

The Effect of Sex Education Counseling on Knowledge in Preventing Sexual Violence in Pre Adolescent Children at MI Baitul Mukmin

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ABSTRAK

Indonesia saat ini sedang mengalami darurat kekerasan seksual dengan target pelaku sebagian besar adalah anak di bawah umur. Salah satu faktor penyebab terjadinya kasus tersebut adalah kurangnya pengetahuan anak terkait pendidikan seks. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh penyuluhan pendidikan seks terhadap pengetahuan dalam mencegah kekerasan seksual. Penelitian ini merupakan penelitian kuantitatif dengan desain pra-eksperimental dengan rancangan one group pretest-posttest design. Sampel penelitian sebanyak 47 responden dengan teknik total sampling. Teknik analisis data menggunakan uji Wilcoxon. Hasil penelitian menunjukkan bahwa pengetahuan anak sebelum penyuluhan didapatkan sebagian besar berada pada kategori kurang baik sebanyak 25 anak (53,2%). Sedangkan setelah penyuluhan didapatkan hasil pada kategori baik sebanyak 40 anak (85,1%). Berdasarkan hasil uji Wilcoxon diperoleh nilai $p = 0,000$ ($p \text{ value} < 0,05$) artinya terdapat pengaruh yang signifikan antara pretest dan posttest setelah dilakukan penyuluhan pendidikan seks. Diharapkan pihak sekolah dapat bekerjasama dengan tenaga kesehatan dalam upaya pencegahan dini kekerasan seksual pada anak dengan menggunakan alat bantu media leaflet dan video animasi, karena hal ini dapat memperjelas penyampaian materi dan responden mudah menerima informasi yang disampaikan.

ABSTARCT

Indonesia is currently experiencing a sexual violence emergency with the targets of the abusers being mostly minors. One of the factors causing these cases is the lack of knowledge of children related to sex education. The purpose of the study was to determine the effect of sex education counseling on knowledge in preventing sexual violence. This research is a quantitative study with a pre-experimental design with a one group pretest-posttest design. The research sample was 47 respondents with total sampling technique. Data analysis techniques using the Wilcoxon test. The results showed that children's knowledge before counseling was obtained majority in the less category as many as 25 children (53.2%). While after counseling, the results of the good category were 40 children (85.1%). Based on the results of the Wilcoxon test, $p \text{ value} = 0.000$ ($p \text{ value} < 0.05$) means that there is a significant influence between pretest and posttest after counseling on sex education. It is hoped that schools can collaborate with health workers in efforts to prevent early sexual violence in children by using leaflet media tools and animated videos, because this can clarify the delivery of material and respondents easily accept the information conveyed.

Introduction

Sexual violence is a global issue that is still rampant in various countries. According to WHO, sexual violence is any form of behavior committed by a person against another person that leads to sexuality or sexual organs without consent, with elements of threat or coercion. In Indonesia itself, sexual violence has been regulated in Law No.12 of 2022 concerning Criminal Acts of Sexual Violence, but in reality cases of sexual violence that occur are still very high. Often the targets are women, especially minors. Some cases that are enough to indicate that Indonesia is currently experiencing a sexual violence emergency are the rape and murder of a 14-year-old boy committed by several ABGs in Bengkulu, then the case of sexual abuse of female students by the owner of an Islamic boarding school in Bandung, and sexual abuse of a 10-year-old child in Jember⁽¹⁾.

Data from the World Health Organization (WHO) in 2021 showed that there were 852 million cases of sexual violence against women globally. Meanwhile, in Indonesia alone, according to national data from the Ministry of PPPA, sexual violence against women in 2020 amounted to

46.70%⁽²⁾. From the national data, Jember Regency occupies the third largest position in East Java. This is based on data from the UPTD PPA Jember, which recorded that until November 2022 reports of sexual violence against children reached 105 cases. This number increased compared to the previous year. From the high number of sexual violence in Jember, according to PPA Jember, there are several schools that are quite a concern for the government, which are also mostly located in peripheral or rural areas and far from the city center so that they are rarely touched or carried out some kind of health promotion such as counseling or other educational activities, so it is very effective if this research is carried out in these locations. Some of the areas in question include the Tanggul sub-district, Jombang, Sumberbaru, Jenggawah, Tempurejo, Panti, etc.

