



## PREMARITAL SEXUAL BEHAVIOR AMONG UNIVERSITY STUDENTS IN SURABAYA: PATTERNS, MOTIVATIONS, AND SOCIAL INFLUENCES

Sri Affirda<sup>1</sup>, Erwin Nur Rif'ah<sup>2\*</sup>, Dwi Martiana Wati<sup>3</sup>

<sup>1,2,3</sup> Program Studi Kesehatan Masyarakat, Fakultas Kesehatan Masyarakat, Universitas Jember, Indonesia

Email: [erwinnur.fkm@unej.ac.id](mailto:erwinnur.fkm@unej.ac.id)

\* Corresponding author

### Article Info

Keywords:

Premarital sex;  
University students;  
Sexual behavior;  
Peer influence;  
Friends With Benefits;

### Abstract

**Background:** Premarital sexual behavior among young people remains a critical reproductive health concern, particularly in urban university settings where permissive lifestyles and strong peer influence prevail. **Objective:** This study aimed to explore the patterns, motivations, and social influences underlying premarital sexual behavior among university students in Surabaya. **Methods:** A qualitative case study was conducted between January and June 2023. Data were collected through in-depth interviews with 11 informants aged 19–24 years, consisting of five students who engaged in premarital sexual behavior, five peer informants, and one key informant. The data were analyzed using thematic analysis with open coding, and credibility was ensured through source triangulation. **Results:** Sexual activities ranging from petting to sexual intercourse, occurring within romantic relationships and *Friends with Benefits* (FWB) arrangements, were widely perceived as normative. Motivations varied by gender, with male participants citing biological drives and female participants emphasizing emotional intimacy. Peer groups played a dominant role in normalizing these behaviors, often outweighing parental and religious influences, which were constrained by cultural taboos. **Conclusion:** Premarital sexual behavior among university students has shifted toward more casual patterns, primarily driven by peer group norms. Universities should establish student-friendly counseling services and strengthen peer counselor programs to promote healthy relationships, consent, and harm reduction, rather than focusing solely on abstinence-based approaches.

This is an open-access article under the [CC-BY-SA](https://creativecommons.org/licenses/by-sa/4.0/) license.

Received 17/10/2025

Revised 20/11/2025

Accepted 20/12/2025

### How to Cite:

Affirda S, Rif'ah EN, Wati DM. PREMARITAL SEXUAL BEHAVIOR AMONG UNIVERSITY STUDENTS IN SURABAYA: PATTERNS, MOTIVATIONS, AND SOCIAL INFLUENCES. *J. Kesehat. Reproduksi* [Internet]. 2025 Dec. 16(2):65-76. Available from: <https://doi.org/10.58185/jkr.v16i2.395>

## INTRODUCTION

Adolescence and young adulthood are critical developmental stages characterized by rapid biological, psychological, and social changes. During this period, young people often begin to explore intimate relationships, which may include sexual experimentation. Premarital sexual behavior among adolescents and university students has increasingly become a global public health concern because of its association with adverse reproductive health outcomes such as unintended pregnancies, unsafe abortions, and sexually transmitted infections (STIs), including HIV/AIDS.<sup>1,2</sup>

Globally, studies show that premarital sexual behavior is becoming more common among youth in both developed and developing countries, driven by social transitions, changing cultural norms, and increased exposure to digital media.<sup>3,4</sup> In the Indonesian context, previous research has highlighted the influence of peer groups and the lack of comprehensive sexuality education in shaping premarital sexual behavior among young people.<sup>5,2</sup>

National data further indicate a discrepancy between normative expectations and actual practices. Although premarital sexual behavior is officially discouraged by dominant cultural and religious norms, a study conducted by the Indonesian Planned Parenthood Association (PKBI) reported that approximately 15% of the 52 million adolescents and young adults aged 10–24 years had engaged in premarital sexual activity.<sup>6</sup> This finding highlights a substantial gap between normative expectations and actual practices.

