



INFLUENCE OF FAMILY MONITORING AND SEXUAL COMMUNICATION TO ADOLESCENT CYBERSEX BEHAVIOR

Astrida Budiarti, Anisa Pujiarti, Nur Chabibah, Dwi Ernawati

Stikes Hang Tuah Surabaya

Email : as3da_ns@yahoo.com

ABSTRACT	Keywords
<p>Cybersex is the activity of accessing pornography on the internet, engaging in real-time, like conversations about online sexuality with others. The purpose of this study was to analyze the influence of family monitoring and sexual communication adolescent cybersex behavior in Sidoarjo. The study used cross-sectional analytics. Probability sampling technique with simple random sampling. Samples were 121 adolescent students of SMK Antartika 2 Sidoarjo. The research instrument used sexual communication questionnaires, family monitoring, and ISST questionnaires to assess cybersex behavior. Statistic test using rho sperman test. Results showed adolescent sexual communication with parents was 56.2% in the low, 29.8% moderate and 14% high categories. Family monitoring related to sexual behavior was 39.7% in the low category, 33.1% in the medium category, and 27.2% in the high category. Teen cybersex behavior was 61.9% riskless, 17.4% were low-risk, and 20.7% had high-risk behavior. The results of the spearman rho test between sexual communication and cybersex behavior showed p value = 0.000 which means that there is a relationship between sexual communication and cybersex behavior. In the family monitoring variable with cybersex behavior, it is obtained p value = 0.000, meaning that there is a relationship between family monitoring and adolescent cybersex behavior. It is hoped that families will pay more attention to adolescents in monitoring their sexual behavior. In addition, it also implements open communication with adolescents regarding their sexual behavior, so that adolescents avoid cybersex behavior.</p>	<p>Sexual Communication, Family Monitoring, Cybersex</p>

INTRODUCTION

The progress of time is growing rapidly. One of them is the internet, where the internet provides everything we need, ranging from information, entertainment, and various media facilities to communicate. Often the internet is abused by teenagers with a form of cybersex behavior. Cybersex behavior is the activity of viewing pornography, engaging in sex chat, using devices such as web-cams (web cameras/external portable cameras) to engage in sexual activity online and seeking sexual partners online or engaging in 3D sex role play. (Lonyka & Ambarwati, 2021). Cybersex behavior is an activity that increases sexual arousal and is carried out online such as looking for a sex partner, communicating between two people discussing sex and seeking sexual content in the form of photos or audio. (Lonyka & Ambarwati, 2021).

In the United States there are many internet users, especially teenagers who engage in cybersex behavior. About 60% of internet users visit sites or websites that are sexual in nature and 87% of students have virtual sex (Hendarto & Ambarini, 2019). According to survey data from the Ministry of Information and Communication (Yunita et al., 2020), ranking of porn site users in Indonesia in 2013 Indonesia was ranked sixth for porn site access, then in 2014 it increased to third place, and in 2015 to second place. Sexual cases involving school-age children continue to increase from year to year Ali & Asrori, (2006). The number of cases increased by 50% from 2014 to 2015. Of these, 10% of cases occurred in schools. In Indonesia, the result was that of the 238 respondents who accessed pornographic or sexual content found, there were around 175 respondents who were in the adolescent age category. (Refwan, 2019). Research in East Java also shows the results of 76.8% of

cybersex connoisseurs aged 15-17 years by watching porn on gadgets (Yunita et al., 2020). Based on a preliminary study on February 2022 at SMA Antartika 2 Sidoarjo, researchers conducted interviews with 10 class XI students and found that 100% of students said they had accessed pornographic films out of curiosity and then they searched for pornographic films on the internet.

