

## Parents' Strategies in Anticipating the Problem of Free Sex in Adolescents in East Senuro Village

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### ABSTRACT

This study aims to determine the strategies implemented by parents in anticipating the problem of free sex in adolescents in East Senuro Village. The background of this study is the phenomenon of adolescents who drop out of school due to involvement in free sex behavior, so they have to get married at an early age even though they are not mentally or emotionally ready. The method used in this study is a qualitative approach with data collection techniques in the form of observation, interviews, and documentation. The results of the study indicate that parents in East Senuro Village have implemented various strategies in anticipating the problem of free sex in adolescents, including instilling religious values from an early age, providing appropriate and continuous education, and shaping children's character through an emotional approach and role models in the family. This study is expected to contribute to the development of science, especially in the field of family education and protecting adolescents from deviant behavior.

**Keywords:** *Adolescents, Free Sex, Parental Strategies*

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## INTRODUCTION

Adolescence or often referred to as adolescence is an important transition phase in human development, where individuals transition from childhood to adulthood. This phase is characterized by various complex changes, both physically, cognitively, socially, emotionally, and linguistically (Nabila, 2022). According to WHO, adolescence usually lasts from the age of 10 to 19 years. At this stage, adolescents begin to search for self-identity, build social relationships, and explore various aspects of life, including sexuality. This process of searching for identity is often accompanied by high curiosity, which can encourage them to engage in risky behaviors, including promiscuity.

Promiscuity among teenagers is an increasingly worrying issue in Indonesia. Promiscuity is human behavior that deviates and violates religious norms and has no limits (Mirwansyah et al., 2024). Forms of promiscuity include drinking alcohol, using drugs, fights, and most worrying is having sexual relations outside of marriage (free sex). This promiscuous sex behavior often occurs due to weak parental supervision, lack of moral and religious education, peer influence, and easy access to negative content on social media.

Promiscuous sex among adolescents can have various serious impacts, both physically, psychologically, and socially. Physically, adolescents who have sexual relations outside of marriage are at risk of unplanned pregnancies and contracting sexually transmitted diseases such as HIV/AIDS, gonorrhoea, and syphilis. From a psychological perspective, they can experience mental stress, guilt, stress, and depression. Meanwhile, from a social perspective, the impact can be in the form of being shunned from the environment, losing confidence, and losing the opportunity to continue education.

One of the most common and obvious impacts of promiscuity is the occurrence of out-of-wedlock pregnancies. In many cases, these unplanned pregnancies encourage adolescents to

marry at a young age as a form of social settlement, even though they are not yet mentally, emotionally, or economically ready. This condition often causes adolescents, especially girls, to have to drop out of school to take on the role of wife and mother at a very young age. This not only hinders their education, but also has the potential to worsen their future and quality of life.

This condition shows that early marriage is still one of the consequences of free sex behavior committed by adolescents. According to the Head of the National Population and Family Planning Agency (BKKBN), dr. Hasto Wardoyo, the rate of early marriage in Indonesia has indeed decreased in the last decade, from 40 to 26 per 1,000 population. However, this figure is still relatively high and still requires serious attention. The average age of married women has indeed increased to 22 years, which is a positive development. However, BKKBN data also shows that about 50% of adolescent girls and 70% of adolescent boys have had sexual intercourse by the age of 15–19 years. This fact indicates that promiscuous sex behavior is still high among adolescents and is one of the main causes of out-of-wedlock pregnancy and early marriage.

The phenomenon of free sex among teenagers does not only occur in big cities, but also begins to penetrate into rural areas. One example can be found in East Senuro Village, where free sex behavior is one of the social issues that has received considerable attention from the community, especially the elderly. Free sex is seen as a serious threat to the future of the younger generation because it can adversely affect the education, morals, and social life of adolescents. Based on the results of interviews conducted with the Head of East Senuro Village and observations in the field, it is known that about three years ago, deviant behavior among teenagers was quite frequent. One of the most striking forms is the habit of adolescent boys and girls who are often alone in quiet places, such as in the forest at night, without adult supervision. This condition is certainly very worrying because it opens up opportunities for actions that violate local religious and customary norms.

Furthermore, the Village Head revealed that almost every year there are cases of children who have to drop out of school, especially at the Madrasah Aliyah level, because they have to get married at an early age. Early marriage generally occurs due to unhealthy relationships between fellow teenagers, which originate from a lack of supervision and weak character development from their immediate environment, especially the family. This is proof that free sex not only damages morals, but also hinders the education and future of children in East Senuro Village.

