

The Effect of Self-Control and Peer Conformity on Pre-Marital Sexual Behavior Among Students at SMK "X" in Ciparay District

Annatasya Maesa Kurnia¹, Rifqi Farisan Akbar²

Universitas INABA

Email: nasyatasya0203@student.inaba.ac.id, rifqi.farisan@inaba.ac.id

Adolescence is a transitional period characterized by biological, psychological, and social changes that increase vulnerability to risky behavior, including premarital sexual behavior. This phenomenon is increasingly worrying among Indonesian adolescents and is also clearly found in students at SMK "X" in Ciparay District. This study aims to analyze the influence of self-control and peer conformity on premarital sexual behavior among students at SMK "X" in Ciparay District. The study used a quantitative approach with a survey method. The study sample consisted of 64 students in grades X and XI selected using proportional random sampling technique. Data were collected through a Likert scale questionnaire that measured premarital sexual behavior, self-control based on Averill's theory, and peer conformity based on Baron and Byrne's theory. Data analysis was performed using multiple linear regression with the help of IBM SPSS. The results showed that self-control had a significant and negative effect on premarital sexual behavior, while peer conformity had a significant and positive effect. Simultaneously, self-control and peer conformity had a significant effect on premarital sexual behavior and were able to explain 23.1% of the variation in that behavior. These findings suggest that low self-control and high levels of peer conformity that support risky behavior increase the likelihood of premarital sexual behavior in students. This research is expected to provide a basis for schools, parents, and other stakeholders in designing more effective preventive interventions.

Keywords: Self-Control, Peer Conformity, Premarital Sexual Behavior, Adolescents

This is an open access article under the [CC BY-NC](#) license



Corresponding Author:

Annatasya Maesa Kurnia
Universitas INABA
nasyatasya0203@student.inaba.ac.id

1. Introduction

Adolescence is a crucial transition phase from childhood to adulthood, marked by biological, psychological, cognitive, and social changes. One major biological change is puberty, which triggers the development of sexual function and a heightened curiosity about sexuality (Subekti et al., 2020). This curiosity drives adolescents to seek information from various media and even experiment directly, increasing their vulnerability to risky behaviors such as premarital sexual behavior (Santrock, 2003). In addition to internal factors, adolescents' perceptions of the social support they receive are closely related to their mental health conditions and behavioral patterns at school (Ekanesia et al., 2024). Kartono defines premarital sexual behavior as sexual acts that violate social norms, ranging from flirting to intercourse, engaged in by unmarried men and women due to heightened sexual urges. (Fikri & Nuradina, 2023)

The phenomenon of premarital sexual behavior among adolescents has become a serious problem globally and nationally. Data from the 2018 Basic Health Research (Riskesdas) shows that most Indonesian adolescents begin dating between the ages of 15 and 17. The Indonesian Child Protection Commission (KPAI) (2019) reported that 62.7% of Indonesian adolescents had engaged in premarital sex, and BKKBN (2025) data showed a significant increase, with 59% of girls and 74% of boys aged 15–19 having engaged in sexual intercourse, while the average age of marriage was 22. This data reflects a reproductive health and social crisis that is seriously impacting human resource development in Indonesia.

Ciparay District in Bandung Regency is a densely populated area with complex social dynamics, combining traditional values and the influence of urbanization. Although family and religiosity remain strong, various cases, such as sexual violence in Islamic boarding schools (*pesantren*) and acts of exhibitionism in public spaces, indicate serious social problems (Mauludin, 2022; *TribunBatam*, 2020). In the Ciparay educational environment, particularly in 2024, an increase in problematic sexual behavior among high school and vocational school students was found, including the distribution of immoral videos and pregnancies resulting from premarital sex.

At SMK "X" Ciparay, researchers' initial observations in April 2025 revealed premarital sexual behavior such as holding hands, hugging, and other physical contact on school grounds. Official student data for the 2024/2025 academic year recorded 60 cases of student violations, with 53% of these related to premarital sexual behavior. Of these 32 cases, the behavior ranged from hugging to 21 cases of intimate relations. In addition to official data, interviews and observations revealed that 15 other students admitted to having intimate relations but not recorded, bringing the total number of students identified as having engaged in premarital sexual behavior to 51. This demonstrates a gap between administrative data and the reality on the ground and underscores the urgency of the problem at SMK "X."

