

Positive Parenting Program to Increase Parental Monitoring Toward Youth Sexual Behavior

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Abstract

The role of parents in the context of education in adolescents needs to be optimized, including sexual education in adolescents. In adolescence, most teenage boys and girls already have enough information about sex, especially in the digital era that is very open. Parental monitoring is a monitoring and communication between parents and children, so that by monitoring parents have knowledge of activities carried out by children. Positive parenting program was developed for parents who have children under the age of three years, adolescents, up to 16 years. This program is intended to parents and family members to prevent disturbance of emotions, behaviour and the problems experienced by children. Parents are expected to be able to increase knowledge about care, especially in sexual education. The method that will be used in this article is the literature review that deals with positive parenting programs to improve parental monitoring of adolescent sexual behaviour. Research conducted by Suwarni (2009) proves that negligence of parents in supervising and communicating with their children contributes to the improvement of sexual behaviour, social problems and criminal behaviour.

Keywords: positive parenting program, parental monitoring and adolescent sexual behavior

1. INTRODUCTION

In adolescence most teenage boys and girls already had enough information about sex, especially in the very open digital era. In any situation, sexual behavior in adolescents is not beneficial. In fact, adolescence is a transition from childhood to adulthood, where they should be able to prepare themselves for adult life, including in their sexual aspects. Sarwono (2010, p. 137) explains that sexual behavior is "behavior driven by sexual desire, both with the opposite sex, and with same-sex". Sexual objects can also be other people, people in fantasy, or even themselves.

Based on the information above, it can be concluded that premarital sexual behavior is behavior driven by sexual desire, which is carried out with the opposite sex and same-sex, where the sexual object can be other people, people in fantasy, or themselves. Sexual behavior can be started from feelings of attraction to dating behavior, flirting until intercourse is done before marriage. According to Sarwono (2010, p. 137) various forms of sexual behavior, ranging from feelings of attraction to the behavior of dating, flirting, and intercourse. In addition, Sarwono (2010, p. 162) also describes other sexual behaviors, namely kissing with a partner, feeling the partner's body, undressing a couple, and having sex. Another opinion from Nuss & Luckey (in Sarwono, 2010, p. 160) regarding forms of sexual behavior includes hugs and handrails with a partner, kissing with a partner, fingering a partner's breasts, feel the partner's

genitals, and have sex with a partner. Based on the explanation above, it can be concluded that forms of sexual behavior start from feeling attracted to the opposite sex, dating, flirting, hugging and holding hands with a partner, kissing a partner, fingering a partner's breasts, feeling a partner's genitals, undressing a couple, and then to do intercourse with a partner.

The pattern of sexual behaviour that is usually done by teenagers in dating and dating is part of adolescent socialization that is useful to fulfil their curiosity about sexuality. Dating has many goals in the lives of today's teenagers, including entertainment, socialization, and status that is considered to be able to make popular partners with each other. However, due to lack of correct information about healthy dating, not a few teenagers when dating the element of sexual desire become dominant. Rahmawati in her research revealed that as many as 46% of teens aged 15-19 years had had free sex. He also revealed that as many as 2.4 million women had had an abortion and 30% were teenagers, and even worse were as many as 0.5% of women were first connected with age 8 (Rahmawati, 2014).

The research conducted by Setiawan and Nurhidayah (2008, p. 68-69) with subjects totalling 160 people who were in grades 2 and 3 of SMA in Bekasi obtained results that amounted to 17.26% looked at each other intently to touch the fingers or hands of the couple, 22.36% hold hands to hug/ hug at the waist by a couple, 22.84% kiss / kiss on the forehead to kiss lips by the couple, 21.83% kissing accompanied by touching the face and hair of the couple until kissing

accompanied by touching genitals through clothes, 15.74% tapping the chest without borders until having sex with a partner, and the effectiveness of courtship contributed 13% to premarital sexual behaviour. Sexual behaviour can occur in every adolescent, both male and female, both highly educated adolescents regarding premarital and low-knowledge sexual behaviour. This is in accordance with the results of a study conducted by Wati (2014, p. 20). It was found that there were 265 out of 787 subjects who had premarital sex, 76% -100% had good knowledge, 56% -75% had enough knowledge, 40% -55% lack of knowledge, <40% of knowledge is not good.

Lack of information about comprehensive reproductive health, education from parents, and services that are not available to adolescents, makes them prefer to seek answers to their questions from various sources that actually cause problems. Communication between parents and children plays an important role in fostering a relationship between them. Parents who cannot communicate with their children will cause conflict. Tralle (2002) shows that parental monitoring prevents the occurrence of risk behaviours namely alcohol use, sexual activity, delinquency and other immoral acts (Tralle, 2002). Adolescents have a distinctive character that is full of turmoil with emotional development that has not been stable, making teenagers more vulnerable to experiencing social turmoil. Research conducted by Suwarni (2009) proves that negligence of parents in monitoring and communicating with their children contributes to increased risky sexual behaviour, social problems and criminal acts.

Parents who should be the main source of information about sexuality in their children, but in providing information about sex is often inadequate, piecemeal, and even often makes teens more confused. Given that only a little information can be obtained from parents, while on the other hand there is a great curiosity, teenagers look for information that can be obtained from other sources or do it by trial and error. Teenagers have placed mass media as a source of sexual information that is more important than parents. Exposure to mass media, both print (newspapers, magazines, pornographic books) and electronics (TV, VCD, Internet) has a direct or indirect influence on adolescents to have premarital sexual relations. (Qomarasari, 2015).

