

The Qualitative Study of the Phenomenon of Premarital Sex: Between Expectations and Reality Among Adolescents in Banjarmasin

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ABSTRACT

Introduction: Premarital sex has become an increasingly concerning issue, particularly in the context of social and health aspects. This study to delve deeper into the factors influencing premarital sexual behaviour among adolescents and its impacts on their physical and social health.

Methods: This study employ's a qualitative phenomenological design using a bracketing approach to capture the phenomenon purely and objectively from the informant's perspectives, with sampling conducted through a snowball technique involving four participants aged 15 to 19 years.

Results: The results indicated that the flocking phenomenon and an overestimated perception of peers are the main factors driving adolescents to engage in premarital sexual relationships, which they perceive as a demonstration of love towards their partners.

Conclusion: This study recommends the need for enhanced education on values, norms, and the preservation of Eastern culture that is comprehensive, along with parental involvement in educating their children to face these challenges more effectively. By understanding this phenomenon, it is hoped that effective solutions can be found to reduce the risks and negative impacts of premarital sex.

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INTRODUCTION

The phenomenon of premarital sex among adolescents is an increasingly urgent issue that requires attention, especially in this modern era (1,2). Society's growing openness to information, particularly through social media and the internet, has created new challenges in sexual education and understanding of interpersonal relationships (3,4). According to the data from various surveys, the number of adolescents involved in premarital sexual relationships shows an increasing trend (5). This phenomenon concerns related to reproductive health, unwanted pregnancies, and the risk of sexually transmitted infections (STIs) (6). Furthermore, many adolescents lack sufficient knowledge about reproductive health, leaving them trapped in risky situations without adequate understanding of the consequences of their actions (7). The factors that drive premarital sexual behavior among adolescents are very complex (8). The social environment, including peer influence, cultural norms, and family roles, significantly contributes to adolescents' decisions to engage in sexual activities before marriage (9). On the other hand, social stigma and a lack of open communication regarding sexuality often make adolescents reluctant to seek accurate and helpful information (3,4,10).

In this context, research on the phenomenon of premarital sex among adolescents in Banjarmasin becomes very important. This study aims to gain a deeper understanding of the patterns of premarital sexual behavior, the factors influencing these decisions, and their impacts on the physical and mental health of adolescents. With a better understanding of this issue, it is hoped that appropriate solutions can be found to address the challenges faced by adolescents today and improve the quality of sexual education in society (11). The consequences of the phenomenon of premarital sex are not limited to physical health aspects but also impact the mental and social well-being of adolescents (1). Unwanted pregnancies can lead to significant social stigma for young women, resulting in feelings of shame, depression, and anxiety. Additionally, unsafe sexual relationships can increase the risk of sexually transmitted infections (STIs), which adolescents often remain unaware of due to a lack of education about reproductive health (12,13). The lack of access to information and resources makes it difficult for adolescents to acquire the necessary knowledge to make safe and healthy decisions regarding sexuality (14). Therefore, this research aims to understand the background causes of adolescents engaging in premarital sex, as well as to examine the factors contributing to premarital sexual behavior among adolescents (15).

Despite the recognition of spiritual values as influential in adolescent development, there remains a significant theoretical and empirical gap in understanding how these values interact with social and cultural factors to shape adolescent sexual behavior. Existing literature often examines spiritual or religious influences in isolation, without adequately considering the complex interplay between spiritual teachings, peer dynamics, and the rapidly evolving landscape of information accessible to adolescents. Furthermore, empirical studies focusing specifically on the lived experiences of adolescents in Banjarmasin, where high spiritual ideals coexist with prevalent premarital sexual activity still are scarce. Banjarmasin is a city that holds high spiritual values; however, the rate of premarital sex remains notably high. This paradox has generated a negative stigma towards the city, particularly affecting adolescents aged 15-19, who are navigating a critical transitional phase marked by intense curiosity. Unlike many regions in Indonesia and other countries where strong spiritual or religious norms typically correlate with lower incidences of premarital sexual activity, Banjarmasin presents a unique case where traditional values coexist with relatively permissive sexual behaviors among youth. This divergence from both national and international patterns underscores the complexity of socio-cultural dynamics in Banjarmasin and highlights the need for localized research to better understand how adolescents reconcile conflicting societal expectations with their personal experiences. They often find themselves caught in a dilemma between the spiritual values they are taught and the social realities they face. Teenagers at this age tend to seek their identity and try to understand interpersonal relationships, including in the context of sexuality. The increasing availability of information about sexuality through social media and the internet, coupled with a lack of adequate sex education, makes them more vulnerable to engaging in premarital sexual behavior. Studies indicate that adolescents exposed to a spiritually positive environment tend to have a better understanding of moral and ethical values. However, when these values conflict with their real-life experiences, it can lead to confusion and internal conflict. Therefore, it is essential to conduct further research on the influence of spiritual values on adolescent sexual behavior in Banjarmasin. This study aims to explore how social and cultural factors interact with spiritual values in shaping adolescents' sexual behavior. By understanding this dynamic, it is hoped that more effective intervention strategies can be formulated to support adolescents in navigating their

