

THE INFLUENCE OF SELF-CONTROL ON CYBERSEX ADDICTION BEHAVIOR AMONG ADOLESCENT

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Abstract: This study aims to analyze the influence of self-control on cybersex addiction behavior among adolescents at SMAN 8 Kota Tasikmalaya. Cybersex addiction is defined as involvement in compulsive online sexual activities, such as accessing pornographic content or participating in sexual conversations. This research employs a quantitative approach with a simple regression analysis method. The study sample consisted of 202 eleventh-grade students selected using a saturated sampling technique. The results revealed that the students' self-control abilities were predominantly in the moderate category (60.40%). In contrast, cybersex addiction behavior was largely in the low category (97.03%), indicating a low risk of addiction among the students. Simple regression analysis showed a significant influence of 0.058 or 5.8% between self-control and cybersex addiction behavior. Students with better self-control had a lower risk of cybersex addiction. This study emphasizes the importance of guidance and counseling services in enhancing students' self-control to prevent cybersex addiction behavior.

Keywords: self-control, cybersex addiction, adolescents, guidance and counseling.

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INTRODUCTION

Adolescence is a critical developmental stage characterized by the transition from childhood to adulthood. According to Papalia and Olds (in Putro, 2017), adolescence typically begins at ages 12 or 13 and extends into the late teens or early twenties. Definitions of adolescence vary; the World Health Organization (WHO) categorizes it as ages 10–19 years, the Indonesian Ministry of Health (2014) as 10–18 years, and the National Population and Family Planning Agency (BKKBN) as 10–24 years for unmarried individuals. This period is marked by rapid physical and mental growth, including puberty, which brings significant physical and sexual development (Aminta, 2018). Adolescents often display high curiosity, a willingness to try new things, and susceptibility to peer influence (Abrori et al., 2016).

In the modern digital era, adolescents' curiosity is increasingly supported by rapid technological advancements, particularly the internet. A 2024 survey by the Indonesian Internet Service Providers Association (APJII) reported that 79.50% of Indonesians, or approximately 221.5 million people, are internet users, with 34.40% aged 10–19 years. While the internet offers positive benefits such as communication and access to information, it also poses risks, including internet addiction—a compulsive behavior linked to excessive use that disrupts emotional and psychological well-being (Byun, 2009). Cybersex addiction, a subset of internet addiction, involves the use of the internet for compulsive sexual activities, such as viewing pornography or engaging in sexually explicit conversations (Cooper in Daneback, 2005). Research shows that adolescents are particularly vulnerable to this behavior due to their developmental stage, which is characterized by high emotional reactivity and lower self-control (Lestari & Hartosujono, 2017). Delmonico and Griffith (2012) estimated that one in five internet addicts participates in online sexual activities. Furthermore, studies indicate that a lack of self-control significantly contributes to adolescents' involvement in cybersex-related behaviors (Anggraini, 2021).

Self-control is the individual's ability to regulate impulses and behavior to achieve long-term goals and align with societal norms (Tangney et al., 2004). High self-control has been associated with positive outcomes, such as better decision-making and reduced impulsivity, while lower self-control increases the risk of deviant behaviors, including cybersex addiction (Gottfredson & Hirschi in Aroma & Suminar, 2012). Counseling and guidance services play a vital role in fostering adolescents' self-control to help mitigate such risks (Winkel & Hastuti, 2006).

Given the growing prevalence of cybersex addiction among adolescents and its potential negative impact on moral and cognitive functions, this study aims to examine the influence of self-control on cybersex addiction behaviors among students at SMAN 8 Kota Tasikmalaya. By understanding this

relationship, the research seeks to provide insights for developing effective prevention strategies through educational interventions and counseling programs.

METHOD

This study employed a quantitative research method. Creswell (2017) defines quantitative research as a method involving numerical data to analyze variables and their relationships. The primary objective of this study was to measure the influence of self-control on cybersex behavior and to examine the relationship between the two variables.

The participants consisted of 202 eleventh-grade students from SMAN 8 Kota Tasikmalaya. The sampling technique used was saturated sampling, which includes all members of the population who meet the study criteria.

The instruments used in this study were adapted from established questionnaires to measure self-control and cybersex addiction behavior, ensuring alignment with the study's objectives and cultural context. The self-control questionnaire was adapted from Sifa Faula (2024), based on the operational definition of self-control as outlined by Averill (in Nur Gufron & Rini Risnawati, 2010). The cybersex addiction instrument was developed by Gita Silviasani, S.Pd., Gian Sugiana, M.Pd., and Feida Noorlaila Isti'ada, M.Pd. (2020), based on Delmonico and Griffin's theoretical framework (in Young & Abreu, 2011). It includes 34 items covering key aspects of cybersex addiction, which were tailored to the Indonesian cultural.

The data for this study were collected using structured questionnaires designed to measure self-control and cybersex addiction behavior. The self-control questionnaire employed a Likert scale with five response options, for favorable items, scores ranged from 5 (most favorable) to 1 (least favorable). Conversely, for unfavorable items, scores ranged from 1 (most favorable) to 5 (least favorable). The cybersex addiction questionnaire utilized a Guttman scale, which is designed to capture clear and consistent responses to specific questions.

FINDINGS

The study investigated self-control and cybersex addiction among 202 students in the 11th grade at SMA Negeri 8 Tasikmalaya. The findings are as follows:

1. Self-Control:

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- Most students (60.40%) displayed moderate levels of self-control, while 39.60% demonstrated high levels. None of the students exhibited low self-control.

