

The influence of self-control and the intensity of social media usage on adolescent sexual behavior

Nadaa Salsabiilaa¹, Amanda Pasca Rini^{1*}, Nindia Pratitis¹, Amherstia Pasca Rina¹

¹ Psychology Study Program, Faculty of Psychology, Universitas 17 Agustus 1945 Surabaya, Indonesia

ARTICLE INFO

Article History

Submitted :

Final Revised:

Accepted:

Keywords:

Social media

Self-control

Sexual behavior

Teenagers

Kata kunci:

Media sosial

Kontrol diri

Perilaku seksual

Remaja



This is an open access article under the [CC-BY-SA](#) license

Copyright © 2022 by Author, Published by Universitas Negeri Surabaya

ABSTRACT

Sexual behavior is one of the problems that afflicts most adolescents in Indonesia, this behavior is related to genitals or intimate relationships aimed at attracting the attention of the opposite sex. Many factors affect adolescents both from internal factors, namely self-control and external factors, namely the intensity of social media use. The purpose of this study was to determine the simultaneous and partial relationship between self-control and intensity of social media use with sexual behavior in 110 adolescents of SMK Class XI Accounting Wachid Hasyim Surabaya aged 16-18 years using social media. This research is a correlational quantitative study, using parametric analysis methods with multiple regression analysis techniques. The instruments used in this study are sexual behavior scale, self-control scale, and social media usage intensity scale. The results of the multiple regression analysis test simultaneously show a significant directional relationship, partially self-control and sexual behavior show a significant negative relationship as well as the intensity of social media use and sexual behavior show an insignificant positive relationship. With this it can be concluded that high self-control and low intensity of social media use will lead to low sexual behavior, otherwise low self-control and high social media use lead to high sexual behavior.

ABSTRAK

Perilaku seksual salah satu masalah yang menimpa sebagian besar remaja di Indonesia, perilaku ini berkaitan dengan alat kelamin atau hubungan intim yang ditujukan untuk menarik perhatian lawan jenis. Banyak faktor yang mempengaruhi remaja baik dari faktor internal yaitu kontrol diri dan faktor eksternal yaitu intensitas penggunaan media sosial. Tujuan dari penelitian ini untuk mengetahui hubungan secara simultan dan parsial antara kontrol diri dan intensitas penggunaan media sosial dengan perilaku seksual pada 110 remaja SMK Kelas XI Akuntansi Wachid Hasyim Surabaya usia 16-18 tahun pengguna media sosial. Penelitian ini merupakan penelitian kuantitatif korelasional, menggunakan metode analisis parametrik dengan teknik analisis regresi berganda. Instrumen yang digunakan dalam penelitian ini yaitu skala perilaku seksual, skala kontrol diri, dan skala intensitas penggunaan media sosial. Hasil dari uji analisis regresi berganda secara simultan menunjukkan hubungan berarah yang signifikan, secara parsial kontrol diri dan perilaku seksual menunjukkan hubungan negatif yang signifikan begitupun dengan intensitas penggunaan media sosial dan perilaku seksual menunjukkan hubungan positif yang tidak signifikan. Dengan ini dapat disimpulkan adanya kontrol diri yang tinggi dan intensitas penggunaan media sosial yang rendah akan menimbulkan perilaku seksual yang rendah, sebaliknya kontrol diri yang rendah dan penggunaan media sosial yang tinggi menimbulkan perilaku seksual yang tinggi.

Correspondence

regarding this article can be addressed to Amanda Pasca Rini via email: amanda@untag-sby.ac.id

Teenager is a phase characterized by a strong desire for personal freedom, encompassing enthusiasm, love, hope, activities, and imagination. It represents a period of significant hormonal, physical, and psychological changes. The adolescent phase can be divided into three distinct stages: early, middle, and late. Each stage exhibits distinct characteristics and entails specific tasks that must be navigated to ensure the individual's physical and psychological development can mature and progress appropriately. Failure to accomplish these tasks may lead to difficulties or impediments in subsequent phases, particularly during adulthood. Adolescents' physical and psychological maturity is significantly influenced by their immediate environment, encompassing both a healthy family setting and a supportive community that fosters positive adolescent development(Jannah, 2017).

