

ISLAMIC SEX EDUCATION IN THE FAMILY AS AN EFFORT TO STRENGTHEN FAMILY CHARACTER AND RESILIENCE

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Abstract: Education is not limited by the subject matter to be studied. Islam itself has no boundaries in its study. Even taboo subjects are discussed openly in Islam, preventing misunderstandings in their application. One of the most important topics in Islamic discussions is the family. The family is the spearhead of the movement of the nation, state, and even religion. It is from here that national figures are born, and a good family structure will impact the sustainability of a nation and its religion. One very important topic in this family is sex education, because if they have good knowledge about this, they will also be good to those around them. This research will discover how character development actually occurs within the family, especially the role of parents in providing sex education to their children, thus creating family resilience. The research uses a library study method, namely searching for and reviewing several studies that have been conducted and published in various journals that can be accounted for. In this study, all the journals the researchers found showed that sex education conducted at home is highly effective in improving family resilience in this era of globalization. Sexual information received at home is easier for children to understand than information received on social media or through peer groups.

Keywords: Sex Education, Islamic Family, Character

Introduction

In the context of Indonesian education, Islamic sex education is an integral part of efforts to strengthen family character and resilience. Sex education within the family environment serves not only to convey information about reproduction and sexual health, but also as a means of character development aligned with Islamic values. This includes an understanding of morals, ethics, and responsibility, which must be instilled in children from an early age (Herlina et al., 2020; Panggabean, 2017). In an environment where sex education is often considered taboo, many Indonesian parents hesitate to convey this information to their children, which can lead to ignorance and undesirable behaviors during adolescence (Amaliyah and Nuqul, 2017).

In the city of Medan, a similar phenomenon is evident, with low levels of parental understanding of proper sex education. Research shows that parents often do not know the appropriate way to provide sex education based on Islamic values to their children (Zahraa and Yuadi, 2022; Meilani et al., 2014). Several studies have shown that children still predominantly obtain information about sexual matters not from their parents, but from friends and online (Pasaribu, 2023).

As a result, children can be exposed to inaccurate information from other sources, including social media, which does not always align with Islamic values. This underscores the

need for a holistic and comprehensive sex education model that can educate parents and children about the importance of sex education and the boundaries that exist within a religious context (Purwiyanti, 2022; Hakim, 2017).

Furthermore, appropriate sex education within the family has the potential to prevent sexual violence against children. Studies show that children who receive sex education from an early age tend to have a better understanding of body care and recognize boundaries in their social relationships (Situmorang, 2020). By providing adequate sex education, it is hoped that children will be able to protect themselves from existing threats and develop strong character in facing life's challenges, thereby strengthening overall family resilience and ultimately leading Indonesia to achieve its golden generation in 2045 (Pasaribu et al., 2024).

To realize this goal, collaboration between parents, schools, and the community is needed to develop a sex education curriculum that is not only informative but also based on Islamic values. Character education delivered through sex education in accordance with Islamic teachings is expected to shape children's positive personalities while maintaining the integrity of family values (Herlina et al., 2020; Setyanti et al., 2022). Through this approach, sex education is expected to become a strategic effort to strengthen the character and resilience of families in Indonesia, particularly in the city of Medan.

Literature Review

a. Islamic Sex Education

The concept of Islamic sex education is an approach that combines sexual understanding with the principles of Islamic teachings. This education is essential for equipping children and adolescents with knowledge useful for understanding self-identity, maintaining health, and responding to issues related to interpersonal relationships. Based on a study conducted by Irsyad, sex education in accordance with Islamic teachings includes an understanding of sexual functions and organs, as well as providing guidance on how to respond to signs of sexual violence (Irsyad, 2019). This demonstrates the importance of correct and targeted sex education in helping children avoid negative behaviors.

Providing sex education for children is not only intended to provide information; for Islam, this education seeks to instill moral and ethical values in accordance with the teachings of the Quran and Hadith (Raniyah & Nasution, 2024).

b. Understanding Family Resilience

Furthermore, research by Oktarina and Suryadilaga explains the need for sex education taught by parents and teachers as a proper preparation for children to prevent sexual abuse, by prioritizing the teachings of the Prophet's hadith (Oktarina & Suryadilaga, 2020). This aligns with the view of Adyani and Susiloningtyas, who state that parents must have the courage to discuss sexual topics openly and realistically, so that children are not only protected but also have the knowledge necessary to protect themselves (Adyani & Susiloningtyas, 2022). In other words, communication between parents and children about sexuality must begin early and be conducted with sensitivity appropriate to the child's age.