Urban centers such as Surabaya face particular challenges. Surabaya is the second largest city in Indonesia and hosts hundreds of thousands of university students, making it a hub of youth activity, urban lifestyle, and peer group interaction. Research on 152 active college students aged 18–24 years from Surabaya found that 80.3% were in a relationship and had a high risk of engaging in sexual activity.<sup>7</sup> At the same time, Surabaya reports some of the highest cases of HIV/AIDS and STIs in East Java.<sup>8</sup> The coexistence of these conditions underscores the vulnerability of students to reproductive health risks associated with premarital sexual behavior.

Recent Indonesian studies provide further insights. Kusumawardani demonstrated that peer group influence was a stronger determinant of sexual behavior among adolescents than media exposure in Sidoarjo, a city adjacent to Surabaya.<sup>9</sup> Similarly, a study in Surabaya showed that knowledge about the consequences of premarital sexual behavior and dating styles were significantly associated with risky sexual behaviors among high school students.<sup>10</sup> In addition, Nurhayati *et al.* found that premarital sexual behavior among adolescents in the Mamboro Health Center area was shaped by predisposition factors (knowledge and attitudes), supporting factors (media), and reinforcing factors (family and peer group). Collectively, these studies indicate the multifactorial nature of adolescent sexual behavior.<sup>11</sup>

Nevertheless, most of the existing research in Indonesia focuses on adolescents in secondary schools or on married couples with regard to contraceptive practices. However, few studies specifically examine university students, who represent a distinct population. University students are generally more independent, have greater exposure to nightlife and online media, and interact with diverse peer groups. These characteristics may influence their attitudes toward sexuality, normalize premarital sexual behavior, and create unique relationship patterns such as casual partnerships and *friends with benefits* (FWB), which are rarely documented in Indonesian literature.

Furthermore, while religion is a strong normative force in Indonesian society, its actual influence on preventing premarital sexual behavior among students remains questionable. Many young people acknowledge religious prohibitions but still engage in sexual activity, reflecting a dissonance between beliefs and behavior.<sup>12</sup> Parents, meanwhile, often provide only general prohibitions, such as “do not get pregnant before marriage”, without offering adequate sexuality education.<sup>11</sup> Consequently, peer groups become the dominant source of information and influence, reinforcing behaviors that may increase reproductive health risks.

Despite the high prevalence of sexual activity reported in quantitative surveys, there is a scarcity of qualitative evidence exploring how urban peer groups specifically normalize these behaviors in conservative societies like Indonesia. Previous studies have often focused on biological determinants, overlooking the nuanced social dynamics of 'Friends with Benefits' (FWB) and the phenomenon of 'religiosity dissonance' where religious knowledge fails to prevent risky practices. To address this gap, this study explores the patterns, motivations, and social influences, specifically the role of peer groups in driving premarital sexual behavior among university students in Surabaya.

## METHODS

This study employed a qualitative case study design to explore premarital sexual behavior among university students. The case study approach was chosen to obtain an in-depth understanding of behavioral patterns, motivations, and social influences shaping students' sexual practices. The research was conducted in Surabaya, East Java, Indonesia, from January to June 2023. Surabaya was selected as the study site because it is the second-largest city in Indonesia, characterized by a high number of HIV/AIDS and sexually transmitted infections (STIs) cases, and hosts a large population of university students who represent a diverse socio-cultural background.

Participants were recruited using a snowball sampling technique, starting from a key contact and expanding through their social networks. To minimize selection bias inherent in this method and ensure data credibility, the researcher employed source triangulation. Information obtained from the main informants (students) was cross-verified with data from their peer group to identify consistencies in social norms. Additionally, rapport was built over time to ensure honest responses

regarding sensitive topics, including HIV/AIDS prevention behaviors. The study involved three groups of informants: (1) five university students who had engaged in premarital sexual behavior as main informants, (2) five peer informants who were familiar with the sexual behavior of the main informants, and (3) one key informant from the Office of Women Empowerment, Child Protection, Population Control, and Family Planning (DP3APPKB) in Surabaya. The inclusion criteria were: being a currently enrolled university student in Surabaya, aged 18–24 years, having experience of premarital sexual activity, and willingness to participate. Students who refused to provide informed consent or were unable to communicate effectively during interviews were excluded.

