

**PROGRAM STUDI S1 ILMU KESEHATAN MASYARAKAT FAKULTAS
KESEHATAN & INFORMATIKA INSTITUT KESEHATAN PAYUNG
NEGERI PEKANBARU**

Studi Literature Review, Juli 2026

Yulita Nuraini

**“Peran Orang Tua dalam Pendidikan Seks dan Pencegahan Perilaku Seksual
Berisiko pada Remaja di Indonesia”**

V + 44 Halaman + 1 Tabel + 4 Lampiran

ABSTRAK

Perilaku seksual remaja semakin menjadi isu kesehatan reproduksi yang mendesak di Indonesia, di mana peran orang tua termasuk pengawasan, komunikasi, dan pola asuh memainkan peran pivotal dalam membentuk sikap seksual mereka. Penelitian ini bertujuan menelaah secara sistematis hubungan antara peran orang tua dengan sikap seksual remaja melalui Systematic Literature Review (SLR) menggunakan pendekatan PRISMA. Data diperoleh dari 25 artikel ilmiah (20 nasional dan 5 internasional), diterbitkan antara 2015–2025, dari database seperti Google Scholar, Garuda, ScienceDirect, PubMed, dan ResearchGate, dengan kata kunci seperti “peran orang tua”, “pola asuh”, “komunikasi keluarga”, “sikap seksual”, dan “remaja”. Analisis tematik mengungkapkan hubungan signifikan: komunikasi terbuka dan pola asuh otoritatif menurunkan risiko perilaku seksual berisiko, sementara kurang pengawasan serta hubungan emosional negatif meningkatkan sikap permisif. Faktor protektif meliputi pendidikan agama dan kelekatan emosional keluarga. Kajian ini menekankan pentingnya pelibatan orang tua dalam pendidikan seksualitas remaja yang terbuka, sehat, dan sesuai nilai budaya Indonesia, sebagai fondasi pengembangan program parenting education dan kebijakan kesehatan remaja berbasis keluarga.

Kata Kunci: Peran orang tua, sikap seksual, remaja, komunikasi keluarga, pendidikan seksualitas

Referensi: 25 Artikel (2015-2025)

**UNDERGRADUATE PROGRAM IN PUBLIC HEALTH, FACULTY OF HEALTH
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PEKANBARU**

Literature Review Study, July 2026

Yulita Nuraini

***""The Role of Parents in Sex Education and the Prevention of Risky Sexual
Behavior in Adolescents in Indonesia"***

V + 44 page + 1 Table + 4 Attachment

ABSTRACT

Adolescent sexual behavior is increasingly becoming a pressing reproductive health issue in Indonesia, where the role of parents including supervision, communication, and parenting style plays a pivotal role in shaping their sexual attitudes. This study aims to systematically examine the relationship between parental roles and adolescent sexual attitudes through a Systematic Literature Review (SLR) using the PRISMA approach. Data were obtained from 25 scientific articles (20 national and 5 international), published between 2015–2025, from databases such as Google Scholar, Garuda, ScienceDirect, PubMed, and ResearchGate, using keywords like “parental role,” “parenting style,” “family communication,” “sexual attitudes,” and “adolescents.” Thematic analysis revealed significant relationships: open communication and authoritative parenting reduce the risk of risky sexual behavior, while inadequate supervision and negative emotional relationships increase permissive attitudes. Protective factors include religious education and family emotional attachment. This study emphasizes the importance of involving parents in open, healthy, and culturally aligned adolescent sexuality education, as a foundation for developing parenting education programs and family-based adolescent health policies.

Keywords: Parental role, sexual attitudes, adolescents, family communication, sexuality education

References: 25 articles(2015-2025)