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# The Relationship between Self-Esteem and Religiosity the Initiation of Premarital Sex Among Teenagers in Lasolo Islands, North Konawe Regency

Rahma Suryani, Wa Ode Nova Noviyanti Rachman, Asbath

Mandala Waluya University, Indonesia

Correspondence : [rahma1256789@gmail.com](mailto:rahma1256789@gmail.com)

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### ABSTRACT

**Introduction:** Adolescence is a developmental phase between childhood and adulthood. Data from the North Konawe District Health Service for 2023 shows that 17.3% of teenagers have had petting, 5.3% have had oral sex, 3.6% have had vaginal sex, 2.5%. Factors that can trigger the initiation of premarital sex include self-esteem, religiosity, the media role of parents and peers. This research aims to determine the relationship between self-esteem and religiosity with the initiation of premarital sex among teenagers in Lasolo Islands, North Konawe Regency.

**Method:** This type of research is quantitative research, cross sectional study design which was carried out from April 18 to May 18, 2024 at Public Middle School 2 Asera and public senior high school 1 Lasolo Islands. The population of this research was all 137 teenagers from Public Middle School 2 Asera and 121 students from public senior high school 1 Lasolo Islands and a sample of 70 people was obtained using proportional random sampling. Data were collected using a questionnaire and analyzed using the chi-square test, closeness and binary logistic regression.

**Result:** The results of the Chi-Square test on self-esteem obtained  $p$  value of 0.000 and  $\phi$  (0.505) and religiosity  $p$  value  $0.004 < \alpha$  (0.05). The results of the multiple logistic regression test, the smallest significant value is self-esteem with a significant value of 0.000 and Wald 7.682.

**Conclusion:** There is a moderate relationship between self-esteem and weak religious relationships with the initiation of premarital sex among teenagers in Lasolo Islands, North Konawe Regency.

### Introduction

Adolescence is a developmental phase between childhood and adulthood, which includes biological, cognitive and social-emotional

changes. In religious views, when someone has reached adolescence, they are aged between 12-24 years.<sup>[1]</sup> The composition of teenagers in the

demographic structure is very small, but they have a big contribution to the future of the nation. During adolescence, major and essential changes occur, especially physical, sexual, psychological and social. During sexual changes, physical, spiritual and biological functions mature. At this time, sexual energy or libido which was initially latent in pre-adolescence comes alive. These changes result in an increase in the urgency to engage in sexual behavior.<sup>[2]</sup>

The World Health Organization (WHO) states that there will be around 1.1 teenagers in the world in 2022 and this figure is projected to grow by 7%, which means it will reach almost 1.3 billion world residents in 2030.<sup>[3]</sup> In 2023 the number of teenagers aged 10-24 years in Indonesia will reach 25% of the total population. The large proportion of teenagers in Indonesia will be a demographic bonus in the future, but on the other hand, this is also an opportunity for high levels of adolescent reproductive problems, namely premarital sex.<sup>[4]</sup>

Premarital sexual behavior is any behavior that is driven by sexual desire, whether carried out alone, with the opposite sex or with the same sex before marriage.<sup>[5]</sup> The impact of premarital sexual behavior during adolescence is the potential risk of sexually transmitted infections, HIV, AIDS, abortion and early pregnancy.<sup>[6]</sup>

Initiation of premarital sex is the first time a person becomes aware of and engages in premarital sexual behavior and this is becoming an increasingly common problem. Initiation of premarital sex in teenagers is caused by adolescence which is very easily influenced by the surrounding environment. With the development of increasingly sophisticated technology, teenagers are free to access the media and can also cause teenagers to initiate premarital sex.<sup>[7]</sup>

