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## The relationship between *self-awareness* and *self-control* toward the understanding of basic sexual education

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### ABSTRACT

The goal of this study is to determine how the self-awareness and self-control of high school science majors relate to their understanding of basic sexual education through the study of the human reproductive system. The method used is mixed methods. The sample consisted of all 11th-grade science majors at one of the Tasikmalaya City high schools. In the sample, there were two classes. The sampling technique utilized was purposive sampling. Data were gathered by interviews with teachers and students, and questionnaires for self-awareness, self-control, and basic sexual education. Methodologies for descriptive qualitative data analysis also include precondition analysis and hypothesis testing, such as correlation tests with Spearman Rank and basic linear regression tests, in addition to drawing conclusions. Due to students' uncertainty regarding their ability to exercise self-control, the study's findings indicate that there is no correlation between self-control and understanding of basic sexual education. However, there is a correlation between self-awareness and understanding of basic sexual education with a low category, which is supported by student interviews in which up to 38.54% of students are confident in their responses. Additionally, there is a link between self-awareness and self-control and a low-category grasp of fundamental sexual education.



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## Introduction

Promiscuity often appears on news pages and is often associated with relationships that exist in adolescence. Adolescence according to Hurlock (in Warta et al., 2022), is a transitional period where there are many changes both emotionally, biologically, behaviorally, and problems. Adolescence is also often associated with high curiosity and exploring the world

further. Based on the changes and developments in an individual, it is possible that self-exploration can lead to negative things such as promiscuity. According to Maria et al. (2021), pre-marital sex is one of the impacts of promiscuity. Based on BKKBN data in 2017, as many as 3.2 million adolescents aged 15-19 years had abortions and KPAI data showed 54 cases related to child victims of abortion. In addition, Suhaida et al. (2018) stated that based

on the results of data collection of adolescents in the working area of the Koya Tondano Health Center, 30% of female adolescents and 35% of male adolescents were involved in promiscuity out of a total of 690 adolescents. Based on these data, it can be concluded that many adolescents are involved in promiscuity.

Self-awareness according to Hafizha (2021) is a person's ability to direct thoughts, actions, and behaviors that will appear. In relation to sexual education, self-awareness is important for every individual to have, especially in the context of the above case, minors or students to use their full awareness and intellect in order to weigh the decisions to be made or specifically avoid unwanted things consciously such as engaging in sexual activities or even getting pregnant outside of marriage at a young age, not being able to understand the situation when sexual harassment occurs, and others. In connection with this, Aripin (2020) states that self-awareness or self-awareness is a person's ability to understand his emotional state where this is one of the strengths of an individual. If an individual can recognize himself deeply, then the individual has full control over himself properly. In line with these two definitions, in addition Agustini (2018) states that self-awareness is an ability to understand oneself and feelings so that interactions with others become more effective.

Self-control according to Dwi Marsela & Supriatna (2019) is a behavior that is raised by a person as a manifestation of the ability to process body, soul, and feelings in the form of behavior from a response to something. In relation to sexual education, self-control is important to be possessed by an individual, especially in the context of the case above, so that children have the ability to control themselves based on spiritual understanding, norms, and security for themselves regarding sexual behavior such as avoiding sexual deviant behavior, avoiding invitations to have sex without considering important things, and others. In line with this, Damayanti & Ilyas (2019) argue that an individual who has high self-control ability consciously has full control over himself without needing help from other parties and is able to prepare strategies to deal with a situation. In another sense, self-control is closely related to an individual's ability to regulate his emotions and ego towards something, so self-control can be said to be low if an individual only focuses on fulfilling his ego in every situation (R. Ningsih, 2018).

Sexual education according to Marhayati (2021) can be interpreted as two things, namely an instruction in human physiology related to reproduction and attitudes related to sexual self-

adjustment to the concept of sexuality and marriage. Marhayati also said that the purpose of sexual education is to provide children with an understanding of the functions and workings of the reproductive organs, responsibilities related to self-preservation, preventing sexual deviations, pregnancy outside of marriage, violence or sexual harassment, and sexually transmitted diseases.

Based on observations of the 2013 curriculum, it is known that there is no explicit discussion of sexual education. In accordance with this, (Fathunaja, 2018) stated that sexual education has not been distributed as a subject in education implemented in Indonesia. Based on the explanation above, it can be assumed that sexual education in Indonesia has not been maximally implemented because its implementation still depends on related subjects without any specific and in-depth discussion.

