

Abstract

Online sexual activities with individuals outside of marital relationships have increased along with the rapid advancement of technology. The existence of online communities appears to facilitate individuals in forming sexual connections, such as video call sex (VCS), sexting, and phone sex, positioning social media as a new space for non-physical sexual relations. This phenomenon indicates a transformation of infidelity from direct interactions to online interactions, commonly referred to as cybersex. Based on this phenomenon, the present study aims to examine the influence of self-regulation and relationship satisfaction on cybersex behavior among members of an Infidelity Community on the X application. This research employed a quantitative approach with a predictive correlational design. Data were obtained from 399 members through accidental sampling using the Short Self-Regulation Scale (SSSR), the Relationship Assessment Scale (RAS), and the Internet Sexual Screening Test (ISST). Analysis with ordinal logistic regression revealed that both variables significantly contributed 25.1% to cybersex behavior, with self-regulation accounting for 15.63% and relationship satisfaction for 7.5%.

Keywords: Cybersex, Online Community, Infidelity, Self-regulation, Relationship Satisfaction



Abstrak

Aktivitas seksual *online* dengan individu di luar hubungan pernikahan mengalami peningkatan seiring dengan pesatnya perkembangan teknologi. Eksistensi komunitas *online* seolah memfasilitasi individu membentuk koneksi seksual, seperti VCS, *sexting*, dan *phone sex*, menjadikan media sosial sebagai ruang baru bagi relasi seksual non-fisik. Fenomena ini menunjukkan adanya transformasi perselingkuhan dari interaksi langsung ke interaksi secara *online* yang dikenal sebagai *cybersex*. Berdasarkan fenomena tersebut, penelitian ini bertujuan untuk menguji pengaruh *self-regulation* dan *relationship satisfaction* terhadap perilaku *cybersex* pada anggota Komunitas Selingkuhan di aplikasi X. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional prediktif. Data diperoleh dari 399 anggota komunitas melalui *accidental sampling* dengan instrumen *Short Self-Regulation Scale* (SSR), *Relationship Assessment Scale* (RAS), dan *Internet Sexual Screening Test* (ISST) Analisis menggunakan regresi logistik ordinal menunjukkan kedua variabel berkontribusi signifikan 25,1% terhadap perilaku *cybersex*, dengan *self-regulation* menyumbang 15,63% dan *relationship satisfaction* sebesar 7,5%.

Kata kunci: *Cybersex*, Komunitas Online, Selingkuh, *Self-regulation*, *Relationship satisfaction*