Premarital sexual behavior in teenagers is increasing rapidly in the world, especially in western countries, premarital sexual behavior is considered normal and increasingly acceptable with the average percentage of premarital sexual behavior in teenage boys being 29% for boys and 23% for boys. Woman.<sup>[8]</sup> Several countries in Southeast Asia report that teenagers who actively engage in premarital sexual relations such as Malaysia 37.9%, Thailand 24.1% and Brunei Darussalam 11.3% have had premarital sex.<sup>[9]</sup> In Indonesia, the prevalence of teenagers having

premarital sex according to the Central Statistics Agency, the National Population and Family Planning Agency, and the Indonesian Ministry of Health is 8% for men and 2.5% for women (Indonesian Ministry of Health, 2018). The teenage pregnancy rate in Indonesia is relatively high compared to the teenage pregnancy incidence rate of 13.5% in Malaysia and 12.1% in India in 2018.<sup>[10]</sup>

Various studies state that pPremarital sexual behavior can be influenced by biological factors, parents, peer influence, understanding, and sexual experiences experienced by adolescents. Many adolescent practices deviate towards free premarital sex.<sup>[11]</sup>

Self-esteem will also influence teenagers in controlling the sexual behavior of dating teenagers.<sup>[12]</sup> Of course, teenagers who have positive self-esteem are expected to be better able to control their sexual behavior, so that they avoid facing or threatening risks such as pregnancy, sexually transmitted diseases, feelings of guilt, and teenagers will prefer dating behavior that does not conflict with social norms.<sup>[13]</sup> On the other hand, teenagers who lack the ability to respect themselves will usually have difficulty controlling and controlling themselves when they are in situations full of sexual stimulation and tend to make decisions based on feelings at the time, without having the opportunity to think long about the consequences that will occur.<sup>[14]</sup>

A part of self-esteem, the religiosity factor of adolescents also has a relationship with adolescent sexual behavior, where adolescents with low religiosity have a risk of engaging in risky sexual behavior which results in unwanted pregnancies. religiosity functions as a reference for religious norms that can work well, in other words, actions that are contrary to religious norms will not be carried out by teenagers, these religious norms become a frame of reference in behaving and acting in accordance with religious beliefs.<sup>[15]</sup>

A preliminary study conducted by the author in November 2023 at public senior high school 1 Lasolo Islands by conducting interviews with Guidance Counseling teachers, revealed that up to the 2020-2022 period, cases of adolescent sexual behavior were becoming increasingly worrying, with students dropping out of school due to being pregnant outside. marriage, there was even a

student who had an abortion. There are more than 50 cases of students under the care of Counseling Guidance teachers for the 2020-2022 period, where these cases are students' own personal problems, family problems, drugs (narcotics, psychotropics and other addictive substances) and sexual behavior problems. There were 35 cases of sexual behavior. Based on the results of a preliminary study conducted by researchers in December 2023 at Lasolo Islands State High School 1, North Konawe Regency, by conducting in-depth interviews with 5 students, where 5 students said they had been and were still dating. Furthermore, information was obtained that all of these students had committed acts of premarital sexual behavior such as holding hands, kissing cheeks, hugging, kissing lips, holding breasts over clothes or under clothes. The use of social media has become widespread along with the development of technology, of the 10 female students who conducted a preliminary survey, 80% of them had low self-esteem, 90% had low levels of religiosity, then 60% stated that there was a lack of role for people in carrying out sexual initiation before marriage and 70% stated that sexual information was obtained from friends and 90% have obtained a lot of sexual information from social media. Based on this, what is interesting is that the author conducted research on the relationship between self-esteem and religiosity and the initiation of premarital sex among teenagers in Lasolo Islands, North Konawe Regency.

## Method

This type of research is quantitative research, with a cross sectional study design. This research was conducted from April 18 to May 18 2024 in Lasolo, North Konawe Regency, Southeast Sulawesi Province, precisely at Public Middle School 2 Asera and public senior high school 1 Lasolo Islands. The population of this research was all 258 teenagers in Lasolo Islands,

consisting of 137 teenagers at Public Middle School 2 Asera and 121 teenagers at public senior high school 1 Lasolo Islands, North Konawe Regency and a sample of 70 people obtained using proportional random sampling technique. Data were collected using valid and reliable questionnaires, and data were analyzed using the chi-square test, closeness test and binary logistic regression test.

