

# The Influence of Survival-Safety Skills on Adolescents' Involvement in Promiscuity and Premarital Sexual Behavior

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<p><b>Submitted:</b> 2025-12-15</p> <p><b>Revised:</b> 2026-01-15</p> <p><b>Accepted:</b> 2026-04-15</p> <p><b>Keywords:</b> Adolescent Risk Behavior, Premarital Sexual Behavior, Promiscuity, Survival-Safety Skills</p> <p><b>Copyright holder:</b> Author/s (2026)</p> <p>This article is under: </p> <p><b>How to cite:</b> Nurkholidah, E., Fauziah, F., Luthfi, M. N., &amp; Faradita, A. A. (2026). The Influence of Survival-Safety Skills on Adolescents' Involvement in Promiscuity and Premarital Sexual Behavior. <i>Bulletin of Counseling and Psychotherapy</i>, 8(2). <a href="https://doi.org/10.51214/002026081847000">https://doi.org/10.51214/002026081847000</a></p> <p><b>Published by:</b> Kuras Institute</p> <p><b>E-ISSN:</b> 2656-1050</p>	<p><b>ABSTRACT:</b> Adolescence is a critical developmental stage characterized by increased vulnerability to risky social and sexual behaviors due to curiosity, peer influence, and limited self-regulation. This study investigates the influence of Survival-Safety Skills on adolescents' involvement in promiscuity and premarital sexual behavior among students of SMK Negeri 1 Yogyakarta. Adolescents' ability to maintain personal safety is recognized as a crucial protective factor against risky social and sexual behaviors. A quantitative correlational design was employed with a sample of 973 students selected through simple random sampling. Data were collected using the Survival-Safety Skills Scale and the Promiscuity and Premarital Sexual Behavior (PPSB) Scale, both of which demonstrated high reliability (<math>\alpha = 0.958</math> and <math>\alpha = 0.878</math>, respectively). The findings showed that most students had high Survival-Safety Skills (83.86%) and low levels of engagement in risky behaviors (97.74%). Spearman's correlation analysis revealed a significant negative relationship between Survival-Safety Skills and involvement in promiscuous and premarital sexual behaviors (<math>r = -0.385</math>; <math>p &lt; 0.01</math>). The coefficient of determination (<math>R^2 = 0.1482</math>) indicated that Survival-Safety Skills explained 14.82% of the variance in such behaviors. These results emphasize the importance of strengthening adolescents' personal safety and self-protection competencies through education, counseling, and collaboration between schools, families, and communities to prevent risky behaviors.</p>
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## INTRODUCTION

Adolescence is a developmental phase characterized by dynamic changes in biological, psychological, and social aspects. During this period, adolescents begin to face various challenges in forming their identity, self-reliance, and establishing social relationships. However, on the other hand, adolescents are also a group that is vulnerable to various high-risk behaviors, such as promiscuity and casual sex, which can have negative impacts on their physical, mental, and social health (Awaliah et al., 2025; Fatu et al., 2022). This phenomenon shows that sexual promiscuity is no longer just an individual behavior, but has become a complex societal problem that requires serious concern from various parties.

Research shows that promiscuity among adolescents is often influenced by a lack of self-control, poor parental supervision, and lack of awareness of the risks and consequences of premarital sex (Harahap et al., 2023; Santosa & Nugraha, 2022). Studies also reveal that many adolescents still have a poor understanding of the dangers of such behaviors (Sutrisminah et al., 2025; Nurfajri et al., 2025). As a result, many adolescents engage in behaviors that can be harmful to their future, particularly in terms of education, reproductive health, and social relationships.

The prevention of premarital sexual behavior among adolescents requires a systematic approach that involves the family, school, and community. Prior research has highlighted the importance of the family's role in providing supervision and education from an early age (Jamil et al., 2025; Rondonuwu et al., 2024). Moreover, sex education through guidance and counseling services has also been shown to improve adolescents' understanding of healthy sexual behavior (Rosdiana et al., 2024; Wulandari et al., 2025). However, despite these interventions, the number of adolescents engaging in risky sexual behaviors remains relatively high (Ichwan et al., 2025; Herman & Rozikin, 2025). This indicates the need for alternative approaches that focus more on adolescents' personal skills in protecting themselves against high-risk sexual behaviors.