Based on the implementation of the Introduction to the School Environment (PLP) in one of the high schools in Tasikmalaya City, several phenomena have been found, including some students who do not understand how reproductive organs work, reproductive organ diseases, and talk about sexual deviations that allude to sexual harassment. However, when helped to straighten out the conversation, students feel uncomfortable about the topic of the conversation and consider that the topic of the conversation is not good to talk about.

On November 2, 2022, a question and answer session were held with 11 students from one of the 11th grade science majors consisting of 3 male students and 8 female students regarding self-awareness and self-control of basic sexual education. Most learners feel that self-control is very important to have so that a person can restrain himself regarding sexual desires and emotions related to the distribution of sexual responses so as not to endanger the safety and comfort of others. While some learners disagree that self-awareness has an important relationship to the understanding of basic sexual education, where some of these learners consider deviant behavior such as verbal harassment (sexual jokes, talking about reproductive organs) is not so offensive.

There are several previous studies related to aspects of self-awareness and self-control which are the basis for taking this thesis topic, including research conducted by Noor (2015) discussing the relationship between self-control and sexual behavior of adolescent vocational students. In this study, it is explained that there is a significant relationship between self-control and adolescent sexual behavior. Furthermore, the research conducted by Rizal et al. (2022)

discusses increasing self-awareness as an act of prevention of sexual harassment in a foundation.

Based on these two previous studies, it can be seen that there is a significant relationship between self-control and sexual behavior of adolescents and an increase in self-awareness after providing self-awareness material related to the prevention of sexual harassment. The two studies have not linked the materials used with biology learning and the guidelines provided by the government for the implementation of sexual education, so this is a novelty in the topic of self-awareness and self-control related to understanding basic sexual education. Moreover, most previous studies related to sexual education only discussed one independent variable.

In accordance with the problems encountered in the field and the previous research above, the author assumes that there is a relationship between self-awareness and self-control as internal aspects to the understanding of basic sexual education of students.

## Method

This research has been conducted using mixed methods and research design in the form of multiple correlations. According to Creswell (in Sugiyono, 2018), the mixed method is a method that is a combination of quantitative and qualitative research. In this study, the quantitative method was carried out to collect data in the form of numbers with a questionnaire, while the qualitative method was carried out by conducting interviews with the research subjects involved. Research variables in educational research are objects that are the focus of research in the form of models, situations, phenomena, or things that can describe the research subject (Ulfika, 2021). The independent variables in this study are self-awareness and self-control. The dependent variable in this study is the understanding of basic sexual education through human reproductive system material.

This research was conducted in March 2023 in 11<sup>th</sup> grade of the Science department of one of the high schools in Tasikmalaya City. Population is a collection of research components that are used as subjects in a study and samples are members of the population or a small part of a population in research (Sinaga, 2014). The population in this study were all 11<sup>th</sup> grade classes majoring in science as many as 7 classes with 248 students. The sample technique used in this study was purposive sampling and the selected sample class was 2 classes with 67 students.

The data collection technique used is in the form of a self-awareness questionnaire as many as 18 statements, a self-control questionnaire as many as 14 statements, and a questionnaire of understanding sexual education through the material of the Human Reproductive System as many as 12 statements, as well as structured interviews with biology teachers in 11<sup>th</sup> grade majoring in science and interviews based on the results of filling out questionnaires together with students. According to Singh (in Hakim, 2013), a structured interview is an interview conducted with a sequence that has been prepared by the researcher with questions that have been prepared to be asked to the respondent. Also, questionnaire is a data collection method carried out by giving questions or questions in writing to research subjects to measure research objects related to research subjects (Purnomo & Palupi, 2016).

Data processing techniques in this study using prerequisite test analysis and hypothesis testing for quantitative method and qualitative descriptive for qualitative method. Qualitative data processing and analysis techniques in this study refer to the qualitative data analysis guidelines compiled by Miles and Huberman (in Sustiyo et al., 2013). The analysis prerequisite test in this study consists of normality test, linearity test, and multicollinearity test. Normality test uses Kolmogorov-Smirnov test, linearity test with Linear Regression presented with scatter-plot, and multicollinearity test with collinearity diagnostics. Hypothesis testing in this study uses a simple correlation test with Spearman Rank and multiple correlation tests with regression features, as well as simple regression tests. The prerequisite analysis and hypothesis testing in this study were processed using SPSS version 26 for Windows software.

