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**Peran Sexual Self-Efficacy Terhadap Upaya Perilaku Seksual Aman Pada Emerging Adults di Indonesia**

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## **THE ROLE OF SEXUAL SELF-EFFICACY IN EFFORTS TOWARD SAFE SEXUAL**

### **BEHAVIOR AMONG EMERGING ADULTS IN INDONESIA**

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#### **Abstract**

Emerging adulthood is a crucial developmental stage characterized by identity exploration, including the domain of sexuality. However, the implementation of safe sexual practices among Indonesian emerging adults remains inadequate. This present study examined the role of sexual self-efficacy in the efforts of practicing safe sex behavior among emerging adults in Indonesia and explored variations in safe sex behavior based on sexual orientation, relationship status, and educational level. A total of 133 participants aged 18-29 years completed the Sexual Safe-Efficacy Questionnaire (SSEQ) and the Safe Sex Behavior Questionnaire (SSBQ). Regression analysis indicated that sexual self-efficacy significantly predicted safe sex behavior ( $R^2 = 0,232$ ;  $F_{(1:131)} = 39,5$ ;  $p < 0,001$ ). One-way ANOVA revealed significant differences in safe sex behavior across relationship status and sexual orientation ( $p < 0,001$ ), while no significant differences were observed across educational levels ( $p = 0,939$ ). Participants in monogamous relationships and those identifying as heterosexual reported higher safe sex behavior scores than other groups. These findings highlights the importance of enhancing sexual self-efficacy and implementing comprehensive sexual education programs to support healthy sexual practices among Indonesian emerging adults.

**Keywords:** *sexual self-efficacy, safe sex behavior, emerging adult, sexual orientation, relationship status, education*



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## **PERAN *SEXUAL SELF-EFFICACY* TERHADAP UPAYA PERILAKU SEKSUAL**

### **AMAN PADA *EMERGING ADULTS* DI INDONESIA**

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#### **Abstrak**

*Emerging Adulthood* merupakan tahap perkembangan krusial yang ditandai dengan eksplorasi identitas, termasuk dalam aspek seksual. Namun, penerapan perilaku seksual aman di kalangan pemuda Indonesia masih belum optimal. Penelitian ini bertujuan untuk mengidentifikasi peran *sexual self-efficacy* terhadap upaya perilaku seksual aman pada *emerging adults* di Indonesia serta mengeksplorasi variasi perilaku seksual aman berdasarkan orientasi seksual, status hubungan, dan tingkat pendidikan. Data diperoleh dari 133 partisipan berusia 18-29 tahun melalui kuesioner *Sexual Self-Efficacy Questionnaire* (SSEQ) dan *Safe Sex Behavior Questionnaire* (SSBQ). Analisis regresi menunjukkan bahwa *sexual self-efficacy* berpengaruh signifikan terhadap perilaku seksual aman ( $R^2 = 0,232$ ;  $F_{(1;131)} = 39,5$ ;  $p < 0,001$ ). Analisis *One way ANOVA* menunjukkan perbedaan perilaku seksual aman yang signifikan berdasarkan status hubungan dan orientasi seksual ( $p < 0,001$ ), tetapi tidak signifikan pada tingkat pendidikan ( $p = 0,939$ ). Individu dalam hubungan monogami dan berorientasi heteroseksual menunjukkan skor perilaku seksual aman yang lebih tinggi dibanding kelompok lainnya. Temuan ini menyoroti pentingnya penguatan *sexual self-efficacy* dan pengembangan pendidikan seksual yang komprehensif bagi kelompok pemuda Indonesia.

**Kata kunci:** *sexual self-efficacy, perilaku seksual aman, emerging adult, orientasi seksual, status hubungan, pendidikan*