears (2004), conformity is a certain behavior displayed by individuals because there are demands and other individuals also display that behavior. According to Myers (2012) posits that conformity is a change in a person's behavior or beliefs because of group pressure. The aspects of conformity according to Sears (2004) are divided into three aspects, namely, compactness, agreement, and obedience. Factors that can affect conformity according to Sears (2004) are fear of social reproach, fear of deviation, group cohesiveness, attachment to free judgment.

RESEARCH METHODS

The subjects of this study were young women in the Sanga-Sanga region who had premarital sexual intercourse. Using quantitative research. Data analysis techniques using Pearson Product Moment correlation analysis.

Research Design

The research design used is quantitative research. Theoretical research tests by establishing a particular hypothesis,

and then collecting data to support or disprove the hypothesis. Data is collected using the help of special tools used to assess behavior, while using statistical procedures and hypothesis testing to analyze information (Creswell, 2014).

Research Subject

The sampling technique used is purposive sampling, which is a technique that selects research samples using certain considerations and aims to make the data obtained in the future more representative or representative (Sugiyono, 2015). Researchers selected samples in this study based on characteristics, namely:

1. Adolescents of the female sex
2. Adolescents who have engaged in premarital sexual behavior
3. Adolescents aged 15-18 years

Data Collection Methods

The way data is collected in this study is scaled. The trial method was not conducted in this study. This study uses the Likert scale to improve the attitudes, opinions of people or groups of people towards social events (Sugiyono, 2015). The scales used in this study were the scale of premarital sexual attitudes, the scale of self-esteem and the conformity scale.

RESEARCH RESULTS

This study aims to find out the value of variable X (self-esteem and conformity) against variable Y (premarital sexual behavior). Based on the results of the regression test, the multiple models shows that the calculated F value is 12,265 greater than F table 3.09 and 0.000 is smaller than 0.05. with a value of R² 0.202, the contribution of variable X's influence to variable Y is 20.2%.

Then from the results of a simple model regression analysis test showed that T calculated $1,639 < T$ table of $1,984$ which means there is no significant influence between self-esteem and premarital sexual behavior with beta values (β) = 0.214 , and $p = 0.105$. Then in conformity with premarital sexual behavior shows T count of $2,066 > T$ table of $1,984$ which means there is a significant influence with beta values (β) = 0.270 , and $p = 0.041$ ($p < 0.005$).

DISCUSSION

The results showed that in the linear analysis of multiple regressions can be seen in table 26, it was found that there is a very significant influence between self-esteem and conformity on behavior. Premarital sexuality in adolescent girls in the Sanga-Sanga region, reviewed using the value f count more Akbar derived f table and the value $P = 0.000$ ($p < 0.05$). This means that there is an influence between self-esteem and conformity on premarital sexual attitudes in young women in the Sanga-Sanga area. The influence contribution (R^2) of self-esteem and conformity to premarital sexual behavior was 0.202 , indicating that 20.2% of the variation in premarital sexual behavior can be explained by self-esteem and conformity.

Rachmatan (2018) in his research, namely self-esteem and watching porn have a significant effect on the tendency to behave sexually in junior high school teenagers in Yogyakarta. Other research supported by the research of Bana, Hartati, and Ningsih (2017) showed a significant positive relationship between peer group conformity and premarital sexual behavior. This means that the higher a person's

conformity level, the higher the level of sexual behavior.

In a simple regression analysis, it was found that there was no significant influence between self-esteem on premarital sexual behavior in adolescent girls in the Sanga-Sanga region, evidenced by a t count value smaller than t table and a value ($p < 0.05$) then it can be concluded that the second hypothesis in this study was rejected. This is in line with research conducted by Anis Rosidah (2012) showing that there is no significant association between self-esteem and adolescent premarital sexual behavior.

From the results of the next simple regression analysis, it was obtained that conformity had a significant influence on premarital sexual behavior in adolescents in the Sanga-Sanga region, evidenced by T counting greater than T, so it can be explained that the third conjecture in this assessment H_1 received H_0 was rejected. This means that the higher the conformity, the Higher premarital sexual behavior and vice versa, if the conformity is lower than the lower the premarital sexual behavior.

The results showed that conformity influenced premarital sexual behavior in adolescents in Sanga-Sanga. The results of a previous study conducted by Ayu Rahmaditha Apsari and Santi Estelita Purnamasari (2017) in their research journal entitled "The relationship between conformity and Premarital Sexual Behavior in Adolescents" showed that there is a positive relationship between conformity and premarital sexual behavior, which means that the higher the conformity, the higher the premarital sexual behavior, and vice versa the lower the conformity then tends to be lower behavior. Premarital sexuality.

In accordance with descriptive tests that the requirements for the distribution of data in adolescent girls in the Sanga-Sanga region, the results of measurements through the scale of premarital sexual attitudes filled with higher reality averages from hypothetical averages with high categories.

