

Adolescent Dating Behaviour in Senior High School

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Abstract: Sexual behaviour is one of risk behaviour in adolescent. Sexual behaviour related to dating behaviour. The study aims to describe adolescent dating behaviour in Senior High School. This study was a descriptive research with cross sectional approach. As many as 150 respondents taken with *simple random sampling*. The variable was adolescent dating behaviour. Data collection using questionnaires. This study showed that average adolescent's age was 16.05 years, average father's age was 47.72 years, average mother's age was 43.91 years, the average length of meeting when dating was 2.63 hours, most of the respondents (62%) were female, most of father jobs (55.3%) were employees and entrepreneurs, most mothers (59.3%) were unemployed, most of father education (49.3%) and mother education (52.7%) was senior high school, and the intensity of dating was less than 1 times/week (46%). Adolescent dating behavior was almost evenly distributed, in the category of risk (49.3%) and not at risk (50.7%). Adolescent dating behaviour in not at risk category showed that there was a healthy relationship between adolescent with girlfriend or boyfriend. Risky adolescent dating behaviour indicated that unhealthy relationship between adolescent with girlfriend or boyfriend. School nurses should be able to give reproductive health education to adolescents.

1 BACKGROUND

Sexual behaviour is one of the risky behaviour towards adolescent health (Kipping *et al.*, 2012). Adolescent sexual behaviour is closely related to adolescent dating behaviour. Sexual experience often occurs when adolescent are dating (BPS *et al.*, 2013). Indrayani (2016) explained that dating behaviour is adolescent activity behaviour characterized by uncertainty, interest, commitment, and ends with a stage of intimacy. Dating behaviour is also characterized by the introduction of deficiencies and advantages of each individual.

The result of Indonesian Demographic and Health Survey 2012 show that 10 percent of adolescents have became mothers, 7 percent of adolescents had given birth, and 3 percent are expecting their first child (BPS *et al.*, 2013). East Java province ranked third according to the prevalence of adolescent woman marriage, after Bangka Belitung islands and South Kalimantan. The prevalence of adolescent woman marriage who got married at the age of 15-19 years in East Java Province in 2012 was 16.7. The number of adolescent women ever marrying were 236.404 persons in East Java Province. Jember Regency is a

regency located in East Java Province. Jember Regency has 25 % adolescent woman marriage based on the population census in 2010 (BPS, 2016).

Viejo, Ortega Ruiz and Sánchez (2015) explain that adolescents with excellent relationship quality have high levels of psychological adjustment. Carter and Williams (2016) explain that late childhood puberty in adolescent girls has a relevant relationship with dating behavior.

Preliminary study in 10 adolescents getting results that 70% (7 persons) had a girlfriend or boyfriend or close friends and 30% (3 persons) had been dating before. As many as 40% (4 persons) said began dating before the age of 15 years. The results of interviews with the teacher get the data that there was an adolescent who was dating in the school environment, such as sitting together and holding each other during break time of school. The study aims to describe adolescent dating behaviour in Senior High School.

2 METHODS

The design of this research was quantitative descriptive with cross sectional approach. The study

took place in X Senior High School in Jember. The population of the research was the entire students of class X and XI in Jember X Senior High School as many as 612 persons. As many as 150 respondents taken with simple random sampling. Inclusion criteria in this study was adolescents who had girlfriend or boyfriend or close friend or had been dating before, staying with parents, and willing to be research respondents. Exclusion criteria was adolescents who were not present at the time of this study due to permissions, absent, or sick. The variable was adolescent dating behaviour. Data collection using adolescent dating behaviour questionnaires including knowledge, attitude, and practice) which have done validity and reliability test (value of corrected item total correlation > r table (0.632), cronbach alpha of knowledge = 0.781, cronbach alpha of attitude = 0.984, and cronbach alpha of practice = 0.885). The data analyzed descriptively. Categorical data was presented in the form of frequency and proportion distribution. Numerical data was presented as a measure of centralization and size of deployment.

3 RESULTS

Table 1 describes description adolescent's age, father's age, mother's age, and meeting time were presented as a measure of centralization and size of deployment. Table 2 describe gender, father's job, mother's job, father's education, mother's education, dating intensity, and adolescent dating behaviour were presented in the form of frequency and proportion distribution.

