

## Conference Paper

# The Relationship Between Self-control and Cybersex in Adolescent Students at the University of TK

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For some students, the internet is a place where they can consume sexual information freely. However, if sexual information is not properly consumed, this has a negative impact. The negative behavior of consuming sexual information through the internet is called cybersex. There are several factors for the emergence of cybersex in an individual, one of which is self-control. This study aimed to examine the relationship between self-control and cybersex in a group of students at the University of TK. Using the Snowballing Sampling-Quota Sampling technique, 60 students were included as respondents in this study. The data was collected using two scales, the self-control scale and the ISST scale. The self-control scale is based on Averill's (1973) aspects, with a Likert scale model of 30 valid items (>30) and a reliability level of .925 according to Cronbach's Alpha. The cybersex scale employs the ISST scale, which was adapted by Minenda et al. (2015) and retested on the subject of Malang city students by Agustina (2018), with 25 valid items (>30) and a reliability level (KR-20) of .857. The study's results using Pearson's product moment revealed a score of .027, indicating that there is a relationship between the two variables. The correlation value is -.286, indicating that there is a negative relationship between self-control ability and cybersex.

**Keywords:** cybersex, self-control, adolescent, student

## 1. Introduction

The internet network is rapidly expanding, and it is now regarded as the primary medium for business development, knowledge, and entertainment [1]. The internet, as the primary medium, can be used for good purposes such as facilitating learning, speeding up work, and other advantages. However, the internet can also be used for malicious purposes. The internet is divided into two types of bad use: the first is the use of the internet as a target, such as hacking and cyberterrorism, and the second is the use of the internet as a tool to commit various deviant acts, such as identity theft, pornography, and stalking others [2].

For some students, the internet is a place where they can consume sexual information freely [3]. This is because understanding and accepting the role of sex in adulthood is

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one of the tasks of human development at this time [4]. However, if sexual information is not conveyed and consumed properly and correctly, this can have a negative impact [5]. Cybersex refers to the negative behavior of consuming sexual information via the internet.

Cybersex, according to Laier [6], is sexual behavior conducted via internet applications. This type of sexual behavior is similar to watching or downloading sexual content, such as images, videos, or stories that increase sexual arousal. However, cybersex is no longer limited to viewing or downloading pornographic content. Now, cybersex can be done through chat to increase sexual arousal; another common method is to make video calls to each other to arouse sexual arousal between the interlocutors [7].

Based on this definition, cybersex can be defined as behaviors that consume sexual content by a person or group with the goal of arousing sexual arousal through the use of internet technology. Consuming sexual content or pornography has been shown in some studies to have a negative impact on humans. According to research, consuming erotic content can impair cognitive function and verbal memory [8]. Consuming sexual content can also affect the physical and psychological sides, as evidenced by individual behavior. According to Huwaidah et al. [9], the behavioral effects of cybersex include sexual content addiction, sleep disturbances, and the emergence of feelings of anxiety.

Several factors lead to the development of cybersex in an individual. These factors, according to Firdaus [10], include religiosity, emotional intelligence, self-control, and an educational approach. Self-control is a variable that refers to an individual's internal ability to direct his/her behavior and suppress inappropriate behavior. Self-control is a motivating factor for humans to suppress negative actions in order to avoid negative consequences for the individual or others.

Self-control is defined as a person's capacity for self-control, which includes the ability to change one's behavior, manage desired and unwanted information, and make decisions based on one's beliefs [11]. Meanwhile, Tangney et al. [12] define self-control as a person's ability to control their way of thinking and behaving in accordance with societal norms and values. As a result, it is possible to conclude that self-control is an individual's ability to determine behavior in accordance with information processing on norms and values in order to obtain positive benefits from his/her behavior.

Previous research has found a link between self-control and cybersex in adolescents. Previous research reveals that a person's proclivity to access sexual or cybersex content is influenced by that person's lack of self-control. Hani, Hartati, and Aiyuda [13] discovered a significant negative relationship between self-control and adolescent cybersex behavior in their study of the two. It means that if adolescents have a high

level of self-control, their level of cybersex will be low, and vice versa. Andani, Alizamar, and Afdal [14] discovered a significantly negative relationship between self-control and cybersex behavior in high school students. The findings are similar to Rennawati [15], who discovered a negative relationship between self-control and cybersex behavior in high school students. Based on previous research, it is possible to conclude that self-control is one of the variables associated with cybersex behavior.

