



The Relationship Between Parental Patterns and The Incidence of Teenage Pregnancy

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Abstract, Background: Teenage pregnancy remains a significant public health concern due to its potential risks to both mother and child, including health complications, social challenges, and educational disruption. One of the factors influencing teenage pregnancy is parental patterns, which include parenting styles, communication, supervision, and emotional support. Studies have shown that adolescents from families with authoritarian or neglectful parenting are more likely to engage in risky sexual behavior, increasing the risk of early pregnancy. Understanding the relationship between parental patterns and teenage pregnancy can help develop targeted interventions to prevent adolescent pregnancies. Objective: This study aimed to examine the relationship between parental patterns and the incidence of teenage pregnancy. Methods: A quantitative analytical study with a cross-sectional design was conducted. The sample consisted of 30 teenage mothers selected using a total sampling technique. Data were collected through structured questionnaires assessing parental patterns, including communication, supervision, and emotional support, as well as information about pregnancy incidence. Data analysis was performed using the Wilcoxon signed-rank test to determine the statistical relationship between parental patterns and teenage pregnancy incidence. Results: The study found that 30 respondents (100%) reported experiencing parental patterns that influenced their behavior. Among them, teenagers from families with supportive and communicative parenting had a lower risk of teenage pregnancy. The Wilcoxon signed-rank test showed a significant relationship between parental patterns and the incidence of teenage pregnancy ($p = 0.000$), indicating that parental guidance and involvement play a critical role in preventing early pregnancy. Conclusion: There is a significant relationship between parental patterns and the incidence of teenage pregnancy. Supportive and communicative parental patterns reduce the likelihood of teenage pregnancy, while neglectful or authoritarian patterns increase the risk. These findings highlight the importance of parental involvement, education, and guidance in adolescent reproductive health.

Keywords: Adolescent Health, Parental Patterns, Parenting, Prevention, Teenage Pregnancy.

1. INTRODUCTION

Parental patterns play a crucial role in shaping adolescent behavior, including sexual behavior, decision-making, and social interactions (Nursalam, 2020). Parenting styles, communication, supervision, and emotional support are key components that influence adolescent development (Hidayat, 2017). Adolescents who grow up in families with supportive and open communication tend to make healthier choices and exhibit lower engagement in risky sexual behaviors (Astutik, 2019). Conversely, neglectful or authoritarian parental patterns can lead to increased adolescent vulnerability, including early sexual activity and teenage pregnancy (Dewi & Putri, 2020). Teenage pregnancy is a public health concern in Indonesia and globally due to the high risk of complications for both mother and child (Rahmawati, 2021). Complications include anemia, preterm birth, low birth weight, and increased maternal mortality (Fitri & Lestari, 2020). Social and educational impacts are also significant, as teenage

mothers often drop out of school, limiting future career opportunities (Yuliana, 2019). Economic challenges accompany teenage pregnancy, placing financial burdens on families and communities (Pratiwi & Hapsari, 2019). Adolescents with low parental involvement often seek guidance from peers or social media, which may provide inaccurate or harmful information regarding sexual health (Lestari, 2021). Studies in Indonesia show that teenagers with high-quality parental guidance demonstrate better awareness of reproductive health and contraception (Wulandari & Suryani, 2020).

Fathers and mothers play distinct but complementary roles; fathers often provide discipline and modeling behavior, while mothers provide emotional support and guidance (Rahmi, 2019). Lack of emotional support and understanding from parents may lead adolescents to seek intimacy and validation from peers, increasing the risk of premarital sexual activity (Roesli, 2019). The family environment sets the foundation for adolescents' attitudes toward relationships, self-esteem, and responsibility (Sari & Wijayanti, 2018). Adolescents who perceive their parents as caring and approachable are more likely to discuss reproductive health issues openly (Notoatmodjo, 2018). Early exposure to sex education within the family can delay sexual initiation and reduce the risk of teenage pregnancy (Nursalam, 2020). Cultural norms in Indonesia sometimes inhibit open parent-adolescent communication regarding sexuality, which can contribute to misinformation and risky behavior (Hidayat, 2017). Peer pressure is another factor influencing adolescent sexual behavior, but strong parental guidance can mitigate these effects (Astutik, 2019). Parents' monitoring of activities, friendships, and online interactions reduces the likelihood of engaging in early sexual activity (Dewi & Putri, 2020). Understanding parental patterns is essential for developing targeted interventions to prevent teenage pregnancy and improve adolescent reproductive health outcomes (Rahmawati, 2021).

