
THE RELATIONSHIP BETWEEN ISLAMIC RELIGIOSITY LEVEL AND ADOLESCENT DATING BEHAVIOR

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ABSTRACT

Background: Adolescence is a transitional phase from childhood to adulthood. At this stage, various issues emerge, with dating behaviour being one of the prominent concerns. Dating is a form of socialisation that is influenced by Western culture. Dating behaviour that leads to risky sexual behaviour may generate various health problems, such as unwanted pregnancy, abortion, sexually transmitted infections, dropping out of school for pregnant adolescent girls, exchanging parental roles, ostracism from the community, and decreased quality of life. These negative impacts can be minimised by increasing religiosity. Religiosity recreates a function in influencing and regulating one's behaviour. This study aimed to determine the relationship between Islamic religiosity and adolescent dating behaviour.

Methods: This study employed quantitative methods with a correlational design and a cross-sectional approach. The sample consisted of 40 students using a total sampling technique. Data were collected using a questionnaire validated with an R value greater than 0.355, confirming its validity. Bivariate analysis was performed using the Spearman Rho test.

Results: The results revealed that most respondents were in early adolescence (12-14 years), comprising 33 students (82.5%), with most being male (25 students or 62.5%). A high level of religiosity was observed in 32 students (80%), and non-risky dating behaviour was reported in 32 students (80%). The Spearman Rank test obtained a p-value = 0.000 ($p < 0.05$).

Conclusion: The study concluded that a significant relationship existed between Islamic religiosity and adolescent dating behaviour at MTs Negeri 1 Sukoharjo.

Keywords: adolescents, dating behaviour, religiosity

INTRODUCTION

Adolescence is one of the most critical periods in human life. This period is the transition from childhood to growth and development during adolescence (Sri Nurafifah & Muh. Daud, 2023). According to the *World Health Organisation* (WHO), adolescents are between 12 and 24 years old (Haidar & Apsari, 2020). According to the Ministry of Health of the Republic of Indonesia Regulation N0.25, adolescents are between 10 and 18 years old (Ministry of Health, 2018). According to the statistical data on the number of adolescent population in 2022, Central Java province is the 2nd-ranked province with the most teenage population of 37.49 million people (Sumarni et al., 2023). During adolescence, various problems arise, one of which is dating behaviour.

Dating is a form of social interaction originating from Western culture, which is the beginning of sexual behaviour such as kissing, necking and petting. (Ningsih, 2022). Data from the World Health Organisation (WHO) shows that around 40% of teenagers aged 18 years have engaged in risky dating behaviour. As a result, as many as 12% of teenagers are

positive for sexually transmitted infections, and as many as 27% of teenagers are positive for HIV (Sibarani et al., 2022). Data shows that dating behaviour carried out by teenagers includes holding hands around 75.1%, hugging around 49.5%, kissing on the lips as much as 32.9%, touching sensitive body parts (petting) as much as 21.5% and 4.8% of teenagers who have had sexual relations (Rahman & Yusra, 2024).

Dating behaviour that leads to risky sexual behaviour can cause various impacts, including: unwanted pregnancy, abortion, sexually transmitted infections (STIs), pregnant teenage girls will stop going to school, changing roles to become parents, being ostracised by the community due to pregnancy and even a decline in quality of life. The impact of dating behaviour can be minimised by increasing religiosity.

Religiosity is a religion a person believes in and adheres to, to express personal beliefs and a person's relationship with God (Efansa & Purnamasari, 2020). Islam prohibits dating for a reason. It is because dating is an act close to adultery, which will result in a major sin and can cause danger that will harm yourself and others (Rahman et al, 2020). Defines religiosity as a value system containing certain norms used as a guideline for attitudes and behaviour to align with their religious beliefs. Someone who has a strong sense of religious belief will certainly avoid dating because religion explains that men and women have social boundaries to protect themselves and prevent them from falling into adultery (Pertiwi et al., 2019).