During this phase, typically encompassing adolescents aged 15 to 18 years enrolled in either Senior High School (SMA) or Vocational School (SMK), the emotional maturity of teenagers in their developmental journey is often influenced by many internal and external challenges. These challenges arise from desires to engage in romantic relationships, experiences of heartbreak, lack of self-confidence, persistent feelings of inadequacy, inflated egos, and unrestricted social interactions(Noor, 2018). Within this phase, teenagers tend to exhibit a heightened curiosity, including a strong desire to transition into adulthood, particularly in the context of romantic relationships, which significantly intertwines with their sexual behavior.

According to the Basic Health Research (Riskesdas), approximately 4.5% of male and 0.7% of female adolescents aged 15-19 in Indonesia have engaged in sexual behavior. Concerning teenagers who are in relationships within this age group, around 33.3% of females and 34.5% of males, there is a concern that they may not possess adequate life skills, thus increasing the risk of engaging in unhealthy dating behaviors, including sexual intercourse(Riset Kesehatan Dasar Kementerian RI, 2013).

A survey conducted by the Ministry of

Women Empowerment and Child Protection (KPPPA) indicates that 66.6% of boys and 62.3% of girls in Indonesia have been exposed to pornography online. The data further reveals that 34.5% of boys and 25% of girls not only view pornography but also engage in direct sexual activities(Anggraini & Maulidya, 2020; Surahmat et al., 2023).

The Population, Family Planning, and Family Development Performance and Accountability Program (SKAP KKBPK) survey in 2019 reported that approximately 44% of the 41,572 teenagers in Indonesia surveyed had been in romantic relationships. They expressed their affection through various forms, with 70.6% holding hands, 25.6% hugging, 10.6% kissing on the lips, 3.6% touching or stimulating, and 4.8% or 7,144 teenagers engaging in sexual intercourse. Premarital sexual relations among teenage boys and girls were relatively similar and typically occurred around 18(Asmin et al., 2023).

In 2020, the Ministry of Health (Kemenkes) presented the cases of Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS) that occurred in 2019, as reported by the World Health Organization (WHO). According to WHO, the number of HIV cases in Indonesia in that year reached approximately 50,282, with 35.50% female and 64.50% male. As for Acquired Immunodeficiency Syndrome (AIDS) cases in Indonesia, there were about 7,036 cases, with approximately 31.40% affecting females and 68.60% affecting males.

Sexual behavior is an act undertaken to satisfy sexual urges within oneself through actions involved in romantic relationships, such as holding hands, kissing, and engaging in sexual intercourse without legal or religious bonds (Zadri, 2020). Fadilah & Widaningsih (2021) also argue that such sexual behavior is highly risky and can even violate moral and religious values. It has implications for the health of adolescents and can lead to diseases such as syphilis in males and trauma and depression in females. Additionally, unwanted pregnancies resulting from such behavior pose severe risks to women's reproductive health. Various factors, both internal and external, contribute to sexual behavior. Internally,

factors include the development of sexual organs during adolescence, the presence of sex glands responsible for the reproductive sexual interests of teenagers towards the opposite sex, and self-control.

Self-control during adolescence is an essential element of developmental tasks that can strengthen self-control abilities. According to Ginting & Rustika (2017), self-control is a crucial aspect of an individual's ability to manage emotions and internal urges, enabling them to organize, guide, regulate, and direct their behavior toward positive outcomes. Arisandy (2019) also states that self-control is an individual's self-regulatory capacity to organize and direct their behavior toward positive actions. It involves the methods and techniques used and the consequences resulting from their actions. A teenager can determine their behavior in line with moral values or societal rules if they possess good self-control.

In addition to self-control as an internal factor, sexual behavior can also be influenced by external factors, such as the intensity of social media usage. Social media platforms are widely used by teenagers, providing access to various information and facilitating long-distance communication with others, related to Sarwono's (Sarwono, 2012) statement that one of the factors influencing adolescent sexual behavior is social media. Social media is a communication tool utilized by users in social processes (Nuraeni, 2020). As discussed by Buana (2019), the intensity of social media usage can be seen as an individual's interest in social media, indicated by how frequently they access it. The more frequently someone accesses social media, the higher their usage intensity. Andarwati (2016) defines the intensity of social media usage as a measure encompassing the frequency and duration of social media use (Andarwati, 2016). Therefore, the intensity of social media usage refers to how often and how long social media is accessed and utilized (Achmad & Dewi, 2022).