Data were collected through in-depth interviews using a semi-structured interview guide developed based on Green's PRECEDE framework, which focuses on predisposing, enabling, and reinforcing factors influencing behavior. Each interview lasted approximately 45–60 minutes and was conducted in a private, comfortable, and confidential setting. Field notes and relevant documentation were also collected to support the data from interviews. The primary research instrument was the researcher, supported by a semi-structured interview guide. The guide covered topics such as perceptions of premarital sexual behavior types of sexual activity, motivations, contraceptive practices, sources of information, parental involvement, peer group influence, and the role of religious or cultural values.

All interviews were transcribed verbatim and analyzed using thematic analysis following Naeem six-step approach: transcript creation and data familiarization; keyword identification; code selection; theme development; conceptualization through the interpretation of keywords, codes, and themes; and the development of a conceptual model.<sup>13</sup> Data triangulation was conducted across the three informant groups to ensure the credibility and validity of the findings.

Ethical approval for this research was obtained from the Research Ethics Committee of the Faculty of Public Health, University of Jember (Approval No.1992/UN25.8/KEPK/DL/2023). Participation was voluntary, and written informed consent was obtained from all participants prior to data collection. To maintain confidentiality, pseudonyms were used in transcripts, and any identifying information was removed.

## RESULTS

### Characteristics of Informants

The study involved 11 informants: 5 main informants (students engaging in premarital sexual behavior), 5 peer informants, and 1 key informant from DP3APPKB Surabaya City. The demographic characteristics of the primary student informants are summarized in Table 1.

**Table 1.** Characteristics of Primary Informants (University Students)

| Code | Gender | Age | Study Program/<br>Faculty | Year of Study | Relationship Status | Living Arrangement | Premarital sexual behavior     |
|------|--------|-----|---------------------------|---------------|---------------------|--------------------|--------------------------------|
| S1   | Male   | 21  | Engineering               | 3rd year      | Dating (girlfriend) | Boarding house     | Intercourse with partner       |
| S2   | Female | 20  | Economics                 | 2nd year      | Dating              | Boarding house     | Oral sex, intercourse          |
| S3   | Male   | 22  | Social Sciences           | 4th year      | FWB                 | Boarding house     | Petting, intercourse           |
| S4   | Female | 19  | Public Health             | 2nd year      | Dating              | With friends       | Petting, oral sex              |
| S5   | Male   | 23  | Law                       | 5th year      | Dating + FWB        | Boarding house     | Intercourse, multiple partners |

Note: Information presented anonymized for confidentiality.

Thematic analysis generated three major themes related to premarital sexual behavior among university students: (1) patterns of sexual behavior, (2) motivations for engaging in such behavior, and (3) social influences shaping students' practices. Each theme is elaborated below with supporting quotes from informants to illustrate their experiences and perspectives.

## Theme 1: Patterns of Sexual Behavior

### Gradual Progression and Context

The study identified a gradual progression of sexual activities among participants. Sexual intimacy typically began with hand-holding and kissing, progressing to petting (stimulation of erogenous zones), and eventually sexual intercourse. This progression was often facilitated by situational opportunities, such as empty homes or boarding houses. One male student described his initial sexual experience:

*"The first time I had sex was when I was in the second year of high school. At first, we were just watching a movie, then kissing, and eventually it led to sexual intercourse. My house was empty because my parents were at work"* (Student, IU3, April 5, 2023)

Furthermore, the study found that sexual activity was not exclusive to committed romantic relationships but was also prevalent in casual "Friends with Benefits" (FWB) arrangements. As noted by one male participant regarding FWB:

*"I mostly do it with my girlfriend... I have done it in an FWB arrangement, but I never pay for sex (prostitute)"* (Student, IU2, April 2023)

Regarding consent in casual relationships, a peer informant emphasized mutual agreement:

*"In my opinion, it's fine as long as both parties are willing... without any coercion. It would be wrong if forced, but if we do it, it means we both want it."* (Peer informant, IT3, April 9, 2023)

In these contexts, physical intimacy occurred without romantic commitment, often driven by mutual agreement.

### **Perceived Normalization**

Overall, sexual activity was perceived as a 'common secret' within the student community. Participants described a gradual desensitization where risky behaviors became normalized due to peer group exposure. As described by Informant 1, the progression often happened subtly within dating contexts:

*“It starts with just hanging out, then holding hands... eventually, staying overnight becomes normal because everyone else does it too.”* (Student, IU1, April 1, 2023).