The cause of cybersex behavior is due to the low level of knowledge about reproductive health and the high behavior of premarital sex (Marchianti et al., 2017). Factors that cause cybersex behavior are because parents are not open enough to talk about sex with adolescents, there is parental prejudice against adolescents and internal and external problems do not really affect adolescent monitoring (Novitaningrum, 2020). Excessive Cybersex behavior can lead to problematic Cybersex behavior such as premarital sex. Problematic cybersex is generally defined as excessive and uncontrolled involvement in online sexual activity which is characterized by several symptoms such as a persistent desire to behave Cybersex (Wery, 2015). Cybersex behavior is the lack of parental supervision in supervising adolescent activities so that they run well and are not misdirected. The importance of the role of parents is needed for adolescents by limiting youth activities to positive activities, parents must also know with whom teenagers associate and establish good and positive communication between parents and adolescents. The role of the teacher is also important in providing guidance and counseling and providing additional activities in positive learning.

RESEARCH METHODS

The design used in this study is a correlation analytic research design with a cross-sectional approach. This research was carried out on 02 June – 20 June 2022 at

SMA Antartika 2 Sidoarjo. The population is students who have and do not know Cybersex Behavior at SMA Antartika 2 Sidoarjo with a total of 169 students. The sample size taken at SMK Antartika 2 Sidoarjo was 121 samples. This sampling technique is probability sampling using simple random sampling. The independent variables in this study were sexual communication and family monitoring at SMK Antartika 2 Sidoarjo. The dependent variable in this study is the Cybersex behavior. Cybersex behavior measurement tool with ISST, sexual communication questionnaire and family monitoring questionnaire. Data analysis with non-parametric test with the Spearman Rho method. This study was granted by ethical clearance from institutional review board (IRB) Stikes Hang Tuah Surabaya, number PE/103/VIII/2022/KEP/SHT.

RESEARCH RESULT

1. General data

Table 1 Characteristics of respondents

No	Characteristics	Frequency	%
1	Age (year)		
	16	47	38,8
	17	74	61,2
	Total	121	100
2.	Sex		
	Women	72	59,5
	Man	49	40,5
	Total	121	100
3.	Stay with		
	Parents	105	86,8
	Family	11	9,1
	Boarding	5	4,1
	Total	121	100
4	Paternal Education		
	Kindergarten	1	0,8
	Elementary School	10	8,3
	Junior High School	5	4,1
	Senior High School	70	57,8
	Bachelor	35	29,0

	Total	121	100
5	Maternal Education		
	Kindergarten	3	2,5
	Elementary School	12	9
	Junior High School	14	11,5
	Senior High School	72	60
	Bachelor	20	17
	Total	121	100

Table 1 shows that of the 121 respondents, most were 18 years old, 61.2% (74 respondents), 17-year-olds were 38.8% (47 respondents). Most were female as much as 59.5% (72 respondents), male as much as 40.5% (49 respondents). Most resided in parents' homes as much as 86.8% (105 respondents), residing with guardians as much as 9.1% (11 respondents), residing in boarding houses as much as 4.1% (5 respondents). Most of paternal education is senior high school. Most of maternal education is junior high school.

Table 2 Characteristic of sexual communication

No	Communication	Frequency	%
1.	Low	68	56,2
2.	Medium	36	29,8
3.	High	17	14
	Total	121	100

Table 2 shows sexual communication in students of SMK Antartika 2 Sidoarjo from 121 respondents most of them have a low category of 56.2% (68 respondents), a medium category of 29.8% (36 respondents), a high category of 14% (17 respondents).

Table 3 Characteristic of family monitoring

No	Monitoring	Frequency	%
1.	Low	48	39,7
2.	Medium	40	33,1
3.	High	33	27,2
Total		121	100

Table 3 show that family monitoring in students of SMK Antartika 2 Sidoarjo, most of them had a low category of 39.7%, a moderate category of 33.1%, high category of 27.2%.