The rapid development of technology in Indonesia has greatly assisted and facilitated people from various backgrounds accessing information. Information can be

accessed through social media platforms such as Instagram, Facebook, TikTok, Telegram, and Twitter. Among these platforms, Instagram is particularly popular among teenagers. It is frequently used for creating content, including sexual education content that explains sexual experiences. All users can access the content on Instagram without age restrictions. In addition to Instagram, Facebook, Telegram, TikTok, and Twitter are social media platforms commonly used by teenagers to seek information about pornography videos.

The use of social media among teenagers has a significant impact. This is because content related to pornography or sexual education is highly vulnerable to appearing on mobile screens when using social media or intentionally or unintentionally searching for information. Teenagers often encounter such content, which triggers curiosity and a desire to engage in sexual behavior (Samosir, 2021)

A study conducted by Ginting & Rustika (2017) at SMKN 1 Denpasar yielded data indicating that most subjects exhibited high levels of self-control, accounting for approximately 54.31%. This suggests that adolescents can direct their behavior and suppress negative impulses. The study also examined the intensity of accessing pornographic media and found that the subjects at SMKN 1 Denpasar had a low level of intensity in accessing such media, with only 41.98% of the subjects involved.

Based on the issues and theories described above, this research aims to investigate the relationship between self-control and the intensity of social media usage in accessing pornographic content with sexual behavior among adolescents. The objectives are to determine whether there is a relationship between self-control and sexual behavior among adolescents and to ascertain a relationship between the intensity of social media usage and sexual behavior among adolescents.

The researcher hopes that this study can contribute to a broader understanding of psychology, particularly developmental psychology. It aims to provide adolescents with more comprehensive information on the importance of having high self-control and to

provide insights into the appropriate and responsible use of social media following their developmental stage.

Method

This study adopts a quantitative approach with a correlational research design. Three variables are involved: self-control as the first dependent variable, intensity of social media usage as the second dependent variable, and sexual behavior as the independent variable.

Population

Based on the field results of this study, the population consisted of 110 adolescents, aged 16-18 years, of both genders, who were students of the XI Accounting class at Wachid Hasyim Vocational School in Surabaya. These adolescents were users of social media platforms such as Instagram, Telegram, Facebook, and TikTok. The study was conducted offline, utilizing a questionnaire as the data collection instrument. The sampling technique employed in this research was Probability Sampling, precisely Simple Random Sampling. This technique ensures that each element or member of the population has an equal chance or opportunity to be selected as a sample (Sugiyono, 2010).

This study utilized a quantitative research approach with a correlational research design.

The data collection instruments

The data collection in this study consists of a set of statements. The researcher employed a questionnaire consisting of three scales: the self-control scale, the intensity of social media usage scale, and the sexual behavior scale. These scales were structured using a Likert model based on indicators used in the form of statements. The responses to these statements ranged from very positive (favorable) to very negative (unfavorable), with four answer choices: strongly agree (SA), agree (A), disagree (D), and strongly disagree (SD). Sugiyono (Sugiyono,

2010) states that the Likert scale measures an individual's attitude, perception, and opinion regarding social phenomena.

Data Analysis

The data analysis employed in this study is quantitative and utilizes statistical methods, specifically with the assistance of IBM Statistical Package for the Social Sciences (SPSS) version 25.0 for Windows. The aim is to achieve accurate and precise calculations within a shorter timeframe. The hypotheses in this study will be tested using correlation analysis, which examines the relationship between two or more variables. In this research, the known variables hypothesized to be correlated are self-control and the intensity of social media usage with sexual behavior among adolescents. The analysis will employ parametric techniques, specifically multiple regression analysis, to explore the relationship between one dependent variable (Y) and two or more independent variables (X). The significance level will be determined, with $P < 0.05$ indicating a significant relationship, while $P > 0.05$ indicates no significant relationship.

Result

The study sample consisted of predominantly female participants, with 103 respondents, while there were 7 male respondents.

Table 1. Subjects' Gender

Gender	Total
Female	103 respondents
Male	7 respondents
Total	110 respondents

Most of the respondents in this study were 17 years old, with 80 participants. 22 respondents were 16 years old, and 8 respondents who were 18 years old.

Table 2. Subject's Age

Age	Total
16 yo	22 respondents
17 yo	80 respondents
18 yo	8 respondents

Total	110 respondents
--------------	------------------------

Regarding social media platforms, Instagram was the dominant platform among the respondents in this study, with 91 participants. Additionally, 8 respondents used Telegram, 6 used TikTok, and 5 used Facebook.