The school implemented gradual sanctions according to the severity of the violation, ranging from verbal warnings, SP3 (executive suspension), summoning parents, to suspension and expulsion, particularly in cases of pregnancy. While some students who received minor sanctions showed positive behavioral changes, severe cases directly impacted their school attendance and future prospects. The definition of premarital sexual behavior used refers to Sarwono's (2010) view, which includes a broad spectrum of sexual behavior from non-genital physical contact to sexual intercourse, in accordance with adolescent psychosexual development.

The main causal factors identified are low self-control and the strong influence of peer conformity. Based on Averill (1973) concept of self-control, students exhibit difficulty controlling behavior, conflict between rational understanding and impulsive impulses, and an inability to make decisive decisions to avoid risks. Individuals with low self-control tend to be impulsive and have difficulty delaying gratification. Furthermore, peer conformity, as explained by Baron and Bryne, (2005) and Myers (2019), plays a significant role, as students adapt their behavior to be accepted by the group. Normative and informational pressures lead students to perceive premarital sexual behavior as normal because it is practiced by their peers, including those influenced by representations on social media.

Premarital sexual behavior has serious psychological and social impacts. Kustanti describes psychological impacts such as anxiety, depression, guilt, and addiction, as well as social impacts such as stigma, family conflict, decreased academic performance, and even school dropout (Chotimah et al., 2022). Findings at Vocational High School "X" indicate that students involved often experience social exclusion, family pressure, decreased motivation to learn, and in some cases, have had to drop out of school due to pregnancy.

Self-control, according to Goldfried & Merbaum, is an individual's ability to regulate and direct behavior toward positive consequences (Jelita, 2024). Research by Nita Istiqomah (2021) indicates that high self-control is associated with a lower likelihood of premarital sexual behavior. Other research by Wulandari (2021), Jelita (2024), and Daratista & Chandra (2020) consistently found that self-control and peer conformity are significantly related to premarital sexual behavior in adolescents.

However, there remains a gap in research, particularly regarding the simultaneous influence of self-control and peer conformity on vocational high school students with specific characteristics, such as SMK "X" Ciparay. Therefore, this study aims to comprehensively examine the influence of these two variables on

students' premarital sexual behavior, in order to provide relevant and localized empirical evidence as a basis for targeted interventions. This research is expected to help prevent premarital sexual behavior, encourage positive conformity, and increase school, family, and community awareness in safeguarding the future of the younger generation.

Based on the above background, this study aims to: (1) Analyze the influence of self-control on premarital sexual behavior among students at SMK "X" in Ciparay District. (2) Analyze the influence of peer conformity on premarital sexual behavior among students at SMK "X" in Ciparay District. (3) Analyze the influence of self-control and peer conformity on premarital sexual behavior among students at SMK "X" in Ciparay District.

Hypothesis

1. Major Hypothesis

"There is an influence between self-control and peer conformity on premarital sexual behavior among students at SMK "X" in Ciparay District.

2. Minor Hypothesis

- a. There is an influence between self-control and premarital sexual behavior among students at SMK "X" in Ciparay District.
- b. There is an influence between conformity and premarital sexual behavior among students at SMK "X" in Ciparay District.

2. Method

This study employed a quantitative method based on the philosophy of positivism, with the aim of testing causal relationships between variables through statistical analysis, as explained by Sugiyono (2018). The approach used was associative research to determine the influence of self-control and peer conformity on premarital sexual behavior among students at Vocational High School "X" (Aldinel Fikri & Kartika Nuradina, 2023)

The research variables consist of independent and dependent variables. Sugiyono (2017) explains that variables are attributes or values determined by the researcher for study. The independent variables in this study were self-control and peer conformity, while the dependent variable was premarital sexual behavior. The research sample was a subset of the population representing certain characteristics (Dawis et al., 2023), with 64 students in grades 10 and 11 out of a total population of 180 students. This sample was determined using the Slovin formula and proportional random sampling techniques, as per the sampling concept according to (Salam, 2018).