## Result

**Table 1** showed that of the 70 samples, most of the samples with high self-esteem initiated light premarital sex, 32 people (76.2%), then 21 people (75%) who had low self-esteem initiated heavy premarital sex. However, there were 10 people (23.9%) whose self-esteem was high, who initiated heavy premarital sex and 7 people (25%) whose self-esteem was low, who initiated premarital sex in the light category. The results of statistical analysis using the Chi-Square test obtained a value of  $0.000 < \alpha (0.05)$ , and  $\phi$  of 0.505, so it was concluded that there was a moderate relationship between self-esteem and the initiation of premarital sex among teenagers in Lasolo Islands, North Konawe Regency.

**Table 2** showed that of the 70 samples, the majority of samples with good religiosity initiated light premarital sex, 25 people (73.5%), then 22 people (61.1%) who had less religiosity initiated heavy premarital sex. However, there were 14 people (38.9%) whose religiosity was low, had light initiation of premarital sex and 9 people (26.5%) whose religiosity was good, their premarital sex initiation was heavy. The results of statistical analysis using the Chi-Square test obtained a value of  $0.004 < \alpha (0.05)$ , and a  $\phi$  of 0.349, so it was concluded that there was a weak relationship between religiosity and the initiation of premarital sex among teenagers in Lasolo Islands, North Konawe Regency.

**Table 1.**  
**The Relationship between Self-Esteem and the Initiation of Premarital Sex among Adolescents in Lasolo Islands, North Konawe Regency**

| Pride | Premarital Sex Initiation |      |       |      | Total |     | <i>p</i> value | Closeness of Relationship ( $\phi$ ) |
|-------|---------------------------|------|-------|------|-------|-----|----------------|--------------------------------------|
|       | Heavy                     |      | Light |      | n     | %   |                |                                      |
|       | n                         | %    | n     | %    |       |     |                |                                      |
| Low   | 21                        | 75   | 7     | 25   | 28    | 100 | 0,000          | 0.505                                |
| Tall  | 10                        | 23.8 | 32    | 76.2 | 42    | 100 |                |                                      |
| Total | 31                        | 44.3 | 39    | 55.7 | 70    | 100 |                |                                      |

**Table 2.**  
**The Relationship between Religiosity and the Initiation of Premarital Sex among Adolescents in Lasolo Islands, North Konawe Regency**

| Religiosity | Premarital Sex Initiation |      |       |      | Total |     | <i>p</i> value | Closeness of Relationship ( $\phi$ ) |
|-------------|---------------------------|------|-------|------|-------|-----|----------------|--------------------------------------|
|             | Heavy                     |      | Light |      | n     | %   |                |                                      |
|             | n                         | %    | n     | %    |       |     |                |                                      |
| Good        | 9                         | 26.5 | 25    | 73.5 | 34    | 100 | 0.004          | 0.349                                |
| Not enough  | 22                        | 61.1 | 14    | 38.9 | 36    | 100 |                |                                      |
| Total       | 31                        | 44.3 | 39    | 55.7 | 70    | 100 |                |                                      |

## Discussion

### The relationship between self-esteem and initiation of premarital sex

This research found that most of the samples with high self-esteem initiated light premarital sex and samples with low self-esteem initiated heavy premarital sex. This is because the higher a person's self-esteem, the more committed the person is to himself not to have premarital sex. However, this research also found that 23.9% of samples with high self-esteem initiated heavy premarital sex. This is because there are other factors that strengthen the initiation of premarital sex, such as the role of social media which is easy to access every day and is supported by the nature of teenagers who are still in the transition period so that curiosity and curiosity are so great that they are able to violate the principles that constitute the self-esteem of teenagers. the. Furthermore, there were also 25% of the sample whose self-esteem was low, their initiation of premarital sex was in the light category, this situation was supported by factors from the good role of parents in educating

their children so that even they had low self-esteem, teenagers were limited in initiating premarital sex.