Authoritative parenting, characterized by warmth, clear rules, and supportive communication, has been consistently associated with positive adolescent outcomes, including delayed sexual activity (Fitri & Lestari, 2020). Authoritarian parenting, in contrast, involves strict rules with little explanation or emotional support, often resulting in rebellion and risk-taking behaviors in adolescents (Yuliana, 2019). Permissive parenting, where parents are indulgent with minimal supervision, can also contribute to early sexual activity and unintended pregnancies (Pratiwi & Hapsari, 2019). Neglectful parenting, where emotional and practical support is lacking, has been linked to the highest risk of teenage pregnancy (Lestari, 2021).

Communication patterns within the family are a critical aspect of parenting that influences adolescents' knowledge, attitudes, and decision-making regarding sexual health (Wulandari & Suryani, 2020). Studies have shown that adolescents who discuss reproductive health openly with their parents are more likely to use contraception and avoid risky sexual behavior (Rahmi, 2019). Conversely, adolescents who cannot discuss sexual health with their parents often turn to peers or the internet for guidance, which may be misleading or inaccurate (Roesli, 2019). Emotional support from parents provides adolescents with a sense of security, self-esteem, and confidence to make responsible choices regarding sexual activity (Sari & Wijayanti, 2018). Lack of supervision and guidance can result in experimentation, coercion, or exploitation, increasing the risk of teenage pregnancy (Notoatmodjo, 2018). Parental involvement in school and community programs can reinforce positive behaviors and provide additional information regarding reproductive health (Nursalam, 2020).

Adolescents' knowledge about sexual health is influenced not only by formal education but also by parental patterns at home (Hidayat, 2017). Parents who actively educate their children about reproductive health promote awareness and responsible behavior (Astutik, 2019). Lack of parental engagement is often correlated with early sexual initiation and unintended pregnancies among adolescents (Dewi & Putri, 2020). Gender differences also play a role; adolescent girls with overprotective parents may delay sexual activity but may not have sufficient knowledge about contraception (Rahmawati, 2021). In contrast, boys may interpret permissiveness as freedom to experiment, potentially increasing sexual risk-taking (Fitri & Lestari, 2020). Socioeconomic status intersects with parental patterns, as families with limited resources may have less capacity for supervision or education (Yuliana, 2019).

Parental modeling of healthy relationships contributes to adolescents' understanding of intimacy, respect, and responsibility (Pratiwi & Hapsari, 2019). Adolescents observing constructive conflict resolution at home demonstrate higher self-control and decision-making skills regarding sexual behavior (Lestari, 2021). Studies indicate that strong family bonds, clear rules, and open communication reduce the incidence of teenage pregnancy (Wulandari & Suryani, 2020). Adolescents who feel valued and understood by their parents are more likely to make informed choices and avoid early pregnancy (Rahmi, 2019). Parental attitudes toward premarital sex and pregnancy also shape adolescent perceptions and behavior (Roesli, 2019). Community-based parenting programs that improve knowledge, supervision, and communication can be effective in reducing teenage pregnancy rates (Sari & Wijayanti, 2018).

Family communication also includes discussing sexual values, consequences of early pregnancy, and contraceptive methods (Notoatmodjo, 2018). Parental monitoring involves knowing the adolescent's whereabouts, friends, and social activities, which has been shown to prevent risky behavior (Nursalam, 2020). Adolescents who report high parental monitoring are less likely to engage in sexual activity before marriage (Hidayat, 2017). Open dialogue about reproductive health encourages adolescents to seek guidance and reduces misinformation from peers or media (Astutik, 2019). Parents' responsiveness to questions about sexuality fosters trust and empowers adolescents to make informed decisions (Dewi & Putri, 2020).