Table 4 Characteristic of cybersex behavior

No.	Cybersex	Frequency	%
1.	No risk	75	61,9
2.	Low risk	21	17,4
3.	High risk	25	20,7
Total		121	100

Table 4 shows cybersex behavior in students of SMK Antartika 2 Sidoarjo from 121 respondents, most of them did not have a risk of 61.9%, low risk 17.4%, high risk 20.7%.

DISCUSSION

The results showed that the distribution of respondents based on the type of sexual communication in the respondents showed that the majority of parents' sexual communication with adolescents was in the low category of 56.2%, the medium category was 33.1%, the high category was 27.2%. There are several factors that cause this, including the perception of parents that talking about sex is taboo and parents of teenagers showing negative attitudes towards access to cybersex behavior, as well

as a lack of parental knowledge (Kartikasari & Setiawati, 2020). The majority of mothers do not provide sexual and reproductive communication to their children, and one of the contributing factors is the low knowledge of parents about cybersex behavior (Nair et al., 2012). There are several factors that trigger low cybersex behavior, namely self-control, where a negative relationship between self-control and adolescent cybersex behavior is acceptable, the higher self-control that adolescents have, the lower cybersex behavior occurs in adolescents who use the internet (Glagah & Yogyakarta, 2014). Self-control is needed when accessing the internet, when a person does not control himself and uses the internet inappropriately it can cause addiction to cybersex behavior (Khairunnisa, 2013).

The results showed that the majority of family monitoring of adolescents was in the low category as much as 39.7%, the medium category was 33.1%, the high category was 27.2%. Family monitoring or parental supervision is how closely parents monitor their teenagers. Low family monitoring, where parents do not monitor and control their children will tend to experience violations, in contrast to parents who control or supervise their children properly (Savira et al., 2017). When teenagers don't get enough self-monitoring from their parents, this can be an opportunity for teenagers to engage in risky behavior. Supervision from parents can form an environment that requires adolescents to obey and minimize risky behavior (Nengsih, 2021). From the statement above, low family monitoring relationships affect the incidence of cybersex behavior, the role of mothers in parenting such as directing adolescent behavior by advising adolescents, involvement of family members, trust and expectations of mothers (mothers believe in

activities carried out by children but still feel worried, mothers hope that adolescents do not repeat the act of accessing pornographic content and get better), communication and the quality of the relationship between mothers and adolescents (in communicating adolescents are open but sometimes there are some obstacles). Meanwhile, internal and external problems did not really affect the monitoring of adolescents causing cybersex behavior to be influenced by family monitoring.

CONCLUSIONS

There is a relationship between sexual communication and family monitoring to adolescent cybersex behavior. It is hoped that families will pay more attention to adolescents in monitoring their sexual behavior. In addition, it also implements open communication with adolescents regarding their sexual behavior, so that adolescents avoid cybersex behavior.