## Results and Discussion

### Quantitative Data Test Results - Prerequisite Test Analysis

This study obtained data in the form of the results of filling out a self-awareness questionnaire, self-control questionnaire, and a questionnaire of understanding of sexual education through Human Reproductive System material which can be seen in the table below:

**Table 1.** Statistical Data Self-Awareness Questionnaire on Understanding Sexual Education through Human Reproductive System Material

No.	Statistic	Score
1	Minimum Score	36
2	Maksimum Score	57
3	Average	48,10

No.	Statistic	Score
4	Standard Deviation	4,985
5	Varians	24,853
6	Median	48

Based on Table 1, the average score of the self-awareness questionnaire is 48.10, while the average ideal score is 72.

**Table 2.** Statistical Data Self-Control Questionnaire on Understanding Sexual Education through Human Reproductive System Material

No.	Statistic	Score
1	Minimum Score	35
2	Maksimum Score	50
3	Average	41,63
4	Standard Deviation	2,896
5	Varians	8,389
6	Median	41

Based on Table 2, the average score of the self-control questionnaire is 41.63, while the average ideal score is 56.

**Table 3.** Statistical Data Understanding Sexual Education through Human Reproductive System Material

No.	Statistic	Score
1	Minimum Score	30
2	Maksimum Score	43
3	Average	36,15
4	Standard Deviation	2,548
5	Varians	6,493
6	Median	36

Based on Table 3, the average score of the questionnaire for understanding sexual education through the Human Reproductive System material is 36.15, while the average ideal score is 48.

Based on the results of the normality test, it can be seen that the significance value of self-awareness is 0.05, the significance of self-control is 0.092, and the significance of understanding basic sexual education is 0.00. Based on this data, it is known that the basic sexual education understanding variable has a significance below 0.05 so that the data is declared not normally distributed, while the self-awareness and self-control variables have a significance value greater than or equal to 0.05 so that the data is declared normally distributed.

Furthermore, the linearity test results show that the results of the linearity test of the self-awareness questionnaire data have a significance of 0.211 which means that the questionnaire data has a linear relationship and the results of the linearity test of the self-control questionnaire data have a significance of 0.445 which means that the questionnaire data has a linear relationship.

The multicollinearity test results show that the multicollinearity test results between the independent variables show a tolerance value of  $0.512 > 0.10$ , meaning that there is no multicollinearity, and the VIF value of the two independent variables is  $1.090 < 10.00$ , meaning that there is no multicollinearity.

**Quantitative Data Test Results - Hypothesis Test Correlation Test**

This quantitative data correlation test uses Rank Spearman because one of the research data is not normally distributed, namely the variable understanding of basic sexual education through Human Reproductive System material. The results of the correlation test can be seen in the following table.

**Table 1.** Simple Correlation Test Results of Self-Awareness on Understanding Basic Sexual Education through Human Reproductive System Material

		Correlations		
			Self-Awareness [X1]	Pend. Seksual [Y]
Spearman's rho	Self-Awareness [X1]	Correlation Coefficient	1.000	.265*
		Sig. (2-tailed)	.	.030
		N	67	67
	Pend. Seksual [Y]	Correlation Coefficient	.265*	1.000
		Sig. (2-tailed)	.030	.
		N	67	67

\*. Correlation is significant at the 0.05 level (2-tailed).

Based on Table 4, it can be seen that the significance value is  $0.030 < 0.05$ , which means that  $H_0$  is rejected and it can be concluded that there is a relationship between self-awareness and the understanding of basic sexual education of grade 11 students majoring in science on the material of the Human Reproductive System. And the correlation coefficient of 0.265 is included in the very low correlation category.

**Table 2.** Simple Correlation Test Results of Self-Control on Understanding Basic Sexual Education through Human Reproductive System Material

Correlations			Pend. Seksual [Y]	Self-Contr ol [X2]
Spearman's rho	Pend. Seksual [Y]	Correlation Coefficient	1.000	.236
		Sig. (2-tailed)	.	.054
		N	67	67
	Self-Control [X2]	Correlation Coefficient	.236	1.000
		Sig. (2-tailed)	.054	.
		N	67	67

Based on Table 5, it can be seen that the significance value is  $0.054 > 0.05$ , which means that  $H_0$  is rejected and it can be concluded that there is no relationship between self-control and the understanding of basic sexual education of grade 11 students majoring in IPA on the material of the Human Reproductive System.