The number of cases of child sexual abuse in Indonesia is motivated by the assumption that children are objects that easily believe in the lure of an object or food from the perpetrator. According to several previous studies, the perpetrators of sexual violence usually come from the people closest to the child such as teachers, security guards, drivers, even

biological fathers or stepfathers. Lack of knowledge about reproductive health such as sex education including sex organs, functions, processes and physiological maintenance. Children at that age can also be said to lack the courage and confidence to express the events experienced, whereas if this is still allowed, of course it can endanger the victim, it could be that the perpetrator makes the child a subscription in satisfying his lust, because there is no reprimand from any party. On the other hand, reproductive health is a condition in which a person is healthy and prosperous both physically, mentally and socially, or it can be interpreted that reproductive health is not only a healthy person or free from diseases and defects of the reproductive system, but health that includes all aspects of life⁽³⁾.

Child sexual abuse is a crucial event because it has a negative impact on children covering various aspects so that it can affect children's lives in the future. According to research conducted by Said Ali in 2017, the impact of sexual violence on children includes changes in appetite, frequent nightmares, lack of self-confidence, and easily suspecting others without adequate evidence⁽⁴⁾. According to another study conducted by

Ambarwati in 2017, the impact of sexual violence can cause victims to experience various mental disorders such as depression, emotional changes, anxiety, panic easily, post-traumatic stress which is filled with feelings of resentment and hatred, and physically can cause various sexually transmitted diseases (STDs)⁽⁵⁾.

An intervention is needed in the form of reproductive health education or counseling, which in this case focuses on sex education or sexual violence. Health counseling is an intervention in providing information that is useful to change, enlighten or provide individual mental understanding that is effectively applied for preventive measures to remind others to take better care of their health. This counseling method can start from the awareness of each individual, family, group and the wider community. This is in accordance with reproductive health rights, one of which is the right for every Indonesian citizen to obtain information and integrated services on reproductive health⁽⁶⁾.

From these explanations, education about reproductive health needs to be emphasized as an early prevention effort and protect children from sexual predators. Improvement of behavior, both actions, attitudes and knowledge of

children about reproductive health must continue to be pursued so that children are able to reject and prevent sexual violence against others who are not good to themselves as well as the development of personality and knowledge base in individuals and efforts to improve positive attitudes and behaviors about reproductive and sexual health to improve their reproductive status in avoiding incidents of sexual violence ⁽⁷⁾.

Based on the description above, it is necessary to conduct research on elementary school age children or pre-adolescents, namely ages 10-12 years, because according to previous research this age is the golden age of children, so that children are easy to coach and guide physically and mentally, in addition, at this age it is the right time to introduce sexual violence so that children can avoid it and as a provision when they step into adolescence later with various reproductive problems that will be faced. So the purpose of this research is to find out the effect of counseling about sex education on knowledge in preventing sexual violence in pre-teenage children at MI Baitul Mukmin.

Method

This research is quantitative research, with the type of research

pre-experimental design with a one group pretest-posttest design. This research was conducted at MI Baitul Mukmin, Jombang District, Jember, East Java and was conducted in June 2023. The study population was a total of children aged 10-12 years at MI Baitul Mukmin and all were used as research samples / total population of 47 children. There are two variables in this study, namely the independent variable and the dependent variable. The independent variable is counseling on sex education while the dependent variable is knowledge in preventing sexual violence. Data analysis consisted of two types through univariate and bivariate analysis. Test the comparison of pretest and posttest knowledge from counseling using non-parametric statistical tests, namely the Wilcoxon test.