However, in recent years, the phenomenon of free sex in East Senuro Village has begun to show a decline. This is the result of increasing public awareness of the importance of the role of families, especially parents, in fostering and supervising their children. Parents are becoming more active in monitoring their children's daily activities, providing religious education, and giving advice on the importance of maintaining healthy associations. In addition, cooperation between community leaders, schools, and religious institutions also strengthens efforts to prevent promiscuous sex among adolescents.

As the closest party to children, parents play a very important role in shaping children's character and personality from an early age (Nur & Malli, 2022). Through compassion, example, and good communication, parents can instill moral values, ethics, and an understanding of boundaries in socializing. With the right parenting approach, children can grow up to be spiritually, emotionally, and socially strong, so that they are able to resist invitations or negative influences from the surrounding environment. This effort is one of the important factors in anticipating and suppressing the occurrence of promiscuity among teenagers, especially in East Senuro Village.

Research conducted by Marlina (2021) also shows that parenting applied by parents has a significant effect on adolescent behavior. Adolescents who receive good supervision and guidance from their parents tend to be more able to control themselves and avoid promiscuous sexual behavior. Thus, the role of parents as the main educators in the family environment is one of the important keys in preventing free sex.

Based on various facts and conditions that occur in East Senuro Village, it can be concluded that free sex is a fairly serious social problem and requires attention from various parties. One of the key elements in efforts to prevent promiscuity is the family, especially parents as the main educators in the home environment. Parents have a great responsibility in guiding, directing, and fortifying their children so that they do not fall into deviant behavior. Therefore, this study is focused on examining in more depth the strategies applied by parents in anticipating the problem of promiscuous sex in adolescents in East Senuro Village.

## METHOD

This study uses a qualitative approach with a descriptive type of research. This approach was chosen because it is appropriate to understand in depth the strategies applied by parents in anticipating the problem of free sex in adolescents in East Senuro Village. The subjects of this study are parents who have adolescent children and live in East Senuro Village, Tanjung Batu District, Ogan Ilir Regency. The selection of informants is carried out purposively, namely by considering certain criteria that are relevant to the focus of the research. Data collection techniques are carried out through observation, in-depth interviews, and documentation. Observations were carried out to observe the interaction of parents and children in daily life, while interviews were used to explore information about parents' strategies in educating and guiding children. Documentation is used to support the data obtained, such as activity logs, photos, or related documents. The data analysis technique used consists of three stages, namely data reduction, data presentation, and conclusion/verification. To ensure the validity of the data, triangulation of sources and methods was carried out.

## FINDINGS AND DISCUSSION

The results of the research on parents' strategies in anticipating the problem of free sex in adolescents in East Senuro Village explained that there are several aspects that are studied, namely instilling religious values, providing the right education, and shaping children's personalities.

Data in the field was obtained through several data collection techniques, namely observation and interview methods. In the observation method, the researcher directly observed how parents strategy in anticipating the problem of free sex. Furthermore, in the interview method, the researcher conducted a question and answer session with parents, adolescents, and village heads to obtain more in-depth information about the strategies applied in anticipating the problem of promiscuous sex in adolescents. To support the results of the interview, documentation was also carried out with informants, namely parents, adolescents, and village heads.

Parents' strategies in anticipating the problem of promiscuous sex in adolescents in East Senuro Village are as follows:

### **Inculcating Religious Values**

Based on the results of research in East Senuro Village, it is known that parents have carried out this role through the habit of worship, such as praying, reciting, giving advice, and being a good example for their children. In addition, parents also direct children to participate in tahfidz programs and memorize the Qur'an, so that children's daily activities are busy with seeking knowledge. Some parents feel helped by the mukim program that has only been running in recent months.

In line with the research of Ompusunggu & Nababan (2024), even though times continue to change and people's culture is developing, instilling religious values in children, especially during adolescence, is still very important. Religious values contain moral teachings and guidelines for life that are correct and valid throughout time. Parents have a great responsibility in guiding children to grow into a person of faith and knowledge.

Religious education in the family has a very important role as the main foundation in the formation of children's character, especially in anticipating promiscuity. According to Dewi et al. (2023), children urgently need religious guidance so that their morals are maintained and do not fall into wrong deeds.