Table 3. Social Media

Social Media	Total
Instagram	91 respondents
Telegram	8 respondents
Facebook	5 respondents
Tiktok	6 respondents
Total	110 respondents

The researcher conducted descriptive statistical tests on the variables. The variable of self-control yielded an empirical mean value of 58.35, the variable of intensity of social media usage had a mean value of 46.11, and the variable of sexual behavior had a mean value of 76.63.

Table 4. Descriptive Statistical Analysis

Scale	N	Mean	SD
Self-Control	110	58.35	1.109
Social Media Usage Intensity	110	46.11	8.088
Sexual Behavior	110	76.63	3.106

The researcher further categorized the three variables. For the variable of sexual behavior, 87.3% fell into the low category with an interval of less than 94, comprising 96 respondents, while 12.7% fell into the moderate category with an interval of 94 to 141, consisting of 14 respondents. Regarding the variable of self-control, 6.4% were categorized as moderate with an interval of 94 to 141, comprising 7 respondents, while 93.6% were categorized as high with an interval greater than 141, comprising 103 respondents. As for the variable of social media usage intensity, 90.0% fell into the low category with an interval of less than 58, comprising 99 respondents, while 10.0% fell

into the moderate category with an interval of 58 to 87, consisting of 11 respondents. Based on these calculations, it can be concluded that the variable of sexual behavior falls into the low category, the variable of self-control falls into the high category, and the variable of intensity of social media usage falls into the low category.

The hypothesis testing in this study employed multiple regression analysis. The results of the first hypothesis revealed a significance value of $0.000 < 0.05$, and the calculated F value of 36.579 was more significant than the tabulated F value of 3.08. Therefore, it can be concluded that the first hypothesis is accepted, indicating a significant relationship between self-control and the intensity of social media usage, collectively, with sexual behavior among adolescents, means that higher levels of self-control and lower levels of social media usage intensity are associated with lower levels of sexual behavior among adolescents. Conversely, lower levels of self-control and higher levels of social media usage intensity are associated with higher levels of sexual behavior among adolescents.

Table 5. Hypothesis Test 1

Variabel	F	Sig
Self-Control Social Media Usage Intensity Sexual Behavior	38.579	0.000

The second hypothesis resulted in a significance value of $0.000 < 0.05$, and the calculated t value of -6.866 was smaller than the tabulated t value of 1.984. This indicates that the second hypothesis is accepted, demonstrating a significant negative relationship between self-control and sexual behavior among adolescents. In other words, higher levels of self-control are associated with lower levels of sexual behavior among adolescents, whereas lower levels of self-control are associated with higher levels of sexual behavior among adolescents.

Table 6. Hypothesis Test 2

Variabel	t	Sig
Self Control – Sexual behavior	-6.866	0.000

The third hypothesis yielded a significance value of $0.062 > 0.05$, and the calculated t value of 1.885 was smaller than the tabulated t value of 1.984. Therefore, it can be concluded that the third hypothesis is rejected, indicating that there is no significant positive relationship between the intensity of social media usage and sexual behavior among adolescents.

Table 7. Hypothesis Test 3

Variabel	t	Sig
Media Usage Intensity - Sexual Behavior	1.885	0.062

The results of the effective and relative contribution tests also support the study. In the effective contribution test, the effective contribution value of self-control was found to be 34.77%, while the effective contribution of social media usage intensity was 5.84%. Thus, both variables had a total effective contribution of 40.6% to sexual behavior. It can be concluded that self-control has a more significant contribution to sexual behavior compared to the intensity of social media usage.

In the relative contribution test, both self-control and social media usage intensity had a relative contribution of 0.406, indicating that they contribute approximately 40.60% collectively to sexual behaviour.

Discussion

The results of this study indicate a significant simultaneous relationship between self-control, the intensity of social media usage, and sexual behavior among adolescents. The study found that self-control and the intensity of social media usage can influence the occurrence of sexual behavior among adolescents. This means that higher levels of self-control and better social media usage intensity are associated with lower levels of sexual behavior among adolescents, and vice versa. Lower levels of self-control and poorer social media usage intensity are associated with higher levels of sexual behavior.