In this study, data sources were obtained from primary data taken directly by researchers by giving questionnaires to respondents. The data collection procedure begins with preparing a research instrument in the form of a questionnaire containing 12 questions covering the levels of knowing, understanding, application, analysis, synthesis and evaluation where each consists of 2 questions. Furthermore,

obtaining a research ethics permit from KEPK dr. Soebandi University and approaching the Principal of MI Baitul Mukmin to obtain research permission and then conduct data collection. Data

collection in this study used pretest data, then conducted counseling with leaflet media tools and animated videos, followed by data collection again using posttest data

Results

Table 1. Distribution of Respondent Characteristics Based on Gender, Sexual Violence Experienced, Ever / Not Getting Sexual Education and Previous Education Provider at MI Baitul Hikmah in June 2023

Respondent Characteristics	Frequency	Percentage
Gender		
Male	20	42,5%
Female	27	57,5%
Sexual Violence Experienced		
Touched private body parts	2	4,2%
Throwing words that lead to sex	6	12,8%
Sent sexual images/video	17	36,2%
Other actions (sex, masturbation, etc.)	4	8,5%
Not experienced	18	38,3%
Ever / Not Getting Sexual Education		
Ever	21	44,7%
Never	26	55,3%
Previous Education Provider		
Health Officer	0	0%
Teacher	11	23,4%
Parents	7	14,9%
Other (relatives, internet, etc.)	29	61,7%

Based on table 1 shows that most of the children in this study are female, namely 27 children (57.5%), most of the children in this study have experienced sexual violence as many as 29 children (61.7%), including 17 children (36.2%) experiencing sexual violence by sending pictures or videos that smell like sex, most of the children in this study have never received sexual education, namely 26 children (55.3%), the majority of children get education not from teachers or parents, namely 29 children (61.7%).

Table 2. Distribution of Respondent Characteristics Based on Knowledge in Preventing Sexual Violence in Pre Adolescent Children Before and After Providing Counseling on Sex Education at MI Baitul Mukmin in June 2023

Knowledge	Frequency	Percentage
Pretest		
Good	1	2,12%
Quite	21	44,7%
Less	25	53,2%
Posttest		
Good	40	85,1%
Quite	7	14,9%
Less	0	0%

Based on table 2 shows that most of the knowledge in preventing sexual violence in pre-adolescent children at MI Baitul Mukmin before counseling on sex education obtained poor results as many as 25 children (53.2%) and most of the knowledge in preventing sexual violence in pre-adolescent children at MI Baitul Mukmin after counseling on sex education obtained good results as many as 40 children (85.1%).

Table 3. Analysis of the Effect of Sex Education Counseling on Knowledge in Preventing Sexual Violence in Pre Adolescent Children at MI Baitul Mukmin in June 2023

		Knowledge after counseling						Total	<i>p value</i>
		Good		Quite		Less			
		n	(%)	n	(%)	n	(%)	n	(%)
Knowledge before counseling	Good	1	2,1%	0	0%	0	0%	1	2,1%
	Quite	21	44,7%	0	0%	0	0%	21	44,7%
	Less	18	38,3%	7	14,9%	0	0%	25	53,2%
Total		40	85,1%	7	14,9%	0	0%	47	100%

Based on the results of the Wilcoxon test using SPSS 26.0 For Windows, knowledge in preventing sexual violence in pre-adolescent children at MI Baitul Mukmin shows the results of Asymp. Sig. (2-tailed) <0.05, which is 0.000, which means that H0 is rejected and Ha is accepted, or there is an effect of sex education counseling on knowledge in preventing sexual violence in pre-teenage children at MI Baitul Mukmin.

Discussion Knowledge in Preventing Sexual Violence in Pre Adolescent Children Before Counseling on Sex Education at MI Baitul Mukmin

Based on the results of research that has been done, it can be seen that knowledge in preventing sexual violence in pre-adolescent children at MI Baitul Mukmin is mostly lacking before counseling on sex education. Before

counseling, a pretest was conducted and the results of children's knowledge in the Lack category were 25 children (53.2%), 21 children (44.7%) were sufficient, and only 1 child in the Good category (2.12%).

