



# The Association Between Peer Influence and Dating Behavior Among Adolescents at a High School in Rural Area: A Cross-Sectional Study

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## ABSTRACT

**Background:** Dating behavior among adolescents today leads to risky dating behavior that has an impact on premarital sexual behavior. Teenagers are curious about new things and can be influenced by their partners, environment, and peers. **Purpose:** This study aims to analyze the relationship between the role of peers and dating behavior in adolescents. **Methods:** This research design is quantitative with a cross-sectional approach. The population at State Senior High School "X" Jember was 121 students, with a sample size of 93 students. The sampling technique used was simple random sampling. The independent variable is the role of peers, and the dependent variable is dating behavior. These two variables were measured using a questionnaire on the role of peers and dating behavior. Univariate analysis was performed with frequency distribution. Bivariate analysis using Fisher's Exact test. **Results:** The results showed that almost all peer roles were in the positive category, with a percentage of 84.9%. Most respondents showed non-risky dating behavior, 72.0%. Fisher's Exact test results show that the p-value (0.000) is smaller than  $\alpha$  (0.05). This means the alternative hypothesis is accepted and indicates a relationship between peer roles and adolescent dating behavior. **Conclusions:** Positive peer roles tend to lead to non-risky dating behavior. Therefore, adolescents should be more careful in choosing peers to avoid engaging in risky dating behavior.

## KEYWORDS

Adolescent, Dating behavior, Role of peer

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## 1. BACKGROUND

Technological advances have made it easier for people, including teenagers, to communicate with each other. This change has a significant impact, especially in their social interactions and relationships with their peers. Teenagers can more easily communicate with each other through social

media, which can accelerate the spread of information, such as following trends and behavior patterns, without thinking about the good and bad risks, including in dating behavior (Khairunnisa, 2023).

Adolescence is a transitional stage between childhood and adulthood, where they experience various emotional changes,

begin to show interest in the opposite sex, change relationships with surrounding people such as parents, friends, and siblings, and experience psychological problems due to unstable emotions. Dating behavior in adolescents can be classified as kissing to sexual intercourse (Fahdilla et al., 2023).

The World Health Organization (WHO) revealed that about a quarter of adolescents aged between 15 and 19 years in developed countries, such as the United States, the United Kingdom, and Australia, have engaged in sexual activity before (Suryana et al., 2022). In Indonesia, the time span from 15 to 19 years of age is when adolescents generally start dating for the first time. Dating activities include holding hands, hugging, kissing lips, and groping, often influenced by mutual liking, curiosity, and being forced and influenced by friends (Cici et al., 2021).

In 2020, East Java Province recorded the prevalence of marriage of adolescent girls aged 15 to 19 years in third place, with a figure of 10.05% or around 316,103 people. This figure decreased slightly in 2022, which amounted to 305,458 people. Jember Regency has a percentage of adolescent females married based on the 2020 Population Census of 32.9% (Nurkasih, 2024). Jember Regency recorded 1,295 cases of

marriage dispensation applications until 2024, and these applications were made for couples under the minimum age of 19 years. The high number of marriage dispensations shows that early marriage is still relatively high (BPS, 2023).

The results of a preliminary study conducted at State Senior High School "X" Jember on November 12, 2024, through interviews with teachers, obtained data that teenagers were dating in the school environment, such as sitting together, going to the canteen together, and he said that there were students who left or did not continue school.

The researcher also observed several teenage boys and girls sitting together and joking in front of the class during recess. The researcher also conducted interviews with 10 teenagers at the high school and found that 80% (8 people) admitted to having a boyfriend or close friend, and 20% (2 people) said they did not currently have a boyfriend or close friend but had previously dated. A total of 90% (9 people) of the teenagers said they often hang out with their boyfriends or close friends. All the adolescents interviewed also said that they live with both parents. They also said that they spend more time with their friends. Sixty percent (6 out of 10) of the adolescents interviewed said

that they have had discussions with their close friends about sexuality, and they admitted that their close friends hold hands, hug, and kiss.