This sentiment was echoed by another participant who emphasized how common the behavior had become among peer group:

*“For me, things like premarital sexual behavior these days are already seen as something normal. Many students are doing it”* (Student, IU3, April 2, 2023).

### **Sexual Orientation Perspectives**

Two sexual orientations were identified among informants. Most participants identified as heterosexual, reporting attraction solely to the opposite sex. As stated by one male student:

*“Heterosexual. I like women... I have never, absolutely never [had sex with the same sex]”* (Student, IU1, April 1, 2023).

However, some participants identified as demisexual, explaining that they only felt sexual attraction after developing strong emotional closeness. One female participant emphasized that emotional connection was a prerequisite, regardless of relationship status:

*“It doesn't have to be a boyfriend, but there must be feelings involved”* (Student, IU5).

This contrasts with the more casual patterns observed in other FWB arrangements where physical attraction alone was sufficient.

## **Theme 2: Motivations**

### **Biological Needs vs. Emotional Intimacy**

The data revealed a distinction in motivations based on gender. Male participants predominantly cited biological urges as a primary driver. As stated by one informant:

*“As a man, it is hard to deny the biological urge... usually, the desire is stronger in men. The girl usually just follows my lead.”* (Student, IU1, April 1, 2023).

In contrast, female participants were often driven by emotional attachment, the desire to maintain the relationship, or partner persuasion. As admitted by one female participant, her decision was heavily influenced by the fear of damaging the relationship:

*“It happened... partly because I love him, and I was afraid he would get angry if I refused.”*  
(Student, IU5).

Ultimately, regardless of whether the motivation was biological or emotional, both pathways led to the same outcome: the engagement in high-risk sexual behaviors without adequate contraceptive protection, often facilitated by the permissive environment of urban student life.

#### Curiosity and Peer Group Validation

Curiosity played a significant role, often ignited by the sharing of sexual experiences within peer group. These narratives created a sense of "Fear of Missing Out" (FOMO) and validated the behavior as a common milestone. A peer informant noted:

*“When my friend told me she had done it... I thought, it's her choice, and maybe that made me curious too”* (Peer Informant, IT1, April 3, 2023).

This testimony highlights a critical mechanism: open disclosure among friends desensitized the perceived risk. By framing sexual activity as a personal 'choice' rather than a taboo, peer interactions effectively lowered the moral barriers and fuelled the desire to experiment.

### Theme 3: Social Influences

#### Peer Group Normalization

Peer groups functioned as the primary source of validation. They normalized sexual intentions through jokes and casual conversations, which reduced the perceived risk or taboo of the behavior. As one informant noted:

*“When I say I'm going out, they just joke, 'Are you going to the hotel again?' It becomes a casual joke rather than a prohibition”* (Student, IU1, April 1, 2023).

This illustrates how humor functions as a mechanism of desensitization. By trivializing the act, the peer group effectively removed potential social sanctions, transforming a moral taboo into an accepted, even anticipated, routine.

#### Contrasting Voices: Hesitation and Discomfort

Despite the general normalization of sexual acts, data triangulation revealed underlying hesitation regarding safety measures. Some participants admitted avoiding contraceptives due to shame (*malu*) and fear of social stigma. As recorded, one informant stated:

"We are both ashamed if we have to buy [condoms] at the minimarket... ashamed to go to health facilities." (Peer Informant, IT5, April 7, 2023).

This highlights a critical discrepancy: while the sexual act itself is normalized within the peer group, the procurement of safety measures remains stigmatized. Consequently, to avoid public scrutiny at pharmacies or clinics, participants often bypassed modern contraception and resorted to less effective methods such as withdrawal (*senggama terputus*), significantly increasing their vulnerability.