This is in line with research conducted by Rufaedah (2020), religious education in the family plays an important role in the process of forming children's personalities. In her research, Rufaedah emphasized that the family is the first and main educational environment for children, where religious values are instilled from an early age through the example of parents, daily habits, and communication that contains moral and spiritual values. With strong religious education in the family environment, children tend to grow up to be noble individuals, responsible, and have a solid foundation in dealing with negative influences from outside the family environment.

In addition to the role of the family, religious-based educational institutions such as Islamic boarding schools and tahfiz houses also have a big role in instilling religious values in the younger generation. One example is the mukim program at the Nurul Hilal Islamic Boarding School, which requires students to live in dormitories. This program has proven to be effective in forming discipline and deepening religious understanding among adolescents. This mukim activity allows for stricter supervision and creates an environment that supports the formation of students' morals and religious character.

This is in line with the research of Mediawati (2023), the education of Islamic values in Islamic boarding schools is very important in shaping the character of students. Through learning activities, daily habits, examples from teachers, extracurricular activities, and personal coaching, pesantren create an environment that supports the development of students' morals and faith. Islamic values are not only taught, but also practiced in daily life. In this way, students are formed into individuals who are religiously obedient, have good morals, are independent, are able to get along well, understand the teachings of Islam thoroughly, and are ready to make a positive contribution in society.

Religious education in East Senuro Village is not only taught in the family or in Islamic boarding schools, but also assisted by a religious community environment. Villagers still very much maintain Islamic values in their daily lives. Mosques and prayer rooms are the main places for various religious activities, both for adults and for children and teenagers.

Activities such as routine recitations, taklim assemblies, and Qur'an study groups are often held and attended by many communities. Children in this village are also used to participating in the Al-Qur'an Education Park (TPA) every afternoon, to learn to read the Qur'an, prayers, and other religious lessons. There are also tahfiz houses that help children in memorizing the Qur'an and forming habits of discipline and an attitude of responsibility.

According to research conducted by Saputri et al. (2024), cooperation between parents, schools, and the community is very important to support children's character education and prevent adolescents from falling into promiscuity. Parents as the first educators at home play a big role through the attitudes, directions, and attention they give to their children. Schools help by providing education in positive values through religious lessons and activities that foster discipline and good morals. Meanwhile, the community also has a role in shaping a healthy social environment, such as through religious activities, good social norms, and positive associations. If these three parties work together, then efforts to shape the character of adolescents and prevent the bad effects of promiscuity will be much more effective.

From the discussion above, it is known that religious education has a very important role in shaping children's character and anticipating promiscuity, especially in East Senuro Village. The role of the family as the first educator, religious education institutions such as Islamic boarding schools and tahfiz houses, as well as religious community environments synergize with each other in instilling religious values from an early age. The example of parents, mukim activities in Islamic boarding schools, as well as routine recitation and TPA in the community shape children into individuals with morals, discipline, and responsibility. With cooperation between parents, educational institutions, and the community, efforts to prevent the negative effects of promiscuity become more effective and sustainable.

### **Providing the Right Education**

According to Ompusunggu & Nababan (2024), education is not only about school or academic lessons, but also includes learning at home and the surrounding environment. A good education encompasses all aspects of life and starts early. With a comprehensive

education, children will grow up to be individuals who are beneficial to themselves, their families, society, the nation, and their religion.

In relation to this study, the researcher observed how parents play a role in providing education to their adolescents about the dangers of promiscuity. In addition, parents also provide various positive and useful activities, both at home and in the surrounding environment, as an effort to fill their children's free time with productive and character-building things. This approach aims to fortify children from negative environmental influences and form healthy habits and mindsets from adolescence.

### **Providing Education About the Dangers of Promiscuity**

Based on the results of the research, parents in East Senuro Village usually provide understanding to children in a gentle but firm way and use real examples around. This approach makes the child feel valued and more open to advice from parents. With the right education, children will be more aware of the risks of promiscuity and more careful in choosing friends and environment.

According to Dewi et al. (2023), promiscuity can have a significant influence on a person's personality, which is characterized by negative changes in lifestyle, way of dressing, and behavior. Involvement in promiscuity also has the potential to have adverse effects on an individual's health, safety, and future. Therefore, it is important for adults to provide adequate knowledge to children about immoral behavior as a preventive measure so that they do not lose their direction in their association and environment.

