

HUBUNGAN FAKTOR GAYA KELEKATAN (*ATTACHMENT STYLE*) ORANG TUA TERHADAP PERILAKU SEKSUAL BERISIKO REMAJA DI SMK “A” JAKARTA TAHUN 2023

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Abstrak

Kasus perilaku seksual berisiko remaja masih tinggi terjadi di kelompok remaja terutama bagi siswa/I SMK dan sederajat. Melalui studi pendahuluan didapati 15 dari 36 remaja mengaku pernah melakukan hubungan seksual. Penelitian ini bertujuan untuk menganalisis hubungan faktor gaya kelekatan (*attachment style*) orang tua dengan perilaku seksual berisiko remaja di SMK “A” Jakarta tahun 2023. Penelitian ini merupakan penelitian *mixed-method* dengan desain *sequential explanatory design*. Hasil data kuantitatif diperkuat oleh hasil data kualitatif. Analisis data kuantitatif menggunakan uji *chi square* dan analisis data kualitatif dengan observasi dan wawancara. Dilaksanakan pada SMK “A” Jakarta pada bulan Desember 2023. Populasi penelitian berjumlah 1742 remaja dan sampel penelitian sebanyak 300 remaja yang aktif bersekolah di SMK “A” Jakarta. Menggunakan teknik *simple random sampling* (analisis kuantitatif) dan *criterion sampling* (analisis kualitatif) dalam pengambilan sampel. Analisis univariat menunjukkan proporsi perilaku seksual berisiko remaja sebanyak 184 (61,3%). Analisis bivariat adanya hubungan perilaku seksual berisiko dengan gaya pengasuhan orang tua yang permisif, remaja mengalami trauma masa lalu dan epigenetik, remaja cenderung adiksi terhadap *gadget* dan peran teman sebaya negatif dengan *p-value* = 0,001. Perlu adanya peran yang seimbang dari orang tua kepada remaja melalui komunikasi, kontrol emosi, dan pola pertemanan.

Kata Kunci: Gaya Kelekatan, Perilaku Seksual Berisiko, Remaja

THE RELATIONSHIP OF PARENTS ATTACHMENT STYLE FACTORS ON ADOLESCENT RISKY SEXUAL BEHAVIOR IN VOCATIONAL SCHOOL “A” JAKARTA, 2023

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Abstract

Risky sexual behavior are still high in the adolescent group especially for SMK students and peers. A preliminary study found that 15 out of 36 teenagers admitted to having sexual intercourse. This study aims to analyse the relationship of parental attachment style factors with adolescent risky sexual behavior in one high school in Jakarta in 2023. This is a mixed-method study with sequential explanatory design where the results of quantitative data are supported by the results of qualitative data. Quantitative data analysis uses the chi square test, while qualitative data analysis uses interview techniques. This study was conducted at high school A Jakarta in 2023. The population in this study was 1742 adolescents aged with a study sample of 300 students in the school and taking by using simple random sampling for quantitative analysis and criterion sampling for qualitative analysis. Based on the results of univariate analysis showed that the proportion of risky sexual behavior among adolescents was 184 (61.3%). Meanwhile, the results of bivariate found a relationship between risky sexual behavior and permissive parental parenting style, tend to experience with past trauma and epigenetics, influence of gadget, and neagtive role of peers with a p-value = 0.001. There needs to be a balanced role between the attachment of parents and adolescents in terms of communication, emotional control and friendship patterns.

Keyword: Attachment Style, Risky Sexual Behavior, Adolescent