According to previous research, self-control has a close relationship with cybersex behavior, but some of these studies were only conducted on groups of high school students and adolescents in general. This study was conducted to examine the relationship between self-control and cybersex behavior in a group of University of TK students, and it has not been able to fully answer the objectives of this study. The student group differs from the study group in terms of mental age and physical maturity. As a result, the researcher believes that more research into this issue is required.

Therefore, the researchers are interested in conducting a study on the relationship between self-control and cybersex in a group of adolescent students at the University of TK. It is hoped that the findings of this study will be useful in locating literature sources for future research. Furthermore, this study is expected to serve as a data source for the study of intervention design in the cybersex case of adolescent students.

## 2. Literature Review

### 2.1. Cybersex

According to Laier [6], cybersex is defined as sexual behavior via internet applications. Watching or downloading pornographic content, such as videos, pictures, or adult stories, is an example of such sexual behavior. Cybersex can also be done through short messages in the context of porn to increase passion; another method that frequently arises is virtual flirting with each other via webcam technology [7]. Thus, cybersex can be defined as behaviors that consume sexual content by a person or group that aims to arouse sexual arousal by searching for sexual content using the advancement of internet technology. This type of sexual behavior includes downloading sexual content, watching sexual content, and engaging in sexual interactions with partners over the internet.

According to Delmonico and Miller [16], there are five aspects associated with participation in cybersex activities, namely: *Online sexual compulsivity (OSC)*, also known as cybersex behavior, is characterized by a persistent failure to control, reduce, or

discontinue participation in the cybersex behavior. *Online sexual behavior-social* (OSB-S) is a type of sexual behavior in which people engage in passive and active sexual behavior through digital devices daily in order to have a more intense sexual experience. *Online sexual behavior-isolated* (OSB-I) is related to an individual's proclivity to engage in online sexual behavior that occurs with interpersonal interactions (eg, surfing the web, downloading pornography, etc.); *Online sexual spending* (OSP) is related to the extent to which the subject spends money to support his/her online sexual activities and the consequences associated with that shopping; Interest in Online Sexual Behavior is related to user interest in online sexual behavior. It is well known that if someone meets these criteria, it may be an indication of cybersex behavior.

## 2.2. Self-Control

Self-control is a person's ability to choose between various options while considering size and outcome, as well as the resulting consequences [17]. According to Astuti [18], self-control is the ability of individuals to control their attitudes, behavior, thoughts, and actions so that they do not harm themselves or others. Based on the descriptions above, it is possible to conclude that self-control is a person's ability to manage, control, and direct his/her behavior so that he does not have negative consequences for himself or others.

There are several aspects of self-control according to Averril [19], including behavior control, namely the individual's readiness to carry out a behavioral response to a stimulus that is directly capable of influencing and modifying a situation; cognitive control (cognitive control), namely the individual's ability to process the desired information by interpreting, assessing, or by combining information into a cognitive framework; and decision control (decisional control) the ability to make decisions by considering the consequences.

## 3. Methods

The approach used in this study was quantitative. In this study, correlation analysis was used to determine the relationship between variables. The researchers used a simple correlation technique (Bivariate Correlation) to find the magnitude of the relationship between variables [20]. There were two variables used in this study, including variable X, namely self-control, and variable Y, namely cybersex.

### 3.1. Research Subjects and Samples

This study was conducted at the University of TK. The research subjects were students aged 18-21 years who were aware of and consumed sexual materials through digital media. In this study, non-probability sampling was used, specifically Snowballing Sampling - Quota Sampling. Based on the sampling technique used, this study determined 40 participants as the minimum sample limit. However, the larger the sample size, the more representative it will describe the population itself.