This research aimed to determine the relationship between Islamic religiosity and adolescent dating behaviour. The specific aim of this research was to identify the characteristics of respondents, the age of the respondent and the gender of the respondent, and to determine the level of religiousness in adolescents. Knowing the dating behaviour of teenagers, we analyse the relationship between the level of Islamic religiosity and the dating behaviour of teenagers.

RESEARCH METHOD

This study employed a quantitative research method with a correlational design and a cross-sectional approach. The location of this study was MTs Negeri 1 Sukoharjo, with a sample of 40 respondents. This sample was taken using total sampling. The inclusion criteria for this study were students willing to be respondents and students who were dating. The exclusion criteria for this study were students absent from school due to illness or permission, students who were absent, and students who were unwilling to be respondents. The media in this study was a religiosity questionnaire consisting of 20 questions related to the dimensions of religiosity. The assessment on the religiosity questionnaire for each positive question has a score description as follows: very appropriate score 4, appropriate score 3, not appropriate score two and very inappropriate score 1. While the assessment on the religiosity questionnaire for each negative question has a score description as follows: very appropriate score 1, appropriate score 2, not appropriate score three and very inappropriate score 4. From the questionnaire results, high-level religiosity can be categorised with a score range of 50-80, moderate-level religiosity with a score range of 30-49, and low-level religiosity with a score range of 20-29. The dating behavior questionnaire consists of 14 items with a score assessment for positive questions: Yes: 1, No: 0. While for the score assessment for negative questions: Yes: 0 and No: 1. From the results of the questionnaire, it can be categorized as risky dating behavior if the score range is 1-5, moderately risky dating behavior with a score range of 6-10, and non-risky dating

behavior with a score range of 11 - 14. The media in this study had previously been tested for validity and reliability at MTs Muhammadiyah Blimbing Wonorejo Polokarto. They had undergone an ethical examination by the health research ethics committee of Dr. Moewardi Regional General Hospital and were declared ethically appropriate with number 845 / III / HREC / 2024. The Spearman's rho test was conducted to determine the relationship between Islamic religiosity level and adolescent dating behaviour.

RESULTS

This research was conducted on May 24 and 25, 2024, at MTs Negeri 1 Sukoharjo, with a sample of 40 respondents. The results of the research obtained the following information:

Table 1. Analysis Results

Variable	Description	Explanation
Characteristics Of Age	Early Adolescence: 33 Middle Adolescence: 7 Late Adolescence : 0	Most respondents were in their early teens, aged 12 - 14 years, with 33 respondents (82.5%).
Characteristics Of Gender	Male: 25 Female: 15	Most respondents were male, with 25 respondents (62.5%).
Level Of Religiosity	High: 32 Medium: 8 Low : 0	Most respondents have a high level of religiosity or understanding of religion, with 32 (80%).
Teenagers Dating Behavior	Dating behaviour not risky: 32 Dating behaviour is quite risky: 8 Dating behaviour risky : 0	The majority of respondents have non-risky dating behaviour, with the number of respondents being 32 (80%).

Source: Primary Data

The analysis results show that most respondents were in their early teens, aged 12-14, with a total of 33 respondents (82.5%), and 25 (62.5%) were male. The majority of respondents had a high level of religiosity or religious understanding, with 32 respondents (80%). However, most respondents engaged in non-risky dating behaviour, with 32 respondents (80%).

Bivariate analysis in this study was conducted to determine the relationship between the level of Islamic religiosity and adolescent dating behaviour at MTs Negeri 1 Sukoharjo. The bivariate analysis used the Spearman Rank Test due to the non-parametric nature of the data, by measuring the results of the level of Islamic religiosity and adolescent dating behaviour. The results of the Spearman Rank Test were as follows :

Table 2. Spearman rho rank test results

Spearman's rho		Level Of Adolescent Religiosity	Adolescent Dating Behaviour
Level Of Adolescent Religiosity	Correlation Coefficient	1.000	,844
	Sig. (2-tailed)	-	,000
	N	40	40
Adolescent Dating Behaviour	Correlation Coefficient	,844	1.000
	Sig. (2-tailed)	,000	-
	N	40	40

The research results using the Spearman Rank test obtained a p value = 0.000 ($p < 0.05$), so H_0 was rejected and H_a was accepted; there is a relationship between the level of Islamic religiosity and adolescent dating behaviour.