REFERENCES

- Agustina, I., & Hafiza, F. (2013). Religiositas Dan Perilaku Cybersex Pada Kalangan Mahasiswa. *PSIKOLOGIKA*, 18(1), 15–23.
- Ali, M., & Asrori, M. (2006). *Psikologi Remaja : Perkembangan Peserta didik*.
- Andani, F., Alizamar, A., & Afdal, A. (2020). *Relationship Between Self-Control With Cybersex Behavioral Tendencies and it ' s Implication for Guidance and Counseling Services*. 2(1), 1–7. <https://doi.org/10.24036/00248kons2020>
- Awal. (2019). Pengaruh Control Diri dan Kecerdasan Emosional Terhadap Kecenderungan Cybersex. *Psikoborneo*, 7(4), 803–812.
- Baumeister, Vohs, & Tice. (2017). The Strength Model of Self-Control. *Current Directions In Psychological Science*, 16(6), 351–355. <https://doi.org/https://www.jstor.org/stable/20183234>
- Boies, S. C., Knudson, G. Carnes, P. J., Delmonico, D. L., & Griffin, E. J. (2012). In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior, C. C. H. F. P., & Young, J. (2014). The Internet, Sex, and Youths : Implications for Sexual Development. *Sexual Addiction & Compulsivity*, 11(4), 343–363.
- Carnes, P. J., Delmonico, D. L., & Griffin, E. J. (2012). In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior, Center City. *Hazelden Foundation Press*.
- Carr, A. (2015). Positive Psychology: The Science of Happiness and Human Strengths. *Routledge*.
- Delmonico, D. L., & Miller, J. A. (2003). The Internet Sex Screening Test: A comparison of sexual compulsives versus non-sexual compulsives. *Sexual and Relationship Therapy*, 18(3), 261–276. <https://doi.org/10.1080/1468199031000153900>
- Dutra, Miller, & Forehand. (2016). Proses dan isi Komunikasi Seksual degan remaja dalam Keluarga dua Orang Tua: Asosiasi dengan Perilaku pengambilan risiko seksual. *AIDS Dan Perilaku*, 3(1), 59–66.
- Dutra, R., Miller, K., & Forehand, R. (1999). Proses dan Isi Komunikasi Seksual dengan Remaja dalam Keluarga Dua Orang tua : Asosiasi dengan Perilaku Pengambilan Risiko Seksual. *AIDS Dan Perilaku*, 3(1), 59–66.
- Fadilah, E. N. (2014). Penamaan Nilai-Nilai Keagamaan Dalam Pendidikan Seks Bagi Remaja (Studi Komunikasi Interpersonal Orang Tua Remaja Di

- Desa Pangkalan Kecamatan Teluknaga Tangerang). In *Paper Knowledge . Toward a Media History of Documents*.
- Fitri, A., Alizamar, A., & Afdal, A. (2020). Relationship Between Self-Control With Cybersex Behavioral Tendencies and it's Implication for Guidance and Counseling Services. *Jurnal Neo Konseling*, 2(1).
- Glagah, D. I., & Yogyakarta, S. (2014). Hubungan kontrol diri dengan perilaku Cybersex remaja pada pengguna warung internet. 65–74.
- Goleman. (2014). Kecerdasan Emosi untuk Mencapai Puncak Prestasi. *Alih Bahasa: Widodo, A.T. Jakarta: PT. Gramedia Pustaka Utama*.
- Gustina, E. (2017). Komunikasi Orangtua-Remaja Dan Pendidikan Orangtua Dengan Perilaku Seksual Berisiko Pada Remaja. *Unnes Journal of Public Health*, 6(2), 131. <https://doi.org/10.15294/ujph.v6i2.13734>
- Harmaini, H., & Novitriani, S. A. (2019). Perbedaan Cybersex Pada Remaja Ditinjau Dari Usia Dan Jenis Kelamin Di Pekanbaru. *Psikoislamika : Jurnal Psikologi Dan Psikologi Islam*, 16(1), 42. <https://doi.org/10.18860/psi.v16i1.5047>
- Hendarto, A., & Ambarini, T. K. (2019). Buletin Riset Psikologi dan Kesehatan Mental Hubungan Antara Depresi Dengan Perilaku Cybersex Pada Emerging Adult. *Buletin Riset Psikologi Dan Kesehatan Mental*, 1(1), 262–267. <http://ejournal.unair.ac.id/index.php/BRPKM>
- Kartikasari, A., & Setiawati, N. (2020). Bagaimana Komunikasi Orangtua terkait Pendidikan Seks pada Anak Remaja Mereka? *Journal of Bionursing*, 2(1), 21–27. <https://doi.org/10.20884/1.bion.2020.2.1.33>
- Khairunnisa, A. (2013). Hubungan religius kontrol diri dengan perilaku seksual pranikah remaja di MAN 1 Samarinda. *Ejournal Psikolog*, 2(1), 220–229.
- Lonyka, T., & Ambarwati, K. diah. (2021). The Relationship between Emotional Intelligence and Cybersex Behaviour in College Students who Play as Role Player in Social Media Platform. *Jurnal Ilmiah Bimbingan Konseling Uniksha*, 12(1), 21–30. <https://doi.org/10.23887/jibk.v12i3.37818>
- Marchianti, A., Nurus Sakinah, E., & Diniyah, N. et al. (2017). Digital Repository Universitas Jember Digital Repository Universitas Jember. *Efektifitas Penyuluhan Gizi Pada Kelompok 1000 HPK Dalam Meningkatkan Pengetahuan Dan Sikap Kesadaran Gizi*, 3(3), 69–70.
- Mueller, K. (2015). Parent-child sexual discussion: perceived communicator style and subsequent behavior. *Journal of Adolescence*, 469–482.
- Nair, M., Leena, & Paul. (2012). Attitude of parents and teachers towards adolescent reproductive and sexual health education. *Indian Journal Pediatric*, 79(1), 60–63.
- Nengsih, W. (2021). Hubungan Parental Monitoring Dan Pengaruh Teman Sebaya Dengan Perilaku Seksual Berisiko Pada Remaja Di Sma a Kabupaten *Maternal Child Health Care*. <https://ojs.fdk.ac.id/index.php/MCHC/article/view/1486>
- Novitaningrum, C. (2020). Gambaran Parental Monitoring Pada Remaja yang Pernah Mengakses Konten Pornografi. *Jurnal Sains Psikologi*, 9(2), 112–122. <https://doi.org/10.17977/um023v9i220>