One approach that could be considered is the development of survival-safety skills. These skills include adolescents' ability to protect themselves from negative environmental influences, resist peer pressure, and avoid risky behaviors that may lead to sexual misconduct and violence (Bachri & Putri, 2022; Maurida & Silvanasari, 2023). Previous studies have shown that personal safety skills can reduce the risk of sexual violence among adolescents (Umar et al., 2018; Fatonah et al., 2024). Furthermore, psychoeducation based on these skills has been proven effective in increasing adolescents' awareness of self-protection strategies (Piara et al., 2025; Suryati & Royanto, 2020).

However, studies examining the relationship between survival-safety skills and adolescents' involvement in risky and premarital sexual behavior are still limited, particularly in the context of secondary education in Indonesia. Most previous studies have focused on the role of parents, counseling services, and sexual health education (Aprilia et al., 2025; Asri & Sanjaya, 2025; Maisarah et al., 2025). In fact, strengthening survival and personal safety skills can serve as a significant protective factor in reducing adolescents' involvement in such risky behaviors (Putri & Ussolikah, 2020; Nurkholidah et al., 2022).

Thus, this study has a strong urgency to address the following research question: Do survival-safety skills influence adolescents' involvement in promiscuity and premarital sexual behavior? This question is particularly important considering the increasing challenges faced by adolescents in the modern era, including exposure to digital media, easy access to information, and greater social freedom. The findings of this study are expected to contribute to the development of more effective prevention strategies, whether through formal education, counseling services, or youth empowerment programs based on personal safety skills.

Based on the above rationale, the purpose of this study is to analyze the influence of survival-safety skills on adolescents' involvement in promiscuity and premarital sexual behavior. This study is also expected to contribute to the advancement of knowledge in the field of guidance and counseling, as well as provide practical recommendations for educators, counselors, parents, and communities in preventing risky behaviors among adolescents.

## **METHODS**

### **Design and Procedure**

This study uses a quantitative approach with a correlational design to analyze the effect of Survival-Safety Skills on the level of involvement in promiscuity and casual sex among adolescents. The study population consists of all 1,078 students enrolled at SMKN 1 Yogyakarta in the 2024/2025 academic year. The sample was determined using simple random sampling so that each member of

the population had an equal chance of being selected. From the sampling results, with a population (N) of 1078 and an error tolerance (e) of 1% (0.01), the number of samples required using the Slovin formula was 973 respondents, which was considered representative.

**Measure**

The research instruments consisted of two psychological scales, namely the Survival-Safety Skills Scale and the Premarital sexual and Promiscuity Behavior Scale (PPSB) (Nurkholidah, 2022). Each scale uses a Likert format with a score range of 1 for Strongly Disagree, score 2 for Disagree, score 3 for Neutral, score 4 for Agree, and score 5 for Strongly Agree. The data collection process was carried out directly at the school with permission from the school and the respondents' consent. The researchers explained the purpose of the study, the confidentiality of student data, and provided instructions for completing the scale. Data collection was carried out within a period of two months, from August to September 2025.

The validity of the instrument was tested through expert judgment by three guidance and counseling experts and an adolescent development psychologist. The research instrument was tested on Monday, August 11, 2025, with 30 students in schools with similar characteristics. The Survival-Safety Skills Scale had 12 valid items and 0 invalid items. The Premarital sexual and Promiscuity Behavior Scale (PPSB) had 12 valid items and 0 invalid items. The validity of the instruments was tested using SPSS for Windows version 27.0 software. The results of the validity test of the Survival-Safety Skills Scale are shown in Table 1.

