

# EFFECT OF PARENTAL MONITORING ON ADOLESCENT SEXUAL RISK BEHAVIOR: A META-ANALYSIS

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## ABSTRACT

**Background:** The sexual and reproductive health needs of young people is a significant public health issue requiring renewed and ongoing focus. Complicating this problem is the perception by many, including parents, that adolescents are generally healthy and in less need of health care. A large evidence base supports the positive impact of parents on the sexual and reproductive health of youth. One of the core mechanisms by which parents modify sexual decision-making among teens is parental monitoring. This study aimed to systematically review the effect of parental monitoring on adolescent sexual risk behavior.

**Subjects and Method:** This was a systematic review and meta-analysis by collecting articles from PubMed, Google Scholar, Elsevier, Spinger Link, and Science Direct databases. PICO research question was applied to identify the eligible articles, i.e Population (P)= adolescents, Intervention (I)= strong parental monitoring, Comparison (C)= low parental monitoring, and Outcome (O)= sexual risk behavior. The inclusion criterias were full text of cross sectional studies which published from 2012 to 2022. Meta-analysis was conducted by Review Manager 5.3.

**Results:** A meta-analysis involved 9 studies found that adolescents with strong parental monitoring had lower sexual risk behavior than those with low parental monitoring (aOR= 0.84; 95% CI= 0.61 to 1.17; p= 0.300), with I<sup>2</sup>= 74%; p= 0.001.

**Conclusion:** Adolescents with strong parental monitoring have lower sexual risk behavior than those with low parental monitoring.

**Keywords:** adolescents, parental monitoring, sexual risk behavior

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