## DISCUSSION

### Comparison with Previous Research

The findings confirm that premarital sexual behavior among university students in Surabaya is shifting towards more casual and diverse patterns. Consistent with previous research by Kusumawardani,<sup>9</sup> these results further suggest that peer group influence is a stronger determinant of sexual behavior than media exposure. However, unlike earlier studies that primarily focused on committed relationships, this research highlights the emergence of "Friends with Benefits" (FWB) arrangements and demisexual orientations among Indonesian students. This mirrors global trends observed in Malaysia<sup>14</sup> and Ethiopia,<sup>15</sup> where permissive attitudes are rising. Yet, this study adds a specific urban dimension, showing how the freedom of boarding house living (*kos-kosan*) in Surabaya acts as a critical enabling factor that facilitates these behaviors, a context often overlooked in general adolescent studies.

### Peer Group Influence vs. Parental Guidance: A Social Learning Perspective

A striking finding is the dominance of peer groups over parents. Peer groups served not only as friends but also as substitute educators and validators. This aligns with Social Learning Theory, which posits that behavior is learned through observation and imitation of role models. In the absence of open parental communication, students observe the "normalized" sexual behaviors of their peer group and imitate them to gain social acceptance. Analyzing this through the PRECEDE-PROCEED framework, peer group validation acts as a powerful reinforcing factor. The casual jokes and "common secret" culture regarding sex among friends create an environment where risky behavior is rewarded with inclusion, effectively overpowering the weak predisposing factors (such as religious knowledge) that should theoretically prevent such behavior.

### The Role of Parental Silence and Cultural Taboos

Parental influence appeared minimal, largely limited to general prohibitions. This silence can be attributed to the Indonesian collectivist culture, where discussing sexuality is often considered taboo and shameful (*pamali*). Parents tend to practice "fear-based parenting," issuing warnings like

"don't get pregnant" without providing comprehensive reproductive health education. This approach creates a communication barrier; students feel their parents "would be disappointed," which cuts off the home as a source of safety information. This aligns with findings from sub-Saharan Africa, where cultural taboos and communication barriers were similarly found to weaken the effectiveness of parental authority over adolescent sexual behavior.<sup>17</sup> Consequently, as noted by Pamangin and Asriarti,<sup>18</sup> without parental monitoring,<sup>19,16</sup> students are left vulnerable to misinformation spread within their peer group networks.

### Religion and Cultural Norms: The Phenomenon of Compartmentalization

Religion and cultural norms, while acknowledged, functioned largely as symbolic identities rather than behavioral regulators. The findings suggest a phenomenon of "cognitive dissonance" or compartmentalization. Students do not abandon their faith but separate their spiritual identity from their sexual autonomy. They possess the cognitive knowledge that premarital sexual behavior is sinful (*dosa*), but this awareness is disconnected from their actual practices due to the stronger immediate gratification and peer pressure. This "belief-behavior gap" explains why high religiosity in Indonesia does not always correlate with low sexual activity among urban youth, as modern student life reduces the effectiveness of traditional religious supervision.

### Implications for Public Health Programs

These findings have urgent implications for reproductive health interventions. Current government initiatives such as the Adolescent Information and Counseling Center (*Pusat Informasi dan Konseling Remaja* or PIK-R) and the Youth Family Development program (*Bina Keluarga Remaja* or BKR) are well-established but primarily target school-aged adolescents and their parents with normative advice. Consequently, these programs are often perceived as insufficient or irrelevant for university students, as they tend to emphasize an abstinence-only approach that does not align with the students' lived realities.

A more pragmatic approach is needed. Interventions should focus on harm reduction and health literacy, specifically improving students' negotiation skills for consent and contraceptive use. In line with this, Sabilla and Nurfadhilah emphasize that enhancing comprehensive HIV knowledge is critical to ensuring adolescents make informed decisions to prevent risk behaviors.<sup>20</sup> Furthermore, revitalizing peer counselor programs to include comprehensive training on healthy relationships, rather than focusing solely on biological reproduction, is crucial to counter the misinformation spreading within peer groups.

### Strengths and Limitations

This study's strength lies in its qualitative depth, using triangulation to capture the hidden "lived realities" of students that quantitative surveys often miss. However, the study is limited to

Surabaya and may not represent rural contexts. The sensitive nature of the topic may have also elicited some socially desirable responses, although rapport building was employed to minimize this bias.

