

UNIVERSITI TEKNOLOGI MARA

**THE MODERATING EFFECT OF
SELF-CONTROL IN THE
RELATIONSHIP BETWEEN
PARENTING PRACTICES AND THE
ABSTINENCE OF SEXUAL
ACTIVITY AMONG ADOLESCENTS**

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AUTHOR'S DECLARATION

I declare that the work in the thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and the results of my own work, unless otherwise indicated or acknowledged as a referenced work. The thesis has not been submitted to any other academic institutions or non-academic institutions for any degree qualifications.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

As the nation approaches the year 2020 and with real challenges of globalization, Malaysia needs to have a continuous supply of strong, competent and resilient human capital. These efforts are however impeded by various predicaments especially in the development of younger generations. One of the impediments is the act of delinquency especially pre-marital relationships among the adolescents which were statistically proven to devastate human values and competencies in many ways. This study aims to explore sexual abstinence as a means to help reduce the obstacles in producing sound human capital. This study was based on Information Motivation Behavioral Skills Theory and Attachment Theory. A cross sectional approach was adopted and a total of 338 respondents between the age of 18 and 19 were selected using a combination of stratified and convenient samplings. A printed questionnaire adapted from five different constructs was administered. Logistic regression analyses were performed to justify the relative contributions of three predictors namely; parental monitoring, communication and psychological control. The observed and predicted probabilities graph successfully predicted the value of 1 (sexual abstinence) as the representation of the characteristics of the study. Only *Blaming Attitude* dimension of the psychological control was found to be statistically significant. All three dimensions of the moderation (Self Control) were significant. A total of 76% of respondents were found to practice abstinence. The study has found gaps in both theories in which culture and belief system was found to be very important among Malay Muslim respondents. A novel contribution of this study to the body of knowledge is the significant nature of psychological control in maintaining sexual abstinence. The study sees that the government ought to re-emphasize the needs to implement all the initiatives highlighted under the National Family Policy earmarked to upgrade and strengthen parenting knowledge and skills.

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CHAPTER ONE

INTRODUCTION

The study intends to explore the relationship between parenting practices and the preference of abstinence in the engagement of sexual activity before marriage among adolescents. With the facilitation of the self-control as the moderator in this framework, the study believes it will strengthen the values of sexual abstinence among adolescents. To explain the concept, this chapter covers the background of the study, statement of problem, research questions, research objectives, scope of the study and also the significance of the study.

1.1 INTRODUCTION

Human talent is an important asset to the development of a nation. In this regard, society especially youths and adolescents play an important role in achieving the national objectives as to improve the country's conditions to become one of the developed nations by the year of 2020. The developmental agenda involving adolescents is found to be crucial in the effort towards producing sound human resources, which possessed strong identity, competent, skilful and have the strength for the continuation of this national vision in order to fulfil the needs as a progressive country (Abd Ghani, Mohd Kosnin and Abd. Aziz, 2014). It is necessary to develop a nation with substantial good morals and practices as it is proven to be essential in assisting a sustained development of the country (Nazri and Nasruddin, 2006). Ibrahim, Sarnon, Alavi, Mohamad, Akhir and Nen (2012) asserted that the characteristics and identity of young adult should be the priority of the country. Thus, with a conscious realization on the importance of this generation, the government through the implementation of the Tenth Malaysian plan has been allocating an exclusive budget to specifically focussing on creating the opportunities for younger generation development (Ministry of Foreign Affair, 2015). One of the key focuses of the government is to strengthen the values and to educate various good qualities as to ensure that the younger generation have substantial capabilities to take over the leadership and administration of the country.