Skor	Kategori	Rentang Skor	Frekuensi	Persentase
$X > 106$	Tinggi	106-155	80	39,60%
$76 \leq X < 106$	Sedang	76-106	122	60,40%
$X < 76$	Rendah	0-75	0	0%

- In terms of behavioral control, 40.60% were in the high category, and 58.90% in the moderate category. Cognitive control showed higher performance, with 65.80% in the high category. Decision control was predominantly moderate, with 76.20% of students falling into this category.

Aspek	Persentase
<i>Behavior Control</i>	63%
<i>Cognitive Control</i>	73%
<i>Decision Control</i>	69%

2. Cybersex Addiction:

- The prevalence of cybersex addiction was generally low. Of the total sample, 97.03% were in the low-risk category, while only 1.49% fell into high and moderate categories.

Skor	Kategori	Rentang Skor	Frekuensi	Persentase
$X > 20$	Tinggi	21-34	3	1,49%
$15 \leq X < 20$	Sedang	15-20	3	1,49%
$X < 15$	Rendah	0-14	196	97,03%

- Among the aspects of cybersex addiction, compulsive online sexual behavior had the highest proportion (12.10%) in the moderate-to-high category, whereas financial expenditure on sexual activities online was the lowest (2.50%).

Aspek	Persentase
Perilaku seksual kompulsif <i>online</i>	12,1%
Perilaku seksual <i>online</i> sosial	3%
Perilaku seksual <i>online</i> terisolasi	2,57%
Pengeluaran seksual <i>online</i>	2,5%
Meminati perilaku seksual <i>online</i>	4%

3. Relationship Between Self-Control and Cybersex Addiction:

- The analysis revealed a significant but weak correlation between self-control and cybersex addiction ($R = 0.242$). Self-control explained 5.8% of the variance in cybersex addiction, indicating that other factors contribute significantly to this behavior.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,242 ^a	,058	,054	4,442

a. Predictors: (Constant), Kontrol Diri

DISCUSSIONS

This study highlights several key findings related to self-control and cybersex addiction among adolescents in SMA Negeri 8 Tasikmalaya, offering insights into their behaviors and potential interventions.

Self-Control

The overall level of self-control among students was categorized as moderate. Of the 202 students sampled, 39.60% displayed high levels of self-control, suggesting that these individuals were capable of effectively managing their behavior, analyzing negative experiences, formulating appropriate actions, and making sound decisions. However, the majority (60.40%) exhibited moderate levels, indicating some capacity for self-management but with inconsistency in actualization across behavioral, cognitive, and decisional aspects. Internal factors, such as age, contribute positively to self-control development, while external factors like family environment and school discipline also play significant roles. Supportive interactions with teachers and peers further enhance adolescents' self-regulation abilities, as corroborated by Steinberg's (2005) findings, which emphasized the importance of positive peer influence and structured environments in shaping self-control.

Cybersex Addiction

The findings revealed that cybersex addiction among students was generally low. Of the total sample, 97.03% were classified as low risk, with only 1.49% in the high and moderate categories. Among the five aspects of cybersex addiction, compulsive online sexual behavior presented the highest concern (12.10%), while financial expenditures on online sexual activities showed the lowest prevalence (2.50%). This suggests that while most students are not at significant risk, a small subset experiences difficulties in controlling urges or managing their online sexual behaviors. The low overall prevalence of cybersex addiction can be attributed to the positive influence of parents, family environments, and educational interventions provided by teachers at SMA Negeri 8 Tasikmalaya.

Relationship Between Self-Control and Cybersex Addiction

The study identified a weak but significant negative correlation between self-control and cybersex addiction ($R = 0.242$). The results indicated that self-control accounted for 5.8% of the variance in cybersex addiction, with the remaining variance influenced by other factors. Adolescents with higher self-control were less likely to exhibit addictive behaviors, supporting findings by

Rahman (2022) and Hani et al. (2020), which emphasize the protective role of self-regulation against risky online activities. Similarly, Lestari and Hartosujono (2014) noted that robust self-control mitigates the risk of engaging in cybersex behaviors, highlighting its importance in managing external and internal impulses.

CONCLUSION AND RECOMMENDATION

Conclusion

The study concludes that the overall level of self-control among 11th-grade students at SMA Negeri 8 Tasikmalaya falls into the moderate category. Out of 202 respondents, 39.60% exhibited high levels of self-control, 60.40% were categorized as moderate, and none were categorized as low. In terms of cybersex addiction, the findings indicate that the majority of students (97.03%) are in the low-risk category, with only 1.49% falling into high and moderate-risk categories. Furthermore, a simple linear regression analysis revealed a moderate correlation ($R = 0.242$) between self-control and cybersex addiction. Self-control was found to explain 5.8% of the variance in cybersex addiction, while the remaining 94.2% is influenced by other variables.

Recommendations

Based on the findings, several recommendations are proposed. For future researchers, it is suggested to expand the scope of the study by including a larger and more diverse sample across different schools. This would provide broader insights into the relationship between self-control and cybersex addiction. For students, efforts should be made to enhance self-control to avoid falling into risky behaviors, including cybersex addiction. Strengthening self-control in daily life is crucial for fostering resilience and maintaining a positive path in personal and social development. Finally, for guidance and counseling teachers, the findings can serve as a foundation for developing group counseling programs specifically designed to improve students' self-control. Such programs would help students achieve higher levels of self-regulation, reducing their susceptibility to cybersex addiction and promoting healthier psychological and behavioral outcomes.

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