



**RELATIONSHIP BETWEEN FAMILY FUNCTIONING, PARENTING  
BEHAVIOUR, SELF-EFFICACY, AND GENDER ON RISKY BEHAVIOUR  
AMONGST ADOLESCENTS IN KUALA LUMPUR, MALAYSIA**

By

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**Thesis Submitted to the School of Graduate Studies, Universiti Putra  
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Philosophy**

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## **BIODATA OF STUDENT**

Annita binti Mohd Hedzir is from Seremban, Negeri Sembilan. In 2007, she obtained her MSc. in Information Management from Universiti Teknologi Mara. Currently, she is undertaking Doctor of Philosophy (Family Ecology) program in Universiti Putra Malaysia. Since before her study in doctoral degree, she has been under the employed of the National Population and Family Development Board as Administrative Officer. Prior to that, she worked at Celcom (M) Berhad as Human Resource Officer. The experiences gained during her various employments have gained her experiences in managing projects and writing proposal papers for projects.

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Adolescence is the developmental period marked by a rise in risk-taking behaviours. The high rate of adolescents' involvement in risky behaviours in the past decades has created a vast amount of attention on the impact to their future. In Malaysia, the impact of risky behaviour has been alarming as evidenced by the media reports on baby dumping, unwanted pregnancies, drug addiction and juvenile delinquency. The increasing trend of adolescents' involvement in risky behaviour may be associated with social- and self-factors. The current study was conducted to investigate the relationship between family functioning, parenting behaviours, self-efficacy, and gender on risky behaviours amongst adolescents in Kuala Lumpur, Malaysia.

This quantitative study utilised a descriptive and correlational research design. Data were collected using self-administered questionnaires. A total of 411 adolescents aged 15 to 18 years were recruited as respondents. Six instruments were used namely the Family Perception Scale, the Parental Monitoring Scale, the General Self-Efficacy Scale, the Adolescent Alcohol and Drug Involvement Scale, the Adolescent Sexual Activity Index, and the Self-Reported Delinquent-Problem Behaviour Frequency Scale to measure the respective variables. Descriptive, bivariate, and multivariate statistics were used in analyses to address the specific objectives of the study.

The study found that 12.6% of adolescents reported engagement in substance use, 47.2% in risky sexual behaviour, and 52.1% in delinquency. The independent t-test analysis showed that the proportion of male adolescents who engaged in substance use was higher compared to female. There were no significant differences between male and female in risky sexual behaviour and delinquency.

Findings of this study showed that self-efficacy only moderated the relationship between parental monitoring and substance use, whereby the effect is strongest among adolescents with low self-efficacy, and weakest among adolescents with high self-efficacy. This suggested that there is low risky for adolescents to involve in substance use if the adolescent has higher level of self-efficacy. Meanwhile, gender only moderated the relationship between parental monitoring and risky sexual behaviour, whereby the effect is stronger among male adolescents compared to female adolescents. This suggested that male adolescents tend to involve more with risky sexual behaviour compared to female adolescents.

The present study conclude that family functioning (family cohesion, communication), parenting behaviour (parental monitoring and parental involvement), self-efficacy and gender influence risky behaviours (substance use, risky sexual behaviour and delinquency) amongst adolescents in Kuala Lumpur. The findings has implication for parents as well as individuals and professional working with adolescents. Parental monitoring was significantly correlated with substance use thus parents were suggested to provide appropriate monitoring to increase awareness that their involvement is crucial in reducing adolescents' substance use. They also need to be equipped with appropriate skills to establish high quality relationship with their adolescent children. The finding also call for intervention to provide adolescents with necessary skills to help them avoid being involved in risky behaviour.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia  
sebagai memenuhi keperluan untuk ijazah Doktor Falsafah

**HUBUNGAN ANTARA KEFUNGSIAN KELUARGA, TINGKAH LAKU  
KEIBUBAAPAN, KEBERKESANAN DIRI, GENDER, DAN TINGKAH  
LAKU BERISIKO DALAM KALANGAN REMAJA DI KUALA LUMPUR,  
MALAYSIA**