transitional phase in a healthy and responsible manner. So, it can be to address these gaps by providing a nuanced exploration of how adolescents negotiate conflicting values and navigate their sexual decision-making processes.

METHOD

This research method is designed to explore the phenomenon of premarital sex among adolescents in Banjarmasin. The approach used is qualitative, allowing the researcher to obtain a comprehensive picture of the background and factors influencing premarital sex among adolescents (16,17).

Population and Sample/Informants

The population in this study consists of all adolescents in the city of Banjarmasin aged 15-19 years, with a target sample using Miles and Huberman's data analysis model on adolescents who are willing to share their experiences related to premarital sex with snowball technique. This qualitative data analysis activities conducted interactively and continuously until saturation is reached, ensuring that the data becomes saturated. The sample obtained consisted of 4 individuals with the ratio 1:1.

Research Location

The study was conducted in Banjarmasin City. Banjarmasin is a city that holds high spiritual values; however, the rate of premarital sex is also high. This has created a negative stigma towards the city, particularly affecting adolescents, especially those aged 15-19, who are in a transitional phase with a very high level of curiosity.

Data Analysis

The grounded theory analytic lens is applied to develop a theory emerging from the interview data, such as the Background of premarital sex, Factors of Premarital Sex, and The Role of Society in the Prevention of Premarital Sex. The analysis process begins with open coding, axial coding, and selective coding by reviewing all available data from various sources, namely in-depth interviews (18). The data was analyzed through three components: data reduction, data display, and conclusion drawing/verification. In-depth interviews were chosen as the data analysis method because they allow the researcher to obtain more information, opinions, and explanations directly (4). Additionally, the researcher can collect initial data and subsequent data that flows according to the researcher's needs. To strengthen the validity and credibility of the data in this study, the researcher uses triangulation informants consisting of representatives from the Student Affairs Department and parents from the community (19).

The interview process was conducted in a friendly and flexible manner with open-ended questions to build rapport (7). This approach is taken to explore and capture the informants' honesty in conveying accurate information. Interview was conducted repeatedly as needed and applied to all informants (20). The data analysis process began by reviewing all available data from various sources. The data was analyzed through three components: data reduction, data display, and conclusion drawing (21).

Ethical Approval

This study was approved by the Health Research Ethics Committee of Sari Mulia University (Approval Number: 719/Kep-UNISM/III/2023). All participants, including parents or guardians for participants, provided informed consent prior to participating in the study. The confidentiality of all participants was strictly maintained throughout the research process.

RESULTS

This section discusses the results and discussion of the research which includes a description of the characteristics of the informants, the background of premarital sex and the factors that cause premarital sex both from an internal and external perspective.

Informant Characteristic

Informants are individuals who provide the essential information needed in this research, which is utilized to offer insights into the situation and context of the study. In this research, the informants divided into two categories: primary informants and triangulation informants.

Primary Informant

The main informants in this study were teenagers in the city of Banjarmasin. It consists of 4 (four) teenagers. Table 1 presents an overview of the characteristics of the main informants, which includes age, gender, and status.

Table 1. Characteristic Primary Informant

No	Informant Code	Age (Years)	Gender	Status
1.	I1	19	Man	Student
2.	I2	17	Women	Student
3.	I3	15	Women	Student
4.	I4	18	Man	Student

Based on Table 1 above, it can be observed that among the four informants, the youngest respondent is 15 years old, and the oldest is 19 years old.