The Precede-Proceed Model is one of the theories used to understand the basis of a person's behavior. Various factors influence dating behavior in adolescents. One of them is a reinforcing factor, namely peer influence. (Mu'minin, 2020). Peers are the environment in which adolescents interact and shape their self-identity. Interaction between adolescents and peers occurs because of similarities in social groups, such as school friends or friends at work (Aulia & Winarti, 2020). Adolescents often feel it is important to be accepted in peer groups and begin to depend on each other. This creates pressure for adolescents to follow the same norms and behaviors as their friends. In addition, peers are the main place for adolescents to obtain information and share experiences (Simawang et al., 2022).

Dating behavior can have both positive and negative impacts on education. The positive impact, among others, can motivate individuals to achieve learning achievements and dating that is carried out with positive or useful activities, making the relationship more productive. In addition, dating can

increase socialization and social interaction, and emotional relationships (mutual love, affection, and respect) can lead to feelings of security, comfort, and protection. The negative impacts of dating behavior include making it difficult for adolescents to focus on learning, narrowing their social circle because they tend to only interact with their girlfriends, causing stress, and reducing personal freedom or privacy (Khairunnisa, 2023).

The importance of providing information and counseling on sexuality as a form of prevention of premarital sexual behavior (Izzulhaq et al., 2023). A better level of knowledge about reproductive health tends to have a positive impact on individual sexual behavior (Setiyadi et al., 2022). From this study, it is known that there is a relationship between the role of peers and dating behavior in adolescents of State Senior High School "X" Jember.

## **2. METHODS**

This study used a quantitative approach with a cross-sectional design. Data was collected at State Senior High School "X" Jember on January 21 to 22, 2025. The study population consisted of 121 students in grades X and XI who were in a dating relationship. Of these, 93 respondents were

selected as samples based on calculations using the Slovin formula. The sampling method used was simple random sampling. Samples were taken when they met the inclusion and exclusion criteria. The inclusion criteria are as follows: Students in grades X and XI of State Senior High School "X" Jember who are willing to participate in the study, willing to fill out a questionnaire, and willing to answer honestly on all questions, while the exclusion criteria are students who are absent with a statement of permission, illness, or so forth. In this study, the independent variable used is peer influence, while the dependent variable refers to behavior in dating relationships. Both variables were measured through instruments in questionnaires that had previously undergone validity and reliability tests. The peer role questionnaire was measured using a questionnaire from previous research (Ridyanta, 2018) and then developed by researchers (Sulistiyorini & Wardani, 2021). The questionnaire instrument has gone through validity and reliability tests, with the results that all question items are declared valid because they have an r value of 0.312. In addition, the questionnaire was declared reliable with a Cronbach's Alpha value of 0.793. The peer role instrument consists of indicators of

invitation, source of information, desire to do, and perception. The higher the total score value, the positive the peer role. While the dating behavior questionnaire was measured using a questionnaire from previous research (Silvanasari et al., 2018), the results of the validity and reliability of all questions were valid with an r value of 0.632 and reliable with Cronbach's Alpha of 0.885. The instrument is declared valid if the r value is  $> 0.632$  and reliable if the Cronbach's Alpha result is  $\geq 0.70$ . The dating behavior instrument consists of knowledge, attitude, and practice indicators. The higher the total score value, the less risky the dating behavior in adolescents. The data analysis process in this study was conducted by applying univariate analysis techniques to describe the characteristics of each variable and bivariate analysis to see the relationship between variables. Univariate analysis on numerical data was conducted by determining the mean, median, and mode values. Univariate analysis of categorical data was conducted using frequency distribution. Using Fisher's exact test, a planned bivariate analysis was used to examine the relationship between the two variables.

This study has obtained ethical approval with number 609/KEPK/UDS/I/2025

from KEPK Universitas dr. Soebandi on January 7, 2025. In the research process, researchers have complied with research ethics by applying seven health research standards, including: the existence of social or clinical value, scientific value, balanced burden and benefits, potential benefits with minimal risk, providing clear information to

respondents regarding their participation, the principle of confidentiality, and providing informed consent. All respondents were informed and signed an informed consent form approved by their parents before completing the questionnaire.