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Remaja adalah tempoh perkembangan yang sering dikaitkan dengan penglibatan dalam tingkah laku berisiko. Kadar penglibatan yang tinggi oleh remaja dalam tingkah laku berisiko sepanjang tempoh beberapa dekad yang lalu telah mencetuskan banyak perhatian terhadap kesan masa hadapan mereka. Di Malaysia, kesan tingkah laku berisiko amat membimbangkan dan telah dibuktikan melalui laporan media mengenai pembuangan bayi, kehamilan yang tidak diingini, penglibatan dengan dadah dan tingkah laku delinkuen. Peningkatan trend penglibatan remaja dalam tingkah laku berisiko mungkin dapat dikaitkan dengan faktor sosial dan diri. Oleh itu, kajian ini dijalankan untuk mengkaji hubungan antara kefungsi keluarga, tingkah laku keibubapaan, keberkesanan diri, dan jantina terhadap tingkah laku berisiko dalam kalangan remaja di Kuala Lumpur, Malaysia

Kajian ini bersifat kuantitatif dan menggunakan reka bentuk kajian deskriptif dan korelasi. Data dikumpul menggunakan kaedah soal selidik. Seramai 411 remaja berumur antara 15 hingga 18 tahun telah diambil sebagai responden. Data daripada soal selidik dianalisis menggunakan SPSS. Enam instrumen digunakan dalam kajian iaitu *Family Perception Scale*, *Parental Monitoring Scale*, *General Self-Efficacy Scale*, *the Adolescent Alcohol and Drug Involvement Scale*, *the Adolescent Sexual Activity Index*, dan *Self-Reported Delinquent-Problem Behaviour Frequency Scale*. Statistik deskriptif, bivariat dan multivariat telah digunakan untuk menganalisis data bagi menjawab objektif khusus kajian.

Kajian ini mendapati bahawa 12.6% daripada responden melaporkan penglibatan dalam penggunaan bahan, 47.2% terlibat dalam tingkah laku seksual berisiko, dan

52.1% terlibat dalam tingkah laku delinkuen. Ujian-t sampel bebas menunjukkan perkadaran remaja lelaki yang terlibat dalam penggunaan bahan adalah lebih tinggi berbanding perempuan. Namun, tidak terdapat perbezaan yang signifikan antara lelaki dan perempuan dalam tingkah laku seksual berisiko dan delinkuen.

Hasil kajian juga menunjukkan bahawa keberkesanan diri mempengaruhi hubungan antara pemantauan ibu bapa dan penggunaan bahan, di mana kesannya adalah yang tinggi dalam kalangan remaja dengan keberkesanan diri yang rendah, dan paling lemah dalam kalangan remaja dengan keberkesanan diri yang tinggi. Ini menunjukkan bahawa risiko terjebak dalam penggunaan bahan adalah rendah bagi remaja dengan tahap keberkesanan diri yang tinggi. Sementara itu, jantina pula hanya mempengaruhi hubungan antara pemantauan ibu bapa dan tingkah laku seksual berisiko, di mana pengaruhnya lebih kuat dalam kalangan remaja lelaki berbanding perempuan. Ini menunjukkan bahawa remaja lelaki lebih cenderung melibatkan diri dalam tingkah laku seksual berisiko berbanding remaja perempuan.

Kajian ini menyimpulkan bahawa kefungsi keluarga (perpaduan keluarga, komunikasi), tingkah laku keibubapaan (pemantauan ibu bapa dan penglibatan ibu bapa), keberkesanan diri dan jantina mempengaruhi tingkah laku berisiko dalam kalangan remaja di Kuala Lumpur. Penemuan kajian memberi implikasi kepada ibu bapa serta individu dan profesional yang mempunyai penglibatan dengan remaja. Ibu bapa disarankan untuk memantau anak remaja mereka bagi meningkatkan kesedaran bahawa penglibatan ibu bapa adalah penting dalam mengurangkan penglibatan remaja dalam tingkah laku berisiko. Di samping itu, ibu bapa juga perlu dilengkapi dengan kemahiran yang sesuai bagi membantu mewujudkan hubungan yang lebih berkualiti dengan anak-anak remaja. Penemuan kajian juga menyarankan remaja disediakan dengan kemahiran yang diperlukan bagi membantu mereka mengelakkan diri dari terlibat dalam tingkah laku berisiko.

## **CHAPTER 1**

### **INTRODUCTION**

This chapter presents the background of the study regarding risky behaviours amongst adolescents. It follows by the statement of problems presenting the issues and problems of the study. The chapter then continues with the general and specific objectives of the study, and the hypotheses of the study. The terminology definitions of each variable are discussed. Next is significance of the study, followed by discussion on the theoretical background and the conceptual framework of the current study. This chapter ends with the chapter summary.