The data used is quantitative, namely data in the form of numbers that can be measured directly (Kuncoro, 2021). Data sources include primary data obtained directly from respondents through an online questionnaire based on Google Forms, as defined by Nazir (2019), as well as secondary data from books, journals, and previous research as stated by (Fikri, 2022). The research instruments include a premarital sexual behavior scale compiled based on the type of sexual behavior, a self-control scale based on Averill's (1973) theory, and a peer conformity scale based on Baron and Bryne (2005) theory, measured using a Likert scale.

Validity testing was conducted to ensure the instrument's accuracy in measuring the research variables, as defined by Sugiyono (2018), using the Spearman Rank Test in IBM SPSS, with r greater than r table. Reliability testing was performed using the Cronbach's Alpha coefficient, with reliability defined as a value ≥ 0.60 , as determined by Azwar (2014) and Sugiyono (2018). Data analysis using multiple linear regression to test the effect of two independent variables on one dependent variable, preceded by classical assumption

The Effect of Self-Control and Peer Conformity on Pre-Marital Sexual Behavior Among Students at SMK "X" in Ciparay District. Annatasya Maesa Kurnia et.al

tests including normality, multicollinearity, and heteroscedasticity tests as explained by Basuki (2015) Hypothesis testing is carried out by looking at the significance value, where the hypothesis is accepted if the sig value ≤ 0.05 and rejected if sig ≥ 0.05 , according to the criteria put forward by Sugiyono (2018) and Basuki, 2015).

3. Result and Discussion

Validity and Reliability Testing

Description of Subjects and Categorization of Research Variables

The population in this study was all 180 students at SMK "X" in Ciparay District. The sample size was 64 students who met the criteria for having a partner and having engaged in premarital sexual behavior. The descriptive statistical analysis showed that the self-control variable had a minimum score of 30 and a maximum score of 88, with a mean of 54.17 and a standard deviation of 14.40. The peer conformity variable had a minimum score of 30 and a maximum score of 79, with a mean of 51.35 and a standard deviation of 13.26. Meanwhile, the premarital sexual behavior variable had a minimum score of 15 and a maximum score of 64, with a mean of 44.56 and a standard deviation of 10.22. All data were analyzed from 64 valid respondents.

Based on the categorization of the self-control variable using the mean range and one standard deviation, students with scores below 37 were categorized as having low self-control, scores between 37 and 59 were categorized as having moderate self-control, and scores above 59 were categorized as having high self-control. The results showed that the majority of students fell into the moderate self-control category, namely 33 students (51.6%). Twenty-five students, or 39.1%, fell into the high self-control category, while six students, or 9.4%, fell into the low self-control category. Therefore, the level of self-control of students at SMK "X" in Ciparay District was generally in the moderate category.

For the peer conformity variable, the categorization showed that 38 students, or 59.4%, fell into the moderate category. Seventeen students, or 26.6%, fell into the high self-control category, while nine students, or 14.1%, fell into the low self-control category. These results indicate that the level of peer conformity of students at SMK "X" in Ciparay District was also in the moderate category.

Furthermore, regarding the premarital sexual behavior variable, the categorization results showed that 33 students, or 51.6%, fell into the moderate category. 27 students, or 42.2%, fell into the high category, while only 4 students, or 6.3%, fell into the low category. Thus, the overall level of premarital sexual behavior among students at SMK "X" in Ciparay District fell into the moderate category.

Classical Assumption Test Results

Normality Test

Table 1. Normality Test

One-Sample Kolmogorov-Smirnov Test		
		Unstandardized Residual
N		64
Normal Parameters ^{a,b}	Mean	.0000000
	Std. Deviation	8.82596246
Most Extreme Differences	Absolute	.067
	Positive	.067
	Negative	-.053
Test Statistic		.067

Asymp. Sig. (2-tailed)	.200 ^{c,d}
a. Test distribution is Normal.	
b. Calculated from data.	
c. Lilliefors Significance Correction.	
d. This is a lower bound of the true significance.	