### 3. Results

**Table 1.** Respondent characteristics in the form of agender, religion, occupation, education, and meeting intensity (*Continue to page 294*)

Respondent characteristics	Frequency (f)	Percentage (%)
Gender		
Male	30	32.3
Female	63	67.7
Religion		
Islam	93	100
Father's Occupation		
Government employees	18	19.4
Self-employed	51	54.8
Farmers	10	10.8
Factory workers	4	4.3
Miscellaneous	10	10.8
Mother's Occupation		
Government employees	8	8.6
Self-employed	15	16.1
Farmers	3	3.2
Factory workers	18	19.4
Not working	43	46.2
Miscellaneous	6	6.5
Father's Education		
Elementary school	12	12.9
Secondary school	14	15.1
High school	44	47.3
College	23	24.7
Mother's Education		
Elementary school	18	19.4
Secondary school	15	16.1
High school	43	46.2
College	17	18.3
Meeting intensity (times/week)		
< 1	55	59.1
1-3	28	30.1
>3	10	10.8

**Table 2.** Respondent characteristics in the form of age and meeting length

Respondent characteristics	Mean	SD
Age (in years)	16.58	0.771
Meeting length (in hours)	2.97	1.281

Tables 1 and 2 show that the frequency distribution according to the average age of respondents is 16.58± 0.771 SD, with male gender (32.3%) and female (62.7%), and the religion adopted is Islam (100%). The table of parents' occupations shows that most of the fathers work as self-employed (54.8%) and almost half of the mothers do not work

(46.2%). In contrast, the education table shows that almost half of the parents' education is at the high school level, with a percentage of fathers (47.3%) and mothers (46.2%). The dating intensity table obtained the results of most < 1 times/week (59.1%) with a meeting length of 2.97± 1.281 SD in hours.

**Table 3.** Frequency Distribution of Research Variables

Respondent characteristics	Frequency (f)	Percentage (%)
Role of Peers		
Negative	14	15.1
Positive	79	84.9
Dating Behaviour		
Risky	26	28.0
Non risky	67	72.0

Table 3 shows that the distribution according to the respondents' dating behavior obtained the results of most of the 67 respondents, with a percentage (72.0%) that is not risky dating behavior. The

distribution based on the role of peers obtained almost all 79 respondents, with a percentage (84.9%) in the positive peer role category.

**Table 4.** Analysis of the relationship between the role of peers and dating behavior in adolescents

Role of Peers	Dating Behavior		Total	P-value
	At risk	Not risk		
Negative	12 (12,9%)	2 (2,2%)	14(15,1%)	0,000
Positive	14 (15,1%)	65 (69,9%)	79(84,9%)	
Total	26 (28%)	67 (72%)	93 (100%)	

Based on Table 4, Fisher's Exact test results showed a p-value (0.000) that is smaller than  $\alpha$  (0.05), which means that the alternative hypothesis ( $H_a$ ) is accepted. This finding indicates a significant relationship between the role of peers and dating behavior in adolescents at State Senior High School "X" Jember. Adolescents who have peers with positive roles surrounding them tend to exhibit safer dating behaviors, whereas those with peers with negative roles more often engage in risky dating behaviors.

#### 4. DISCUSSION

##### Identification of the Role of Peers in Adolescents in State Senior High School "X"

This study's findings show that most peer roles are categorized as positive, with a total of 79 respondents (84.9%). Positive peers indicate that they have performed their role in providing information, are inviting towards more positive activities, and have the desire to do and perceive better.

The role of positive peers is a series of activities or actions of peers that provide positive influence and are then imitated and carried out by adolescents in matters related to sexual activity including how often adolescents interact with their peers, how peers view dating, and the extent to which

adolescents feel encouraged to perform certain behaviors by their peers (Sulistiyorini & Wardani, 2021). In their friendships, adolescents choose friends who have similar psychological characteristics. However, adolescents tend to display an upbeat personality if the peer group they follow or imitate shows attitudes and actions that have moral and religious responsibilities can be reflected through the behavior of adolescents who regularly perform worship, have commendable morals, are active in community activities, and show seriousness in learning, tend to have a positive influence on the formation of a good personality in adolescents (Sulistiyorini & Wardani, 2021).

