

The Relationship Between Spirituality and Premarital Sexual Prevention Behavior Among Adolescents at SMA Negeri Klakah

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ABSTRACT

Introduction: Adolescents are vulnerable to risky behaviors, including premarital sexual behavior, due to biological, psychological, and social changes. Spirituality plays an important role in shaping awareness and preventive behavior. This study aimed to determine the relationship between spirituality and premarital sexual prevention behavior among adolescents.

Method: This study used a quantitative correlational design with a cross-sectional approach. The population consisted of students at SMA Negeri Klakah, with a total sample of 183 respondents selected using proportional random sampling. The instruments used were the Spiritual Well-Being Scale (SWBS) and a premarital sexual prevention behavior questionnaire based on the Theory of Planned Behavior (TPB). Data were analyzed using the Spearman Rho test with a significance level of 0.05.

Result: Most respondents had a high level of spirituality and good premarital sexual prevention behavior. The Spearman Rho test showed a p-value of 0.000 ($p < 0.05$) with a correlation coefficient (r) of 0.486, indicating a significant moderate positive relationship.

Conclusion: There is a relationship between spirituality and premarital sexual prevention behavior among adolescents. Higher spirituality is associated with better preventive behavior.

Keywords: *Adolescents; Spirituality; Prevention Behavior*

Introduction

Adolescents are a transitional group experiencing biological, psychological, social, and spiritual changes that increase their vulnerability to risky behaviors, including premarital sexual behavior (Budhiana & Rahmawati, 2024). This phase is characterized by high curiosity and emotional instability, which often lead adolescents to engage in behaviors that may negatively impact their health and well-being.

Premarital sexual behavior develops gradually, starting from mild physical interactions such as holding hands and kissing, to more intimate activities including sexual intercourse (Rahmawati & Adri, 2024).

Data from the Indonesian Adolescent Reproductive Health Survey (SKRRI) in 2020 showed that 53.8% of male adolescents and 36.7% of female adolescents had experienced lip kissing, while 33.2% of males and 9.1% of females reported engaging in more intimate physical contact, and 85.4% of males and 78.1% of females had held hands with their partners (BKKBN, 2021). In addition, 6.1% of male adolescents and 1.5% of female adolescents aged 15–19 years reported having had sexual intercourse before marriage (Suryana et al., 2022). In East Java Province, the prevalence of premarital sexual behavior remains high, with 38,266 out of 765,762 adolescents reported to have engaged in sexual intercourse outside of marriage (Indriani et al., 2023), and 62.9% of adolescents in Lumajang Regency showing a tendency toward risky sexual behavior (Wardoyo, 2025).

Preliminary studies conducted at SMA Negeri Klakah revealed that premarital sexual prevention behavior among students is still relatively low. Several behaviors identified include holding hands, hugging, kissing in classrooms, inappropriate physical contact, and cases of unwanted pregnancy and unregistered marriage. In addition, reproductive health education provided in schools is still limited and mainly focuses on early marriage, without emphasizing self-control, moral values, and spirituality.

Premarital sexual behavior in adolescents is influenced by multiple factors, including hormonal changes, peer pressure, exposure to digital media, and lack of parental communication (Darmawan et al., 2021). Among these factors, spirituality plays an important role in shaping preventive behavior. Spirituality reflects an individual's relationship with God, self, and others, which influences values, meaning in life, and self-control (Ali Basri et al., 2025). Adolescents with higher levels of spirituality tend to have better self-regulation and are more capable of avoiding behaviors that contradict social and religious norms (Derang et al., 2023).

Previous studies have demonstrated that spirituality or religiosity is associated with adolescent behavior, particularly in reducing risky sexual behavior (Wardoyo, 2025). However, most studies focus on general religiosity and risky behavior, and

limited research specifically examines the relationship between spirituality and premarital sexual prevention behavior among adolescents in school settings. This limitation indicates a research gap and highlights the need for further investigation.

Based on this background, the problem formulation in this study is whether there is a relationship between spirituality and premarital sexual prevention behavior among adolescents at SMA Negeri Klakah. This study aims to analyze the relationship between spirituality and premarital sexual prevention behavior among adolescents.

The hypothesis of this study is that there is a significant relationship between spirituality and premarital sexual prevention behavior among adolescents. The findings of this study are expected to contribute to the development of nursing science, particularly in community and adolescent reproductive health nursing, and to provide a basis for developing health education programs based on spiritual and moral values to improve preventive behavior among adolescents.

Clearly describe the research background and define the novelty of the research, the purpose of the work/research, problem formulation, research benefits, hypotheses and other relevant substances. Prior to the objective, the author should provide a brief discussion related to adequate background based on the relevant literature to show the main limitations of the previous research and what is to be achieved (to overcome the limitations), as well as demonstrate the scientific merit or novelty of the paper.

Method

This study employed an analytical observational design with a cross-sectional approach, aiming to analyze the relationship between spirituality and premarital sexual prevention behavior among adolescents at SMA Negeri Klakah. This design was selected because it allows the measurement of independent and dependent variables simultaneously, in accordance with the research objective which focuses on identifying relationships between variables without any intervention.