Based on Table 1, the Asymp. Sig. (2-tailed) value obtained is 0.200 (>0.05), thus concluding that the data is normally distributed, as the significance value is greater than 0.05.

Multicollinearity Test

Table 2. Multicollinearity Test
Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients		Collinearity Statistics		
		B	Std. Error	Beta	t	Sig.	Tolerance	VIF
1	(Constant)	20.413	5.423		3.765	.000		
	Self-Control	.241	.083	.340	2.910	.005	.897	1.115
	Conformity	.216	.090	.280	2.401	.019	.897	1.115

a. Dependent Variable: Sexual Behavior

Based on Table 2, the independent variable has a tolerance value of 0.897, which is greater than (>0.100), and a VIF value of 1.115, which is less than (<10.00). Therefore, it can be concluded that the multicollinearity assumption has been met, indicating that no symptoms of multicollinearity occur.

Heteroscedasticity Test

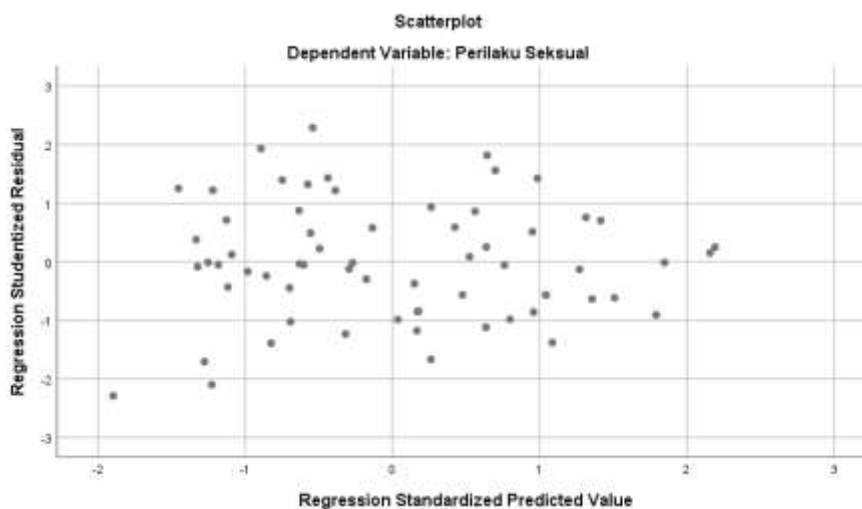


Figure 1. Heteroscedasticity Test

Based on Figure 1, there is no clear pattern and the data distribution is spread above and below or around the number 0. Therefore, it can be concluded that the data does not exhibit heteroscedasticity, or the heteroscedasticity test has been met.

Hypothesis Test Results

Multiple Linear Regression Test

Table 3. Multiple Linear Regression Test

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.505 ^a	.255	.231	8.96948

a. Predictors: (Constant), Conformity, Self-Control

ANOVA^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1680.200	2	840.100	10.442	.000 ^b
	Residual	4907.550	61	80.452		
	Total	6587.750	63			

a. Dependent Variable: Sexual Behavior

b. Predictors: (Constant), Conformity, Self-Control

Based on Table 3 (ANOVA), the significance value is 0.000, which is <0.05. The hypothesis is accepted if the significance value is ≤ 0.05 (Basuki, 2015). Based on this theory, the hypothesis is simultaneously accepted, namely that there is an influence between self-control and peer conformity on premarital sexual behavior among students in the Ciparay sub-district. Based on Table 3 (Model Summary), the extent of the influence of self-control and peer conformity on premarital sexual behavior can be seen in the Adjusted R Square column, which is 0.231 or 23.1%. The R Square value is used to indicate how much the independent variable explains the dependent variable (Basuki, 2015).

Table 4.

Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients		t	Sig.
	B	Std. Error	Beta			
1 (Constant)	20.413	5.423			3.765	.000
Kontrol Diri	.241	.083	.340		2.910	.005
Konformitas	.216	.090	.280		2.401	.019

a. Dependent Variable: Sexual Behavior

Based on Table 4, the significance value for the self-control variable can be seen in the sig. column, where the significance value is 0.005, where the value is ≤ 0.05. The hypothesis is accepted if the significance value is ≤ 0.05 (Basuki, 2015). Based on this theory, the first hypothesis is accepted, indicating an influence between self-control and premarital sexual behavior.

Similarly, for the peer conformity variable, the significance value for the peer conformity variable is 0.019, where the value is ≤ 0.05. The hypothesis is accepted if the significance value is ≤ 0.05 (Basuki, 2015). Based on this theory, the second hypothesis is accepted, indicating an influence between peer conformity and premarital sexual behavior.

Based on the hypothesis testing, the following multiple linear regression equation was obtained:

$$Y = a + b_1X_1 + b_2X_2$$

$$\text{Premarital Sexual Behavior} = 20.413 + 0.241 \text{ Self-Control} + 0.216 \text{ Peer Conformity.}$$

Based on the multiple linear regression equation above, the value of a (constant) = 20.413, a positive constant value indicates that there is a positive influence on the independent variables, namely self-control (x1) and peer conformity variables (x2). The regression coefficient value (b1) $X_1 = 0.241$ indicates that each decrease in self-control values will increase premarital sexual behavior by 0.241 or 24.1%. Meanwhile, the regression coefficient value (b2) $X_2 = 0.216$ indicates that each increase in peer conformity values will increase premarital sexual behavior by 0.216 or 21.6%. Therefore, it can be concluded that the lower the level of self-control and the higher the level of peer conformity, the higher the premarital sexual behavior in adolescents.

Discussion

The results of the hypothesis test indicate that self-control has a significant effect on premarital sexual behavior among students at Vocational High School "X" in Ciparay District. This is indicated by the regression coefficient (b) of 0.241, with a significance value of 0.005, which is less than 0.05, thus the first hypothesis is accepted. This regression coefficient indicates an inverse relationship, where each decrease in self-control increases premarital sexual behavior by 0.241, or 24.1%. Therefore, the lower a student's self-control, the higher the likelihood of premarital sexual behavior, while the higher the self-control, the lower the likelihood of premarital sexual behavior, indicating that self-control plays a role in suppressing premarital sexual behavior.

This finding aligns with research by Nita Istiqomah (2021), which found that the higher a student's self-control, the lower the likelihood of engaging in premarital sexual behavior. The results of this study are also supported by Jelita (2024) and Wardani & Alfiani (2022), who found a significant negative relationship between self-control and premarital sexual behavior, where good self-control can reduce the risk of premarital sexual behavior in adolescents.

Theoretically, Goldfried and Merbaum (in Jelita B, 2024) define self-control as an individual's ability to organize, guide, regulate, and direct behavior toward positive consequences through rational consideration. This concept aligns with Averill (1973), who stated that self-control encompasses behavioral control, cognitive control, and decisional control. Adolescents with high self-control are able to resist impulsive urges, manage emotions, and make appropriate decisions to avoid risky behavior. Thus, the results of this study confirm that self-control influences premarital sexual behavior in an inverse manner, where the higher the self-control, the lower the premarital sexual behavior, and vice versa.

In addition to self-control, peer conformity was also found to have a significant effect on premarital sexual behavior among students at Vocational School "X" in Ciparay District. This is indicated by the regression coefficient (B) of 0.216 with a significance value of 0.019, which is less than 0.05 ($\alpha < 0.05$), thus the second hypothesis is accepted. This coefficient indicates a directional relationship, meaning that each increase in peer conformity will increase premarital sexual behavior by 0.216, or 21.6%. Therefore, the higher the level of peer conformity, the higher the likelihood of premarital sexual behavior in adolescents.

This finding indicates that peer conformity contributes to premarital sexual behavior, aligning with Monks' (2004:50) opinion, which states that during adolescence, individuals begin to become less dependent on their parents and are more influenced by their peers. The strong role of peers in adolescent social interactions makes conformity a significant factor influencing behavior, including premarital sexual behavior.