Sexual behavior can pose risks to the reproductive health of adolescents, such as syphilis, cervical cancer, ectopic pregnancy, Human Immunodeficiency Virus (HIV) or Acquired Immunodeficiency Syndrome (AIDS), and other diseases. The presence of sexual behavior can also have psychological, physiological, social, and physical impacts on individuals, as well as risks to other reproductive organs, making such behavior something to be avoided.

Self-control is an individual's ability to respond to situations, process information, make choices based on their beliefs, and help restrain oneself from engaging in behaviors that are not in line with social norms. On the other hand, the intensity of social media usage refers to the duration or amount of time individuals spend using social media platforms. Having high self-control is crucial for individuals to be able to regulate their behavior in accordance with existing norms.

This is supported by research conducted by Ginting & Rustika (2017) at SMKN 1 Denpasar, where the findings concluded that the subjects had high self-control and low intensity of accessing pornographic media. Consequently, there was a low incidence of sexual behavior among the adolescents at SMKN 1 Denpasar. From this, it can be concluded that self-control plays a significant role in

the development of adolescents, helping them avoid engaging in consuming pornography accessed through internet platforms, including applications and social media, which can have negative impacts and go against societal norms.

Therefore, it can be concluded that the first hypothesis is accepted, indicating a significant relationship between self-control and the intensity of social media usage with sexual behavior. This relationship is influenced by various aspects, these aspects include behavioral control, cognitive control, decision control, and the time span of social media usage (Averill, 1980).

Cognitive control refers to an individual's ability to respond to situations, regulate their actions, and modify stimuli. Cognitive control involves the individual's capacity to process unwanted information. Decision control entails the individual's ability to make choices based on their beliefs, anticipate and interpret events. Additionally, the time span of social media usage is considered a relevant factor.

Partial analysis between self-control and sexual behavior reveals a significant negative relationship. This implies that higher levels of self-control are associated with lower levels of sexual behavior among adolescents. Conversely, lower levels of self-control are linked to increased sexual behavior in adolescents. Self-control plays a crucial role in adolescent sexual behavior, as individuals with better self-control are capable of responding to and inhibiting negative stimuli, both internal and external to themselves.

According to Arisandy (2019), self-control is also the individual's ability to regulate, organize, and direct their behavior towards positive actions. Additionally, self-control is a concept that involves controlling one's behavior not only through techniques and strategies but also through the consequences of their actions. Adolescents should possess a high level of self-control as it can influence their attitudes toward sexual behavior and enable them to adapt to their environment while engaging in positive actions.

Individuals with high levels of self-

control are also able to act in accordance with societal rules and norms. They have the ability to discern between negative information that may harm them and positive information that may benefit them. Based on this research, it can be concluded that the second hypothesis is accepted, indicating a significant negative relationship between self-control and sexual behavior in adolescents.

This is consistent with previous research conducted by Sya'diyah & Duryati (Sya'diyah & Duryati, 2019) on adolescents in Kota Pariaman, which found a significant negative relationship between self-control and sexual behavior in adolescents in that area, as determined through the Karl Pearson statistical test.

On the other hand, the partial analysis of the variable of media social media usage and sexual behavior indicates no significant relationship. The intensity of social media usage refers to the amount of time individuals spend accessing or using social media to obtain information related to sexuality and other aspects of sexual behavior.

Based on this research, it can be concluded that the use of social media does not have an impact on sexual behavior. This is because the 11th-grade Accounting students of Wachid Hasyim Surabaya High School do not use social media to seek information about sexuality. Instead, they primarily use social media for communication purposes and engage in positive interactions.

In addition, there are various social media platforms that are used by teenagers today, including Facebook, Instagram, TikTok, Telegram, and others. This indicates the availability of diverse social media platforms, and using only one platform may not represent all of them. This is supported by the findings of this study, which showed no significant relationship between the intensity of social media usage and sexual behavior among teenagers. Therefore, it can be concluded that the third hypothesis is rejected.

This is consistent with previous research conducted by Oktavia (Oktavia, 2017) on 10th-grade high school students

in Semarang City, which stated that there is no relationship between social media usage and adolescent sexual behavior. This could be attributed to the fact that they do not use social media as a source of information about sexuality, and their social media usage is unrelated to their sexual behavior.