Table 1. Results of the Survival-Safety Skills Scale Validity Test

Item	Calculated r value	R Table value	Description
Item 1	,864**	,361	Valid
Item 2	,813**	,361	Valid
Item 3	,923**	,361	Valid
Item 4	,899**	,361	Valid
Item 5	,904**	,361	Valid
Item 6	,900**	,361	Valid
Item 7	,799**	,361	Valid
Item 8	,806**	,361	Valid
Item 9	,749**	,361	Valid
Item 10	,717**	,361	Valid
Item 11	,771**	,361	Valid
Item 12	,820**	,361	Valid

The results of the validity test for the Survival-Safety Skills Scale are shown in Table 1 above. All items on this scale obtained a calculated r value greater than the table r value (0.361), so it can be declared valid. Thus, each item on the scale is able to adequately measure aspects that represent the Survival-Safety Skills construct. Furthermore, validity tests were also conducted on the Premarital sexual and Promiscuity Behavior Scale (PPSB) used as a related variable. The results of the analysis are presented in Table 2 as follows.

Table 2. Validity Test Results of Premarital sexualand Promiscuity Behavior Scale (PPSB)

Item	Calculated r value	R Table value	Description
Item 1	,624**	,361	Valid
Item 2	,705**	,361	Valid
Item 3	,836**	,361	Valid

Item 4	,696**	,361	Valid
Item 5	,703**	,361	Valid
Item 6	,880**	,361	Valid
Item 7	,865**	,361	Valid
Item 8	,604**	,361	Valid
Item 9	,711**	,361	Valid
Item 10	,935**	,361	Valid
Item 11	,450*	,361	Valid
Item 12	,454*	,361	Valid

The results of the validity test for the Premarital sexual and Promiscuity Behavior Scale (PPSB) are shown in Table 2 above. All items on this scale obtained a calculated *r* value greater than the table *r* value (0.361), so it can be declared valid. Thus, each item on the scale is able to adequately measure aspects that represent the construct of Premarital sexual and Promiscuity Behavior (PPSB).

The reliability of the research instrument was tested using the Cronbach's Alpha coefficient. This coefficient describes the internal consistency between the items of the instrument, where a higher alpha value indicates a better level of instrument reliability. According to Nunnally (Yetti et al., 2025), a Cronbach's Alpha value  $\geq 0.70$  is generally considered to have adequate reliability, while a value  $\geq 0.90$  is classified as very high. The reliability results of the Survival-Safety Skills Scale instrument are as follows.

Table. 3 Reliability Test Results of Survival-Safety Skills Scale

Cronbach's Alpha	N of Items
0,958	12

Based on the test results, the Survival-Safety Skills Scale instrument, consisting of 12 items, obtained a Cronbach's Alpha coefficient of 0.958 (Table 3). This value indicates that the scale has “very high” reliability, so it can confidently be used to measure the Survival-Safety Skills in adolescents consistently. The reliability results of the Premarital sexual and Promiscuity Behavior Scale (PPSB) instrument are as follows.

Table. 4 Reliability Test Results of Premarital sexual and Promiscuity Behavior Scale (PPSB)

Cronbach's Alpha	N of Items
0,878	12

Furthermore, the Premarital sexual and Promiscuity Behavior Scale (PPSB) instrument, which also consists of 12 items, obtained a Cronbach's Alpha value of 0.878 (Table 4). Similar to the previous instrument, this value indicates that the reliability of the PPSB instrument is in the “very high” category. Thus, the PPSB scale is feasible to measure the level of adolescent involvement in promiscuous behavior and premarital sexual on a consistent basis.

The reliability test results show that the Cronbach's Alpha coefficient for each instrument is in the range of 0.878–0.958, which indicates reliability in the “very high” category. Overall, both research instruments, the Survival-Safety Skills Scale and the Premarital sexual and Promiscuity Behavior Scale (PPSB), showed very high internal consistency, so it can be concluded that the instruments used have good reliability and meet the requirements for scientific research.