The results of this study align with those of Apsari & Purnamasari (2017), Wulandari (2021) and Daratista & Chandra (2020), which all found a positive and significant relationship between peer conformity and premarital sexual behavior in adolescents. Hastuti and Fuziah (2021) also emphasized that peer conformity

is a major factor driving adolescents to engage in premarital sexual behavior, with higher levels of conformity leading to higher rates of premarital sexual behavior.

Theoretically, conformity is an individual's tendency to adjust attitudes and behaviors to group norms in order to be accepted (Sears et al, 2005). This is reinforced by recent findings that peer conformity has a significant positive relationship with identity formation, whereby adolescents who are highly compliant with their group tend to seek social recognition through actions that are considered acceptable by that group (Hardian et al., 2025). The pressure of social norms within peer groups makes adolescents tend to follow the behavior of their group (Sarwono, 2012), and strong emotional bonds within peer groups can be a factor in the emergence of negative behavior, including premarital sexual behavior (Sarwono, 2003). Desmita (2015) also states that the intensity of adolescent interactions with peers causes peer influence to be very large on individual behavior. To mitigate this pressure, it is necessary to strengthen cognitive functions so that adolescents are able to make more rational decisions and not simply follow the group's flow (Rahman et al., 2024). Thus, the results of this study confirm that the higher the peer conformity, the higher the premarital sexual behavior, and conversely, the lower the peer conformity, the lower the premarital sexual behavior in adolescents.

Based on the results of simultaneous hypothesis testing, self-control and peer conformity were shown to have a significant influence on premarital sexual behavior among students at SMK "X" in Ciparay District. This is indicated by a significance value of 0.000 in the ANOVA table, which is less than 0.05 ($\alpha < 0.05$), thus the hypothesis stating that there is a simultaneous influence of these two variables on premarital sexual behavior is accepted.

The significant contribution of self-control and peer conformity to premarital sexual behavior can be seen from the Adjusted R Square value of 0.231. This value indicates that 23.1% of the variation in students' premarital sexual behavior can be explained by self-control and peer conformity, while the remaining 77.9% is influenced by factors other than the variables studied. Referring to the theories of Sarwono (2012) and Soetjningsih (2010), sexual behavior can be influenced by other internal factors such as religiousness and knowledge about reproductive health. In addition, external factors such as exposure to mass media (pornography), uncommunicative parenting styles, and the influence of the wider social environment also play a significant role in shaping sexual behavior in adolescents. Individuals with weak self-control are more susceptible to the negative influences of the media and the environment, which ultimately increases the risk of premarital sexual behavior.

The results of the multiple linear regression analysis yield the equation: Premarital Sexual Behavior = 20.413 + 0.241 Self-Control + 0.216 Peer Conformity. The constant value of 20.413 indicates that when self-control and peer conformity are assumed constant, the level of premarital sexual behavior remains at that level. The self-control regression coefficient of 0.241 indicates that a decrease in self-control will be followed by an increase in premarital sexual behavior by 24.1%, while the peer conformity regression coefficient of 0.216 indicates that an increase in peer conformity will increase premarital sexual behavior by 21.6%. Thus, it can be concluded that the lower the self-control and the higher the peer conformity, the higher the premarital sexual behavior among adolescents at SMK "X" Ciparay District.

4. Conclusion

Based on the research results and discussion, it can be concluded that self-control has a significant and positive influence on premarital sexual behavior in students of SMK "X" Ciparay District, where the higher the self-control of adolescents, the lower their tendency to engage in premarital sexual behavior. Conversely, peer conformity has a significant and positive influence, which indicates that the higher the

pressure or adjustment to peers, the greater the tendency of adolescents to engage in premarital sexual behavior. Simultaneously, self-control and peer conformity together have a significant influence on premarital sexual behavior and are able to explain 23.1% of the variation in this behavior, so that low self-control accompanied by high conformity to peers who support risky behavior increases the chances of premarital sexual behavior in adolescents.