Providing an understanding of the dangers of promiscuity is an important responsibility that parents must undertake. Adolescents are in a period of searching for their identity and are very easily influenced by the environment. If not directed properly, they can fall into the wrong association. Therefore, parents need to explain in a good and clear way about the adverse effects of promiscuity, such as declining school performance, dropping out of school, and even getting pregnant out of wedlock (Sari, 2020).

This is in line with research conducted by Wijaya and Mukramin (2023), which states that parents need to provide education about the right sex to their children. This education is important so that children can understand how to protect themselves from the risk of promiscuity. Parents should provide proper information about their sexuality and explain the risks that can arise from promiscuity, such as health problems or other negative impacts.

In line with that, Susanti (2019), sex education is an important part that should not be ignored in educating children. The role of parents in providing sex education is huge, because they are the closest people to the child. Therefore, parents are expected to be the first source of information for their children. It is best to provide sex education from an early age so that children can understand the importance of taking care of themselves and be a preventive measure against the dangers associated with sexual problems. Understanding sex from an early age has great benefits for protecting children.

In addition, according to research by Vidiananda et al. (2024), communication between parents and children is one of the main keys in preventing promiscuity, in addition to the role of religion and education as the main bulwarks. Parents need to create an environment that encourages open communication, uses a non-blameless approach, and conveys information that is accurate and appropriate to the child's level of understanding.

From the discussion above, it is known that education about the dangers of promiscuity is very important for parents to do with a gentle, clear, and communicative approach. In East Senuro Village, parents provide understanding in a casual but firm manner, accompanied by real examples, so that children are more open and understand the risks of promiscuity. Early sex education is also an effective preventive measure so that children are able to take care of themselves and make wise decisions.

### **Providing Useful Activities for Children**

Filling adolescents' free time with positive activities is one of the effective strategies to prevent adolescents from the influence of bad associations. Useful activities, both inside and outside the home, can help children develop interests and talents, as well as build confidence. Based on the results of research in East Senuro Village, parents fill their children's free time in

a positive way. Parents invite children to learn to cook and encourage children to participate in various positive activities in competitions that suit their talents. Thus, children can develop abilities and increase confidence.

According to Dewi et al. (2023), the role of parents is to provide useful activities so that children become more enthusiastic and creative. That way, children can find their own interests and talents. Parents should not force their children to do something they don't like. Instead, parents need to recognize their child's potential and understand what they are interested in, including the field of science or job they want. If the child does not like what he is doing, then the work will feel very tiring and difficult to do.

In line with research conducted by Febrianti et al. (2023), parents have an important role in children's education. They are responsible for educating, meeting needs, and providing support to their child. This support can be in the form of practical assistance in learning and developing skills, as well as emotional support that provides compassion, attention, and motivation. Thus, children can grow and develop well, as well as achieve their goals.

From this description, it can be concluded that filling children's free time with positive activities is an important role for parents in shaping character and preventing children from falling into promiscuity. In East Senuro Village, parents try to direct their children to useful activities such as learning to cook and participating in competitions according to their interests. With the support and attention of parents, children feel appreciated, motivated, and able to develop their potential optimally.

### **Shaping Children's Personality**

According to Ompusunggu & Nababan (2024), a child's personality is formed from many things, such as biological factors, education, social environment, and spirituality. If the child is raised in a healthy and loving family, then he will grow up with a good and mature personality.

In this case, the affection and supervision given by parents plays an important role. Providing enough affection makes children feel appreciated, safe, and comfortable in the home environment. This sense of security will encourage children to open up to parents, making it easier to be directed and advised. Meanwhile, monitoring children's activities, both directly and indirectly, helps parents understand the world of children's associations and anticipate the possibility of them falling into promiscuity.

With a combination of affection and supervision, parents can form a strong, principled child's personality, and be able to resist invitations that lead to deviant behavior. This strategy is one of the concrete steps taken by parents in East Senuro Village in anticipating the dangers of free sex in teenagers.

### **Giving Enough Love**

Parental affection is essential in shaping adolescents' personalities and preventing them from falling into promiscuity. Based on the results of the research, the form of affection given by parents in East Senuro Village includes showing attention, providing support in various children's activities, taking time to listen to children's stories, remembering children's birthdays as a special moment, and giving gifts when children win a competition as a form of appreciation for their achievements.