Another finding in this study is the effective contribution of the self-control variable, which amounts to 34.77%, while the effective contribution of social media usage intensity is 5.84%. Therefore, both variables have a total effective contribution of 40.60%. Thus, it can be concluded that self-control has a more significant contribution to sexual behavior than social media usage intensity. Additionally, the relative contribution of both variables accounts for 40.6% of sexual behavior.

The results of this calculation lead to the conclusion that in this study, self-control significantly influences sexual behavior. Therefore, future research can focus on exploring the relationship between self-control and the intensity of social media usage concerning sexual behavior among 110 teenagers from SMK Kelas XI Akuntansi Wachid Hasyim Surabaya, aged between 16 and 18 years old, who use social media platforms such as Instagram, Telegram, TikTok, and Facebook. These findings are further supported by previous surveys and interviews conducted with the school's guidance and counseling teachers and two students from Class XI Akuntansi Wachid Hasyim Surabaya. The average behavior of the students in school does not cross any boundaries and conforms to the norms and rules in place. According to some students from Class XI Akuntansi Wachid Hasyim Surabaya, their dating behavior never exceeds the limits and follows the school's rules, treating their relationships as friendships.

Conclusion

Based on the results of the study involving 110 respondents, it can be concluded that there is a significant positive relationship between self-control and the intensity of social media usage with sexual behavior in adolescents. There is

also a significant negative relationship between self-control and sexual behavior among adolescents. However, no significant positive relationship was found between the intensity of social media usage and sexual behavior among SMK Kelas XI Akuntansi Wachid Hasyim Surabaya students.

Recommendations

The researchers would like to provide some recommendations to SMK Kelas XI Akuntansi Wachid Hasyim Surabaya's adolescent students to improve their self-control. They need to be courageous in responding to unpleasant situations, process information effectively, make choices based on social norms, engage in positive activities, increase awareness about the consequences of sexual behavior, and use social media responsibly by avoiding pornography content and sexual information. These recommendations aim to minimize the occurrence of risky sexual behavior and promote healthier decision-making among adolescents.

Teachers should provide students with positive activities within the school environment, such as encouraging active participation in extracurricular activities, promoting reading books, and engaging in practice exercises. Teachers can also offer psychoeducation sessions for parents and students to enhance their understanding of sexuality. Conversely, As parents, it is crucial to take on the role of educators and companions in providing children with a comprehensive understanding of sexuality. It is essential to create an open and supportive environment where children feel comfortable sharing their stories without being judged. Parents can foster a relationship built on trust and act as a friend to their children while providing guidance and support.

For future researchers, it is recommended to broaden the scope of this study by considering various aspects such as research settings, research subjects, and additional factors including parenting styles, peer influences, environmental factors, and others. These factors may have

a significant impact on adolescent sexual behavior and should be taken into account in future research endeavors. By expanding the research scope, a more comprehensive understanding of the multifaceted influences on adolescent sexual behavior can be achieved.

Acknowledgment

We would like to express our gratitude to all those who have contributed to this research. We extend our sincere appreciation to the following individuals: Our research participants, for their valuable time and willingness to participate in this study. Amanda Pasca Rini, for her insightful guidance, expertise, and support throughout the research process. The faculty and staff of the Department of Psychology, Universitas 17 Agustus 1945, for their assistance and cooperation. Our colleagues and friends, for their encouragement and constructive feedback. Without their contributions, this study would not have been possible. Thank you all for your invaluable support.

References

- Achmad, N., & Dewi, D. K. (2022). Hubungan Intensitas Penggunaan Media Sosial terhadap Prokrastinasi Akademik pada Mahasiswa yang Menyelesaikan Skripsi. *Character: Jurnal Penelitian Psikologi*, 7(9), 96–106.
<https://ejournal.unesa.ac.id/index.php/character/article/view/48071>
- Andarwati, I. (2016). Citra diri ditinjau dari intensitas penggunaan media jejaring sosial instagram pada siswa kelas xi sma n 9 yogyakarta. *Jurnal Riset Mahasiswa Bimbingan Dan Konseling*, 5(3).
- Anggraini, T., & Maulidya, E. N. (2020). Dampak paparan pornografi pada anak usia dini. *Al-Athfaal: Jurnal Ilmiah Pendidikan Anak Usia Dini*, 3(1), 45–55.
- Arisandy, D. (2019). Kontrol Diri Ditinjau Dari Impulsive Buying Pada Belanja Online. *Jurnal Ilmiah*