5. Reference

- Aldinel Fikri, & Kartika Nuradina. (2023). Identification of Student Learning Style Preference Profiles in Hybrid Learning Settings: An Essential Consideration for Developing Learning Strategies. *West Science Interdisciplinary Studies*, 1(09), 719–730. <https://doi.org/10.58812/wsis.v1i09.205>
- Apsari, A. R., & Purnamasari, S. E. (2017). Hubungan Antara Konformitas Dengan Perilaku Seksual Pranikah Pada Remaja: the Correlation Between Conformity and Pranicical Sexual Behavior in Adolescents. *InSight*, 19(1), 1–12.
- Averill, J. R. (1973). Personal control over aversive stimuli and its relationship to stress. *Psychological Bulletin*, 80(4), 286–303. <https://doi.org/10.1037/h0034845>
- Azwar, S. (2014). *Penyusunan Skala Psikologi Edisi 2 Saifuddin Azwar*.
- Basuki, A. T. (2015). Fakultas Ekonomi dan Bisnis Universitas Muhammadiyah Tangerang. *Dynamic Management Journal*, Vol. 3, 41–52.
- BKKBN. (2025). *Survei BKKBN: Gaya Pacaran Remaja Berisiko, Seks Bebas Meningkat*. Jatimtimes.com.
- Bryne, robert A. B. donn. (2005). *Psicologia Social* (Vol. 7). <http://www.biomedcentral.com/1471>
- Cholid, A. J., & Nuradina, K. (2025). Hubungan antara Entrepreneurial Orientation dan Creative Self-Efficacy dengan Keunggulan Bersaing pada Content Creator Shopee Affiliate di Bintang Agency Mediatama. *Ranah Research: Journal of Multidisciplinary Research and Development*, 7(6), 4008–4023. <https://doi.org/10.38035/rj.v7i6.1781>
- Chotimah, H., Notoatmodjo, S., & Agustina, S. (2022). Determinan Perilaku Seksual Remaja di SMKK Prima Indonesia - Bekasi. *Jurnal Bidang Ilmu Kesehatan*, 12(1), 71–82. <https://doi.org/10.52643/jbik.v12i1.1573>
- Daratista, I., & Chandra, E. K. (2020). Bulletin of Counseling and Psychotherapy Hubungan antara Harga Diri, Kontrol Diri, dan Konformitas Remaja Terhadap Perilaku Seksual Pranikah. *Bulletin of Counseling and Psychotherapy*, 2(1), 9–13. <https://journal.kurasinstitute.com/index.php/bocp>
- Dawis, A. M., Meylani, Y., Heryana, N., Alfathoni, M. A. M., Sriwahyuni, E., Ristiyana, R., ... & Baali, Y. (2023). *Pengantar metodologi penelitian*. Get Press Indonesia.
- Desmita. (2015). *Psikologi perkembangan*. Bandung: PT Remaja Rosdakary
- Ekanesia, P., Akbar, R. F., & Sastri, P. D. (2024). Profil Perceived Social Support dan Hubungannya dengan Kesehatan Mental Remaja di Kota Makassar. *Jurnal Psikologi: Media Ilmiah Psikologi*, 22(01), 21–33. <https://doi.org/10.47007/jpsi.v22i01.361>
- Fikri, A. (2022). Organizational Culture of Non-Franchise Local Coffee Shop As a Form of Social Entrepreneurship for Milenials. *Journal of Business and Management Inaba*, 1(02), 97–111. <https://doi.org/10.56956/jbmi.v1i02.119>
- Hardian, A., Sitepu, E., Mulyapradana, A., Sitopu, J. W., Wardono, B. H., Bina, U., Informatika, S., Agung, U. D., & Simalungun, U. (2025). *Indonesian Research Journal on Education*. 5(2019), 1079–1085.
- Jelita, B. (2024). *Hubungan Antara Self Control Dengan Perilaku Seksual Pranikah Pada Siswa Sma Di Sekolah X Kecamatan Medan Tembung*.
- Kementerian Kesehatan RI. (2019). *Laporan Nasional Riset Kesehatan Dasar (Riskesdas) 2018*. Jakarta: Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan.

