

THE INFLUENCE OF SELF-ESTEEM ON RISKY SEXUAL BEHAVIOR IN ADOLESCENTS: LITERATURE REVIEW

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ABSTRAK

Remaja merupakan masa transisi dari anak-anak menuju dewasa yang terjadi pada rentang usia 10-19 tahun. Pada masa ini, seseorang mulai menetapkan pola perilakunya, meliputi aktivitas fisik, aktivitas seksual, diet, dan sikap dalam menghadapi sesuatu. Aktivitas seksual menjadi salah satu perilaku yang harus menjadi perhatian karena pada masa remaja seseorang mengalami gejala seksual yang meningkat akibat adanya dorongan hormon yang ada di dalam tubuhnya. Apabila dorongan seksual tersebut tidak dikendalikan dengan baik, maka akan menimbulkan perilaku seksual berisiko pada remaja tersebut. Salah satu faktor internal yang mempengaruhi perilaku ini adalah harga diri. Dampak yang ditimbulkan oleh perilaku seksual berisiko sangat besar, yaitu Kehamilan Tidak Diinginkan (KTD), Infeksi Menular Seksual (IMS), dan gangguan psikis. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh harga diri terhadap perilaku seksual berisiko pada remaja. Penelitian dilakukan menggunakan metode *literature review* dengan menganalisis beberapa artikel yang relevan pada *database jurnal online*, seperti *PubMed* dan *Google Scholar* yang diterbitkan dalam rentang waktu sepuluh tahun terakhir. Penelitian menunjukkan terdapat dua artikel yang menyatakan bahwa harga diri memiliki pengaruh yang bermakna terhadap perilaku seksual berisiko pada remaja. Namun, empat artikel lainnya menyatakan bahwa terdapat faktor lain yang juga berpengaruh terhadap perilaku seksual berisiko pada remaja, yaitu tingkat kelas, konformitas, dan lokasi tempat tinggal. Berdasarkan hasil penelitian, dapat disimpulkan bahwa harga diri tidak memiliki pengaruh yang signifikan terhadap perilaku seksual berisiko pada remaja. Sebaiknya, diperlukan adanya pendekatan holistik dan individualistik untuk membantu remaja memahami dan mengelola perilaku seksualnya dengan baik.

Kata kunci : harga diri, perilaku seksual berisiko, remaja

ABSTRACT

Adolescence is a period of transition from children to adults that occurs in the age range of 10-19 years. At this time, a person begins to establish patterns of behavior, including physical activity, sexual activity, diet, and attitude towards something. Sexual activity is one of the behaviors that should be a concern because during adolescence a person experiences increased sexual turmoil due to the encouragement of hormones in the body. If the sexual impulse is not controlled properly, it will lead to risky sexual behavior in these adolescents. One of the internal factors that influence this behavior is self-esteem. The impact caused by risky sexual behavior is enormous, namely unwanted pregnancy, Sexually Transmitted Infections (STI), and psychological disorders. The purpose of this study was to determine the effect of self-esteem on risky sexual behavior in adolescents. The study was conducted using the literature review method by analyzing several relevant articles in online journal databases, such as *PubMed* and *Google Scholar* which were published within the last ten years. The study shows that there are two articles which state that self-esteem has a significant influence on risky sexual behavior in adolescents. However, four other articles state that there are other factors that also influence risky sexual behavior in adolescents, namely class level, conformity, and location of residence. Based on the results of the study, it can be concluded that self-esteem has no significant effect on risky sexual behavior in adolescents. Preferably, a holistic and individualistic approach is needed to help adolescents understand and manage their sexual behavior properly.

Keywords : self-esteem, risky sexual behavior, adolescents

INTRODUCTION

Every living human being will go through periods of development and growth, from childhood, adolescence, adulthood, to the elderly. World Health Organization (WHO) defined that adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health. Despite being thought of as a healthy stage of life, there is significant death, illness and injury in the adolescent years. Much of this is preventable or treatable. During this phase, adolescents establish patterns of behaviour for instance, related to diet, physical activity, substance use, and sexual activity – that can protect their health and the health of others around them, or put their health at risk now and in the future. While National Family Planning Coordinating Agency defined that adolescents are individuals who are 10-24 years old and unmarried. Whereas according to Santrock (2003) adolescence is a period in which humans change from childhood to adulthood with biological, psychological and social changes. Normally, it is during adolescence that curiosity and interest in something becomes greater, especially along with puberty, which is in the age range of 9 years to 14 years, curiosity about sexual behavior increases due to an increase in hormones at that time. Curiosity about information about sex increases, teenagers generally recognize pornography and find out how to do it with the help of technology that is increasingly fast to get various kinds of information (Permatasari & Kusumawati, 2019).