According to the theory put forward by Notoatmojo in 2007, knowledge is a process where after someone senses something then makes them "know" about it. Most human senses are obtained from sight and hearing, but usually a person's healthy living practices are still low even though the level of knowledge they know is high. This shows that there are factors that influence knowledge, one of which is the level of education. The level of education is one of the factors that can encourage a person to obtain or receive clearer and more complete information about something.

Intelligence and the level of knowledge and understanding of a discussion are also influenced by the level of education⁽⁸⁾. In the research that has been done also states that most adolescents get sex education from the internet, which is around 61.7%, even though the internet also contains a lot of information freely without limits, regardless of whether it is negative or positive. This can have a negative impact on children if they consume information that is not age-appropriate, because on the internet there are many media that show blatantly related to sex. In addition, the results also showed that almost half of the children in this study were sexually abused by being sent sexual images/video, namely 17 children (36.2%), this was influenced by the trend of technological advances at this time, many children who have been allowed to play gadgets from an early age by their parents can have a bad impact on them if they are not always accompanied in using them. During adolescence, children usually experience psychological changes that result in changes in attitude and behavior. Along with the maturation of the sex organs, adolescents also tend to have a high sexual drive because at this time adolescents have begun to have feelings

of love, which in this case is usually shown by the behavior of adolescents who begin to pay attention to their appearance which aims to attract the attention of the opposite sex they like.

According to researchers, things that can affect the knowledge of pre-adolescent children need to be used as a reference that must be considered as a prevention related to immoral acts, especially such as sexual violence. Children's knowledge of sexual violence needs to be instilled from an early age gradually and carried out continuously according to age, so that children can avoid perpetrators of violence and be more effective in receiving the information conveyed, in this case especially in girls, this is in accordance with the facts found at the research location, sexual violence mostly occurs in girls, namely 27 children (57.5%). Teaching about sex education, parents should start discussing what will happen and what steps should be taken when they start puberty, the goal is to prepare children when experiencing this period. The impact that often occurs if children are not given sexual education causes a lot of promiscuity, the spread of prostitution until many teenagers become pregnant outside of marriage, even

aborting their wombs, as well as the high incidence of sexually transmitted diseases (STDs) such as HIV / AIDS.

Knowledge in Preventing Sexual Violence in Pre Adolescent Children after Counseling on Sex Education at MI Baitul Mukmin

Based on the results of research that has been done, it can be seen that almost all knowledge in preventing sexual violence in pre-adolescent children at MI Baitul Mukmin in the Good category after counseling on sex education. After counseling, a posttest was conducted and the results of children's knowledge in the Good category were 40 children (85.1%), Sufficient as many as 7 children (14.9%), and none of the children with the results of knowledge Less (0%).

The results of this study are in accordance with those stated by Faustina which shows the effect of using video media in counseling on respondents' knowledge, because there is a difference between before and after the intervention. The animated video used in the study proved to be very effective in increasing knowledge because the video media chosen had been validated, so that the material that was packaged simply and presented clearly made it easy for respondents to understand because the information conveyed was more

interesting to see and hear because it was presented in 3 dimensions, so that this animated video could help respondents increase their knowledge and insight⁽⁹⁾. This study is also similar to previous research conducted by Zainuddin, whose research also showed significant results between before and after the intervention in the form of counseling. In the study, before counseling (pretest) showed the results of knowledge in the Good category as many as 1 child (1.6%), the Fair category as many as 5 children (8.2%), and the Lack category as many as 55 children (90.2%). Whereas after counseling (posttest), the results of knowledge in the Good category were 60 children (98.4%), the Fair category was 1 child (1.6%), and the Lack category was 0 children (0%)⁽¹⁰⁾.

According to the researcher, looking at the results of the research that has been conducted and the results of previous studies, it is very clear that counseling or delivery of information related to sex education is very important. Counseling should not only deliver material in the form of lectures alone, because the counseling method with lectures is less effective for respondents to accept, so it is better for counseling to be delivered using various aids or props. Counseling

aids are tools used by extension workers in delivering health materials or messages, such as media leaflets, charts, posters, photos, and animated videos, this is to make it easier for respondents to receive the information conveyed, because with media aids children will be better able to understand abstract material or material that cannot be captured by the five senses. In addition to being easy to convey and clarify information, the use of media can also avoid misperceptions, and reduce verbalistic communication.

