

Abstrak

Perilaku seksual pranikah pada remaja merupakan isu penting yang memerlukan perhatian khusus, terutama di kalangan siswa SMA. Penelitian ini bertujuan untuk mengetahui pengaruh *parental monitoring* dan *media exposure* terhadap perilaku seksual pranikah pada siswa/i di SMA X di Sumedang. Penelitian ini menggunakan metode kuantitatif dengan desain kausalitas. Subjek penelitian berjumlah 423 siswa yang dipilih melalui teknik *cluster sampling*. Hasil penelitian menunjukkan bahwa secara simultan, *parental monitoring* dan *media exposure* berpengaruh signifikan terhadap perilaku seksual pranikah. Secara parsial *parental monitoring* berpengaruh negatif signifikan terhadap perilaku seksual pranikah ($0,00 < 0,05$), yang berarti semakin tinggi *parental monitoring*, maka semakin rendah kecenderungan perilaku seksual pranikah. *Media exposure* berpengaruh positif signifikan terhadap perilaku seksual pranikah ($0,00 < 0,05$), yang berarti semakin tinggi *media exposure*, semakin tinggi kecenderungan perilaku seksual pranikah.

Kata Kunci : *Parental Monitoring, Media Exposure, Perilaku Seksual Pranikah, Siswa*



Abstract

Premarital sexual behavior among adolescents is a critical issue that requires special attention, particularly among senior high school students. This study aims to examine the influence of parental monitoring and media exposure on premarital sexual behavior among students at SMA X in Sumedang. This research employed a quantitative method with a causality design. The participants consisted of 423 students selected through a cluster sampling technique. Data were analyzed using multiple regression analysis. The results showed simultaneously parental monitoring and media exposure significantly influenced premarital sexual behavior among students at SMA X in Sumedang. The results showed partial that parental monitoring had a significant negative effect on premarital sexual behavior ($0,00 < 0.05$), indicating that higher parental monitoring was associated with lower tendencies toward premarital sexual behavior. Media exposure had a significant positive effect on premarital sexual behavior ($0,00 < 0.05$), suggesting that higher media exposure was associated with higher tendencies toward premarital sexual behavior.

Keywords : Parental Monitoring, Media Exposure, Premarital Sexual Behavior, Student