## CONCLUSION

This study concludes that premarital sexual behavior among university students in Surabaya is driven by the interaction between individual factors, specifically curiosity, the search for identity, and the need for affection, and a permissive social context. A critical finding is the evident role displacement where peer groups function as 'informal educators', establishing norms that validate risky behavior, effectively overpowering the limited parental influence caused by cultural taboos and lack of open communication. Furthermore, while religious values exist normatively, students practice 'selective adherence,' creating a distinct belief, behavior gap where the immediate gratification of modern urban lifestyles supersedes moral prohibitions.

These findings indicate that interventions relying solely on moral or abstinence-only approaches are insufficient. Addressing this issue requires a multidimensional strategy that includes harm reduction education, revitalizes peer-based counseling programs to cover negotiation skills and healthy relationships, and equips parents to break the silence on reproductive health, thereby bridging the communication gap between youth and adults.

## RECOMMENDATION

Based on the findings, universities are urged to establish student-friendly counseling centers that ensure privacy and non-judgmental support, and shift from abstinence-only narratives to comprehensive sexual education covering consent, healthy relationships, and negotiation skills. Additionally, peer educator programs must be revitalized to serve as credible information sources that counter misinformation within student networks. Future research should employ qualitative approaches (e.g., phenomenology) to deeply explore the lived experiences and complex dynamics of "Friends with Benefits" (FWB) relationships, which remain understudied in Indonesia, and examine the gendered psychological barriers that prevent students from accessing contraception.

## ACKNOWLEDGEMENT

We are grateful to all study participants, as well as Universitas Jember and all parties who supported the implementation of this research.

## REFERENCES

1. WHO. Adolescent Sexual Reproductive Health [Internet]. who.int. 2021. Available from: <https://www.who.int/southeastasia/activities/adolescent-sexual-reproductive-health>
2. Lamia Abdulgalil Saif Ali Al-amri, Brihastami Sawitri, Haitham T. S. Mohammed, Hebah Hamood Moqbel. Adolescent Premarital Sexual Behavior: A Narrative Review of Challenges, and the Vital Role of Comprehensive Sex Education in Promoting Health and Well-being in