**Data Analysis**

The data were analyzed using Spearman's Rho ( $\rho$ ) correlation test with the help of SPSS software version 27.0 for Windows. This analysis was used to determine the relationship and magnitude of the influence of Survival–Safety Skills on the level of adolescent involvement in premarital sexual and promiscuity.

The Spearman's Rho test was chosen based on the results of the prerequisite analysis test, which showed that the research data was not normally distributed, so nonparametric analysis was chosen as the appropriate alternative. In addition, the coefficient of determination ( $r^2 \times 100\%$ ) was calculated to determine the percentage contribution of Survival–Safety Skills to promiscuous behavior and premarital sexual among adolescents.

**RESULTS AND DISCUSSION**

**Results**

**Descriptive Statistical**

Survival and Safety Skills Level Among Students. The results of a study conducted by SMKN 1 Yogyakarta in the 2024/2025 academic year with 973 students selected using simple random sampling. The findings shows the survival-safety skills frequency categorization of students shows that in the low category there are 2 participants or 0.21%, the medium category consists of 155 participants or 15.93%, and the high category consists of 816 students or 83.86%. This data shows a tendency for survival-safety skills among students to be in the medium category. The data categorization presented in the table and graph is as follows.

Table. 5 Categorization of Survival-Safety Skills Scale of Students of SMKN 1 Yogyakarta

Category	Frequency	Percentage
Low	2	0,21%
Medium	155	15,93%
High	816	83,86%
Total	973	100%

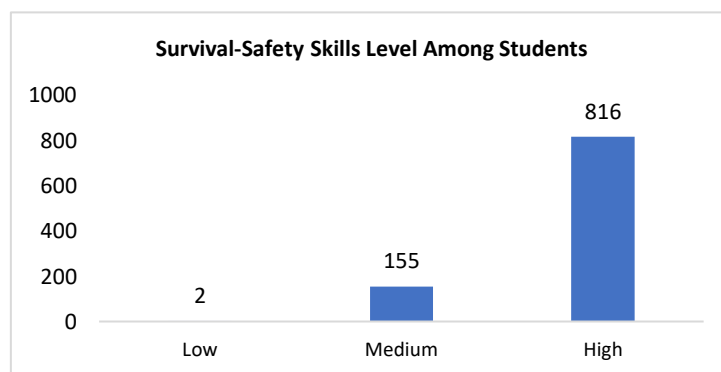


Figure 1. Frequency of Survival-Safety Skills of Students of SMKN 1 Yogyakarta

Involvement in Promiscuity and Premarital sexual Among Students. The categorization of involvement of promiscuity and premarital sexual among students shows that in the low category there were 951 participants or 97.74%, the medium category consisted of 19 participants or 1.95%, and the high category consisted of 3 students or 0.31%. The data shows a tendency for premarital sexual and promiscuity among students to be in the low category. The table and graph categorizing the data are presented as follows.

Table 6. Categorization of Involvement in Premarital sexual and Promiscuity among Students

Category	Frequency	Percentage
Low	951	97,74%
Medium	19	1,95%
High	3	0,31%
Total	973	100%

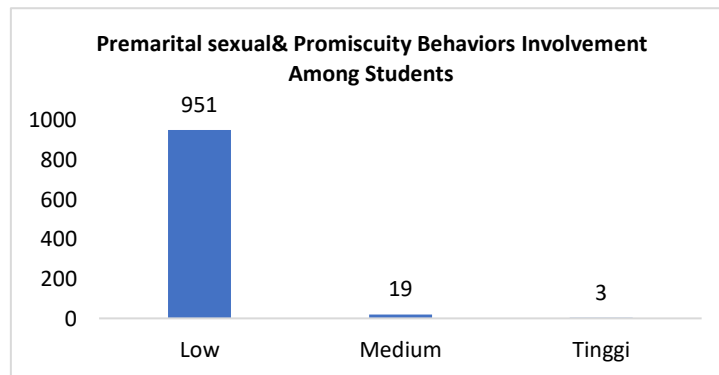


Figure 2. Frequency of Premarital sexual & Promiscuity Behaviors Among Students

**Prerequisite Assumption Test**

Prerequisite assumption tests are conducted to examine whether the research data meets the assumptions of parametric statistics. Prerequisite assumption testing determines the research hypothesis testing model and variable correlation model that must be used to prove the relationship between variables. The results of the prerequisite assumption tests are as follows:

Normality Test. Data normality was assessed using the Kolmogorov-Smirnov test. This method was chosen because of the large sample size (N = 973), making it more appropriate than the Shapiro-Wilk method. The test results showed that the significance values for the Survival-Safety Skills variable and the SPBP variable were less than 0.05 ( $p < 0.05$ ). Thus, it can be concluded that the research data is not normally distributed. Therefore, hypothesis testing was continued using non-parametric statistical methods.

Table 7. Normality Test

Variable	Kolmogorov-Smirnov Sig.	Shapiro-Wilk Sig.	Conclusion
SPBP	0.000	0.000	Not Normal
Survival Safety Skills	0.000	0.000	Not Normal

Linearity Test. Linearity testing was conducted to determine whether there was a linear relationship between the two variables. Based on the ANOVA table, the results in the Deviation from Linearity row show a Sig. value of .000. Since this value is  $< 0.05$ , the relationship between the two variables is declared to be non-linear.

Table 8. Linearity Test

Variable Relationship	Sig. Linearity	Sig. Deviation from Linearity	Conclusion
SPBP → Survival Safety Skills	0.000	0.000	Non-Linear

**Hypothesis Testing**

Spearman's Rank Correlation Test. The results of the prerequisite analysis show that the data are not normally distributed (abnormal) and are not linear. Thus, the main hypothesis testing model was conducted using Spearman's rank correlation. This test aims to answer the research hypothesis:

“There is a significant negative relationship between survival-safety skills and the level of involvement in premarital sexual and promiscuity (SPBP) among adolescents.”

Table 9. Spearman’s Rank Correlation Test

Variable	Correlation Coefficient (ρ)	Sig. (2-tailed)	N	Conclusion
SPBP ↔ Survival Safety Skills	-0.385	0.000	973	Significant (Negative Correlation)

Furthermore, the Spearman correlation coefficient value is negative (-), which is -0.385 with moderate strength, so it can be stated that the relationship between the two variables is opposite. The significance value (p-value) of the correlation is .000. Based on the hypothesis assumption that if the p-value is < .005, it is stated that the relationship between the variables is very significant. These findings indicate that the higher an individual’s Survival-Safety Skills, the lower the level of involvement in promiscuous behavior and premarital sexual among adolescents.

Determination Coefficient Test – R-Squared (R<sup>2</sup>). The Determination Coefficient (R<sup>2</sup>) is a statistical measurement used to determine the contribution of independent variables to dependent variables. Thus, the determination coefficient or R-Squared serves to predict and see how much influence survival-safety skills have on involvement in premarital sexual and promiscuity among adolescents. The calculation of the determination coefficient is as follows.

**R-Squared Formula:**

$$R^2 = (r_s)^2$$

R<sup>2</sup> = Determination coefficient  
 r<sub>s</sub> = Spearman's rho correlation coefficient