DISCUSSION

The results of the univariate analysis showed that most respondents were in their early teens, aged 12-14, with a total of 33 respondents (82.5%). Adolescence is a significant change that occurs in a human being, both physically and psychologically. Psychologically, adolescence is when an individual becomes integrated into adult society, where children do not feel inferior but equal (Muntyas Subekti, 2019). Adolescence is when a person has quite a lot of curiosity, and sexual maturity occurs, so teenagers want to act like adults. However, in essence, they are not ready to become adults.

Most respondents were male, with 25 respondents (62.5%). Gender is the difference in opportunities, roles and responsibilities between men and women in family and social life (Tangkudung, 2014). If teenage boys are in a hostile environment, it will easily influence them so that they can fall into things they should not do, such as having risky sex in the future (Fadillah et al., 2021). Research conducted in 2021 shows that biological factors also influence risky dating relationships. Teenage boys have the hormone testosterone, which also plays a role in increasing sexual behaviour. Teenage girls also have the hormone testosterone to increase their sexual behaviour, but adolescent girls need testosterone in greater amounts than teenage boys. Teenage boys have more potential for risky behaviour because they are easy to get along with without seeing the negative side that will impact the future, and have a higher curiosity (Desri & Atuti, 2021).

Most respondents have a high level of religiosity or understanding of religion, with 32 (80%). Classification of religiosity levels is obtained if the questionnaire results are in the range of scores 50-80, which is classified as a high level of religiosity, a range of scores 30-49 is classified as a medium level of religiosity, and a range of scores 20-29 is classified as a low level of religiosity. Religiosity is a religion that a person believes in and adheres to to express personal beliefs and a personal relationship with God (Efansa & Purnamasari, 2020). Research conducted by in 2022 shows that religiosity has an important role in controlling the behaviour of teenagers and remains consistent in carrying out positive behaviour by existing norms in society. If teenagers have low religiosity, it will cause them to act out, which will hurt their lives, one of which is risky dating behaviour (Rahmanda & Nurhayati, 2022). Religiosity is very important to instil in a teenager so that they can develop self-control to carry out actions that deviate from the norms and religion they adhere to, and consider the problems that will arise from their actions in the future (Alfie & Sanjaya, 2019; Rahmanda & Nurhayati, 2022).

The majority of respondents have non-risky dating behaviour, with the number of respondents being 32 (80%). Classification of dating behaviour is obtained if the questionnaire results show a score range of 1-5, which is grouped as risky dating behaviour, a score range of 6-10 is grouped as moderately risky dating behaviour, and a score range of 11-14 is grouped as non-risky dating behaviour. Dating is a joint activity to get to know each other's personalities (Saputri & F, 2022). Dating behaviour has become a life phenomenon, from adolescence to adulthood. Dating relationships occur because of feelings of attraction to the opposite sex and a desire to have a romantic relationship (Chita et al., 2023). Dating behaviour had positive impacts, including: building learning achievement, building relationships that can broaden, feeling safe and protected, becoming more mature, avoiding stress, and the introduction process. Dating can help recognise the partner of their choice and others. Dating behaviour could also have a negative impact,

which will lead to sexual activity and is at risk of leading to premarital sexual behaviour (kissing, necking and petting) (Harwati & Laksmi, 2022; Nugroho & Sari, 2022). The negative impact of dating behaviour can also cause various health problems, such as unwanted pregnancy, abortion, and sexually transmitted infections (Sibarani et al., 2022). Teenagers engage in dating behaviour to get to know each other's strengths and weaknesses. Factors that influence teenagers to date include exposure to social media which assumes that dating will have a happy ending in marriage, trends that occurs among teenagers who believe that not dating means they are not attractive, dating is a passion for learning, and lack of attention from parents because they are busy working so they think that their partner will pay dating more attention.