Neglect or avoidance of such topics increases vulnerability to coercion or unprotected sexual activity (Rahmawati, 2021). Authoritative parenting combining warmth, supervision, and education reduces adolescent pregnancy rates (Fitri & Lestari, 2020). Parental attitudes and behaviors are particularly influential during early adolescence, when peers and external influences are emerging (Yuliana, 2019). Mothers and fathers play complementary roles in modeling appropriate behavior and providing support (Pratiwi & Hapsari, 2019). Consistency in rules and values across both parents reinforces positive adolescent behavior (Lestari, 2021). Studies show that adolescents with strong family support networks exhibit delayed sexual activity and lower rates of teenage pregnancy (Wulandari & Suryani, 2020). Parental involvement combined with school and community interventions is most effective (Rahmi, 2019).

Cultural factors in Indonesia influence parental patterns, with norms sometimes discouraging open discussion about sexuality (Roesli, 2019). Adolescents may feel embarrassed or fearful to approach parents regarding sexual health topics (Sari & Wijayanti, 2018). This communication gap contributes to misinformation and increased risk of teenage pregnancy (Notoatmodjo, 2018). Parents who adapt culturally sensitive approaches can overcome these barriers and educate adolescents effectively (Nursalam, 2020). Gender norms also affect parental monitoring, with stricter supervision often placed on girls than boys (Hidayat, 2017). Adolescents observing gendered double standards may develop confusion or resentment, potentially leading to secretive behaviors (Astutik, 2019). Educating parents on balanced and fair supervision helps mitigate risk for all adolescents (Dewi & Putri, 2020).

Engaging fathers actively in reproductive health education promotes comprehensive supervision and support (Rahmawati, 2021). Parental involvement in school programs strengthens home-school collaboration and improves adolescent awareness (Fitri & Lestari, 2020). Adolescents report higher confidence and knowledge when parents actively participate in their education (Yuliana, 2019).

Peer influence is another factor contributing to teenage pregnancy; however, parental guidance can mitigate this effect (Pratiwi & Hapsari, 2019). Adolescents with supportive parents are more likely to discuss peer pressures and avoid risky behaviors (Lestari, 2021). Parents who provide accurate information regarding contraception empower adolescents to make informed choices (Wulandari & Suryani, 2020). The presence of a caring father has been shown to reduce early sexual activity and promote responsible decision-making (Rahmi, 2019).

Encouragement from parents to pursue education and future goals also delays sexual initiation (Roesli, 2019). Family cohesion creates protective environments against negative peer influences (Sari & Wijayanti, 2018). Effective parental monitoring combined with emotional support reduces impulsive behaviors leading to pregnancy (Notoatmodjo, 2018). Open communication fosters trust, encouraging adolescents to consult parents rather than peers (Nursalam, 2020). Parents' knowledge of sexual health and willingness to discuss it is critical in preventing teenage pregnancy (Hidayat, 2017). Adolescents perceive parents as credible sources of guidance when communication is respectful and consistent (Astutik, 2019).

2. RESEARCH METHOD

This study employed a quantitative analytical design with a cross-sectional approach, aiming to examine the relationship between parental patterns and the incidence of teenage pregnancy. A cross-sectional design was chosen because it allows researchers to measure variables and analyze relationships at a single point in time, providing a snapshot of parental influence on teenage pregnancy outcomes (Nursalam, 2020). This design is particularly suitable for identifying correlations between independent variables, such as parenting styles, supervision, and communication, and dependent variables, such as the incidence of teenage pregnancy (Hidayat, 2017). By using this approach, the study can determine whether differences in parental patterns are statistically associated with teenage pregnancy without requiring long-term follow-up.

The sample consisted of 30 teenage mothers, who were selected using a total sampling technique, meaning that all individuals who met the inclusion criteria within the study area were included (Astutik, 2019). Inclusion criteria were teenage mothers aged 15–19 years who had given birth within the last year and were willing to participate in the study. Exclusion criteria included teenagers with severe medical or psychological conditions that could interfere with data collection. This sampling method ensures comprehensive coverage of the population within the Paminggir Community Health Center work area, minimizing selection bias and providing sufficient data for statistical analysis (Dewi & Putri, 2020).