### 3.2. Research Instruments

#### 3.2.1. Self-Control Scale

This study employed a self-control scale construction based on Averill's [19] aspects of behavioral control, cognitive control, and decision control to assess self-control in adolescent students of the University of TK. The scale model used was a Likert scale with intervals of 1 to 4, yielding 30 valid items (>30) and a reliability level of .925 based on Cronbach's Alpha.

#### 3.2.2. Cybersex Scale

To assess the level of cybersex in adolescent students at the University of TK, this study employs the ISST scale, which was tested on students in Malang by Agustina [20]. This scale was based on Delmonico and Miller's four cybersex aspects, namely Online Sexual Compulsivity (OSC), Online Sexual Behavior-Social (OSB-S), Online Sexual Behavior-Isolated (OSB-I), Online Sexual Spending (OSP), and Interest in Online Sexual Behavior. The data used were dichotomous, with the answers "Yes" and "No". This scale has a valid item count of 25 (>30) and a reliability level of .857 based on the Kuder-Richardson Formula 20 (KR-20).

### 3.3. Data Analysis Techniques

This study employed descriptive analysis techniques to provide general descriptions of the sample data's behavior. This method examined the minimum, maximum, average, and standard deviation of each variable using data from the research sample. Meanwhile, the score interpretation for the categorization technique on self-control variables and cybersex was calculated using the mean and standard deviation.

The normality test was also used in this study to determine whether the research data comes from a population with a normal distribution. In this study, the Kolmogorov-Smirnov formula with a *p-value* was used to perform the normality test (two-tailed). This analysis decision was based on the assumption that the data is normally distributed if the KS calculation result is greater than .05. To test the hypothesis, this study employed a correlation testing technique with the Pearson product-moment correlation test and SPSS 25.

### 4. Results and Discussion

Respondents in this study were University of TK students who met the criteria of the research subject. This study employed a total of 60 students who were collected using the Snowballing Sampling-Quota Sampling technique.

TABLE 1: Normality Test Results.

Variable	P value	Notes	Conclusion
Self-control and Cybersex	.200	<i>P value</i> > .05	Normal Distribution

TABLE 2: Correlation Test Results.

Variable X	Variable Y	Sign.	Notes	R Count	Conclusion
Self-Control	Cybersex	.027	Sign. < .05	-.286	There is a relationship

Based on the results of testing assumptions and hypotheses, it is known that the data from this study are normally distributed. This is based on the results of the normality test, which showed a score of .200. When the score is greater than .05, the significance or *p-value* is greater than .05. The score for hypothesis testing is .27, which is less than .05 ( $p < .05$ ). Therefore, the study’s hypothesis (H1), that there is a relationship between self-control and cybersex variables, can be accepted. The correlation value of the r count in this study is -.286, indicating that there is a negative relationship between variables X and Y. As a result, as variable X increases, the variable Y decreases, and vice versa.

TABLE 3: Categorization of Research Respondents’ Self-Control.

Categorization	Categorization Limit	Frequency	Percentage
Low	$X < 60$	0	0%
Medium	$60 \leq X < 90$	43	71.7%
High	$90 \leq X$	17	28.3%

Self-control is defined as a person’s ability to manage, control, and direct his/her behavior in order to avoid negative consequences for himself or others. The researcher divided the self-control variables in this study into three categories: low, medium, and high. According to the study’s findings, respondents are in the medium category and tend to be high, with an empirical mean of 85.97. According to the study’s findings, the number of respondents in the medium category was 43, accounting for 71.7 percent of the total research sample. Furthermore, this study discovered that 17 respondents, or 28.3 percent of the total sample, fell into the high category. The tendency of adolescent students to have high self-control abilities cannot be separated from the influence of the academic environment they are in. According to Ghufron and Risnawati [11], two factors influence a person’s development of self-control. These factors are classified as internal factors or external factors. The campus environment plays a significant role in the development of student self-control abilities in this case. Students will encounter the complexities of reasoning, the diversity on campus, and the academic social context in the lecture setting. These conditions will encourage students to advance their self-development so that they can develop strong self-control abilities [21].

TABLE 4: Categorization of Research Respondents’ Cybersex.

