

THE IMPORTANCE OF THE INTRODUCTION OF SEX EDUCATION IN THE PREVENTION OF SEXUAL ABUSE IN EARLY CHILDHOOD

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Abstract: *The phenomenon of sexual deviation is starting to be found around us. Therefore the need for prevention and protection of early childhood. One of them starts by providing sex education guidance to children. But there are still many parents who underestimate the importance of sex education being taught from an early age. The purpose of providing sex education is to provide adequate understanding of the process of physical, mental, and emotional maturity and reduce fear and anxiety related to sexual adjustment and development. This study used a qualitative method with a literature study approach. The resulting data analysis is in the form of primary data from a book entitled "Sexuality Education for Children" by Veronika Kusuma, S. Kep., and secondary data from analysis of various journals and supporting documents related to sexual education and the prevention of sexual abuse. The author's reason for taking this book as the basis for primary data is that this book combines three basic sciences at once, namely religion, parenting, and health. Which will be discussed in the discussion in this article. Based on the results of this study, it shows that the importance of introducing sex education is very influential in growing children's characters for the better.*

Keywords: *Early childhood, Sex education, Prevention of sexual abuse*

Introduction

The increasing phenomenon of sexual deviance has occurred in various corners of the country, especially Indonesia. One of them is cases of sexual abuse that occur in early childhood. Citing data presented in the Women and Children Protection Online Information System, in 2021 there were 8,730 cases that occurred. Until 2022, there are 797 victims of sexual violence that still occur (Fauzia, 2022). In this number, girls are the most victims of sexual abuse and violence, while boys are victims of crime. Then recently shocked by the story of a 12-year-old child who was 8 months pregnant in Langkat Regency, North Sumatra who is suspected of being a victim of sexual violence by his own older siblings. This news initially went viral through a video upload on @mommychutela account on TikTok social media (Rosa, 2023). Even though in Law Number 35 of 2014 it has been stated about changes to Law Number 23 of 2002 concerning child protection, children are Indonesian citizens who are not yet 18 (eighteen) years old, including children who are still in the womb.

From the data above, the high number of sexual violence cases shows that there is a low knowledge and understanding of sex education from an early age. Where our society still has the idea that providing sex education from an early age is a taboo. Sex education is very important to be taught from an early age. Moreover, parents as the people most closely related and distant

with children. However, when children ask about sex education to parents, they assume the child is still young and not old enough to know more about sex education. Parents feel embarrassed to talk about sex. Even though the role of parents is very influential for the growth and development of children's thinking in providing sex education. As explained in the book "Sexuality Education for Children" by Veronika Kusuma, S. Kep., which combines three basic sciences in one book, namely religion, parenting and health.

In terms of religion, it teaches children to always accept and love themselves regardless of the circumstances, then teaches ethics how to behave well and maintain the nature that has existed since birth in accordance with Islamic religious rules. In this aspect of parenting, the role of parents is needed when teaching children about sexual education. Such as giving explanations that are very simple and understandable to the child. This is conveyed when the child has begun to ask what sex is and so on. And in terms of health, teaching children the positive and negative impacts in this sex education material. Such as explaining how to maintain health in the genitals and surrounding areas. If something unwanted happens make sure parents wait for the right time to talk about it because, things like this are very sensitive to the process of development and growth in children.

Elly Risman from Kuta and Buah Hati Foundation revealed that when children do not get the right answer, children will access sexual information through adult magazines, television, cellphones, social media, etc. (Listiyana, 2010). This information is presented in such a way that the sex act is perceived as vulgar, pleasurable and reasonable. Such as scenes that are not worth watching minors. So that the child will record the results of accessing the information. This then forms a perception of sexuality that he carries into adulthood.

The purpose of sex education is not to arouse curiosity and desire to try sexual relations between minors, but to provide provisions for the younger generation to know the discourse of sexuality and the consequences if this is done regardless of religious beliefs, established legal rules, applicable norms, psychic, and financial readiness of a person (Chairilisyah & Daviq, 2019) The provision of sex education can be started by introducing body parts, then continuing to the penis (on the male body) and vagina (on the female body) not only serves as a way out of the residue produced by the body but also serves as the main tool and the reproductive process that will produce the next generation of the nation and state (Alucyana, 2018)

The material in sex education is intended so that children know and understand all parts of their bodies, the body of the opposite sex in detail and can prevent children from perpetrators of sexual abuse and other sexual deviant behaviors (Alucyana et al., 2020) From the information above, the provision of sex education really needs to be taught from an early age. Because sex education has a very important influence on the child's growth and development process such as developing self-esteem, positive self-acceptance, self-confidence, and being able to have a healthy personality. In the delivery of this sex education material, there needs to be appropriate guidance so that children can behave appropriately and in accordance with the child's age development.

Method

In this research, the author uses qualitative methods that are descriptive with a literature study research approach. Literature studies are carried out by collecting literature data, reading, understanding, recording, then processing research materials (Zed, 2014). In contrast to Purwono, he argues that literature review is the result of efforts made by researchers to obtain information related to the problem or topic being researched (Widiarsa, 2019).