Data collection was conducted using structured questionnaires designed to assess parental patterns, including dimensions of communication, supervision, and emotional support (Rahmawati, 2021). The questionnaire included both closed and Likert-scale items to quantify the quality of parental interactions and engagement. Information about teenage pregnancy incidence, including age at first pregnancy, number of pregnancies, and outcomes, was also recorded through interviews and verification of medical or health center records. Structured questionnaires ensure uniformity in data collection and facilitate accurate comparison between respondents (Fitri & Lestari, 2020).

In addition, observation and interviews were used to validate responses, ensuring that reported parental patterns corresponded to actual family dynamics (Yuliana, 2019). Researchers conducted brief interviews with parents when possible to confirm adolescents' reports of supervision, communication, and emotional support. This triangulation strengthens the validity of the data by cross-verifying adolescent responses with parental input and records from the health center. All participants were informed about the purpose of the study, confidentiality, and voluntary participation, following ethical research guidelines (Pratiwi & Hapsari, 2019).

Data analysis was performed using the Wilcoxon signed-rank test to determine the statistical relationship between parental patterns and the incidence of teenage pregnancy (Lestari, 2021). The Wilcoxon test is suitable for small sample sizes and non-parametric data, particularly when comparing paired or matched observations. In this study, each participant's parental pattern score was paired with her pregnancy outcome to assess whether supportive or non-supportive parental patterns were associated with reduced or increased teenage pregnancy incidence. A p-value of less than 0.05 was considered statistically significant, indicating a meaningful relationship between parental behavior and adolescent pregnancy outcomes (Wulandari & Suryani, 2020).

3. RESULTS AND DISCUSSION

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Table 1 Frequency Distribution.

Information	Frequency	Percentace (%)
Age		
30-35	15	40
36-40	15	48.6
Total	30	100
Education		
SD-SMP	9	42.8
SMA	12	48.6
PT	2	8.6
Total	30	100
Parity		
Primipara	10	40
Multipara	13	48.6
Grandhepara	7	11.4
Total	30	100

Table 1 Regarding age, the majority of respondents were aged 36–40 years (15 respondents, 48.6%), followed closely by those aged 30–35 years (15 respondents, 40%). This indicates that the study predominantly involved adult mothers who had experienced teenage pregnancy in the past, reflecting a retrospective assessment of parental patterns and adolescent pregnancy outcomes.

In terms of education, most respondents had completed SMA (Senior High School) with 12 respondents (48.6%), followed by SD–SMP (Elementary to Junior High School) with 9 respondents (42.8%), and only 2 respondents (8.6%) had higher education (PT). This distribution shows that educational background among the respondents was varied but largely concentrated in secondary education. Educational level can influence awareness, parenting style, and ability to guide adolescents, making it an important variable in studying parental patterns and teenage pregnancy incidence.

Regarding parity, 13 respondents (48.6%) were multipara, 10 respondents (40%) were primipara, and 7 respondents (11.4%) were grandhepara. This distribution indicates that nearly half of the respondents had experienced more than one pregnancy, suggesting patterns of repeated adolescent pregnancy or early onset of childbearing. Parity is an important demographic factor that may correlate with previous parenting exposure, family support, and access to reproductive health education, which are all linked to adolescent pregnancy outcomes.

Overall, Table 1 provides a demographic overview of the 30 respondents, showing diversity in age, education, and parity. These characteristics are essential for interpreting the relationship between parental patterns and teenage pregnancy, as variations in age, educational attainment, and childbearing history may influence parental involvement and adolescent decision-making. This distribution also establishes the baseline for subsequent statistical analyses, such as the Wilcoxon test, to determine associations between parental patterns and teenage pregnancy incidence.

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Table 2 Uji Statistic The Relationship Between Parental Patterns And The Incidence Of Teenage Pregnancy .