Triangulation Informant

Table 2 is a Triangulation informants consist of the Government, School and Parents, as seen in the following table:

Table 2. Triangulation Informant Characteristic

No	Informant Code	Age (Years)	Gender	Status
1.	PS1	41	Women	Student Affair Department
2.	PS2	30	Women	Student Affair Department
3.	OT1	47	Man	Parent
4.	OT2	45	Women	Parent
5.	GOV	54	Man	Government

Based on Table 2 above, there are five triangulation informants, consisting of two individuals from the school's student affairs, two representatives from the parents, and one person from the local government.

Based on the demographic characteristics presented in Table 1 and Table 2, the study captures a diverse range of perspectives that enrich the understanding of the phenomenon under investigation. The four informants, aged between 15 and 19 years, represent adolescents in a critical developmental stage marked by heightened curiosity and identity formation, which directly influences their experiences and perceptions related to the study's themes. Meanwhile, the inclusion of five triangulation informants, comprising school student affairs personnel, parents, and a local government representative-provides a broader socio-ecological context that shapes and interacts with adolescent behaviors and attitudes. This demographic diversity allows the research to explore how age-related developmental factors among adolescents intersect with institutional and familial influences, thereby illuminating the complex dynamics that contribute to the emergent themes. The perspectives from educational, familial, and governmental stakeholders help validate and deepen the findings, highlighting how demographic factors influence both individual experiences and the broader social environment surrounding the adolescents.

RESULT

The rise in premarital sex among teenagers is heavily influenced by both internal and external factors. Adolescents, who spend much of their time outside the home with their peers, are in a phase of discovering their own identity. During this period, they are often judged by their peers, without fully considering the consequences. Peer influence emerges as the primary factor driving teenagers to engage in premarital sex, as their friends hold particular views on the matter. At the same time, teenagers' lack of awareness about the potential consequences of sexual activity

means they often don't think about the long-term effects of their actions. This ignorance is reflected in their belief that having sex for the first time is simply a way to demonstrate love to their partner.

Background of premarital sex

The evolution of values and social norms, influenced by technological advancements and easy access to information, has led many to view premarital sex as a way to express love, affection, and commitment. Additionally, it is often seen as a means to strengthen and maintain a relationship over time. Table 3 is a summary of the interview results with informants regarding the background of engaging in premarital sex.

Table 3. Background of premarital sex

Topic 1	Informant 2	Display 3	Coding 4	Conclusion Drawing 5
Main Informant				
Background	I1	“The feeling of love can be unclear and unstable, causing people to follow their emotions without much thought...”	the feeling of love is common today and easy access to explicit content online	Premarital sex has become expressions of love and commitments to fidelity
	I2	“My boyfriend gives me comfortable, which led me to agree to something that is initially reluctant about...”	A partner can offer reassurance and comfort by making promises of loyalty and responsibility	
	I3, I4	Dating is common among teenagers as a sign of affection, hoping the relationship will last and remain loyal.	As an expression of love.	
Place	I1, I2, I3, I4	Usually at the boarding house or home when it's quiet.	At boarding house or home.	Teenagers do premarital sex at boarding house, home, friend's house, or reputed a quiet location.
Sex Object	I1, I2, I3, I4	Yes, with boyfriend.	Boyfriend.	Teenagers do premarital sex with their boyfriends.
Frequency	I1	Hmmm.. twice or third in a week, I guess.	twice or third in a week	Sexual activity often occurs when they meet.
	I2	It depends on the situation, such as when a friend's house or their place is empty.	Sometime it depends on the situation	they are now willing to do anything to stay in the relationship.
	I3, I4	Yes, if desire, once a week.	Once a week	
Psychology	I1	I feel regretful, but it's become something normal now.	regretful	The teenager feels regret, but since everything has already happened, the focus is on staying together.
	I2	I used to regret it, but because I love him, I'm willing to do anything as to stay in the relationship.	regretful	
	I3	It's already a usual thing and it's too late now. Regretting it won't help. For now, just go with it.	It's too late now.	
	I4	I do not feel regret, because it is a prove of true love.	Not regretful	

Premarital sex has become common among teenagers as a way to express love and commitment. Teenagers tend to choose locations that are considered safe and quiet, such as boarding houses or friends' homes, for sexual activity, which often occurs when they meet. Although they may regret their actions afterward, they often feel their relationships are important and try to stay together despite the consequences (22). This shows that even though

teenagers are aware of the risks, they are influenced by emotional and social factors that encourage them to continue their relationships). Adolescents face significant developmental changes, including emerging attractions to the opposite sex, challenges, and a tendency to engage in risky behaviors, highlighting the vulnerabilities associated with this stage of life (1,23).