The Effect of Sex Education Counseling on Knowledge in Preventing Sexual Violence in Pre Adolescent Children at MI Baitul Mukmin

Based on the results of the research that has been done, it shows that there is an effect of counseling about sex education on knowledge in preventing sexual violence in pre-teenage children at MI Baitul Mukmin. The results obtained from the pretest, knowledge in the Good category was 1 child (2.12%), in the Fair category was 21 children (44.7%), and in the Lack category was 25 children (53.2%). While from the results of the posttest, knowledge in the Good category was 40 children (85.1%), in the Fair category as many as 7 children (14.9%), and in the Lack category as many as 0

children (0%). In addition, based on all the results of the Wilcoxon test for knowledge in the Good, Fair, and Lack categories, the Asymp. Sig. (2-tailed) <0.05, which is 0.000, which means that H_0 is rejected and H_a is accepted, or there is a significant influence on knowledge in preventing sexual violence in pre-adolescent children who are given counseling about sex education at MI Baitul Mukmin from pretest and posttest data.

The results of this study are in line with the theory formulated by Budiman, that knowledge is a person's process after sensing something then becomes aware. Sensing occurs through the five human senses, namely the senses of the eyes, ears, nose, tongue, and skin⁽¹¹⁾. According to research conducted by Harsismanto, states that increasing understanding of information is influenced by involvement and good coordination between the senses. To explain and facilitate understanding related to the information obtained by respondents, using video media aids in the form of moving images can involve the eyes and ears so that it helps children to process learning. Similar things have also been done by previous researchers at SDN 05 Bengkulu City that the results obtained from interventions using leaflet

media aids and animated videos have increased and greatly influenced, but when compared to leaflet media, counseling with animated videos has proven to be more effective in increasing knowledge. This is because children are more interested in assessing moving and sound images and providing stimulation to hearing and vision so that the results obtained are maximized⁽¹²⁾.

According to researchers, looking at the results of research that has been conducted and from previous research shows that conducting counseling or health promotion is very influential to increase individual and group knowledge in order to improve welfare by changing the perceptions and behavior of individuals and groups in fostering and maintaining health, and playing an active role in realizing optimal and comprehensive health both physically, psychologically, and socially. In this case, especially knowledge about sexual education or adolescent reproductive health in men and women, because reproductive problems are not only mandatory for women to learn, but men must also be given the same information so that both understand and know how to live with healthy reproduction so as not to fall into the wrong association and harm themselves. From the results of this study,

approaching children by counseling and using good and easy-to-understand language can increase children's knowledge. Children at this age prefer to capture information delivered with audio visuals, because they consider the delivery to be more relaxed and the creativity presented in the video is able to provide an overview of the message being explained, so that children can easily take in the message. Educators should also be more communicative with children so that children feel safer and more comfortable when given information.

Conclusion

There is an effect of counseling about sex education on knowledge in preventing sexual violence in pre-adolescent children at MI Baitul Mukmin. Referring to the results of this research, the principal of MI Baitul Mukmin is advised to apply the results of this research, namely delivering counseling on sex education to pre-adolescent children with more varied media such as animated videos and can be carried out routinely either by the school independently or in coordination with local health workers.

Abbreviation

ABG : Anak Baru Gede

HIV/AIDS : *Human Immunodeficiency Virus*/ (*Acquire Immunodeficiency Syndrome*)

MI : Madrasah Ibtidaiyah

PPPA : Kementerian Pemberdayaan Perempuan dan Perlindungan Anak Republik Indonesia

Sex Education : Pendidikan seksual dalam bahasa Inggris

UPTD : Unit Pelaksanaan Teknis Daerah

UU : Undang-Undang

WHO : *World Health Organization*

Ethics Approval and Consent to Participate

Ethical approvals from the Ethical Research Committee Universitas dr. Soebandi is Nomor. 338/KEPK/UDS/VI/2023.

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