Almost entirely, the role of peers shows positive effects that can be based on gender, most of whom are female adolescents, where female adolescents are more likely to have attitudes of attention, share experiences and feelings with their peers (Mukminun, 2022). Based on parental education, most of them are at the high school level, and some are from college. The father's education level is at the high school level (47.3%), PT is (24.7%), while the mother's education level is at the high school level (46.2%), and PT is (18.3%). Their parents' knowledge and attitude strongly influence adolescents' understanding and

attitude towards sexuality and reproductive health. The better the knowledge and attitude of parents in providing information about reproductive health, the greater the chances of adolescents being protected from the dangers and good reproductive health, while adolescents will be more vulnerable to opportunities to be protected from the dangers of reproductive health if their parents have poor knowledge, attitudes in providing information related to reproductive health, this will increase premarital sexual behavior because they feel that their parents do not care about them (Shakti et al., 2022). According to the researcher's assumption, the positive role of peers can have a good impact on the lives of adolescents, especially if the peer group that is followed or modeled shows responsible attitudes and behavior, both in terms of morals and religion.

### **Identification of Dating Behavior in Adolescents at State Senior High School "X"**

Most of the dating behavior, as many as 67 respondents, with a percentage of 72.0%, had non-risky dating behavior. This can be attributed to adolescents' knowledge and attitudes in the good category, so their tendency to engage in risky dating behavior is lower.

Dating behavior that is not risky is a form of healthy relationship and remains within the limits of the norm. Healthy dating among adolescents encourages mutual motivation to learn, expand social networks, and create a sense of calm, comfort, safety, happiness, and protection when with a partner (Wahyuni et al., 2023). Based on the characteristics of the respondents, most of the gender are female (62.7%), where women are the ones who are most harmed by rampant sexual behavior. The number of pregnancy and abortion cases among women reported in print and digital media is evidence of this. This is inversely proportional to the minimum consequences that occur to men after having casual sex. The impact on men is not very visible, making it challenging to explore casual sex. The impact on men is invisible, making it difficult to explore (Vonnice et al., 2023).

All respondents involved in this study were Muslim. In Islamic teachings, the concept of dating is strongly influenced by religious values, where Muslim adolescents are expected to be able to control their sexual behavior. This is because in Islam, sexual behavior should not be based on personal will, but must be in accordance with the provisions of God's law. Free sex and forms of courtship that are not in

accordance with sharia are seen as irresponsible actions because they directly contradict the principles of Islamic behavior based on sharia law (Harahap, 2023).

In this study, almost half of the respondent mothers did not work formally or acted as housewives. This result is consistent with the findings from a study (Hambadima et al., 2019), which revealed that non-working mothers have more opportunities to interact and assist their children, which can help direct adolescents' sexual behavior towards a more positive direction. On the other hand, working mothers may have limited time to spend with their children, which may impact adolescents' knowledge and attitudes about sexuality.

Non-risky dating behavior is a healthy dating activity, or an activity where couples provide mutual support, motivation in learning, and enthusiasm in doing positive activities. Non-risky dating behavior is influenced by gender, religion, and parents' occupation. Most are female, where women are often the most disadvantaged victims, so they are more careful in carrying out activities that can destroy the future. At the same time, in Islamic teachings, of course, this dating behavior is not allowed because it is considered irresponsible and

unaccountable. Parents who do not have formal jobs tend to play a bigger role in the lives of adolescents. With more free time, they can be more intensive in supervising, interacting, providing direction, and accompanying their children, so that adolescents have a better understanding and attitude regarding sexuality issues.

### **Analyzing the Relationship Between the Role of Peers with Dating Behavior in Adolescents at State Senior High School "X"**

There is a relationship between the role of peers and dating behavior in adolescents at State Senior High School "X" Jember. The more positive the role played by peers, the less likely adolescents are to engage in risky dating behavior. Based on social behavior theory, individuals tend to act positively in an environment with a positive influence. This finding is in line with the results of Aulia's research, which indicated a significant relationship between the role of peers and free sexual behavior among students at State Senior High School 16 Samarinda. Peers who exert a negative influence can cause adolescents to be less able to protect themselves from the bad influence of the surrounding environment, while peers who play a positive role will encourage adolescents to engage in

constructive activities, such as learning together when gathering (Aulia & Winarti, 2020).