- Komisi Perlindungan Anak Indonesia (KPAI). (2019). *Data Kekerasan dan Perilaku Seksual Berisiko Remaja Indonesia*. Jakarta: KPAI.
- Kuncoro. (2021). *Metodologi Penelitian Kuantitatif (Perspektif Manajemen)*
- Mauludin, L. A. (2022, Januari 6). *Kasus Tindak Asusila di Pondok Pesantren Kembali Terjadi di Bandung, Kali Ini Ponpes di Ciparay*. Tribun Jabar.
- Monks, F. J., Knoers, A. M. P., & Haditono, S. R. (2004). *Psikologi Perkembangan: Pengantar dalam Berbagai Bagiannya*. Yogyakarta: Gadjah Mada University Press.
- Myers, David G. (2019). social psychology. In *The Development Dictionary: a Guide to Knowledge as Power, Third Edition*. <https://doi.org/10.5840/cogito199812131>
- Nazir, M. (2019). *Metode Penelitian*. Jakarta: Ghalia Indonesia.
- Nita Istiqomah, H. B. N. D. (2021). *Pengaruh Pengetahuan, Kontrol Diri terhadap Perilaku Seksual Pranikah di Kalangan Remaja SMK di Surabaya*. 32(3), 167–186.
- Rahman, N. P., Akbar, R. F., Ranabila, Z. A., Muthmainnah, Q., & Sudrajat, N. S. (2024). Pengaruh Latihan Mnemonik Terhadap Peningkatan Daya Ingat Pada Mahasiswa Di Fakultas Psikologi Universitas X Di Bandung. *Inaba Journal Of Psychology*, 2(2), 57–67. <https://doi.org/10.56956/ijop.v2i2.260>
- Salam, N. (2018). 75 Konsep dan penerapan metodologi.pdf. In *Konsep dan Penerapan Metodologi Penelitian Ilmu Keperawatan* (p. 60).
- Santrock, John W. (2003). *Adolescence : perkembangan remaja* (ed.6). Semarang: RASAIL Media Group.
- Sarwono, S. W. (2011). *Psikologi Remaja edisi revisi*. Jakarta: Rajawali Pers
- Sarwono, Sarlito W. (2012). *Psikologi remaja*. PT Raja Grafindo Persada.
- Sarwono, Sarlito W. (2018). *Psikologi remaja*. Depok : PT Raja Grafindo Persada
- Sears, David O., Peplau, Letitia A., & Taylor, S. E. (2005). *Social Psychologi ed 12*.
- Soetjiningsih. 2010. *Buku Ajar: Tumbuh Kembang Remaja dan Permasalahannya* Sagung Seto. Jakarta
- Subekti, N. M., Prasetyanti, D. K., & Nikmah, A. N. (2020). *Gambarann Faktor Yang Mempengaruhi Kesiapan Dalam Menghadapi Pubertas Pada Remaja*. *Jurnal Mahasiswa Kesehatan*, 1(2).
- Sugiyono, PD (2010). *Metode Peneliiian. Kuantitatif, Kualitatif, Dan R&D* .
- Sugiyono. (2018). *Metode penelitian kuantitatif*. Bandung : ALFABETA
- TribunBatam. (2020, Agustus 5). *Pria di Bandung Terekam Kamera Pamer Kemaluan dan Masturbasi di Tempat Umum, Ini Kata Polisi*. [Tribunnews.com](http://tribunnews.com)
- Wardani, & Alfiani. (2022). *The Relationship of Self-Control with Adolescent Premarital Sexual Behavior* , Desy Ayu Wardani , Ramadhan Noor Alfiani Program Studi Sarjana Keperawatan , ITKES Wiyata Husada Penulis Korespondensi : [hs . ac . id](mailto:hs.ac.id) Fenomena yang terjadi pada remaja di era gl. *Jurnal Ilmiah Keperawatan*, 8, 551–555.
- Wulandari, F. (2021). *Perilaku Seksual Remaja di Sekolah Menengah Kejuruan(SMK) Tanwir Surabaya*. *Stikes Hang Tuah Surabaya*. <http://repository.stikeshangtuah-sby.ac.id/id/eprint/392>