

ABSTRAK

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Pengaruh Tekanan Teman Sebaya Dan Dukungan Sosial Terhadap Perilaku Pergaulan Bebas Remaja

xv + 91 Halaman + 12 Tabel + 10 Lampiran

Pergaulan bebas remaja merupakan permasalahan sosial yang mengkhawatirkan di Indonesia, ditandai dengan meningkatnya kasus seksual pranikah dan kehamilan tidak diinginkan. Di Kabupaten Magetan, tercatat 60 pengajuan dispensasi nikah pada tahun 2025 dengan 34 kasus kehamilan tidak diinginkan. Tekanan teman sebaya dan dukungan sosial merupakan faktor lingkungan yang diduga berpengaruh terhadap perilaku tersebut, namun keduanya belum banyak diteliti secara bersamaan. Penelitian ini bertujuan mengetahui pengaruh tekanan teman sebaya dan dukungan sosial secara simultan terhadap perilaku pergaulan bebas remaja di SMK PGRI 1 Magetan.

Penelitian kuantitatif analitik dengan pendekatan *cross-sectional* ini melibatkan 193 responden yang dipilih melalui metode *proporsional random sampling* dari seluruh siswa SMK PGRI 1 Magetan pada tahun 2026. Pengumpulan data menggunakan kuesioner *Peer Pressure Scale Questionnaire Revised* (PPSQ-R) untuk pengukuran tekanan teman sebaya, *Multidimensional Scale of Perceived Social Support* (MSPSS) untuk pengukuran dukungan sosial dan *The Emotional Promiscuity Scale* untuk pengukuran perilaku pergaulan bebas. Analisis data meliputi univariat dengan distribusi frekuensi, bivariat dengan uji *Chi-Square*, dan multivariat dengan uji regresi logistik.

Uji *Chi-Square* menunjukkan tekanan teman sebaya ($p=0,000$) dan dukungan sosial ($p=0,000$) berpengaruh signifikan terhadap perilaku pergaulan bebas. Namun, hasil regresi logistik menunjukkan bahwa tekanan teman sebaya merupakan faktor dominan yang paling berpengaruh terhadap perilaku pergaulan bebas remaja ($p=0,000$).

Tekanan teman sebaya merupakan faktor pengaruh perilaku pergaulan bebas remaja di SMK PGRI 1 Magetan, Dukungan sosial belum menjadi faktor protektif optimal karena kurangnya pengawasan pergaulan yang ketat. Orang tua dan sekolah disarankan meningkatkan komunikasi mendalam serta kontrol terhadap lingkaran pertemanan remaja untuk mencegah perilaku berisiko.

Kata kunci: Dukungan sosial, Pergaulan bebas, Remaja, Tekanan teman sebaya

Daftar bacaan: 6 buku (2019 – 2023)

ABSTRACT

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The Influence of Peer Pressure and Social Support on Adolescent Promiscuous Behavior

xv+ 91 Pages + 12 Tables + 10 Appendices

Adolescent promiscuity has become a concerning social issue in Indonesia, marked by the increasing prevalence of premarital sexual behavior and unintended pregnancies. In Magetan Regency, 60 applications for marriage dispensation were recorded in 2025, including 34 cases related to unintended pregnancy. Peer pressure and social support are environmental factors suspected to influence such behavior; however, both variables have rarely been examined simultaneously. This study aimed to determine the simultaneous influence of peer pressure and social support on adolescent promiscuity behavior among students at SMK PGRI 1 Magetan.

This analytical quantitative study employed a cross-sectional approach involving 193 respondents selected through proportional random sampling from all students of SMK PGRI 1 Magetan in 2026. Data were collected using the Peer Pressure Scale Questionnaire-Revised (PPSQ-R) to measure peer pressure, the Multidimensional Scale of Perceived Social Support (MSPSS) to assess social support, and The Emotional Promiscuity Scale to evaluate promiscuity behavior. Data analysis included univariate analysis using frequency distribution, bivariate analysis using the Chi-Square test, and multivariate analysis using logistic regression.

The Chi-Square test showed that peer pressure ($p = 0.000$) and social support ($p = 0.000$) had a significant influence on adolescent promiscuity behavior. However, logistic regression analysis revealed that peer pressure was the most dominant factor influencing adolescent promiscuity behavior ($p = 0.000$).

Peer pressure was identified as a major influencing factor of adolescent promiscuity behavior among students at SMK PGRI 1 Magetan. Social support has not yet functioned optimally as a protective factor due to the lack of strict supervision of adolescents' social interactions. Parents and schools are encouraged to strengthen meaningful communication and improve monitoring of adolescents' peer environments to prevent risky behaviors.

Keywords: Adolescent, Free Association, Peer Pressure, Social Support

References: 6 books (2019–2023)