The population in this study consisted of all students at SMA Negeri Klakah. The sample size was 183 respondents, selected using a proportional random sampling technique to ensure balanced representation from each class. Inclusion criteria included active students who were willing to participate and completed the questionnaire, while

exclusion criteria included students who were absent during data collection or did not complete the questionnaire properly.

The research procedure was non-interventional and conducted through direct data collection using questionnaires distributed to respondents in the school setting. Prior to data collection, the researcher explained the purpose of the study and ensured that respondents understood each statement in the questionnaire. Respondents who agreed to participate were asked to sign an informed consent form as an indication of voluntary participation.

The research instruments consisted of two parts: a spirituality instrument and a premarital sexual prevention behavior instrument. The spirituality instrument used the Spiritual Well-Being Scale (SWBS) developed by Paloutzian and Ellison (1982), which was modified to suit the adolescent school context. This instrument consisted of 20 items measured using a Likert scale (1–6), covering aspects of relationship with God, self, others, positive emotions, and meaning and purpose in life. The validity test showed that all items were valid ($p < 0.05$), and the reliability test resulted in a Cronbach's Alpha of 0.839, indicating good internal consistency.

The premarital sexual prevention behavior instrument was developed based on the Theory of Planned Behavior (TPB) proposed by Ajzen (1991), consisting of 15 items measuring attitude, subjective norms, perceived behavioral control, behavioral intention, and actual behavior. The validity test indicated that all items were valid ($p < 0.05$), while the reliability test showed a Cronbach's Alpha of 0.874, indicating excellent internal consistency.

Validity and reliability testing for both instruments were conducted on 33 respondents at SMK Darussa'adah Jember, who had characteristics similar to the study population. The selection of this site was based on similarities in educational level and age range, ensuring that the instrument testing results were representative of the actual research population.

The collected data were analyzed using statistical software through several stages, including editing, coding, scoring, data entry, and data cleaning to ensure data quality. Univariate analysis was performed to describe respondent characteristics and research variables, while bivariate analysis was conducted using the Spearman Rho test to

examine the relationship between spirituality and premarital sexual prevention behavior, with a significance level of $\alpha = 0.05$.

This study received ethical approval from the Health Research Ethics Committee (KEPK) of the Faculty of Health Sciences with the approval number 0018/KEPK/FIKES/XI/2025, and all respondents provided informed consent prior to participation. This section presents the research design, population, sampling and sampling techniques, analytical methods, intervention procedures, instruments, and ethical approval (Research related to humans must undergo ethical approval from the Health Research Ethics Commission (KEPK)).

Results

The results of this study are presented to describe respondent characteristics and analyze the relationship between spirituality and premarital sexual prevention behavior among adolescents at SMA Negeri Klakah.

Table 1. Characteristics of Respondents

No	Characteristics	Category	Frequency (n)	Percentage (%)
1	Gender	Male	66	36.1
		Female	117	63.9
2	Age	15 years	15	8.2
		16 years	90	49.2
		17 years	63	34.4
		18 years	13	7.1
		>18 years	2	1.1
3	Religion	Islam	183	100
4	Class	Grade X	104	56.8
		Grade XI	79	43.2

Source: Primary Data, 2026

Based on Table 1, the majority of respondents were female (63.9%) and aged 16 years (49.2%), indicating that most participants were in the middle adolescence stage. All respondents were Muslim (100%), reflecting a homogeneous religious background. In terms of academic level, most respondents were from Grade X (56.8%).

Table. 2 Distribution of Spirituality Levels

No	Variable	Category	Frequency (n)	Percentage (%)
1	Spirituality	Low	1	0.5
		Moderate	22	12.0
		High	160	87.4

Source: Primary Data, 2026

Based on Table 2, most respondents had a high level of spirituality (87.4%), while only a small proportion showed low spirituality (0.5%). This indicates that the majority of adolescents have good spiritual well-being.

Table. 3 Distribution of Premarital Sexual Prevention Behavior

No	Variable	Category	Frequency (n)	Percentage (%)
1	Prevention Behavior	Poor	1	0.5
		Moderate	29	15.8
		Good	153	83.6

Source: Primary Data, 2026

Based on Table 3, most respondents demonstrated good premarital sexual prevention behavior (83.6%), indicating a generally positive tendency among adolescents in avoiding risky sexual behavior.

Table 4. Relationship Between Spirituality Indicators and Premarital Sexual Prevention Behavior

Indicator	n	p-value	r-value
Relationship with God	183	0.000	0.473
Relationship with Self	183	0.000	0.289
Emotional & Positive Feelings	183	0.000	0.358
Meaning & Life Purpose	183	0.000	0.305

Source: Primary Data, 2026

Based on Table 4, all spirituality indicators showed a significant relationship with premarital sexual prevention behavior ($p < 0.05$). The strongest correlation was found in the relationship with God ($r = 0.473$), while the weakest correlation was observed in the relationship with self ($r = 0.289$). This suggests that the spiritual dimension most strongly associated with preventive behavior is the individual's relationship with God.