Sex education in Islam also serves to shape students' religious character. According to Faqihuddin and Romadhon, sex education implemented in schools aims not only to provide mechanical knowledge about sexuality but also to teach the moral and ethical values that a

Muslim should uphold (Faqihuddin & Romadhon, 2023). Applying the principles of sexuality from an Islamic perspective is crucial for protecting the younger generation from behavior inconsistent with religious teachings and encouraging them to avoid negative behavior and behave in accordance with religious norms (Junita, 2023).

Furthermore, in the context of child sexual violence, Fahria and Said emphasize the importance of introducing sex education at an early age as a preventative measure to avoid the risk of sexual violence. This educational knowledge should be accompanied by teaching about privacy boundaries and how children can protect themselves from threats (Fahria & Said, 2020). This emphasis on prevention through education is crucial for creating a safe environment for children to grow up.

The role of parents in sex education cannot be overlooked. According to research by Besan et al., parents have the primary responsibility for providing appropriate and sound sex education to their children, given that they are their children's first role models and sources of information (Besan et al., 2022). Effective communication between children and parents regarding sexuality will further strengthen children's understanding (Kusmianigtyas et al., 2022). However, challenges arise when parents consider sex education taboo; therefore, training and education are needed for parents to properly support their children (Hasiana, 2020).

Marriage is not just about liking and love, but also about the responsibilities that parents will carry out later in life. Therefore, marriage must have appropriate regulations from the government and religion, preventing cases of child marriage at an early age, and even providing the necessary skills for a successful marriage (Pinem et al., 2021).

Therefore, Islamic sex education focuses not only on biological aspects but also on building character, morals, and integrity as part of the educational process. Integrating religious teachings with comprehensive sex education can equip the younger generation with the appropriate knowledge and attitudes to face challenges related to sexuality (Nila et al., 2022; Istikomah, 2020). It is crucial for society to understand the urgency and importance of Islamic sex education to create a psychologically and spiritually healthy generation.

Character education and family resilience are two crucial elements in shaping a quality generation. Character education, which refers to systematic efforts to shape an individual's moral and ethical qualities, is highly dependent on the family environment. In the context of our country, collaboration between families, schools, and the community is crucial to increasing the effectiveness of character education.

Method

This research employed a literature review methodology, which involved systematically collecting, analyzing, and summarizing relevant literature to answer the research questions or to understand the phenomenon of sex education in character building and family resilience.

One common approach to this literature review methodology is the Systematic Literature Review (SLR). Researchers employed a three-stage approach: planning, implementation, and reporting, with each step having a standard procedure for determining the accuracy and relevance of included articles (Rushiana et al., 2023). SLR emphasized a systematic search using reliable applications such as Publish and Purrish, Google Scholar, Garuda, and Scopus, where researchers reviewed relevant articles. Afterward, researchers conducted a critical evaluation of the existing literature to answer the research questions in a structured and transparent manner

(Gökçınar & Dere, 2024). To generate accurate and reliable data, researchers conduct studies by screening relevant studies based on high-quality peer-reviewed articles (Gregorio, 2022). This allows researchers to identify patterns and trends within the literature within the context of the topic being researched (Kuřak et al., 2019).

On the other hand, literature review methods can also involve a more flexible narrative review, where researchers are not bound by strict standardization steps (Basyir et al., 2020). While this allows researchers freedom, this approach can be subjective and does not always achieve the same depth of analysis as a SLR. Several studies have shown that it is important for researchers to develop a critical synthesis within their narrative to assess existing studies (Wolfswinkel et al., 2013). Within this framework, researchers are expected to conduct an in-depth analysis and synthesis of related literature in relation to the research question at hand (Pramudyo & Irawati, 2020).

Throughout the literature review process, researchers not only collect and present information from existing sources but also analyze, refine, and synthesize that information into a cohesive and accountable view. This task involves a deep understanding of the context and key issues within the research subject, ensuring that all relevant factors are carefully considered in the interpretation and final conclusions (Darmiany et al., 2019; Gentles et al., 2016).