Categorization	Categorization Limit	Frequency	Percentage
Low	$X < 8.33$	21	35%
Medium	$8.33 \leq X < 16.67$	34	56.7%
High	$16.67 \leq X$	5	8.3%

Cybersex is the behavior of consuming sexual content by a person or group with the intention of arousing sexual arousal by searching for sexual content using the advancement of internet technology. This study divides cybersex behavior into three levels: low, medium, and high. According to the findings of the study, there were 21 respondents, or 35% of the total sample, who had a low level of cybersex. The remaining 34 respondents, or 56% of the research sample, fell into the medium category. Then there are 5 respondents, or 8.3 percent of the research sample, who fall into the high category. According to the study’s findings, respondents are in the medium category and tend to be low, with an empirical mean of 10.62. Adolescent students are more likely than not to engage in cybersex behavior. Adolescence is characterized by the emergence of curiosity about sexual relations and opposite-sex body parts [22]. This curiosity then motivates students to use various methods to obtain what they desire, one of which is through the use of internet networks. With adolescent students’ ability

to access the internet, as well as the ease of accessing various sexual materials, the internet becomes a stimulus that immerses students in these sexual desires [23].

Several factors influence the level of cybersex behavior seen in adolescent students. External and internal factors influence the proclivity to engage in cybersex behavior, according to Young in the article by Rahmawati et al [24]. Education and social control, such as religion and society, are examples of external factors. One of the internal factors is the ability to control the individual. Previous research has found a link between a person's self-control ability and their cybersex behavior. Rennawati's [15] study found a negative relationship between self-control and cybersex, with a correlation score of  $-.173$ . Hani, Hartati, and Aiyuda [13] discovered a  $-.292$  negative relationship between self-control and cybersex variables. Andani, Alizamar, and Afdal [14] discovered a relationship between these variables in the same year, with a correlation value of  $-.173$ . This can explain the findings in the data of this study, where the level of self-control ability of the students at the University of TK, in general, is moderate and tends to be high, whereas the level of cybersex students at the University of TK is moderate and tends to be low. This suggests a negative relationship between the two variables, with a high value of student self-control followed by a low value of their cybersex. When a student's self-control score is low, cybersex behavior is likely to be high.

Self-control is a factor related to cybersex because someone with good self-control skills is able to control all behavioral control, cognitive abilities, and decision-making in order to avoid the emergence of abnormal behavior [11]. According to Young in the article by Rahmawati, et al. [24], self-control is an important aspect for individuals to control their emotions and behavior, as well as the impulses contained within them, in order for them to be accepted by community groups. Adolescent students' self-control abilities will be critical in decision-making to avoid harmful behavior. According to Logue [17], self-control is the ability to choose between options while taking into account their relative importance, potential effects (both positive and negative), and the outcomes of their behavior. Cybersex is a harmful behavior that someone engages in. According to Huwaidah et al.'s [9] research, the effects of cybersex include addiction to pornographic media and sleep disturbances as a result of staying up late to consume the media. Another acceptable side effect is anxiety if they are unable to cybersex. Furthermore, those who engage in cybersex are at risk of developing online sexual compulsions, or the inability to resist the temptation to engage in online sexual acts. Thus, it can be concluded that self-control ability will encourage adolescent students to avoid various harmful behaviors by controlling behavior, cognition, and decision-making.



Based on the presentation of the research findings and the subsequent discussion, it is possible to conclude that the level of self-control ability of students at the University of TK is generally in the moderate to high range. Meanwhile, cybersex, in general, is in the moderate category, which is typically low. This is supported by the findings of this study, which discovered a negative relationship between self-control abilities and cybersex in students at the University of TK, with the higher the self-control ability, the lower the cybersex in students at the University of TK. Thus, the level of cybersex behavior exhibited by adolescent students in the University of TK can be influenced by adolescent students' self-control abilities. However, other factors such as social context, parenting, and others may have an impact on the emergence of cybersex behavior, which will require additional research to determine. This research is required to enrich data on variables related to cybersex behavior, which will serve as the foundation for program interventions or counseling.

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