The primary data produced by the researcher is a book entitled "Sexuality Education for Children" by Veronika Kusuma, S. Kep. While secondary data is obtained through supporting files of primary data sources such as journals, and documents related to early childhood sex education materials. In this literature study research, there are steps that include: sorting out the selection of keywords that are in accordance with the topic to be discussed, searching for primary and secondary data, collecting data sources, reevaluating the data that has been collected to really suit the problems we want, searching for conceptual knowledge, and finally preparing reports (Sari, 2020).

In this study, the author took documentation techniques to collect and explore data from sources related to problems in this study. In addition, the reason the author uses this literature study method is to raise topics that have been done by previous researchers so as to help expand knowledge and deepen understanding of pre-existing topics

Result and Discussion

Understanding early childhood

When children are 3-5 years old, at this age children begin to catch recordings through stimuli received by the surrounding (Soesilo, 2021). It is at this age that the character and personality of the child begin to be determined. Uniquely, each child has personality traits that are different from each other. At this time, children are also referred to as the golden age, which is a time when children's intelligence develops rapidly and can absorb a lot of information from around. At this time, the ability to think possessed by children is the ability to be concrete and fantasize. This is the earliest stage to arrive at the next stage, namely the ability to think abstractly. Understanding abstract thinking is the child's ability to think and solve things without real objects. Stimulus to children can be provided through education specifically designed to help children to develop. Early Childhood Education (PAUD) is an early stage education given to children before taking to a further level (Fitriyani & Rohyana, 2018). With the provision of appropriate and optimal stimulation, the potential and intelligence in children will grow and develop according to expectations and have mental readiness and think to follow further stages of education.

Sex education

In Law number 2 of 1998 explains the National Education System Chapter I Article I, namely: "Education is a conscious effort made to prepare students through guidance, teaching and / or training activities so that these students play a role in their future lives". Meanwhile, according to KBBI, the meaning of education is a series of activities to change the actions and behavior of a person or group of people in mobilizing energy and thoughts with the intention of maturing a person or group through teaching and training efforts. While the definition of sex in the Big Dictionary Indonesian is gender, all things related to genitals. This gender is the biological differentiator between men and women. This gender is also called sexuality. In contrast to Freud who is famous for the theory of psychoanalysis from Freud states that the notion of sex has a very broad meaning. Not only about intimate relationships in adulthood, but all activities related to urges or desires from the subconscious. Such as eating, drinking, breastfeeding, and urinating activities. The sexual urges in question already present in childhood are classified into oral, anal, and genital phases (Kwirisnus, 2022). In this phase that will affect the process of forming one's character in assessing and responding to sexual things that happen to someone. Most experts would agree that sex roles involve biological, cognitive, and socialization processes, all of which go together in a child's growth.

From the above understanding, it can be concluded that sex education is education that is closely related to efforts to convey information and form attitudes related to sex or gender, gender identity, sex relations and more intimacy to understand parts of the body (Kurnia & Tjandra, 2013). In fact, the meaning of sex education is very broad. Not only revolves around the issue of sex and sexual relations, but in sex education there are several sciences about early human development such as the delivery of human anatomy, physiology mainly includes material on the function of reproductive organs, and anthropology in which there is material on relationships between humans in developing personal and intrapersonal abilities, sexual health, sexual personality, cultural customs, and belief in the One and Only (Kusuma, 2021).

The purpose of introducing sex education in early childhood according to Piet Go is threefold, namely children can develop their knowledge about sexuality knowledge, then children can accept differences, and have full responsibility for all parts of their body against the influences and dangers of the surrounding environment (Kwirisnus, 2022). The initial stage of introducing sex in children can be started from introducing parts of anatomy on the body (Jatmiko et al., 2015). This provision of sex education can be given when children start asking questions about sex (why are there so many differences between boys and girls?). This indicates that the child can think to that stage. As a good parent, there is no need to feel anxious and worried about the questions asked by children.

Give answers that are easy for children to understand according to their thinking ability. For example, girls have long hair, and boys have short hair. Women wear veils and men wear kopyah, Then begin to introduce deeper information about the anatomy of the body, namely the introduction of the reproductive system. When introducing this section, parents should mention it by real name, such as genitals in men called penises and genitals in women called vaginas (Nugraha & Wibisono, 2016)

After the introduction of sex education regarding the entire anatomy of the body is completed, it is continued with the introduction of basic principles in efficient and important sex education taught to children (Kusuma, 2021) The explanation is as follows:

1. Instilling shy character

In this case, the cultivation of shyness should begin to be taught early. Like when children want to change clothes after swimming or outdoor activities, invite children to change clothes in the bathroom or in closed places.

2. Instilling the soul of masculinity for boys and the spirit of femininity for girls

Instilling this difference is not aimed at leaving each other aside but rather instilling as has been created in such a way by Allah SWT. In this distinction, Islam has long taught about how to dress according to gender. The goal is to remain firm in maintaining the nature that has existed since birth.