Statistical analysis results concluded that there is a moderate relationship between self-esteem with the initiation of premarital sex among teenagers in Lasolo Islands, North Konawe Regency. According to researchers' assumptions, self-esteem in this study is positively related because it was found that teenagers who have high self-esteem tend to adopt sexual behavior before marriage in the light category.

This research is in line with research, that self-esteem is related to premarital sexual behavior, the higher a teenager's self-esteem, the higher their self-control.<sup>[14]</sup> Also other research, which shows that there is a relationship between self-esteem and premarital sexual behavior in young women in Samarinda City.<sup>[16]</sup>

This research is supported by Siallagan opinions, that self-esteem is one part of the self-concept. This self-concept includes five components, namely self-identity, self-image, self-ideal, role and self-esteem.<sup>[17]</sup> Self-esteem is the

result of a person's positive or negative evaluation or assessment of his or her own behavior in the family, school, social environment and organizational environment.

### **The relationship between religiosity and initiation of premarital sex**

The results of this research show that Most of the samples with good religiosity initiated light premarital sex (73.5%), then samples with less religiosity initiated heavy premarital sex (61.1%). This situation is caused by teenagers who have a good religious base and believe in their chosen mate, tend not to be influenced to limit premarital sexual behavior. However, there are (38.9%) samples whose religiosity is low, initiating light premarital sex, this situation is reinforced by other factors such as the role of teenage parents who control their children in making friends and dating, then there are also samples whose religiosity is good, initiating premarital sex is heavy (26.5%), this is because it is influenced by peer influence which tends to be very strong in teenagers to initiate premarital sex, also supported by the existence of social media which makes it easier to access pornographic information and other sexual activities that can be watched. by teenagers.

The results of the Chi-Square test can be seen that there is a weak relationship between religiosity with the initiation of premarital sex among teenagers in Lasolo Islands, North Konawe Regency. According to researchers' assumptions, the better a person's religiosity, the more they limit themselves from engaging in premarital sex. However, if teenagers have a lack of religiosity, they are easily influenced by their peers and social media. Therefore, the role of parents is really needed to control their children's friendships and limit the use of social media among teenagers.

This research is in line with research Qurrotu'Aini & Wahyudi found that there was a weak relationship between religiosity and sexual behavior in adolescents. Likewise with research Alizar et al, that there is a relationship between religious observation and premarital sexual behavior in adolescents. Study also found that religious understanding had less influence on premarital sexual behavior.<sup>[18]</sup>

Adolescent religiosity is related to adolescent sexual behavior, where adolescents

with low religiosity have a risk of engaging in risky sexual behavior which results in unwanted pregnancies. Religiosity is defined as a person's inner values including the level of knowledge, belief and religious beliefs and then their actualization in everyday life. The function of religiosity as a reference for religious norms can run well, in other words, actions that are contrary to religious norms will not be carried out by teenagers, these religious norms become a frame of reference for behaving and acting in accordance with religious beliefs.<sup>[15]</sup> Research by Septiarum et al., which states that self-control and religiosity are also internal factors that have a high correlation with free sexual behavior which triggers unwanted pregnancies.<sup>[19]</sup>

Understanding religion and good beliefs will foster good behavior. Teenagers need good problem solving skills, so that teenagers are able to solve their problems effectively.<sup>[20]</sup>

### **Conclusion**

There is a moderate relationship between self-esteem and weak religious relationships with the initiation of premarital sex among teenagers in Lasolo Islands, North Konawe Regency. So that in order to increase self-esteem and self-religiousness and not engage in sexual behavior before marriage, it is also hoped that teenagers can be wise in choosing friends and using social media, especially in accessing sexual information from social media and from peers.

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