- 20p112-122
- Nursalam. (2013). *Metodologi Penelitian Ilmu Keperawatan* (P. P. Lestari (ed.)). Salemba Medika.
- Pribadi, S. A., & Putri, D. E. (2013). Perbedaan Sikap Terhadap Seks Dunia Maya Pada Mahasiswa Ditinjau Dari Jenis Kelamin. *Gunadarma University Repository*, 3, 20–21.
- Ramos, V. G., Jaccard, J., & Dittus, P. (2012). *Pengawasan Orang Tua Terhadap Remaja*.
- Refwan, A. I. (2019). Hubungan Big Five Personality Dengan Perilaku Cybersex Pada Emerging Adult. *Surabaya: Universitas Airlangga*.
- Sa'diyah, N. K. (2018). Faktor penghambat dalam pencegahan dan penanggulangan cyberporn di dunia cyber dalam pembaharuan hukum pidana. *Perspektif*, 23(2), 94–106.
- Savira, F., Suharsono, Y., & Tamrat, W. (2017). Hubungan antara Monitoring Parental dan Keterbukaan Anak Pada Orang Tua Dengan Perilaku Seksual Remaja. *Journal of Chemical Information and Modeling*, 21(2), 1689–1699.
- Soekadji, S. (2014). Modifikasi perilaku: Penerapan sehari-hari dan penerapan profesional. In *Yogyakarta: Liberty*.
- Stattin, H., & Kerr, M. (2014a). Pemantauan Orang Tua: Sebuah Reinterpretasi. *Perkembangan Anak*, 71(4), 1072–1085.
<https://doi.org/https://doi.org/10.1111/1467-8624.00210>
- Stattin, H., & Kerr, M. (2014b). Pemantauan Orang Tua: Sebuah Reinterpretasi. *Perkembangan Anak*, 71(4), 1072–1085.
<https://doi.org/https://doi.org/10.1111/1467-8624.00210>
- Wery. (2015). Problematic Cybersex Jurnal: Conspeptualization Assesment and Treatment. *Addictive Behavior*, 64(3), 238–246.
- Yunita, R. D., Nugraheni, S. A., & Pradigdo, S. F. (2020). Pengaruh Pemberian Media Booklet Kesehatan Reproduksi terkait Cybersex (Studi di SMA Kabupaten Banyuwangi). *Media Kesehatan Masyarakat Indonesia*, 19(1), 31–37.
<https://doi.org/10.14710/mkmi.19.1.31-37>