3. Start separating children's beds..

According to Dr. Abdullah Nashih Ulwan, At the age of 7-10 years is the first stage called the Tamyiz period. The period when children begin to think about themselves is also outside of themselves which means, children's development begins rapidly and can explore the outside world. At this time, children begin to be taught to ask permission to see something (Nizar & Eliza, 2021)

4. Introduce time when visiting

When you want to visit an adult's room or room, especially parents, there are three times that children must know. That is before the dawn prayer, noon, and after the Isha prayer. The goal is to teach children to behave and have good ethics.

5. Start teaching to keep the genitals
Then teach children to start maintaining and caring for the genitals to stay clean, healthy and avoid bad bacteria. Children must also be taught the types of feces in language that is easy to understand. So that an independent, polite, and cautious attitude is formed and can master oneself and love cleanliness.
6. Introducing the Mahram
In Islamic law it is stipulated that not all women can be married. So, there are rules that must be obeyed. Introducing mahram is also very important to do from an early age so that children are able to take care of what must be maintained. Sometimes in this case, there are still many who underestimate the relationship between uncles and daughters, joking excessively. Things like this will have an impact on cases of sexual deviance.

The provision of sex education is not only delivered by parents but can be delivered in schools. However, there are pros and cons if sex education is implemented in one of the curriculum content.

Sexual Abuse

The term obscenity comes from the word obscene which according to KBBI is vile and dirty, indecent (violating decency, decency). Obscenity or also called sexual abuse can include many things that are not in harmony, from touching the victim sexually, forcing the victim to touch the perpetrator sexually, to forcing the victim to see sexual organs or sexual activities (Haryono et al., 2018). The prevalence and nature of sexual harassment will always vary depending on the social organization. This variation, however, can be attributed to the inaccuracies commonly associated with crime reporting. There are 2 kinds of sexual abuse (1) physical contact; and (2) non-physical contact (Ritonga & Munisa, 2022).

Perpetrators of sexual abuse are called pedophiles. People who have this kind of psychological disorder only have sexual attraction to minors. In order to realize their wishes, they try to persuade and seduce victims by giving affection to victims through affection, giving food, petting, hugging to kissing. Many of the effects of sexual abuse in the future not only damage the victim's physique, but also have an impact on psychic, health, social. Child sexual abuse is an activity that many people do not want to see and has various motives to influence children. In this case, girls are more dominant victims than boys in general.a.

Most children know their abusers. While not all children are affected directly or even later in life, many children's mental health is harmed in a variety of ways including depression, PTSD, anxiety, low self-esteem and self-harm, inappropriate sexual behavior, and conduct disorders. The danger can extend into adulthood. A late-published empirical study on child sexual abuse disclosure shows that a high percentage of child victims of sexual abuse who report their abuse to authorities delay their disclosure of abuse, and that a significant number of children do not disclose abuse at all times.li.

The delay between the initial occurrence and the subsequent disclosure of the abuse varies, depending on a number of factors such as the age of the victim at the time of the incident, the relationship between the abuser and the abused offender, the sex of the abused, the severity of the abuse, the developmental and cognitive variables associated with the abused, and the possible consequences of the disclosure. As a result, child sexual abuse was significantly underreported. When victims report that they were abused, they often do so years after the abuse appeared. Retrospective study of childhood adult sexual abuse underscores delay in disclosure.

Prevention of Abuse

Based on the results of the above understanding, the provision of sex education is very important from an early age. The task of parents and educators is to keep children from deviating from noble morals (Nizar & Eliza, 2021). Dr. Boyke mentioned that in addition to teaching the main principles of sex education, children are also taught about underwear/pants rules (Nugraha & Wibisono, 2016), namely emphasizing children not to touch any other person's area in public or elsewhere.

Can touch the origin of the closest person and the same gender as mother and daughter, father and son. Even if someone else touches or examines like a doctor, it is understandable because the purpose is clearly to treat. The explanation of the body rules (pants rules) is below, including:

- P: Privates are private
- A: Always remember your body belong to you
- N: No means no
- T: Talk about secret that upset you
- S: Speak up someone can help

Many inter-agency efforts were expended in the investigation and verification of allegations of victims of abuse. The Indonesian Child Protection Commission (KPAI) is required to provide treatment, with evidence showing good psychotherapeutic effects overall including TF-CBT (Trauma-focused cognitive behavioral therapy) both in groups and individuals.

Conclusion

Based on the results of the discussion above, researchers can conclude that the purpose of sex education is not to arouse curiosity and desire to try sexual relations between minors, but to provide provisions for the younger generation to know the discourse of sexuality and the consequences if this is done without regard to religious beliefs, the rule of law that has been set, procedures for applicable norms, psychic, and financial readiness of a person.

The provision of sex education can be started by introducing body parts, then continuing to the penis (on the male body) and vagina (on the female body) not only serves as a way out of residues produced by the body but, also serves as the main tool in the reproductive process that will produce the next generation of the nation and state. Material in sex education is intended so that children know and understand all parts of their bodies, the body of the opposite sex in detail and can prevent children from perpetrators of sexual abuse and other sexual deviant behaviors. From the information above, the provision of sex education really needs to be taught from an early age.

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