- Islamic Countries. *J Psikiatri Surabaya* [Internet]. 2024 Apr 29;13(1):100–7. Available from: <https://e-journal.unair.ac.id/JPS/article/view/53690>
3. UNFPA. *My Body is My Body, My Life is My Life: Sexual and reproductive health and rights of young people in Asia and the Pacific*. Bangkok; 2021.
  4. Astri SY, Astuty DA, Nurhayat. The Relationship Between Social Media Use And Adolescent Sexual Behavior. *Indones J Glob Heal Res*. 2024;6(3):1329–36.
  5. Nur Fauziah A, Maesaroh S, Nur Rokhmatun P, Sulistyorini E. Factors Associated with Premarital Sexual Behavior in Adolescents. *Gaster* [Internet]. 2025 Feb 28;23(1):83–94. Available from: <https://journal.aiska-university.ac.id/index.php/gaster/article/view/1652>
  6. Safitri Dewi R, Fitriyah N. Gambaran Perilaku Seksual Pranikah Pada Remaja Berpacaran Di Sma Negeri X Surabaya. *Prepotif J Kesehat Masy*. 2025;9(2):3237–44. Available from: <https://doi.org/10.31004/prepotif.v9i2.45394>
  7. Qurniyawati E, Husnina Z, Sari JDE, Azzahra A, Shabrina IN. Spatial Pattern Analysis of Dating Status as a Risk Factor on Adolescent Sexual Activity in Surabaya, Indonesia. *Althea Med J*. 2025;12(1):28–35. Available from: <https://doi.org/10.15850/amj.v12n1.3542>
  8. Dinkes Jatim. *Profil Kesehatan Provinsi Jawa Timur Tahun 2022*. Surabaya; 2022.
  9. Kusumawardani PA. The Youth and Sexual Behavior: Media and Peer Influence Study. *Acad Open* [Internet]. 2023 May 23;8(1). Available from: <https://acopen.umsida.ac.id/index.php/acopen/article/view/6369>
  10. Hidayah SN, Purborini SFA, Salim LA. The Relationship between Knowledge of the Impact of Premarital Sex and Dating Styles among High School Students at GIKI 2 Surabaya. *Media Gizi Kemas* [Internet]. 2025 Jun 30;14(1):111–7. Available from: <https://e-journal.unair.ac.id/MGK/article/view/67173>
  11. Nurhayati A, Ira Nurmala, Shrimarti Rukmini Devy, Arwan. The Phenomenon of Premarital Sex among Adolescents (Study in the Working Area of the Mamboro Health Center). *J Promkes* [Internet]. 2025 Mar 5;13(1):93–104. Available from: <https://e-journal.unair.ac.id/PROMKES/article/view/57535>
  12. Rini SP, Marmi. Peran Religiusitas Dan Pengetahuan Dalam Mencegah Perilaku Seksual Pranikah Pada Mahasiswa. *J Penelit Perawat Prof*. 2025;4(2):831–42. Available from: <https://doi.org/10.37287/jppp.v7i2.6357>
  13. Naeem M, Ozuem W, Howell K, Ranfagni S. A Step-by-Step Process of Thematic Analysis to Develop a Conceptual Model in Qualitative Research. *Int J Qual Methods* [Internet]. 2023 Oct 8;22. Available from: <https://journals.sagepub.com/doi/10.1177/16094069231205789>
  14. Mohamad SNS, Kamaruddin KN, Shibraumalisi NA, Mohamad F, Azlan SM, Dahlan R, et al. Permissive Attitude towards Premarital Sex Among University Students in Malaysia - Does Childhood Abuse Play A Role? *Malaysian J Med Heal Sci*. 2023;19(7):48–56. Available from: <https://doi.org/10.47836/mjmhs.19.s17.7>
  15. Yedemie YY. Psychosocial predictors of attitude toward premarital sexual practice among university students, Ethiopia. *Front Psychol*. 2024;1–7. Available from: <https://doi.org/10.3389/fpsyg.2024.1369964>
  16. Usonwu I, Ahmad R, Curtis-Tyler K. Parent–adolescent communication on adolescent sexual and reproductive health in sub-Saharan Africa: a qualitative review and thematic synthesis. *Reprod Health* [Internet]. 2021 Dec 10;18(1):202. Available from: <https://reproductive-health-journal.biomedcentral.com/articles/10.1186/s12978-021-01246-0>
  17. Pamangin LOM, Asriati. Studi Komparatif Penggunaan Kontrasepsi pada Remaja Pasangan Usia Subur di Kota Jayapura. *Prev J Kesehat Masy* [Internet]. 2023;14(3):529–41. Available from: <https://jurnal.fkm.untad.ac.id/index.php/preventif/article/view/966/371>
  18. Huang DYC, Murphy DA, Hser YI. Parental Monitoring During Early Adolescence Deters Adolescent Sexual Initiation: Discrete-Time Survival Mixture Analysis. *J Child Fam Stud* [Internet]. 2011 Aug 21;20(4):511–20. Available from: <https://link.springer.com/10.1007/s10826-010-9418-z>
  19. Shawon MSR, Huda NN, Rouf RR, Hossain FB, Kibria GM Al. Associations of Parents-Adolescent Relationship with Adolescent Sexual Risk Behaviors: A Global Analysis Based on 156,649 School-Going Adolescents from 50 Countries. *Int J Sex Heal* [Internet]. 2024 Jan

- 2;36(1):15–31. Available from:  
<https://www.tandfonline.com/doi/full/10.1080/19317611.2023.2283440>
20. Sabilla M, Nurfadhilah. Pengetahuan Komprehensif Remaja Tentang Hiv Menuju End Aids 2030. *J Kesehat REPRODUKSI* [Internet]. 2023 May 3;13(1). Available from:  
<https://journaliakmitangsel2.iakmi.or.id/index.php/kespro/article/view/22>

#### Declarations

- Author contribution : Sri Affirda conceptualized the study, collected and analyzed the data, and prepared the final manuscript. Erwin Nur Rif'ah contributed to the conceptualization of the study, conducted the literature review, and participated in preparing the final manuscript. Dwi Martiana was involved in data collection and analysis and assisted in the interpretation of the data. All authors reviewed and approved the final version of the manuscript.
- Funding statement : This research is self funded.
- Conflict of interest : All authors declare that they have no competing interests.
- Additional information : No additional information is available for this paper.