The findings reveal that premarital sexual behavior among teenagers is influenced not only by awareness of risks but also by strong emotional and social factors, such as the desire to express love and maintain relationships, often in private, perceived safe settings. This extends the Theory of Planned Behavior by highlighting how emotional attachment and social pressures function as compelling subjective norms that can override adolescents' risk perceptions. Additionally, these behaviors align with Theory of Planned Behavior, which emphasize the vulnerabilities and identity explorations characteristic of this life stage, making adolescents more susceptible to risky behaviors. Together, these insights suggest the need for an integrative framework that incorporates emotional relational dynamics alongside cognitive risk awareness, underscoring that effective interventions must address both the affective motivations and social contexts shaping adolescent sexual decisions, rather than focusing solely on knowledge or risk prevention.

Factors Contributing to Premarital Sex

Premarital sex among teenagers is a complex phenomenon influenced by various factors. One of the main causes is a lack of knowledge about reproductive health and sexuality. Many teenagers lack proper education from their parents or schools, causing them to seek information from unreliable sources like social media or friends. This often leads to misconceptions about sex and its potential consequences, prompting them to engage in sexual activities without fully understanding the risks involved. Table 4 explains that both internal and external factors influence Premarital sex among teenagers.

Table 4. Factors of Premarital Sex

Topic	Informant	Display	Coding	Conclusion Drawing
1	2	3	4	5
Internal Factor				
Knowledge				
Main Informant				
Definition	I1	Having sex even without marriage, as long as it's consensual, doesn't seem like a problem.	Sexual intercourse with the opposite sex	Teenagers often define sexuality as engaging in sexual or intimate activity with their partner.
	I2	sexual intercourse should be after marriage, but now many do it as long as both are willing	Sexual intercourse	
	I3	Sexual intercourse with our partner, yah it's fine as long as both are willing.	Sexual intercourse	
	I4	Sexual intercourse as a prove of true love as long as with own boyfriend	Sexual intercourse with partner	
Impacts	I1, I4	The translation of your phrase into English is: "Infected with a sexually transmitted disease, and worried that my girlfriend might get pregnant before marriage	Sexually transmitted diseases and pregnancy	The teenagers said the impacts of premarital sex can lead to sexually transmitted diseases, HIV/AIDS, pregnancy outside of marriage, vaginal discharge, and loss of virginity
	I2, I3	The consequences could include contracting diseases such as HIV/AIDS or becoming pregnant before marriage. If my family finds out, I might be expelled and shunned. My greatest fear is that by the time I marry, I won't be a virgin anymore, and no one will want to be with me	Being pregnant, causing self-harm, and having difficulty finding a life partner	

Prevention	I1, I2, I3, I4	If we doing that, use a condom to avoid pregnancy; if not will pulling out before ejaculation	Using a condom as a contraceptive	The way to prevent the effects of premarital sex among teenagers is usually by using condoms or by pulling out before ejaculation
External Factors				
Sources of Information				
Exposure to Sources of Information	I1, I4	I usually get information from the internet because everything is advanced now; you just need to search for what you are looking for.	From the internet	The teenagers get most of their information about sex education from the internet, peers, books, and school lessons.
	I2, I3	Usually, I get information from chatting with friends and sharing stories, as well as from the internet or lessons from teachers. But most of it comes from friends when we gather together."	Friend, the internet, books, and school lessons	
The environment	I1	At first, a friend talked about having sex with his girlfriend, saying it was enjoyable, so I tried to invite my girlfriend, and she agreed to it as well.	Friends	The biggest influence on teenagers engaging in sexual relationships is social interactions and self-expression
	I2, I3	My circle mostly engages in those activities, so I feel influenced to participate in order to be accepted and feel actualized in the environment	Friends	
	I4	It was indeed initially because of the influence of friends and getting carried away by the mood when we are alone	Friends	
Communication with parents	I1	My parents give me freedom because they consider me an adult and do not prohibit dating.	Give a freedom	Parents give freedom because they believe their child is old enough to make decisions, even though communication is limited. This freedom includes permission to date and socialize, as long as they don't come home too late."
	I2	There are no prohibit, since I rarely talk to my parents. If I want to go out, they don't mind, as long as I don't come home too late."	Give a freedom	
	I3, I4	Just free, there are no rules who I can befriend	Give a freedom	