In adolescence, sexual behavior can begin to be seen when there is a sense of attraction to the opposite sex, then dating, and starting to have intercourse. According to Soetjningsih (2006), there are stages of sexual behavior in adolescence, namely: (1) holding hands, (2) hugging the body, (3) kissing on the lips, (4) groping the genitals, (5) sticking the genitals, (8) taking off clothes and groping the limbs that are not covered by clothes, (9) having sexual intercourse. According to Santrock (2007), adolescents will have sexual intercourse at an average age of 18 years. In the SKRRI data (2007), it was found that 9.75% of adolescents in villages and cities agreed to premarital sexual intercourse with their boyfriends (Muflih & Syafitri, 2018). Based on the results of a sexual behavior survey risk to adolescents in 33 provinces stated that 22.6% of adolescents have done it sex. It is known that 62.7% of middle school adolescents are no longer virgins, 97% are watched pornography, and 21.26% had have an abortion (Misrina & Safira, 2020).

Adolescents whose sexual behavior leads to inappropriate and excessive directions will cause negative impacts, including early pregnancy outside of marriage, sexually transmitted diseases, and psychological diseases. In adolescents, there are 2 factors that influence sexual behavior, namely factors that come from outside themselves and factors that come from within themselves. Factors that come from outside themselves such as family, environment, and friendship factors. While factors that come from within themselves such as self-esteem or self-esteem. This is in line with Djoehraeni & Nurhayati's (2022) research conducted at Senior High School 92 Jakarta, which shows that there were 51 respondents who had low self-esteem people (43.2%) have high risk sexual behavior. Meanwhile, there were 100 respondents who had high self-esteem (65%) have low risk sexual behavior. According to Burn (1998), self-esteem is an assessment of himself regarding how much the individual believes in meaningfulness, wisdom, ability, and ability.

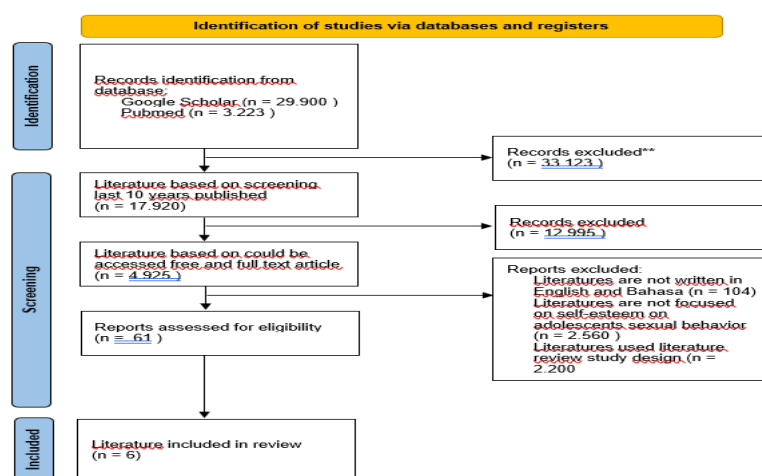
During puberty in adolescents, it often occurs and arises that self-esteem decreases (Rhodes, Roffiman, Reddy, & Fredriksen, 2004). High and low self-esteem in a person can be influenced by several factors, such as gender, race, and social status. Another external factor is the role of the environment, where recognition of an adolescent is needed in shaping adolescent behavior (Nnadozie, 2017). When a person has a high sense of self-esteem, there will be a sense of security and comfort to establish a relationship with their partner towards a

healthy and good relationship. And vice versa, namely someone who has a low level of self-esteem, there will be a sense that his existence is not needed and will trigger further deviations by covering his inability with deviations, one of which is by increasing sexual behavior to show a sense of ability to value himself, this is done to seek attention and satisfaction. In several studies, one of which is research by Morris, Young, Jones (2000) in the title "Self-Esteem and Adolescent Sexual Behavior Among Students at an Elite Bolivian School" obtained the results that female students who have never had sexual intercourse have high self-esteem and male students who have high self-esteem because they do not want to have sexual intercourse before marriage (Permatasari & Kusumawati, 2019).

Self-esteem plays an important role in determining the actions or behaviors that adolescents will take, including determining their sexual behavior. This is in line with previous research conducted by Indah Daratista and Evi Kartika Chandra (2020) which explained that a person's self-esteem influences premarital sexual behavior where the higher a person's self-esteem, the higher self-control (Daratista & Chandra, 2020). In addition, there are various negative impacts that will arise from adolescents' risky sexual behavior, such as unwanted pregnancies, sexually transmitted diseases, early marriages and others. Therefore, this research was conducted to find out more about the influence of a teenager's self-esteem on his sexual behavior and to determine how to prevent this problem from causing adverse effects, such as providing education and counseling to adolescents, strengthening self-character and others.