After conducting a simple correlation test, the next is a multiple correlation test using linear regression to determine whether or not there is a relationship between the two independent variables simultaneously on the dependent variable. The results of the multiple correlation test can be seen in Table 6.

**Table 3.** Multiple Correlation Test Results of Self-Awareness and Self-Control on Understanding Basic Sexual Education through Human Reproductive System Material

Model Summary <sup>b</sup>								
Model	R	Adjusted R Square	Std. Error of the Estimate	Change Statistics				Sig. F Change
				R Square	F	df1	df2	
1	.205	.064	2.484	.064	4.438	1	6	.039

1	.308	.095	.067	2.461	.095	3.363	2	6	.041
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a. Predictors: (Constant), Self-Control [X2], Self-Awareness [X1]

b. Dependent Variable: Pend. Seksual [Y]

Based on Table 6, it can be seen that the correlation coefficient (r) between self-awareness and self-control towards understanding sexual education through human reproductive system material is 0.308, which means that there is a relationship between the independent variable and the dependent variable in the very low category. The coefficient of determination (R Square) is 0.095 which means that the contribution of the independent variable to the dependent variable is 9.5% while the remaining 90.5% is determined by other variables.

**Quantitative Data Test Results - Hypothesis Test Simple Linear Regression Test**

After conducting a correlation test, it is continued with a regression test for the results of a simple correlation test that has a relationship, namely the results of the correlation test of self-awareness variables on understanding basic sexual education through Human Reproductive System material. This simple regression test can be seen in Table 7.

**Table 4.** Simple Regression Test Results of Self-Awareness on Understanding Basic Sexual Education through Human Reproductive System Material

Model Summary <sup>b</sup>								
Model	R	Adjusted R Square	Std. Error of the Estimate	Change Statistics				Sig. F Change
				R Square	F	df1	df2	
1	.205	.064	2.484	.064	4.438	1	6	.039

a. Predictors: (Constant), Self-Awareness [X1]

b. Dependent Variable: Pend. Seksual [Y]

Based on Table 7, it can be seen that the correlation coefficient (R) between self-awareness and understanding of sexual education through human reproductive system

material is 0.253, which means that there is a relationship between the independent variable and the dependent variable in the moderate category. The coefficient of determination (R Square) is 0.064 which means that the contribution of the independent variable to the dependent variable is 6.4% while the remaining 93.6% is determined by other variables.

## Discussion

### Relationship between Self-Awareness and Understanding of Basic Sexual Education through Human Reproductive System Materials

In the independent variable of self-awareness to the dependent variable of understanding basic sexual education through the material of the Human Reproductive System in grade 11 science majors of one of the high schools in Tasikmalaya City, it is stated that there is a relationship. Based on the results of the Spearman rank simple correlation analysis, the significance result is  $0.030 \leq 0.05$  and the correlation coefficient or degree of relationship is 0.265. This proves that the self-awareness variable has a sufficient correlation with the variable understanding of basic sexual education through human reproductive system material. Another variable that may contribute to the understanding of basic sexual education through the material of the human reproductive system is self-efficacy. According to research conducted by Nisariati & Kusumaningrum (2022) it was found that self-efficacy as an individual's ability to conduct self-assessment plays a role in sexual abstinence or premarital sexual relations of adolescents based on good sexuality knowledge. However, of course the contribution of self-efficacy to the understanding of basic sexual education through the material of the human reproductive system must be further researched to prove the accuracy of the results of its contribution. As for the opinion of Rahman and Philips (in Novita et al., 2023), which states that self-efficacy can affect students' metacognitive awareness in the learning process, where this can also allow self-efficacy to be another variable that can contribute to the relationship between students' awareness and understanding of basic sexual education through human reproductive system material.

In addition, based on the results of the interview, it is also known that there are still learners who fill out the questionnaire with answers that are not in accordance with their feelings and answers can be influenced by their emotional state when filling out the questionnaire. This proves that the answers of students to self-awareness variables are not

fully in accordance with the principles of the learners themselves or what the learners understand regarding self-awareness.

### The Relationship between Self-Control and Understanding of Basic Sexual Education through Human Reproductive System Material

In the independent variable of self-control and the dependent variable of understanding basic sexual education through the material of the Human Reproductive System in grade 11 science majors in one of the high schools in Tasikmalaya City, there is no relationship. Based on the results of the Spearman rank simple correlation analysis, the significance result is  $0.054 \geq 0.05$  and the correlation coefficient or degree of relationship is 0.236. This proves that the self-control variable has no correlation with the variable understanding of basic sexual education through the material of the Human Reproductive System even though the degree of relationship states that the correlation is very weak. In addition, based on the results of the simple regression test, the coefficient of determination (R Square) data is obtained where the contribution of the independent variable to the variable is 5.8% while the remaining 94.2% is determined by other variables.