Teenagers often define sex narrowly as intimate relations or sexual intercourse with their partners. Knowledge plays a crucial role in shaping behavior. Behaviors grounded in knowledge tend to be more enduring than those that lack a knowledge base. Knowledge serves as a precursor to behavior, offering the fundamental rationale or motivation behind it (24). They recognize that premarital sexual behavior can have serious consequences, such as the risk of sexually transmitted infections, HIV/AIDS, unintended pregnancies, and other health issues like abnormal vaginal discharge and loss of virginity (25). To prevent these negative effects, teenagers frequently use contraceptives, such as condoms, or opt for non-penetrative methods. Although efforts to protect themselves through contraceptive use are common, a broader understanding of sexuality and the consequences of sexual behavior is still crucial in helping teenagers make wiser and more responsible decisions. In addition, self-control has a greater influence than knowledge, indicating that knowledge impacts the occurrence of premarital sex indirectly through self-control (18,26).

The teenagers got the information obtained without sufficient knowledge will greatly influence their mindsets. Free social interactions significantly contribute to teenage behavior. Teenagers often feel pressured to conform to group norms or engage in sexual activities as a form of social acceptance. With the rapid advancement of information technology and the free influx of foreign cultures, which sometimes reflect differing values, adolescents

become more open to new experiences and the exploration of their identities. In a positive environment, teenagers can learn to balance this freedom with responsibility, enabling them to make wiser decisions regarding their relationships and sexual health. However, if the social atmosphere is negative and combined with permissive parental attitudes, it can indicate potential risks for teenagers who lack adequate guidance or support in navigating social and emotional relationships. As a result, this freedom can also make them vulnerable to negative influences, such as the strong pressure from peers, where the desire to be accepted and recognized within a group can push teenagers to make unwise decisions. For example, as adolescents gain independence and become more socially aware, they may feel pressured by a desire (or lack of desire) to conform to a particular peer or social group, or to be perceived by their parents as responsible and self-reliant (7). Therefore, it is important for parents, schools, and society to provide appropriate guidance and education so that adolescents can navigate their social freedoms in a positive and safe manner.

Adolescents often have a limited understanding of sex, which influences their behavior. The Theory of Planned Behavior explains that knowledge, attitudes, social norms, and self-control collectively affect their sexual decisions. While knowledge about risks encourages protective behaviors, self-regulation and perceived control are crucial for safe practices. Peer pressure and exposure to diverse cultural values further shape adolescent sexual behavior, with permissive parental attitudes increasing vulnerability to risks. Supportive guidance from parents, schools, and communities promotes safer choices. Thus, a comprehensive approach combining education, self-efficacy, and social support is essential to help adolescents make responsible decisions about their sexual health (27,28).

The Role of Society in the Prevention of Premarital Sex among Teenagers

Parents and schools act as the primary educators, where they must instill moral and ethical values from an early age through open communication and active involvement in the lives of adolescents. The existence of regulations and targeted programs from the government to develop the character of teenagers also plays an important role in shaping their character. Table 5 outlines the results of interviews conducted with triangulated informants regarding the role of the community in the prevention of premarital sex.

Table 5. The Role of Society in the Prevention of Premarital Sex

Topic 1	Informant 2	Display 3	Coding 4	Conclusion Drawing 5
PARENTS				
Triangulation Informant				
Parenting	OT1	Our parenting gives freedom to the child, as long as it is not misused for negative purposes. Adolescence is indeed a time for self-discovery, including having a partner; as long as they are on the right path.	Giving freedom to their child as long as they are responsible	Generally, parenting styles grant freedom in socializing, but still prioritize responsibility and aim to avoid the misuse of that freedom for negative purposes
	OT2	We give freedom in socializing and making friends, and allow them to go out, especially for school activities....	Allowing freedom in socializing, but when going out, they must know their destination, who they are going with, and return home before 9 PM	
Regulation	OT1, OT2	Dating is allowed, as long as it's done properly and without any nonsense. Focus on school first; dating is okay	It's fine as long as it doesn't interfere with school.	Parents essentially allow their children to date, but they still emphasize that school is important

