

Peran Motivasi Abstinensi terhadap Perilaku Seksual pada Remaja = The Role of Abstinence Motivation on Sexual Behavior in Adolescent

Arina Ahlam Halimi, author

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Abstrak

Penelitian ini bertujuan untuk mengkaji peran motivasi abstinensi terhadap perilaku seksual pada remaja. Penelitian menggunakan analisis regresi berganda dengan melibatkan 300 remaja berusia 15–17 tahun ($M = 16.4$, $SD = .61$; 59% perempuan) yang memiliki pengalaman berpacaran. Mengacu pada Self-Determination Theory (SDT), motivasi abstinensi dikategorikan menjadi dua jenis: otonom dan terkontrol. Motivasi diukur menggunakan TSRQ-SA dan perilaku seksual diukur menggunakan SPSPR. Hasil penelitian menunjukkan bahwa motivasi abstinensi otonom memiliki peran negatif signifikan terhadap perilaku seksual ketika variabel lama berpacaran dikontrol, sementara motivasi terkontrol tidak menunjukkan peran signifikan. Secara simultan, kedua jenis motivasi hanya berperan signifikan terhadap perilaku seksual ketika lama berpacaran turut dikontrol dalam model analisis. Studi ini memperkuat relevansi SDT dalam memahami dinamika perilaku seksual remaja, serta menyoroti pentingnya perbedaan antara motivasi otonom dan terkontrol dalam konteks abstinensi.

.....This study aimed to examine the role of abstinence motivation in adolescent sexual behavior. Multiple regression analysis was conducted with 300 adolescents aged 15–17 years ($M = 16.4$, $SD = .61$; 59% female) who had dating experience. Based on Self-Determination Theory (SDT), abstinence motivation was categorized into two types: autonomous and controlled. Motivation was measured using the TSRQ-SA, and sexual behavior was measured using the SPSPR. The results showed that autonomous abstinence motivation had a significant negative role in predicting sexual behavior when the variable of relationship duration was controlled, while controlled motivation did not show a significant effect. Simultaneously, both types of motivation only contributed significantly to sexual behavior when relationship duration was controlled. This study reinforces the relevance of SDT in understanding the dynamics of adolescent sexual behavior and highlights the importance of distinguishing between autonomous and controlled motivation in the context of abstinence.