On a filled-in self-esteem scale, the empirical average is lower than the hypothetical average in the low category. This illustrates that the subject is in the category of low self-esteem level. While on the Filled conformity scale, the empirical mean of 65.03 comes from the hypothetical mean with the high group. With the following shows where the subject is during high conformity. then, through the complete conformity scale, the reality SD is lower than the hypothetical SD using the category of high conformity level.

From the results of the partial regression calculation seen then the aspect of self-acceptance (X1) with the aspect of touching behavior (Y1) the result, T calculates the large of the T table and the value of P is 0.05. This suggests that the self-acceptance aspect (X1) influences the touching behavior aspect (Y1).

The importance of one's self-acceptance determines the adjustment of one's life, people who do not accept themselves and do not like themselves will find it difficult to adjust to others (Rohmah, 2004). When adolescents engage in sexual activity and give pleasant feelings, adolescents will have a positive assessment of their sexual behavior.

Based on what would occur partial regression analysis gives that self-acceptance (X1) with the kissing aspect (Y2) forms, T counts greater than T table and a small P value of 0.05. It is shared that the self-acceptance aspect (X2) has a significant

effect with the kissing aspect (Y2). From the results of a partial regression analysis, it shows that aspects of self-acceptance (X1), compactness (X5), agreement (X6) and obedience (X7), with oral aspects of genital sex (Y4) produce, T calculate big from T table and value P 0.05. Self-acceptance oak (X1) has an influence on the oral aspect of genital sex (Y4). Then compactness (X5), with the oral aspect of genital sex (Y4) produces, T calculates big from T table and value P 0.05. oral genital sex (Y4).

Then the agreement (X6), with the oral aspect of genital sex (Y4) is present, T calculates the large of the T table and the value of P 0.05. The following can be seen aspects of the agreement (X6) have an influence with the oral aspect of genital sex (Y4). Then the last obedience (X7), with the oral aspect of genital sex (Y4) produces a large, T count of the T table and the value of P 0.05. can be seen the aspect of obedience (X7) has an influence with the oral aspect of genital sex (Y4). Which means that the higher the adolescent obedience, the higher the premarital sexual behavior in adolescents.

Based on the results of the partial regression calculation, obtained aspects of obedience (X7) with aspects of sexual intercourse (Y5) get, T calculate besar from T table and value P 0.05. have an influence with aspects of sexual intercourse (Y5).

In the peer group, adolescents are very dependent on peers as the origin of their pleasure becomes a result of attachment to peers becomes very strong, then will be followed using the attitude of conformity, where adolescents will try to adjust and merge using the group so that the teenager can be accepted by the group (Soetjningsih, 2008).

CONCLUSION

Based on the description of the discussion, it has been explained that there is a significant influence between self-esteem and conformity with premarital sexual behavior in adolescents in the Sanga-Sanga Region. This means that the hypothesis proposed that there is an influence between self-esteem and conformities with premarital sexual behavior in adolescents in the Sanga-Sanga area is accepted. then there is no influence between self-esteem and premarital sexual behavior in adolescent girls in the Sanga-Sanga region. This means that the hypothesis proposed that there is an influence between conformity and sexual behavior in adolescents in the Sanga-Sanga Region is accepted.

Suggestion

1. For Research Subjects

For teenagers must be more selective in choosing the gang of association because association can transmit habits between fellow members both good habits and bad habits. There are several ways that teenagers can consider to be wiser in choosing friends, namely:

a. Self-acceptance

Adolescents must be able to accept their shortcomings and strengths, be themselves and do not want to be someone else and do not feel inferior so always proud to be themselves. The way that can be done for example by keeping a journal of gratitude for what is owned so as not to continue to juxtapose with others, and other ways that can be done by making interesting quotes about being grateful for what we have.

b. Interpersonal relationships

Build harmonious relationships with family, friends, and society. The way that can be done for example by frequent dialogue, taking the time to tell each other's stories with fellow family members. Building relationships with the surrounding community can also be done by taking part in various activities in the residential environment.

c. Agreement and Obedience

Teenagers must be able to express their opinions well if the agreement taken is not appropriate and only benefits 1 party and Teenagers should be able to resist if group members tell them to do certain behaviors that lead to negative behaviors that you don't want to do. For example, adolescents should improve assertive skills, namely the ability to express disapproval in ways that do not offend the other party.

2. For Parents

Parents are expected to always provide supervision to adolescents, do not always approve of adolescent behavior, more control of adolescents.

3. For the Next Researcher

For the next participants who are interested in doing the same language research is expected to add variables and increase samples or change them with others If the characteristics are different, and researchers who have been involved in the relationship Premarital sexual attitudes in adolescents can divide the research so that it can be used as a reference for other researchers with a wider realm.

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