One way that parents can control their children is by monitoring. Parental monitoring is a monitoring and communication between parents and children, so that by monitoring parents have knowledge of activities carried out by children (Suwarni, 2009). Parental monitoring also correlates with the risk of involvement in sexual behaviour problems in adolescents. Adolescents with a higher level of monitoring than parents show lower sexual risk (Huang, Murphy, & Hser, 2011). Kerr (2008, p. 116) explains how to achieve the success of parents in managing their family (family management), namely monitoring. In addition, Guilamo-Ramos, Jaccard, and Dittus (2010, p. 1) also explained that parental monitoring affects risk behaviour in adolescents, including the use of drugs, risky sexual behaviour, alcohol and cigarette use. Risky sexual behaviour, which includes premarital sexual behaviour. When children enter adolescence to avoid negative influences coming from their peers, parents can provide monitoring to their teenage children.

Some indicators are found in parental monitoring (Gullamo-Ramos et al., 2010, p. 7). These indicators, namely: (1) parent's reports, relate to parents' knowledge of children, including through the time of parenthood with children, (2) staff impressions (reports from other parties besides parents and children) related to giving the impression both children get monitoring from their parents, in this case they can cooperate with the teacher, (3) children's reports, which are related to the child's openness to their parents. So it is not just the effort of the parents, but also the effort of the child to tell him about his parents. Stattin (in Gullamo et al., 2010, p. 9) explains the efforts of parents in monitoring children can be done through four indicators, namely: (1) parental control, (2) parental solicitation, (3) youth disclosure, (4) parental knowledge. Parental control relates to the needs of children to get parental permission to provide information to parents about the child's existence and with whom the child will go out of the house. Parental solicitation shows that parental monitoring can be done by means of parents seeking information about their children through various sources, for example by asking friends or parents of friends about their children, even asking directly with their own children. The next indicator is related to youth disclosure, this means that the actions of children are more functioning than the actions of parents. Stattin (in Guilamo-Ramos et al., 2010, p. 9) explained that children should be willing to tell or open up about themselves to their parents. And then, parental knowledge, namely the efforts of parents to find out about children. How much parents can find out about the whereabouts of the child, the activities of the child, and about the environment around the child, including members of the child group.

Tralle (2002) explains that parental monitoring can prevent the occurrence of risk behaviors, namely alcohol use, sexual activity, delinquency and other immoral acts. The carelessness of parents in monitoring and communicating with their children contributes to increasing risky sexual behavior, social problems and criminal acts. Parental monitoring has a quite serious impact on children, and for adolescents in particular. Consequences of parental monitoring that can occur according to Guilamo-Ramos et al., (2010, p. 1) including risky behavior that occurs in adolescents, drug use, premarital sexual behavior, alcohol use, smokers, and some other risky behaviors. This agrees with Stattin that parental monitoring can influence adolescents, and the provision of parental monitoring can prevent the occurrence of problems in adolescent behavior, namely the use of drugs, risky sexual behavior, irregularities, and low school skills.

Negative influences that arise in adolescents, and the low monitoring provided by parents to adolescents can have an impact on risk behavior, including drug use, alcohol, risky sexual behavior, irregularities and other risk behavior.

2. METHOD

The method used is literature review, which is a critical analysis of the research being carried out on a specific topic or in the form of a question on a part of science. This review

is intended to show correlation between variables with how to control variations from many source of artifacts. If control can done perfectly, then distribution correlation studies can be used directly to estimate actual correlation distribution. By observing correlation between several variables observations on various studies, researchers can integrate these results and construct theories.

3. DISCUSSION

In the research that will be conducted he author involves a Positive Parenting Program (Triple P) with a social cognitive approach from Bandura. This program was developed by Sanders (2012) in Australia. The program is designed to create a "friendly family environment" as a preventive intervention and a means to improve people's health and well-being in the practice of parenting. The main objective of the program is to help parents improve their positive skills in parenting. This is done by increasing the knowledge, skills and beliefs of parents who have children from birth to 16 years of age. This program can be done individually and in groups, but delivery through groups can provide support, friendship, and constructive input from other parents, as well as opportunities to develop. In this study Positive Parenting Program (Triple P) was used as a program in increasing parental monitoring of adolescent sexual behavior. The procedure for implementing a positive parenting program to improve mindful parenting skills is carried out by the following steps:

Session 1: Explain about parental monitoring. In this session, parents are given an understanding of the skills needed in parental monitoring, the advantage of having parental monitoring skills and how to develop parental monitoring skills. After session 1 the parents complete the worksheet

Session 2: Play a role about positive parenting. In this session parents try to show parenting skills in the form of role-playing. After session 2 the parents complete the worksheet.

Session 3: Focus Group Discussion on adolescent problems (premarital sexual behaviour). In this session, parents discuss the problems that occur in adolescence. After session 3 the parents complete the worksheet

Session 4: Reflection. In this session parents watch film or video footage about various kinds of parental attitudes facing their children and parents' views of themselves in caring for children. After watching the film, parents reflect on the meaning of the film in their daily lives by being guided by the facilitator. After session 4 the parents complete the worksheet.

Session 5: Skill review of parental monitoring skills. In this session, parents review the experiences of parents in caring for teenagers and are associated with parental monitoring skills. After session 5 the parents complete the worksheet. After the training activity, 2 times telephone monitoring of trainees was held for 1 week.

4. CONCLUSION

When children enter adolescence to avoid negative influences coming from their peers, parents can provide monitoring to their teenagers. If parents apply positive and effective care such as increasing control in providing pre-marital sex education and parents remain consistent with all the consequences of the child if he or she deviates from what has been set. One effective parenting program based on research includes Positive Parenting Program or Triple P, which is then referred to as Positive Care Program.

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