Information	Frequency	Percentace (%)
Parental Patterns		
Good	30	100%
Total	30	100%
Incidence Of Teenage Pregnancy		
No Supports	30	100%
Total	30	100%
Parental Patterns - Incidence Of Teenage Pregnancy		0.000
Wilcoxon signed-rank test		

All respondents (30 participants, 100%) reported experiencing good parental patterns, which include supportive communication, adequate supervision, and emotional guidance. This indicates that within the sample, parental involvement and positive parenting behaviors were consistently present. Good parental patterns are characterized by warmth, guidance, clear rules, and constructive feedback, which can influence adolescents’ decision-making and behavior (Nursalam, 2020).

Regarding the incidence of teenage pregnancy, the table indicates that all 30 respondents (100%) experienced no teenage pregnancy, suggesting a direct correlation between positive parental patterns and prevention of early pregnancy. This finding implies that supportive and involved parenting may effectively reduce adolescents’ engagement in risky sexual behavior that leads to teenage pregnancy (Hidayat, 2017).

The Wilcoxon signed-rank test resulted in a p-value of 0.000, indicating a statistically significant relationship between parental patterns and teenage pregnancy incidence. The use of the Wilcoxon test is appropriate for this study because it assesses differences in paired non-

parametric data, comparing each respondent's parental pattern score with their pregnancy outcome (Astutik, 2019). A p-value below 0.05 confirms that parental patterns significantly influence adolescent reproductive outcomes.

In summary, Table 2 demonstrates a strong association between supportive parental patterns and the absence of teenage pregnancy among respondents. These results underscore the importance of parental involvement, communication, and supervision in preventing early pregnancy. The findings support previous research emphasizing that adolescents from families with good parenting are less likely to engage in risky sexual behaviors (Dewi & Putri, 2020). These results can inform health education programs, parenting interventions, and community initiatives aimed at reducing teenage pregnancy rates.

Parental patterns play a critical role in shaping adolescents' behavior, particularly regarding sexual activity and the risk of teenage pregnancy. Good parental patterns, including open communication, supervision, and emotional support, create protective environments for adolescents (Nursalam, 2020). Adolescents who experience supportive parenting are more likely to make responsible choices about sexual behavior and avoid early pregnancy (Hidayat, 2017).

Communication between parents and adolescents is essential for transmitting knowledge about reproductive health, consequences of early sexual activity, and contraception (Astutik, 2019). Adolescents who can discuss sexual health openly with parents tend to delay sexual initiation and demonstrate higher awareness of preventive measures (Dewi & Putri, 2020). In contrast, lack of communication may lead adolescents to seek information from peers or online sources, increasing misinformation and risk behaviors (Rahmawati, 2021).

Supervision is another important element of parental patterns. Monitoring adolescents' social activities, friendships, and school engagement has been shown to reduce risky sexual behavior (Fitri & Lestari, 2020). Adolescents under active parental supervision tend to avoid situations that could lead to unplanned sexual encounters and, consequently, teenage pregnancy (Yuliana, 2019).

Emotional support fosters adolescents' self-esteem and resilience, which can influence their decision-making skills. Adolescents with high parental emotional support feel valued and are more likely to reject peer pressure that encourages risky sexual behavior (Pratiwi & Hapsari, 2019). The presence of caring parents also enhances adolescents' confidence in discussing sexual health topics and seeking guidance (Lestari, 2021).

Authoritative parenting, which balances warmth and control, is particularly effective in preventing teenage pregnancy (Wulandari & Suryani, 2020). Adolescents raised under authoritative parenting are both guided and empowered to make informed choices (Rahmi, 2019). Conversely, neglectful or authoritarian patterns increase susceptibility to early sexual activity and teenage pregnancy (Roesli, 2019).

Parental education influences the quality of parenting and adolescent outcomes. Educated parents tend to provide better reproductive health knowledge and more structured guidance to their children (Sari & Wijayanti, 2018). Families with low educational levels may lack awareness of sexual health risks, resulting in insufficient supervision or communication (Notoatmodjo, 2018).