Table. 5 Relationship Between Spirituality and Premarital Sexual Prevention Behavior

Variable	n	p-value	r-value
Spirituality – Prevention Behavior	183	0.000	0.486

Source: Primary data, 2026

Based on Table 5, the Spearman Rho test showed a p-value of 0.000 ($p < 0.05$), indicating a significant relationship between spirituality and premarital sexual prevention behavior. The correlation coefficient ($r = 0.486$) indicates a moderate

positive relationship, meaning that higher spirituality is associated with better preventive behavior among adolescents.

Discussion

This study demonstrates that spirituality plays a significant role in shaping premarital sexual prevention behavior among adolescents, with a positive and moderate association. This finding suggests that spirituality functions as an internal value system that influences attitudes, decision-making, and self-control in dealing with risky sexual behavior (Budhiana & Rahmawati, 2024).

The developmental characteristics of adolescents provide important context for understanding this relationship. During middle adolescence, individuals are actively forming their identity and internalizing moral and spiritual values, yet emotional stability and behavioral consistency are still developing (Helmaliah et al., 2024). This condition explains why spirituality contributes to behavioral tendencies but does not fully ensure consistent implementation in real-life situations (Herman & Winarti, 2021).

The findings suggest that the relationship with God plays a more dominant role compared to other dimensions of spirituality (Najoan, 2021). This indicates that religious values that are internalized tend to serve as direct behavioral guidelines, particularly in regulating actions related to moral norms (Alfares & Huwae, 2023). In contrast, the relatively lower contribution of the self-related dimension reflects that self-awareness and reflective capacity are still developing during adolescence, making individuals more susceptible to external influences (Bawono, 2023).

Furthermore, the tendency toward preventive behavior reflects that adolescents generally possess an awareness of avoiding risky sexual behavior (Hanifah et al., 2022). However, this tendency does not necessarily indicate consistent behavior across different situations. Behaviors influenced by external factors, such as peer interactions and media exposure, are more likely to fluctuate, highlighting the role of situational influences in shaping adolescent behavior (Darmawan et al., 2021).

The moderate strength of the relationship indicates that spirituality is an important but not exclusive determinant of premarital sexual prevention behavior. Other factors, including self-efficacy, risk perception, family influence, and peer pressure, also

play significant roles (Rahmawati & Adri, 2024). This finding reinforces the view that adolescent behavior is multidimensional and shaped by the interaction of internal and external factors.

From the perspective of the Theory of Planned Behavior, spirituality contributes to the formation of positive attitudes and subjective norms toward preventive behavior. However, the translation of these values into actual behavior depends largely on perceived behavioral control, particularly the individual's ability to regulate themselves in real situations (Purwanto et al., 2022). This explains the potential gap between intention and behavior, where adolescents may understand and accept preventive values but are not always able to consistently apply them.

In addition, the possibility of social desirability bias should be considered, as respondents may provide answers aligned with socially and religiously accepted norms rather than their actual behavior (Budhiana & Rahmawati, 2024). This suggests that the findings may reflect perceived ideal behavior rather than fully representing real-life practices.

Overall, spirituality plays a meaningful role in shaping premarital sexual prevention behavior among adolescents, particularly as a source of internal values and moral guidance. However, its influence is not fully sufficient to ensure behavioral consistency. Therefore, a more comprehensive approach is required, including strengthening spiritual development, enhancing self-efficacy, and creating supportive family and social environments. Such an integrated approach is essential to bridge the gap between intention and actual behavior, enabling adolescents to consistently apply preventive values in their daily lives.

Conclusion

This study aimed to analyze the relationship between spirituality and premarital sexual prevention behavior among adolescents. The findings indicate that spirituality is associated with the development of preventive behavior, suggesting that spiritual values function as an important internal control in guiding adolescents' attitudes and actions. However, this influence is not absolute, as adolescent behavior is also shaped by various internal and external factors.

One of the strengths of this study lies in its comprehensive approach to spirituality, which includes multiple dimensions, allowing a more in-depth understanding of how different aspects contribute to behavior. In addition, the study highlights the relevance of integrating spiritual perspectives into adolescent health promotion efforts, particularly in the context of preventing risky sexual behavior.

Nevertheless, this study has several limitations. The use of self-report questionnaires may introduce social desirability bias, especially given the sensitivity of the topic and the strong influence of social and religious norms. Furthermore, the relatively homogeneous background of respondents may limit the generalizability of the findings to more diverse populations. The cross-sectional design also does not allow for causal conclusions.

Therefore, future research is recommended to explore additional factors such as self-efficacy, peer influence, family dynamics, and media exposure in a more comprehensive model. Longitudinal or experimental studies are also needed to better understand causal relationships and the long-term impact of spirituality on adolescent behavior. Moreover, intervention-based studies that integrate spiritual, psychological, and social approaches are suggested to enhance the effectiveness of premarital sexual prevention programs among adolescents.

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