In addition, based on the results of interviews conducted with sample students, it was found that there were still students who stated that the answers to the questionnaire were actually not in accordance with their feelings or principles because they had never been faced with things like the statements in the questionnaire. This proves that in the self-control variable, students still have doubts in themselves regarding self-control of understanding basic sexual education through the material of the human reproductive system.

There is another study conducted by Ningsih & Susilawati (2019) which revealed that self-control variables have a significant relationship or influence on sexual behavior. However, there are differences where the researcher's research on the relationship between self-control and understanding of basic sexual education through Human Reproductive System material has an insignificant correlation and a very weak degree of relationship. This proves that the sample class students did not show a link between internal aspects in the form of self-control to the understanding of basic sexual education through the Human Reproductive System material they have.

Another variable that may contribute to the understanding of basic sexual education through

Human Reproductive System material is Self-Regulation. According to Rahman (2013), self-regulation and self-control are two different things, because self-regulation is an effort made by humans to control thoughts, feelings, and behavior to achieve a goal, while self-control refers more to controlling action.

### **The Relationship between Self-Awareness and Self-Control to Understanding Basic Sexual Education through Human Reproductive System Material**

In the multiple correlation of the independent variables of self-awareness and self-control to the dependent variable, namely the understanding of basic sexual education through the material of the human reproductive system in grade 11 science majors in one of the high schools in Tasikmalaya City, it is stated that there is a relationship in the moderate category. Based on the results of the analysis, the correlation coefficient ( $r$ ) between self-awareness and self-control on the understanding of sexual education through the material of the human reproductive system is 0.308 which means that there is a relationship between the independent variable and the dependent variable in the moderate category. The coefficient of determination ( $R$  Square) is 0.095 which means that the contribution of the independent variable to the dependent variable is 9.5% while the remaining 90.5% is determined by other variables.

The results of interviews with sample class students obtained data that there are still students who are not sure about the answers to the questionnaire, especially some students admit that sexual education at school is less applied so that students only understand the material of the human reproductive system, especially in the anatomy of reproductive organs, how reproductive organs work, the formation of sperm and eggs, fertilization, and fetal development. Beyond this material concerning sexual education is not discussed at school so that in answering the questionnaire, students are mostly based on their instincts and logic alone.

Although there is no relationship between self-control individually and the understanding of basic sexual education through the material of the human reproductive system, in this double correlation it is evident that there is a relationship with a sufficient category of self-awareness and self-control. This can occur because the value of the correlation coefficient of self-awareness to the understanding of basic sexual education is sufficient and the value of the correlation coefficient of self-control is very

weak, contributing to the relationship between the two to the understanding of basic sexual education through the material of the human reproductive system.

In addition, there is research conducted by Ningsih & Susilawati (2019), where the results show that there is an influence of emotional intelligence and self-control of students on premarital sexual behavior. Based on this research, it is also concluded that junior high school students in Bali have moderate emotional intelligence, as well as the level of self-control possessed by junior high school students in Bali.

### **Conclusion**

Based on the formulation of problems, hypotheses, and the results of the analysis of research data, it can be concluded that there is a relationship between self-awareness and understanding of basic sexual education of grade 11 students majoring in science in one of the high schools in Tasikmalaya City with a very low category. So, it can be concluded that the higher the level of self-awareness, the higher the understanding of sexual education. Then in the second hypothesis, it is stated that there is no relationship between self-control and the understanding of basic sexual education of students through the material of the human reproductive system. Furthermore, the third hypothesis states that there is a relationship between self-awareness and self-control on students' understanding of basic sexual education through the material of the human reproductive system with a very low category. So it can be said that the higher the self-awareness and self-control, the higher the understanding of basic sexual education. This conclusion is supported by the results of interviews with students who confirm that on the self-awareness variable, a total of 38.54% of students who are sure of the questionnaire answers, then on the self-control variable only 45.83% of students who are sure of the questionnaire answers, and on the variable understanding of basic sexual education, only 65.623% of students are sure of the questionnaire answers. This proves that the small percentage of students' confidence in their questionnaire answers, affects the contribution of the independent variable to the dependent variable in the quantitative data processing results.

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