METHOD

This study used the literature review method. The literature search strategy in this study used online databases through Google Scholar and PubMed. The keywords in this research include: Self-Esteem, Risky Sexual Behavior, Adolescents. The articles obtained were then filtered again according to the inclusion and exclusion criteria. The inclusion criteria in this study are literatures published in the last 10 years (2013-2023), the literatures are written in English and Indonesian, literatures focused on discussing about self-esteem on adolescents risky sexual behavior. While the exclusion criteria of this study are literatures that used literature review study design, and literatures can not be accessed in full text. The authors uses the PRISMA (Preferred Reporting Items for Systematic Review) systematic review method which includes identification, screening, inclusion and eligibility based on article findings which are then analyzed. Articles that meet the criteria will be reviewed to obtain data related to the influence of self-esteem on risky sexual behavior in adolescents.



Picture 1. PRISMA Flowchart

RESULTS

Table 1. Research Related to the Influence of Self-Esteem to Risky Sexual Behavior in Adolescents

Authors	Title	Study Design	Sample	Main Findings
Theresia et al., (2020)	Faktor-Faktor yang Mempengaruhi Perilaku Seksual Siswa Sekolah Menengah Pertama di Jakarta Barat	Cross-sectional study	541 junior high school students in West Jakarta who attend school from June to September 2019.	There were 48% of respondents with risky sexual behavior and 2% with unsafe risky sexual behavior, 79% of respondents have low sexual knowledge and 46% of respondents have negative sexual attitudes. There were 35% of respondents with low self-image and 26% with exposure parenting and 12% permissive parenting. Bivariate analysis showed that there was significant relationship between sexual behaviour and age, gender, class level, sexual knowledge, and sexual attitudes ($p < 0.05$). Multivariate analysis showed a significant relationship between age, sex, class level, sexual knowledge, sexual attitudes and sexual behaviour ($p < 0.05$). The dominant factor influencing sexual behavior was class level.
Daratista & Chandra (2020)	Hubungan antara Harga Diri, Kontrol Diri, dan Konformitas Remaja Terhadap Perilaku Seksual Pranikah	This study uses quantitative research with a correlation and survey approach	240 students in grade XI at school in North Metro Sub-district who are around 17-18 years old.	The results of this study are that there is a positive and significant relationship. Both the relationship between self-esteem with premarital sexual behavior, self-control with premarital sexual behavior, adolescent conformity with premarital sexual behavior, relationship between self-esteem with self-control, self-control with adolescent conformity, and self-esteem with adolescent conformity.

Zamriyani & Aulia (2021)	Hubungan Harga Diri dengan Perilaku Seksual Pranikah pada Remaja	The research design used in this research is correlational quantitative method	The research subjects were 89 people who were obtained through purposive sampling technique	The results of the correlation coefficient show that there is a negative correlation between self-esteem and premarital sexual behavior among teenagers.
Garvin (2018)	Harga Diri, Konformitas, dan Perilaku Seksual Remaja yang Berpacaran	Correlational quantitative method	The study participants of 137 Jakarta adolescents who had been dating before (69.3% were female)	The results of this study indicate that self-esteem is not related to sexual behavior in adolescents who are dating, whereas conformity shows a significant relationship with adolescent sexual behavior on dating. This is because adolescents want to show their friends that they are same as their friends, who in this case have also had sexual intercourse on dating. This research suggests that parents and educators can equip teenagers with sexual education and insight about appropriate relationships.
Enejoh et al., (2016)	Impact of self esteem on risky sexual behaviors among Nigerian adolescents	Cross-sectional survey	361 adolescents in 9 secondary schools in Jos Plateau, Nigeria	Mean self-esteem score was 27.6 with no significant difference in self-esteem scores by gender. Adolescents with low self-esteem were 1.7 times more likely to be sexually active and had a higher mean BHS scores compared to adolescents with high self-esteem.
Indarwati et al., (2020)	The Comparison of Self-esteem and Premarital Sexual Behavior in Teenagers between Ex-localization Areas and Surrounding Areas in Surabaya	Quantitative approach with a descriptive comparative method	The sample was 118 teenagers, consisting of 59 teenagers in ex-localization and 59 teenagers in the surrounding area	Results showed that there was no difference in self-esteem level between teenagers in ex-localization and the surrounding area ($p = 0.568$); there was a difference in premarital sexual behavior between teenagers in ex-localization and the surrounding area ($p = 0.017$). It can be concluded that both teenagers between ex-localization and surrounding area had high levels of self-esteem

and were in a high risk category for premarital sexual behavior. Teenagers in ex-localization areas have better levels of self-esteem than teenagers in the surrounding area but have a high risk in premarital sexual behavior

DISCUSSION

Self-esteem and self-image are important because they can affect adolescent behavior. According to Theresia's research (2020), shows that there is a relationship between age, gender, sexual knowledge, sexual attitudes, and self-image towards adolescent sexual behavior. This study also showed that there were 48% of respondents with risky sexual behavior. Respondents with risky sexual behavior tend to have low sexual knowledge, negative sexual attitudes and have a low self-image. The self-image assessment in this study used the Rosenberg Self-Esteem Questionnaire and showed that 35% of respondents had a low self-image. In addition, according to the study there is a significant relationship between high self-image and reduced premarital sexual behavior.