According to Dewi et al. (2023), basic education for children mainly comes from the family. There are various methods that can be used by adults in providing support, one of which is the attention given when children need and face various situations. Affection from parents is also the main foundation in building a healthy relationship between parents and children. Through this affection, parents are able to provide quality teaching and education, as well as support their children's growth and development physically and spiritually.

This is in line with research conducted by Gea (2023), in an era that continues to evolve like today, the role of parents is very important in shaping adolescent character. Regular and attentive affection helps build a healthy emotional relationship between parent and child. It also plays a big role in instilling values, positive attitudes, and confidence in adolescents. With the affection of their parents, teenagers learn to understand the feelings of others, get along well, and be better prepared to face life's challenges. Time and attention that may seem simple

turns out to have a great influence in shaping a child's future. When children feel valued, loved, and listened to, they will grow up to be open, confident, and ready to face the world. This is in line with the research of Ayub et al. (2024), which states that parents who provide emotional support are able to create a safe, affectionate, and supportive environment, so that children can grow and develop optimally both mentally and emotionally.

From the discussion above, it is known that parental affection has a very important role in shaping adolescents' personalities and preventing them from falling into promiscuity. In East Senuro Village, the form of parental affection is reflected through attention, support, time together, and appreciation for children's achievements. This affection is the foundation of a strong emotional relationship between parents and children, which has a positive impact on children's mental and emotional growth and development. With a loving and supportive family environment, teens will feel valued, confident, and better able to deal with environmental pressures and negative influences from outside.

### **Supervising Children's Activities**

In supervising children's activities, parents in East Senuro Village apply supervision by setting clear rules in the home environment. This supervision is carried out as an effort to prevent children from falling into promiscuity. Some common forms of supervision include requiring children to ask permission before leaving, prohibiting children from coming home late at night, and actively monitoring who children hang out with. In addition, parents also limit the use of mobile phones to avoid access to inappropriate content and prevent children from being exposed to social media or the internet for too long without supervision.

According to Dewi et al. (2023), parental control can provide a sense of security for children. However, control here does not mean overrestricting, but rather giving attention and considering the needs of children. With good control, parents can tell early on if there are signs of children starting to deviate. Friends and social environment are very influential in children's lives. If children associate with friends who behave well, then children will tend to follow these good things. On the other hand, if the child hangs out with friends who behave badly, then he can also get carried away and imitate negative things. Therefore, parents need to always pay attention to who their children hang out with.

In line with research conducted by Debby (2021), parental supervision of adolescents has a significant relationship and influence on their behavior. Parents play an important role in the growth and development of adolescents, so the form of supervision provided will have a direct impact on children's attitudes and actions. The stronger and more consistent the supervision carried out by parents, the less likely adolescents are to engage in deviant or delinquent behavior. On the other hand, a lack of supervision can increase the risk of children falling into negative associations. Therefore, efforts that can be made by parents are to strengthen emotional relationships with children and increase the intensity and quality of supervision of adolescents' activities in daily life.

From the discussion above, it is known that supervision of children's activities by parents is very important in fortifying adolescents from the influence of promiscuity. In East Senuro Village, parents implement clear rules, limit the use of mobile phones, and monitor children's associations as a form of supervision. With consistent engagement and a mindful approach, parents can detect potential behavioral deviations early on and help children build better personalities.

## **CONCLUSIONS**

Based on the results of research conducted in East Senuro Village, it can be concluded that parents' strategies in anticipating the problem of free sex in adolescents are carried out through three main approaches. First, parents instill religious values from an early age in their children as a moral and spiritual foundation. Through consistent religious education at home and support from the surrounding environment, children have strong guidelines in distinguishing good and bad behavior, and have self-control in dealing with negative influences from associations. Second, parents provide appropriate education to their children, either directly through education about the dangers of promiscuity and indirectly by providing positive and

useful activities. This is so that children have a correct understanding of the risks of promiscuity and do not have free time that is abused for negative things. Third, parents shape their children's personality through providing enough affection and supervision of daily activities. By creating a warm family atmosphere, children feel valued and loved, so they don't seek attention outside the home. On the other hand, supervision that is carried out openly and communicatively keeps children under parental control without feeling constrained. These three strategies complement each other and are important keys in forming adolescents who have strong character, good morals, and are able to avoid negative influences from the environment, including promiscuity. Therefore, the active role of parents is very decisive in maintaining and directing children's development during their adolescence.

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