Based on the Precede-Proceed Model theory by Mu'minin (2020), individual behavior is influenced by various factors, both direct and indirect, such as knowledge about reproductive health, permissive attitudes, religiosity, exposure to pornographic media, educational curriculum, and the role of parents, teachers, and peers. This finding aligns with research conducted by Wijayanti (2017), which states that there is a relationship between the role of peers and adolescent dating behavior. The study revealed that adolescents who interact with friends who have negative behaviors are 0.131 times more likely to engage in risky dating behavior, compared to adolescents who have peers with positive behaviors.

One of the factors that influences the role of peers is age, where this age similarity has a big impact on adolescents, both in terms of differences in words and activities carried out together. This situation can encourage adolescents to build healthy and positive peer friendships (Sukmawati, 2023). The findings of this study are also consistent with the results of a study by Shildiane et al. (2017), showing that there is a positive

relationship between interactions with peers and adolescent dating behavior, which indicates that the greater the positive influence of peers, the stronger the influence on adolescent dating behavior, the less likely adolescents are to engage in risky sexual behavior (Suyuti et al., 2021). Conversely, if the role of peers is more likely to be negative, then the risk of risky sexual behavior in adolescents will be higher.

Peers have a crucial role in shaping student behavior because adolescents tend to depend more on their friendship environment and have less involvement with the family (Sulistiyorini & Wardani, 2021). The strength of ties in friendship groups encourages members to imitate each other's habits and behavior patterns. Due to the urge to fulfill social needs and the desire to be accepted in the group, adolescents often make decisions regarding sexual behavior based on peer pressure, even though they are aware that these decisions may be inappropriate. In addition, new experiences that can only be obtained through interactions with peers make adolescents more likely to feel comfortable spending time with them (Simawang et al., 2022).

Positive peers certainly have healthy behavior, where positive peers tend to invite

their friends towards a more positive direction by providing information related to reproductive health, so that the knowledge they have will be better, and their attitudes tend to avoid or stay away from the practice of risky dating behavior (Izzulhaq et al., 2023). Adolescents can do positive activities by developing communication skills through organizational activities at school, joining extracurricular activities, participating in joint learning activities, and participating in religious activities rather than only gathering with their peers (Selfiyana et al., 2023).

Peers have an important role in fulfilling adolescents' social needs, where the closeness of the relationship greatly influences their behavior. Adolescents tend to spend more time with their peers, which makes them the primary source for sharing information and experiences. Positive peers have healthy behavior where they will invite more positive directions, such as learning activities together, participating in religious activities, and others.

The implications of the findings of this study indicate that adolescents need to be more careful in choosing peers so as not to fall into risky dating behavior. The government is expected to design programs aimed at increasing adolescents' awareness of the importance of healthy dating

relationships and understanding of reproductive health. Schools should strengthen health education programs through the Youth Information and Counseling Center (PIK-R). Community nurses can collaborate with guidance counselors to develop peer counseling modules that focus on resisting peer pressure. In addition, adolescents are expected to increase their knowledge about reproductive health by obtaining information from reliable sources, such as teachers and parents, and participating in religious activities outside of school to enrich their religious understanding. The limitation in this study lies in the cross-sectional approach that only tests the relationship, although there are other more effective approaches to strengthen the relationship. In addition, other factors beyond the role of peers that were not examined may also influence dating behavior in accordance with the precede-proceed model theory.

## 5. CONCLUSION

There is a relationship between the role of peers and dating behavior in adolescents at State Senior High School "X" Jember. The more positive the role played by peers, the less likely adolescents are to

engage in risky dating behavior. Adolescents who are surrounded by supportive peers tend to have healthy dating behaviors, while adolescents who are influenced by peers with negative roles are more prone to engage in risky dating behaviors. The presence of positive peers encourages adolescents to be more careful in making decisions, avoid harmful behaviors, and increase awareness of the importance of taking care of themselves.

#### **AUTHOR CONTRIBUTIONS**

Ananda Putri Amalia, and Irwina Angelia Silvanasari contributed to the conception and design of the study, data collection, and manuscript writing. Irwina Angelia Silvanasari was responsible for manuscript revisions and final approval of the version to be published. All authors have read and approved the final manuscript.

#### **CONFLICT OF INTEREST**

The author declares no conflict of interest.

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#### **DATA AVAILABILITY**

Supplemental data will be provided upon request.

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