		as long as it doesn't interfere with studies.		and that the children must know their limits.
SCHOOL				
School implementation in preventing premarital sexual behavior.	BK1, BK2	In school, material about the adolescent reproductive system is covered in biology class usually, along with reproductive health education from health agencies or universities.	in biology class and health education	The implementation by schools in preventing premarital sex among adolescents is carried out covered biology lessons and outreach activities from health departments and institutions.
How is School policies for preventing premarital sexual behavior?	BK1	The school has strict rules regarding behavior that could negative its reputation, with the most severe consequence being expulsion.	The existence of regulations, extracurricular activities	The role of schools in the prevention of premarital sex is regulated through strict rules and extracurricular activities, such as sports and student organizations.
	BK2	We have regulations that must be followed; minor infractions typically lead to a call to the parents, but serious offenses that damage the school's reputation can result in expulsion.	Regulations, extracurricular activities	
GOVERNMENT				
The local government's response to premarital sexual behavior among adolescents.	GOV	This is an interesting topic to discuss, as cases of abortion and early marriage due to premarital sex among teenagers are increasing year by year.	We have socialized many programs to adolescents through counseling, mentoring, and campaigns, both via mass media and electronic media	The premarital sexual behavior exhibited by adolescents has led to an increase in the rates of abortion and early marriage.
The government's efforts to prevent premarital sexual behavior among adolescent"	GOV	Our efforts from the health department to prevent premarital sexual behavior have been implemented through various programs and cross-sector collaborations.	All segments of society, particularly families and schools, need to take an active role in being more attentive to children's social interactions.	The government should develop policies to prevent premarital sex, including restricting adolescents' access to inappropriate content,

As stakeholders, governments, parents, and schools play an essential role in addressing premarital sexual behavior among teenagers. Governments can be addressing adolescent premarital sexual behavior through reproductive health policies and awareness programs, which must extend beyond disseminating information to ensuring equitable access to adolescent-friendly health services. Effective policies require a comprehensive, integrated approach that includes robust implementation mechanisms, culturally responsive strategies that respect local values, and collaboration with stakeholders like parents and schools. Governments should be create policies and awareness programs focused on reproductive health to inform young people about the risks and consequences of premarital sex and ensure that teenagers have adequate access to health services (29). Parents, as the first educators,

should encourage open communication and provide honest sexual education to help their children understand their responsibilities in relationships. Attachment to parents indicates that they are able to recognize and respond positively to their children. Consequently, a strong attachment to competent parents can influence adolescents' social development and overall well-being, including aspects such as self-esteem, emotional regulation, and both physical and psychological health (22,30). Based on the result, Karimli et al. (2024) said there is a positive relationship between family functioning—characterized by family cohesion, the frequency and comfort of family communication, and the child-caregiver relationship—and adolescents' mental health (31). At the same time, schools must implement a curriculum that includes accurate and relevant sexual education, along with counseling services to support students emotionally (32). Through strong collaboration among these three entities, it is expected that a supportive environment will emerge, helping adolescents make healthy and responsible choices regarding their sexual behavior.

The findings of this study reinforce and extend previous research on the critical roles of governments, parents, and schools in addressing premarital sexual behavior among adolescents. consistent with the Theory of Planned Behavior, which emphasizes the influence of knowledge, attitudes, subjective norms, and perceived behavioral control on adolescent decision-making, this study highlights how multi-level interventions are necessary to shape responsible sexual behaviors (33). Prior studies have shown that government policies and awareness programs focused on reproductive health can increase adolescents' knowledge and access to health services, but their effectiveness is maximized when they move beyond information dissemination to include equitable access to adolescent-friendly services and culturally responsive strategies. The results also align with Shrestha et al. (2019) research demonstrating the importance of family functioning and communication in adolescent well-being. Beside that, a positive relationship between family cohesion, the quality of communication, and adolescent mental health, supporting the current study's emphasis on the role of parents as primary educators and sources of emotional support (34,35). This is further supported by attachment theory, which posits that strong parent-child bonds foster self-esteem, emotional regulation, and resilience, thereby reducing risky behaviors such as premarital sex. Furthermore, the study's findings underscore the significance of school-based interventions. Schools that implement comprehensive sexual education and provide counseling services offer an essential support system for adolescents, as documented in previous literature. The integration of accurate, relevant information and emotional support within the school environment helps mitigate the influence of peer pressure and societal changes, which are increasingly relevant in the digital age.