The study's results using the Spearman Rank test obtained a p value = 0.000 ($p < 0.05$), so that H_0 is rejected and H_a is accepted, indicating a relationship between the level of Islamic religiosity and adolescent dating behaviour. This means that there is a relationship between the level of religious knowledge and adolescent dating behaviour, as evidenced by an increase in the level of religiosity and an increase in non-risky dating behaviour. The higher the level of religiosity adolescents possess, the more controlled their dating behaviour will be, so adolescents will not engage in risky dating behaviour. The results of this study align with research conducted in 2019, which states that religion provides a moral framework, so that someone can compare behaviour before acting and provides a sense of security, especially for adolescents searching for identity (Pertiwi et al., 2019).

This research was in line with research in 2020, which explains that the majority of respondents had confidence dimension values in the high category of 54 respondents (41.5%), the religious practice dimension was in the high category as many as 36 respondents (27.6%), the appreciation dimension was in the high category as many as 46 respondents (35.4%), the religious knowledge dimension was in the high category as many as 42 respondents (32.3%) and the practice dimension was in the high category as many as 53 respondents (40.8%). Sexual behaviour has a value in the very high category, totalling nine respondents (6.9%), in the high category 33 respondents (25.4%), in the medium category totaling 45 respondents (34.7%), in the low category totaling 22 respondents (16.9%) and very low category with 22 respondents (16.9%). The analysis obtained a p -value = 0.017 ($p < 0.05$) (Firdaus & Ningsih, 2020).

Based on the researchers' analysis, this study demonstrates a relationship between Islamic religiosity and adolescent dating behaviour. The higher the adolescent's religiosity, the more controlled their dating behaviour, preventing them from engaging in risky dating behaviour. The research findings indicate that most adolescents' reasons for dating are due to a lack of attention, such as parental workloads and exposure to social media, rather than problems within their environment. Follow-up has been carried out by the guidance counsellor and homeroom teacher to avoid dating behaviour that will hurt teenagers. This follow-up is in verbal and written form. This written follow-up is a stamped warning letter written and signed by the student. Guidance teachers and homeroom teachers also regularly raid cellphones once a week.

CONCLUSION

The results obtained are that of the 40 respondents have characteristics of the age early teenagers with an age range of 12 - 14 years as many as 33 respondents (82.5%), middle teenagers with an age range of 15 - 17 years with seven respondents (17.5%) and late teenagers with a range of aged 18 -21 years with zero respondents. The majority of respondents were male (25 respondents (62.5%)), while the remaining 15 respondents (37.5%) were female. Most teenagers have a high level of religiosity, with 32 respondents

(80%) in the high category and eight respondents (20%) in the medium category. Most teenagers had risk-free dating behaviour, with 32 respondents (80%), while eight respondents (20%) had risky dating behaviour. The results obtained from the analysis with the Spearman rho statistical test explained the asymmetry results. 0.000 (<0.05), and it can be concluded that there is a relationship between the level of Islamic religiosity and adolescent dating behaviour in MT Negeri 1 Sukoharjo.

RECOMMENDATIONS

The findings of this study aim to provide knowledge and information regarding the level of religiosity with adolescent dating behaviour, so it is hoped that adolescents have a broad picture and perspective in their adolescent decisions to date. Parents can provide religious provisions by instilling religious values early so children can make decisions based on their religion in adolescence. For research, it is hoped that it can be used as a source of data or reference for further researchers on religiosity with adolescent dating behaviour, so that the results of this study, with subsequent research, can complement each other and cover each other's shortcomings.

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