



FAMILY COMMUNICATION AS A DETERMINANT OF COMMUNICATION BETWEEN PARENTS AND ADOLESCENT ABOUT RISKY SEXUAL BEHAVIOR

Lola Noviani Fadilah¹ · Neneng Widaningsih¹

¹Jurusan Kebidanan Bandung Politeknik Kesehatan Kemenkes Bandung

Email: emailnyalola@gmail.com, buneng79@gmail.com

Abstract **Background:** Quality human resources will determine the nation's development. Adolescent are assets of national development that must be formed into quality human resources. Adolescence is an important stage in the development of individuals from children to adulthood. The challenges for adolescents' lives are the opportunity to have risky behavior without being aware of the long-term consequences of that behavior. Risky behavior in adolescents is adopted through unhealthy relationships and ill-advised information. One of the efforts to prevent risky sexual behavior in adolescents is by creating openness and communication between parents and adolescents. Communication is influenced by a person's attitude towards the message / information to be conveyed. The effectiveness of communication between parents and adolescents is something that must be realized to achieve optimal prevention of risky sexual behavior.

Method: this study aims to explore the supporting factors in the process of communication between parents and teens about risky sexual behavior. This research is a qualitative research with a narrative approach. Respondents were experts in the field of communication / counseling, adolescent psychology experts, steak holders of youth health programs in the city of Bandung and West Java province. Data obtained by in-depth interviews and Expert judgment.

Results: Communication between parents and adolescent about risky sexual behavior is determined by the quality and intensity of communication between father and mother. In addition, the relationship between adolescents with parents and siblings is also related to the process of communication with adolescent about risky sexual behavior. A good condition of communication between father and mother can be an example for adolescents and will lead to confidence in adolescents towards their parents. The conducive conditions of communication and relationships within the family determine the success of communication between parents and teens about risky sexual behavior

Conclusion: Communication between parents and adolescents about risky sexual behavior is determined by the quality and intensity of communication between father and mother and adolescent relationships with other family members

Keywords: communication, family, parents, adolescents, risky sexual behavior

BACKGROUND

The quality human resources (HR) will determine the progress of the nation and state. Adolescents are basic human resources that are essential and need to be prepared for their quality and potential to become subjects in advancing development in the future.¹ Adolescents with all the complexities of change have their own vulnerabilities. This relates to the characteristics of teenagers who are always critical and **eager** to know something so that it is easy for them to try things that they find interesting.²

One of the physical and psychological changes in adolescence is closely related to the maturity of the reproductive system.² Adolescence is a combination of the development of psychological age and biological age. This will encourage teenagers to explore sex-related behaviors that often lead them to risky sexual behavior such as premarital sex which has a negative impact on the lives of teenagers.³ This problem is related to the limited knowledge and access to inaccurate and undirected information, obtained by teenagers.¹

Efforts to overcome these problems can be done through the closest people in the youth environment, including parents of teenagers. Parenting patterns are in the spotlight for the success of prevention efforts so that adolescents do not engage in risky sexual behavior. One of the elements of good parenting is the establishment of harmonious communication between parents and adolescents.⁴

Lack of openness in communication between parents and adolescents in sexual matters can strengthen the emergence of sexual behavior deviations. The aspect of openness in communication between parents and adolescents is crucial. Without openness, communication between parents and teenagers cannot be intensive.⁵

Parents are one component in the family consisting of mother and father. The communication relationship between family members is a determinant of the harmony of a family. The family as the first and closest environment for adolescents must be able to describe ideal conditions and can be used as examples, including in the communication process.⁶

The determinants that are directly related to communication between parents and adolescents about risky sexual behavior have not been clearly identified, so the researcher aims to identify the determinants of communication between parents and adolescents about risky sexual behavior.

METHOD

This study adopted a qualitative research with a narrative method. Data was collected through in-depth interviews with adolescent psychology

experts and communication experts as well as policy makers in terms of adolescent reproductive health. Sampling using purposive sampling technique. The number of samples ends when the data are saturated (snowball sampling). The number of informants in this study was seven people. The data were analyzed manually through transcription, reduction, coding, categorization in order to form a theme and conclusion.

RESULTS

There are factors that can determine the communication of parents and adolescents about risky sexual behavior. The following are the results of in-depth interviews with experts regarding the determinants of successful parent-adolescent communication including:

1. Parents must have closeness with their children before establishing communication with them and this closeness cannot be realized in a short time so it must be nurtured and conditioned. This must be realized first so that communication about risky sexual behavior can be carried out properly.

"Intinya tuh kedekatan perlu dibangun gitu yaa.. kedekatan diantara orang tua dan anak...."

"Memang perlu proses dari awal gitu yaa untuk membangun dulu kedekatan dengan anak ini"

"Komunikasi biasanya dilakukan seharusnya memang dengan orang tua atau keluarga terdekat yang ada keterikatan emosi dengan remajanya"...

Closeness between family members is a feature of harmony in the family. This closeness will have a positive effect on the communication patterns that exist between family members. Research says that being open and close between family members will create a conducive atmosphere for families to understand each other in family members. Interacting in the family is very important in maintaining family harmony.⁶

The characteristics of adolescents related to communication are that they will only talk to someone they trust.⁵ In addition, adolescents will be comfortable talking to people who are in the same position as them, so they will be more comfortable talking to their peers. This is a challenge for parents to be able to establish closeness with teenagers and position themselves on a par with them. Thus, adolescents will be more open to their parents.⁶

There are studies that explain that the openness of adolescents and parents in communicating between will be more careful about their sexual behavior.⁷ This is in line with other study that

parental guidance can provide an overview or view of the limits of good or bad sexual behavior, so that children can understand their boundaries and make responsible decisions so that the closeness of parents and adolescents can prevent adolescents from risky sexual behavior.⁸

2. Start by improving interpersonal communication between husband and wife first to have a better communication with teenagers.

"Mulai dari komunikasi suami istri dulu, pasutri gitu. Ketika dia komunikasi suami istri itu nyambung, dia nanti akan membentuk suasana, lingkungan, komunikasi yang juga akan berefek pada anak'..."

"Jadi ketika orang tua mereka komunikasi nya baik, kemudian mereka mempertontonkan cara berkomunikasi yang baik, tentu nanti anak ini ketika mereka berinteraksi dengan dunia luar dia juga akan memilih dan memilah komunikasi-komunikasi yang lebih baik gitu..."

'Maka yang pertama dimulai sebenarnya kesadaran dari orang tua untuk membangun komunikasi yang baik kepada mereka, sesama mereka, kemudian menularkan itu kepada anak-anak. Kalau mereka komunikasinya tidak baik, akan sulit mempertontokan hal-hal yang positif dari cara berkomunikasi yang positif kepada anak, gitu..."

The results showed that the quality of husband and wife communication is related to the communication conditions that are patterned in family life. Communication affects marital happiness by almost 30%, this is a factor supporting harmony in the family.⁹

This study also revealed that parents must set a real good example for their children in everything including how to communicate. Another study explains that the function of family communication in the formation of the personality of adolescent children is in a good classification if the child feels that he has received a good example of good behavior and personality from his parents.¹⁰

The home environment and parents who provide support and good examples in communicating tend to be easier to establish communication with adolescents, including in efforts to prevent risky sexual behavior.

CONCLUSION

Communication within the family is a determining factor in communication between parents and adolescents about risky sexual behavior.

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