Figure 3. Determination Coefficient R-Squared (R<sup>2</sup>) Formula

$$R^2 = (-.385)^2$$

$$R^2 = 0.1482$$

$$R^2 \text{ Percentage} = 0.1482 \times 100\% = 14.82\%$$

Figure 4. Determination Coefficient R-Squared (R<sup>2</sup>) Calculation

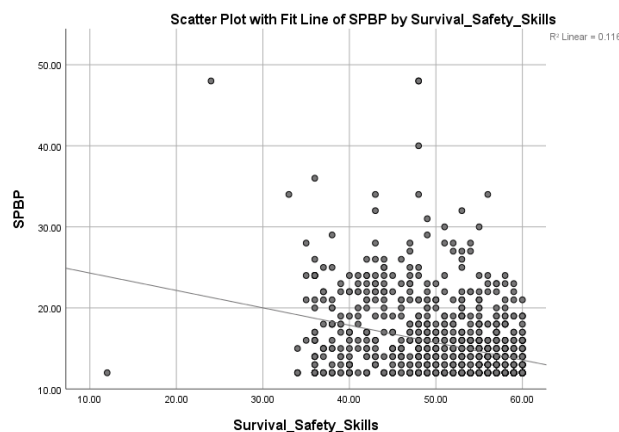


Figure 5. Scatter Plot Trends on Survival-Safety Skills Towards PPSB

The determination coefficient ( $R^2$ ) shows that Survival-Safety Skills can explain 14.82% of the variance in SPBP scores. Visual analysis through scatter plots further confirms this negative trend, but also reveals a pattern of heteroscedasticity, where the variability of SPBP scores increases as Survival-Safety Skills scores increase, explaining the complexity of this non-linear relationship.

## Discussion

The findings indicate that most students at SMK Negeri 1 Yogyakarta demonstrate a high level of survival-safety skills, with 83.86% categorized as high, 15.93% as moderate, and only 0.21% as low. These results suggest that the majority of adolescents possess fundamental abilities to recognize risks, avoid dangerous situations, and resist negative environmental influences. This finding is consistent with previous studies highlighting that personal safety skills play a significant role in preventing sexual violence and risky behaviors among adolescents (Bachri & Putri, 2022; Maurida & Silvanasari, 2023; Fatonah et al., 2024). Therefore, mastery of these skills can serve as a foundational protective factor in reducing adolescents' likelihood of engaging in risky sexual behavior.

The descriptive analysis of adolescents' involvement in premarital sexual behavior and promiscuity reveals that 97.74% of respondents fall into the low category, 1.95% into the moderate category, and only 0.31% into the high category. These findings indicate that adolescents in this context are relatively less involved in such risky behaviors. This result aligns with previous research emphasizing the importance of family supervision, sexual health education, and counseling services as protective factors against risky sexual behavior (Jamil et al., 2025; Rondonuwu et al., 2024; Rosdiana et al., 2024; Wulandari et al., 2025; Aprilia et al., 2025; Asri & Sanjaya, 2025). This low level of involvement may reflect the combined effectiveness of individual skills and environmental support systems.

The results of the Spearman's rho correlation analysis demonstrate a significant negative relationship between survival-safety skills and adolescents' involvement in risky sexual behavior ( $r = -0.385$ ,  $p < .01$ ). This indicates that higher levels of self-protection ability, risk awareness, and decision-making skills are associated with lower engagement in such behaviors. These findings are consistent with prior literature suggesting that survival and personal safety skills are effective in reducing the likelihood of premarital sexual behavior and other forms of risky conduct (Piara et al., 2025; Suryati & Royanto, 2020; Putri & Ussolikhah, 2020; Nurkholidah et al., 2022).

Furthermore, this study confirms that although interventions such as reproductive health education and counseling services have been widely implemented, adolescent involvement in risky behavior remains a complex issue that requires a more comprehensive, skills-based approach (Awaliah et al., 2025; Fatu et al., 2022; Harahap et al., 2023; Santosa & Nugraha, 2022). The development of survival-safety skills not only enhances adolescents' knowledge of potential risks but also strengthens their internal capacity to make responsible and strategic decisions. This is supported by findings indicating that psychoeducation based on personal safety skills improves adolescents' awareness and ability to prevent harmful behaviors (Maurida & Silvanasari, 2023; Fatonah et al., 2024; Piara et al., 2025).

The coefficient of determination ( $R^2 = 0.1482$ ) indicates that survival-safety skills explain 14.82% of the variance in adolescents' involvement in risky sexual behavior. Although this contribution is statistically significant, it also suggests that other factors beyond personal skills influence adolescent behavior. This finding is in line with studies emphasizing the role of family, teachers, peers, and community environments in shaping adolescents' behavior (Ichwan et al., 2025; Herman & Rozikin, 2025; Maisarah et al., 2025; Rahma & Lindawati, 2024; Ifayanti et al., 2025). Therefore, interventions aimed at strengthening survival-safety skills should be complemented by broader contextual and environmental support.