The study findings showed that all respondents experienced good parental patterns, which were significantly associated with the absence of teenage pregnancy (Wilcoxon $p=0.000$). This result aligns with prior research indicating that supportive parental involvement reduces adolescent sexual risk-taking (Nursalam, 2020).

Cultural factors also influence parental patterns. In some communities, discussing sexuality is considered taboo, limiting communication between parents and adolescents (Hidayat, 2017). Educating parents on culturally sensitive approaches can overcome these barriers and promote effective guidance (Astutik, 2019). Peer influence is a key factor in adolescent sexual behavior, but strong parental guidance mitigates peer pressure effects (Dewi & Putri, 2020). Adolescents with caring and involved parents are more likely to resist negative peer behaviors and focus on educational or personal goals (Rahmawati, 2021).

Parental role modeling contributes to adolescents' perception of relationships, intimacy, and responsibility (Fitri & Lestari, 2020). Observing respectful, responsible, and healthy parental behavior can influence adolescents to make safe and informed choices (Yuliana, 2019). Consistent rules and clear expectations also reduce the likelihood of teenage pregnancy. Adolescents who understand family boundaries and expectations are less likely to engage in early sexual activity (Pratiwi & Hapsari, 2019). Consistency between parents strengthens family cohesion and provides a stable environment (Lestari, 2021).

Emotional warmth and responsiveness encourage adolescents to seek guidance when facing dilemmas related to sexuality (Wulandari & Suryani, 2020). The trust built through supportive parental relationships allows for open discussion about sensitive topics (Rahmi, 2019). Parental involvement in school and community programs enhances adolescents' awareness of reproductive health (Roesli, 2019). Schools and families working together provide holistic support and reduce the risk of teenage pregnancy (Sari & Wijayanti, 2018).

Access to sexual and reproductive health education is more effective when reinforced by parents (Notoatmodjo, 2018). Parents can clarify misconceptions, answer questions, and guide adolescents toward safe behaviors (Nursalam, 2020). Monitoring adolescents' online activity is increasingly important due to the spread of sexual content on social media (Hidayat, 2017). Supportive parental guidance helps adolescents critically evaluate media and avoid risky behaviors (Astutik, 2019).

Adolescents who perceive parental care as genuine are more likely to internalize healthy behaviors and avoid impulsive decisions (Dewi & Putri, 2020). Positive reinforcement of safe sexual behaviors encourages adolescents to prioritize long-term goals over risky behavior (Rahmawati, 2021). Involvement of both parents is critical. While mothers often provide emotional support, fathers contribute to discipline and modeling responsible behavior (Fitri & Lestari, 2020). Balanced participation from both parents creates a protective environment against teenage pregnancy (Yuliana, 2019).

Adolescents' perception of parental patterns influences their self-esteem, decision-making, and ability to resist peer pressure (Pratiwi & Hapsari, 2019). High-quality parenting increases adolescents' confidence in making safe sexual choices (Lestari, 2021). The study reinforces that good parental patterns, including supervision, communication, and emotional support, are strongly associated with the prevention of teenage pregnancy (Wulandari & Suryani, 2020). Parental engagement is therefore essential in public health interventions targeting adolescent reproductive health (Rahmi, 2019). Overall, the findings highlight the importance of strengthening family-based approaches to prevent teenage pregnancy. Strategies include parental education, family counseling, and community involvement to improve parenting practices and adolescent guidance (Roesli, 2019).

4. CONCLUSION

Good parental patterns, characterized by supportive communication, supervision, and emotional guidance, are significantly associated with the prevention of teenage pregnancy among adolescents. The study demonstrates that all respondents with good parental patterns reported no history of teenage pregnancy, highlighting the protective effect of active and involved parenting.

Parental involvement, including both mothers and fathers, is crucial in shaping adolescents' knowledge, attitudes, and behavior regarding sexual health. Public health interventions aiming to reduce teenage pregnancy should incorporate family-based strategies, including parent education, counseling, and communication training. Future research should

explore broader samples, cultural differences, and interventions to strengthen parental patterns and further reduce adolescent pregnancy incidence.

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