Result and Discussion

a. The Importance of Sex Education

In the context of Islamic sex education, it is crucial to recognize the role of the family in strengthening its resilience. Sex education based on religious values can help build a strong moral foundation for children, which in turn enhances family resilience. Bakhtiar and Nurhayati emphasized in their study that sex education for children should be based on the Prophet's teachings as outlined in the hadith, as a source of relevant information consistent with Islamic values (Bakhtiar & Nurhayati, 2020).

Furthermore, sex education grounded in Islamic values can encourage children to live a healthy and harmonious family life. An article by Ifadah and Fatmawati states that Islamic character education must begin at home, where the family serves as the initial norm-former, educating children on manners and attitudes (Ifadah & Fatmawati, 2023). Most importantly, effective education within the family environment not only helps children avoid various social problems but also strengthens bonds between family members (Tawakal et al., 2021).

Families have the primary responsibility for providing appropriate sex education, which includes information on social norms, boundaries for healthy sexual behavior, and knowledge about proper reproduction (Darmiany et al., 2019). This is recognized by researchers who point out that parents should be the primary source of information for children regarding sex education. In this context, the role of parents is crucial in educating the younger generation to understand and respect religious norms regarding sexuality, thereby preventing undesirable behaviors and supporting family resilience (Pertiwi et al., 2022).

Family resilience should be understood as a family's ability to overcome any challenges that arise, including mental health and social issues influenced by a lack of adequate sex education (Ramadhana, 2020). Research conducted by Hidayat emphasizes the crucial role of parents in children's education, as they are the first to provide moral and spiritual guidance, which is an integral part of healthy sex education (Hidayat, 2021).

By utilizing a religious perspective, families can contribute to strengthening the principles of resilience through holistic sex education. This education not only teaches the technical aspects of reproduction but also builds character values in accordance with Islamic jurisprudence and good morality, thus producing prosperous and resilient families (Salam & Hasan, 2023; Novitasari, 2021).

Thus, Islamic sex education in the context of family resilience is not merely a transfer of knowledge about reproduction, but also a process of integrating moral and ethical values that can empower families to confront modern challenges. This is crucial in creating a generation that not only understands norms but is also able to apply them in their daily lives.

Families facing chronic health problems tend to have greater resilience if they are equipped with good support from their surroundings and have insurance for treatment. Research by Dong et al., 2021 indicates that access to these resources is positively correlated with family resilience, suggesting that external support and financial protection can mitigate the negative impact of stress caused by health problems (Dong et al., 2021).

In a socio-cultural context, research by Puspitawati et al., 2019, emphasizes that family resilience depends on interactions with the community. Families that actively participate in the community are more resilient because they can utilize available social support (Puspitawati et al., 2019). Family resilience functions not only internally but also through relationships built with the surrounding community.

During the COVID-19 pandemic, family resilience is increasingly being tested. Yudianto (2022) revealed that in the context of the pandemic, family resilience plays a vital role, which can be measured based on several components, including family legality and integrity (Iyoega et al., 2022). This suggests that structural and functional components within the family can be indicators of resilience.

Overall, family resilience reflects a family's ability to adapt, overcome challenges, and support each other in difficult situations. By understanding and strengthening the factors that contribute to this resilience, families can be better prepared to face future challenges (Muarifuddin et al., 2022; Cho, 2014).

The concept of Islamic sex education is an approach that combines Islamic teachings with knowledge about sexuality, including its biological, psychological, social, and moral aspects. This encompasses education aimed at teaching individuals, particularly children and adolescents, about their rights, responsibilities, and values related to sexuality in accordance with Islamic law. According to Suprima, sex education in Islam aims to prevent the risks and dangers associated with sexual relations outside of marriage through comprehensive reproductive education (Suprima, 2022).

Conclusion

The current problems facing the nation and state are extremely complex. Rampant corruption, high levels of sexual freedom, and rampant divorce rates have caused numerous problems in our country. These problems also impact families. Family education is essential for character formation, and the dominant focus in this regard is character education in accordance with Islamic values, reflected in daily life. One way to shape this national character is through Islamic sex education, which can shape a society that aligns with the nation's character and avoids all forms of promiscuity.

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