

## **Self Regulation and Online Sexual Behavior Among University Students**

### **ABSTRACT**

The urge of information communication technology development stimulates university students with various sexual-oriented materials and can lead them into premarital relationship. Self regulation believed as one of the factors that help an individual to control themselves and plan action to avoid online sexual behaviour. Therefore, this research is meant to determine the level of self regulation and online sexual behaviour, the difference of self regulation and online sexual behaviour based on gender, and the relationship of self regulation and online sexual among university students. The sample involved was 882 students selected using simple random sampling. Data analyses was conducted using SPSS 25.0 software. Descriptive analyses show an average level of self regulation, while online sexual behaviour was found at low level. Inference analyses using t-test indicates differences between online sexual behaviour between male and female students, while no significant differences in self regulations based on gender. Pearson correlation analyses founded that; self regulation has a significance relationship with online sexual behaviour among university students. The results of this research give input to students and university to improve student self regulation and develop rules that can control online sexual behaviour.