Overall, these findings suggest that an integrated, collaborative approach—engaging government policy, parental involvement, and school-based education—is essential for creating a supportive environment that empowers adolescents to make healthy and responsible choices regarding their sexual behavior. Theoretically, this supports ecological and behavioral models that advocate for multi-level, contextually sensitive interventions. Practically, the results have implications for policymakers and practitioners: efforts to reduce premarital sexual behavior among adolescents should prioritize not only the availability of information and services but also the quality of communication and support provided by families and schools. Future research should continue to explore how these factors interact within diverse cultural contexts to inform more effective, evidence-based interventions.

IMPLICATION AND CONTRIBUTION

This research provides important insights into premarital sexual behavior among adolescents, assisting stakeholders in designing more effective sexual education programs. Additionally, its findings can contribute to the development of youth health policies that are more responsive to the needs and challenges faced by adolescents.

CONCLUSION

The phenomenon of premarital sex among adolescents is influenced by various factors such as the social environment and a lack of adequate sexual education. The impacts of this behavior are diverse, ranging from physical health issues to emotional effects. Casual relationships can lead teenagers to become trapped in negative peer circles, disrupting their relationships with family and positive friends. This can result in social isolation and a loss of identity. To address the negative consequences of promiscuity, a comprehensive sexual education approach is necessary. This education should include information about reproductive health, the risks associated with risky sexual behaviors, and the development of social skills to resist peer pressure. Open communication between parents and teenagers is also

crucial for building trust and providing support in navigating challenges related to sexuality. Communities, schools, and parents need to collaborate to raise awareness about the dangers of promiscuity and the importance of proper sexual education. Educational programs should be designed to provide accurate and relevant information to adolescents so they can make informed decisions regarding their sexual lives. Local governments also have a responsibility to develop prevention programs that involve the community and to provide resources and support for families and schools in educating teenagers about the importance of maintaining reproductive health and making wise decisions regarding sexual relationships. With collaboration among all these parties, it is hoped that a safer and more supportive environment can be created for adolescents as they transition into adulthood without falling into risky premarital sexual behaviors.

This study highlights the crucial synergistic roles of government, parents, and schools in shaping responsible adolescent sexual behavior that integrate culturally responsive policies, strong family communication, and comprehensive school-based sex education effectively support adolescents in making healthy decisions. However, methodological limitations such as a limited sample size and focus on a specific cultural context restrict the generalizability of the findings. The transferability of these results should be tested across diverse social and cultural settings to ensure broader applicability. Future research is recommended to employ mixed methods. This will aid in developing more effective, contextually tailored interventions. Future research should employ longitudinal ethnographic studies to comprehensively examine the long-term effects of comprehensive sexual education on adolescent decision-making and relationships, while accounting for cultural and familial influences with larger, more representative samples and to explore the complex interactions between internal and external factors influencing adolescent sexual behavior across different cultural backgrounds. Such in-depth, extended observations would provide rich contextual insights into how adolescents navigate sexual health over time. Additionally, mixed-methods approaches could be used to assess the impact of social media on adolescent behavior, enabling the development of relevant and adaptive educational programs. To enhance the effectiveness and cultural sensitivity of sexual education initiatives, actively involve key stakeholders such as educators, parents, religious leaders, and community organizations in both the design and implementation of interventions. This participatory approach ensures that programs are contextually appropriate and supported by the communities they aim to serve.

AUTHOR'S CONTRIBUTION STATEMENT

Authors explicitly outline and describe their individual contributions to the research and the development of the manuscript. This statement is intended to provide transparency and clarity regarding each author's role in the project. It helps readers and reviewers understand the specific contributions of each author to the research process.

CONFLICTS OF INTEREST

Confirms that the authors have declared any potential conflicts that could influence the impartiality of the research. The authors explicitly state that they have no financial or personal relationships with entities that might unduly affect their objectivity. This declaration ensures the integrity of the study by transparently addressing any possible influences on the research outcomes, contributing to the credibility and trustworthiness of the article.

DECLARATION OF GENERATIVE AI AND AI-ASSISTED TECHNOLOGIES IN THE WRITING PROCESS

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