Table 1: Description of adolescent's age, father's age, mother's age, and, and meeting time.

Characteristics of respondents	Mean	SD	Minimum - maximum
Adolescent's age	16.05	0.683	14-17
Father's age	47.72	5.642	35-65
Mother's age	43.91	5.555	34-64
Meeting time	2.63	1.830	1-9

Table 1 showed that average age of adolescent is 16.05 years with minimum age 14 years and maximum age 17 years. Average age of father was 47.72 years with minimum age 35 years and maximum age 65 years. Average age of mother was 43.91 years with minimum age 34 years and maximum age 64 years. Average meeting time with girlfriend or boyfriend was 2.63 hours/meeting with minimum meeting time 1 hour/meeting and maximum meeting time 9 hours/meeting.

Table 2: Description of gender, father's job, mother's job, father's education, mother's education, dating intensity.

Characteristics of respondents	Frequency	Percentage (%)
Gender		
Male	57	38.0
Female	93	62.0
Father's job		
Government employee	38	25.3
Employee/entrepreneur	83	55.3
Farmer	1	0.7
Trader	12	8.0
Not working	1	0.7
Others	15	10.0
Mother's job		
Government employee	18	12.0
Employee/entrepreneur	23	15.3
Farmer	1	0.7
Factory worker	1	0.7
Trader	10	6.7
Not working	89	59.3
Others	8	5.3
Father's education		
Elementary school	3	2.0
Junior high school	7	4.7
Senior high school	74	49.3
College	66	44.0
Mother's education		
Elementary school	6	4.0
Junior high school	9	6.0
Senior high school	79	52.7
College	56	37.3
Dating intensity		
< 1 time/week	69	46.0
1-3 times/week	42	28.0
> 3 times/week	39	26.0
Adolescent dating behaviour		
At Risk	74	49.3
Not at risk	76	50.7
Total	150	100.0

Table 2 showed that most of adolescent was female as many as 93 people (62%). Most of father's job was employees or entrepreneur as many as 83 people (55.3%). Adolescent's mother did not work (housewives) as many as 89 people (59.3%). Most of father's education was senior high school as many as 74 people (49.3%). Most of mother's education was senior high school as many as 79 people (52.7%). Dating intensity less than 1 time/week as many as 69 people (46%). Adolescent dating behaviour in Jember X Senior High School almost evenly both in category at risk or not at risk.

4 DISCUSSION

Research results get the data that average age of adolescent is 16.05 years. Adolescent at this age is included in the beginning of the end of adolescence (16-19 years). The end of adolescence have characteristics i.e adolescent begin to reveal themselves freedom, selective in looking for peers, can realize the existence of feelings of love, and have the ability to think tall tales (Widyastuti *et al*, 2009). The increasing age of individuals can increase premarital sex behaviour (Hidayah and Maryatun, 2013).

Research results get the findings that average father's age is 47.72 years and average mother's age is 43.91 years. It shows that most of fathers were in the early elderly (46-55 years) and most of mothers were in late adulthood (36-45 years). The task of family development with adolescent include providing balanced freedom with responsibility in adolescent, maintaining the intimacy of the relationship with family, maintaining open communication between adolescent and parents, and the change of roles and rules for family development (Friedman, 2010).

Research results also get the data that most of adolescent (62%) is female. This findings is consistent with Hidayah and Maryatun (2013) that most female do premarital sexual behaviour. Different things obtained from Susanti (2012) that men have a chance of 2.97 times to do sexual behaviour than women. Sexual fantasies and erotis is showed by male than female in adolescence. That is because teen women tend to consider a shame (Sarwono, 2010). The difference of this research results with previous research can be caused the distribution of proportion of respondents between men and women is not the same in this study.

The findings also found that most of father's job were employees or entrepreneurs as many as 83 people (55.3%). Most of mother was not working (housewives) as many as 59.3%. Researchers analyzed that housewives would certainly be more at home and interact with children than working fathers. Wisnieski, Sieving and Garwick (2015) also explained that parents have an important role in minimizing the risk of teenage pregnancy and sexual transmitted infections in their children include adolescent. Mother is the main source of reproductive education. Father is a valuable guidance even though he is not the first source information. Parental monitoring serves as a protective factor in reducing risky sexual behaviour during adolescence (Landry *et al.*, 2017).

