

# Barrier to Parents-Adolescent Communication on Sexual and Reproductive Health to Prevent Premarital Sexual Behaviour: Meta-Ethnography

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**Background:** Adolescence is a crucial period that will be faced with several problems, one of which is sexuality, namely premarital sex which can affect teenage pregnancy, sexually transmitted infections, HIV and abortion[1]. Adolescents need information about their sexual health primarily from their parents. Previous studies have shown that some sexual problems in adolescents are caused by communication failures between parents and adolescents regarding condom use, puberty, SITs, physical development, etc. [2] Indonesia is one of the countries in Asia that considers it taboo to discuss sexual issues between parents and children[1]

**Aim:** This study aims to synthesize or describe barriers to parents-adolescents communication on sexual and reproductive health to prevent premarital sexual behavior.

**Method:** This study used meta-ethnography analysis on 6 qualitative articles between 2017 to 2021, Heading Sex Education "AND" Parent communication "AND" Qualitative. Critical appraisal is carried out using standard criteria and synthesized using the meta-ethnography method

**Results:** Of the six articles reviewed, three articles thought that parents-adolescent communication barriers about sex were caused by a lack of parental knowledge about sex education, two other articles think that the problem is due to the parents' lack of skills in effective communication and lack of access to training resources, other articles argue both parents and teenagers feel embarrassed to discuss this taboo issue.

**Conclusion:** This study evaluates the It is necessary to increase the knowledge and skills of parents who have teenagers regarding sex education and effective communication between parents and adolescents regarding sexual problems.

Keyword: *Sex education, Communication parents-adolescents, premarital sex, qualitative study*