Research conducted by (Daratista & Chandra, 2020), shows that self-esteem has a significant relationship with premarital sexual behavior. In the current era, teenagers not only consider their self-esteem in a good activity, but also in a bad activity. When adolescents' self-esteem is high, their self-control and conformity will also be affected. The majority of studies that discuss self-esteem with premarital sexual behavior found that the higher the self-esteem of adolescents, the lower the premarital sexual behavior. In addition, in an effort to minimize the occurrence of premarital sexual behavior that occurs among adolescents, it is hoped that these adolescents can understand their own self-esteem and keep themselves from being easily influenced by friends' invitations that lead to premarital sexual behavior.

Based on research by Zamriyani & Aulia (2021) it shows that there is a negative relationship between self-esteem and sexual behavior. This means that the higher the self-esteem of adolescents, the lower their sexual behavior. Teenagers who value themselves tend to think that they have high self-esteem. With high self-esteem, adolescents will not behave in ways that harm themselves and will be guided by their values, morals and religion so that adolescents who have high self-esteem will avoid risky sexual behavior.

Self-esteem is not related to risky sexual behavior in adolescents, but what is influential is the nature of conformity in adolescents (Garvin, 2018). Conformity is the attitude of adolescents who want to follow their friends of their own accord. As we know, the adolescent phase is a time when a person is looking for identity and most of the time will miss outside the home with friends or partners. This makes teenagers vulnerable to follow everything that happens in their social environment, one of which is to have risky sexual relations. If they don't do it, they are afraid that their friends will tease them for being cowardly. These feelings make a teenager compelled to follow whatever is recommended by friends or partners. So actually, low self-esteem tends to have an impact on behavioral problems that are violent or aggressive in nature, not impact on social relationships of teenagers.

The same result was also found in the study of Indarwati et al. (2020) which states that self-esteem has no significant relationship to the occurrence of premarital sexual behavior. High self-esteem cannot be used as a guarantee for a teenager not to engage in risky sexual

behavior, use drugs, and have suicidal thoughts. Self-esteem depends on the acceptance of the role of the teenager himself and also those around them.

However, the statements from the two studies are not in line with the research by Enejoh et al. (2016) conducted in a state in Nigeria, showed that adolescents with low self-esteem tend to be more sexually active and have a higher average Risky Sexual Behavior (RSB) score. This can be caused because teenagers with low self-esteem, in general, will try to prove themselves or show their existence because they want to impress other people. They generally feel less confident, often doubt their abilities, have a pessimistic nature, and lack support from their parents or those closest to them, making them more vulnerable to pressure to engage in risky sexual behavior. Based on these studies, it can be seen that self-esteem has an influence on risky sexual behavior in adolescents where the lower the self-esteem, the higher the sexual risk behavior of adolescents, but from several studies, it is stated that there are other factors that influence self-esteem and risky sexual behavior, such as conformity and friendship environment in adolescents. As stated by Garvin (2018) that conformity is the attitude of adolescents who want to follow their friends of their own accord. This makes adolescents vulnerable to follow everything that occurs in their social environment, one of which is having risky sexual intercourse.

CONCLUSION

Adolescence is a transition period for humans from children to adults which is marked by several changes, both physical and non-physical. During this period, adolescents can determine what they want, including having a partner. However, if teenagers have low knowledge about how to treat their partners, it will have fatal consequences. From the discussion based on the journal above, it can be concluded that there are several factors that influence adolescent sexual behavior, these factors can of course be dynamic, they do not apply universally to all adolescents because of course each adolescent has different backgrounds and experiences. One of the factors that influences risky sexual behavior in adolescents is the self-esteem embedded in adolescents. As is known from the results of the analysis, adolescents who have low self-esteem will tend to have high-risk sexual behavior and vice versa. In this case, it is necessary to increase self-esteem which can be done through providing education and strengthening self-control in adolescents. Therefore, it is necessary to take a holistic and individualistic approach to help adolescents understand and manage their sexual behavior well. The authors suggests that future researchers can continue to improve and develop this research, both in terms of methods and analysis results. Researchers can also add other ways that can be made to prevent and get over the problem of risky sexual behavior in adolescents so that this research becomes more perfect and useful for readers, especially adolescents as the nation's next generation.

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