Research results get the findings that most of father's education is senior high school as many as 74

people (49.3%). Most of mother's education is senior high school as many as 79 people (52.7%). It showed that mos of parents have a high level of education. Researchers analyze that high education of parents will certainly facilitate parents in communicating and providing information needed by adolescent. Parents have an important role in providing education and monitoring adolescent sexual behaviour (Murdiningsih, Rosnani and Arifin, 2016).

Research results get the findings that dating intensity is less than 1 time/week with average length of meeting is 2.63 hours/meeting. Adolescent explain that they don't meet with their girlfriend or boyfriend everyweek. Researchers analyze that it is because full day learning process in their senior high school allows adolescent experiencing fatigue and chose to rest at home after school. Adolescents may also spend their weekend with their family, remember all of adolescent in this study live with their parents.

Research results get the data that adolescent dating behaviour is almost evenly distributed, in the category of risk and not at risk. Collins *et al* (2009, dalam Rice, McGill and Adler-Baeder, 2017) explained that romantic relationship is considered part of ordinary adolescent development. Relationship in adolescence is important for the development of identity, relationships with peers, and sexuality.

Adolescent dating behaviour in not at risk category showed that there is a healthy relationship between adolescent with girlfriend or boyfriend. Irianto (2014) explains healthy relationship will provide comfort, openness, and sense of mutual understanding in terms of psychological. Healthy relationship, from a social point of view, indicate no binding or spousal isolation. The social relationships of each individual remain well preserved even though the two adolescents are committed to dating commitments. Healthy relationship, viewed sexually, indicate that there is no physical relationship that is contrary to social values and norms and leads to deviation of dating behaviour in adolescents.

Adolescent dating behaviour in at risk category indicates that unhealthy relationship between adolescent with girlfriend or boyfriend. It is commonly associated with behavioural violations of social norms including kissing, necking, petting, and intercourse. Unhealthy dating condition can lead the emergence of the risk of pregnancy in adolescents (Irianto, 2014).

Kiswati (2011) explains that behavioural deviation in adolescence can be caused by mass media and internet usage, lack of knowledge about reproduction health, lack of information from families especially parents and school to equip

adolescents with knowledge of reproductive health. Alfiani (2013) explains that determinants factor of adolescent sexual behaviour is media and television. Tukiran, Pitoyo and Kutanegara (2010) also explains that adolescents are easy to get pornographic content from magazines, television, and internet.

Saputri (2017) also explains that factors related to adolescent dating behaviour are religiosity, parent role, and peer role. Adolescent with low religiosity have a greater chance to have deviant behaviour. The quality of communication between parents and children can prevent adolescent from deviant behaviour, such as premarital sexual behaviour. Discussion, sharing, and problem solving together will make relationship and communication between parents and children become more intensive. Adolescent with negative peer roles tend to have risky dating behaviour compared to adolescent with positif peer roles.

Risky dating behaviour in adolescent can basically be minimized by considering various factors related to adolescent dating behaviour including parents role, peers role, role of school, religiosity, mass media, and internet. School and parents can provide an understanding of reproductive health, the impact of deviation of sexual behaviour with the inclusion of social and religious norms in adolescent. Parents can also maximize their role in providing freedom with equal responsibility in adolescent. Parents should provide information to choose good and positive peers for the future of adolescent. Parents and school can also provide knowledge related to wise media and internet usage to adolescent. School nurses should also be able to maximize their role in providing reproductive health education to adolescent in school.

5 CONCLUSIONS

Adolescent dating behaviour was almost evenly distributed, in the category of risk and not at risk. Adolescent dating behaviour in not at risk category showed that there is a healthy relationship between adolescent with girlfriend or boyfriend. Adolescent dating behaviour in at risk category indicates that unhealthy relationship between adolescent with girlfriend or boyfriend. It is commonly associated with behavioural violations of social norms including kissing, necking, petting, and intercourse. School nurses should also be able to maximize their role in providing reproductive health education to adolescent in school.

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