The presence of heteroscedasticity in the scatter plot suggests variability in adolescents' involvement in risky behavior at different levels of survival-safety skills. This implies that even adolescents with high personal skills may still be influenced by external factors such as peer pressure, social norms, and exposure to uncontrolled media and information (Awaliah et al., 2025; Fatu et al., 2022; Sutrisminah et al., 2025). Consequently, prevention efforts should adopt a multi-level approach that integrates both individual skill development and environmental control.

Previous studies have confirmed that family education and parental involvement are crucial in fostering adolescents' self-control and risk awareness (Jamil et al., 2025; Rondonuwu et al., 2024; Rahma & Lindawati, 2024). In addition, structured counseling services and group guidance interventions have been shown to enhance adolescents' knowledge of healthy sexual behavior, refusal skills, and interpersonal competencies in dealing with peer pressure (Harahap et al., 2023; Santosa & Nugraha, 2022; Rosdiana et al., 2024; Putri & Ussolikhah, 2020).

Beyond the roles of family and school, the involvement of community leaders, religious-based education, and local communities has also been shown to contribute significantly to reducing adolescents' engagement in risky sexual behavior (Ichwan et al., 2025; Aprilia et al., 2025; Maisarah et al., 2025). These findings highlight that survival-safety skills should be positioned as an integral component within a broader preventive framework that combines individual, social, and cultural approaches.

In summary, this study provides empirical evidence that survival-safety skills serve as a significant protective factor in reducing adolescents' involvement in risky sexual behavior. Strengthening these skills through psychoeducation, social skills training, and structured counseling services represents an effective preventive strategy. However, such efforts must be supported by the active involvement of families, schools, and communities to create a conducive environment for healthy adolescent development (Awaliah et al., 2025; Bachri & Putri, 2022; Maurida & Silvanasari, 2023; Fatonah et al., 2024; Piara et al., 2025; Putri & Ussolikhah, 2020).

Overall, although survival-safety skills do not fully account for all variations in adolescent behavior, they remain a critical foundation in preventing risky behavior. These findings contribute to the advancement of guidance and counseling practices, youth empowerment programs, and sexual and reproductive health education policies, ensuring that adolescents are equipped with the necessary competencies to protect themselves, make responsible decisions, and engage in safe and productive social interactions (Umar et al., 2018; Fatonah et al., 2024; Piara et al., 2025).

## CONCLUSION

The findings indicate that Survival-Safety Skills have a significant influence on adolescents' involvement in promiscuous and premarital sexual behaviors among students of SMKN 1 Yogyakarta. The Spearman correlation analysis revealed a significant negative relationship ( $r = -0.385$ ;  $p < 0.01$ ), suggesting that higher levels of self-protection and risk-management skills are associated with lower engagement in risky social and sexual behaviors. The determination coefficient ( $R^2 = 0.1482$ ) demonstrates that Survival-Safety Skills account for 14.82% of the variance in such behaviors, highlighting their role as a protective factor while recognizing the contribution of other determinants such as family supervision, education, and social environment. Therefore, strengthening Survival-Safety Skills through formal education, counseling services, and youth empowerment programs should be prioritized as a preventive strategy against risky sexual behaviors. Collaboration among schools, families, and communities is essential to foster adolescents' resilience and self-protection in facing environmental and social risks.

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## ETHICAL APPROVAL

This study received ethical clearance from the Research Ethics Committee of Universitas PGRI Yogyakarta, Indonesia. The research was conducted in accordance with the ethical principles outlined in The Belmont Report (1979) and adhered to the American Educational Research Association (AERA) Code of Ethics (2011). All participants were informed about the aims of the study, assured of confidentiality, and voluntarily provided their informed consent prior to participation.

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