- Psyche*, 11(2), 63–74.
<https://doi.org/https://doi.org/10.3355/7/jpsyche.v11i2>
- Asmin, E., Saija, A. F., & Titaley, C. R. (2023). Analisis Perilaku Seksual Remaja Laki-laki dan Perempuan di Kota Ambon. *Molucca Medica*, 16(1), 11–18.
<https://doi.org/https://doi.org/10.30598/molmed.2023.v16.i1.11>
- Averill, J. R. (1980). On the paucity of positive emotions. In *Assessment and modification of emotional behavior* (pp. 7–45). Springer.
- Buana, R. (2019). *Hubungan Antara Intensitas Penggunaan Media Sosial Dengan Perilaku Prosocial* [Universitas 17 Agustus Surabaya]. <http://repository.untag-sby.ac.id/2186/>
- Ginting, D. D., & Rustika, M. I. (2017). Peran kontrol diri dan intensitas mengakses pornomedia terhadap perilaku seksual pranikah remaja madya di SMK N 1 Denpasar. *Psikologi Udayana*, 349, 24–34.
<https://doi.org/https://ojs.unud.ac.id/index.php/psikologi/article/view/47145>
- Jannah, M. (2017). Remaja dan tugas-tugas perkembangannya dalam islam. *Psikoislamedia: Jurnal Psikologi*, 1(1), 243–256.
<https://doi.org/http://dx.doi.org/10.22373/psikoislamedia.v1i1.1493>
- Noor, R. (2018). Hubungan antara kontrol diri dengan perilaku seksual remaja pada siswa SMK istiqomah Muhammadiyah 4 Samarinda. *MOTIVA: JURNAL PSIKOLOGI*, 1(1), 10–15.
<https://doi.org/https://doi.org/10.31293/mv.v1i1.3491>
- Nuraeni, T. T. (2020). Analisis Faktor Yang Mempengaruhi Niatan Siswa Untuk Mencegah Perilaku Seks Bebas Di SMK Negeri 1 Indramayu. *Media Publikasi Promosi Kesehatan Indonesia (MPPKI)*, 3(2), 78–83.
<https://doi.org/https://doi.org/10.56338/mppki.v3i2.1075>
- Oktavia, F. V. (2017). *Hubungan Antara Penggunaan Media Sosial Dengan Perilaku Seksual Remaja*. Unika Soegijapranata Semarang. Riset Kesehatan Dasar Kementerian RI, 306 (2013).
- Samosir, D. (2021). Kontrol Sosial dan Intensitas Penggunaan Internet Pada Perilaku Seks Sebelum Menikah Pada Remaja. *Psikoborneo: Jurnal Ilmiah Psikologi*, 9(1), 147–154.
<https://doi.org/10.30872/psikoborneo>
- Sarwono, S. W. (2012). Psikologi remaja. In *Raja Grafindo Persada* (Revisi). PT. Raja Grafindo Persada.
- Sugiyono. (2010). *Metode penelitian kuantitatif dan R&D*. Alfabeta.
- Surahmat, R., Akhriansyah, M., & Agustina, N. (2023). Hubungan Paparan Pornografi Terhadap Perilaku Seksual Remaja di SMA Negeri 1 Sungai Pinang. *Jurnal Keperawatan Abdurrab*, 6(2), 34–40.
- Sya'diyah, H., & Duryati, D. (2019). Hubungan antara kontrol diri dengan perilaku seksual pada remaja di kota pariaman. *Jurnal Riset Psikologi*, 2019(4).
<https://doi.org/http://dx.doi.org/10.24036/jrp.v2019i4.7682>
- Widaningsih, N., & Fadilah, L. N. (2021). Peran model komunikasi orang tua dan remaja (Mosi-Raja) terhadap sikap tentang perilaku seksual berisiko. *JURNAL RISET KESEHATAN POLTEKKES DEPKES BANDUNG*, 13(1), 225–229.
<https://doi.org/https://doi.org/10.34011/juriskesbdg.v13i1.1911>
- Zadri, D. A. (2020). Pengaruh Gaya Hidup Hedonis dan Regulasi Diri Terhadap Perilaku Seksual Pranikah. *Psikoborneo: Jurnal Ilmiah Psikologi*, 8(2), 228–237.
<https://doi.org/http://dx.doi.org/10.30872/psikoborneo.v8i2.4906>