

Sex Psychoeducation To Prevent Sexual Abuse In Children

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ABSTRACT

Cases of sexual violence against children always increase every year, seeing this, to reduce the rate of growth in the occurrence of sexual violence, one of the efforts made is to carry out psychoeducation for elementary school students with the theme of body parts that can and cannot be touched by people. other. This aims to provide understanding to children that not all parts of their bodies can be touched by other people, even if it is their own parents. Before carrying out psychoeducation, as a form of community service, direct observations and interviews are carried out with the school principal, guardian, classes and to student representatives regarding knowledge about sexual violence that occurs in schools. The results of the pretest carried out before sexual psychoeducation were 4.9 posttest, so the results obtained were pretest 4.9 < posttest 9.53, meaning that there was an increase in knowledge (cognitive) in children about how to deal with sexual violence in children.

KEYWORDS

Psychoeducation;
Sex;
Children



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1. Introduction

Children are the beginning of a chain that really determines the shape and life of a nation in the future. Therefore, it is necessary to prepare the nation's next generation by preparing children to grow and develop optimally, both physically, mentally and socially and with noble morals. Every child has the right to a decent living, to be able to grow and develop optimally and to receive adequate protection. Protection intended to protect children who are economically or sexually exploited, children who are trafficked, children who are victims of narcotics, alcohol and psychotropic abuse, children who are victims of physical or mental violence, sexual violence against children, child abuse or neglect [1]–[6].

Recently, various negative behavioral phenomena are often seen in children's daily life. Through newspapers or television, we find cases of early childhood violence such as physical, verbal, mental and even sexual violence [4], [7]–[10]. Sexual violence is treatment of children that is used as a source of sexual satisfaction for adults in where the child is not old enough according to legal permission [11]–[15]. Sexual violence against children is the involvement of a child in all forms of sexual activity that occurs before the child reaches a certain age limit determined by the law of the country concerned where the adult or child others who are older or people who are considered to have more knowledge than children use them for sexual pleasure or sexual activity [16]–[18]. The forms of sexual violence against children, namely abuse, include noncoitus, petting, fondling, exhibitionism and voyeurism, all rights related to sexually stimulating the perpetrator, oral rape or contact with the genitals, masturbation, oral stimulation of the clitoris and harassment. Sexual intercourse is usually carried out by adults who take advantage of certain situations and often provide rewards to children so that children keep their mouths shut, remain silent and are afraid of triggering parental anger if this is known by the parents [19]–[23].

Children who experience sexual violence will experience negative impacts such as feelings of guilt, self-blame, nightmares, insomnia, self-esteem problems, depression, somatic complaints, disrupted growth and development, and trauma [6], [24]–[27]. As experienced by an elementary school student with the initials YTT, she said she had seen someone with exhibitionistic disorder, screaming and very scared [28]–[32]. An exhibitionist can masturbate or have sexual fantasies while exposing his sexual

organs but does not attempt any sexual activity with the victim. In some cases exhibitionism is often a laughing matter but in fact this is serious behavior that makes the victim very afraid [5], [33] –[36].

Cases of violence against children in Indonesia recorded by the PPPA ministry recorded at least 4116 cases of violence against children in the period 1 January to 31 July 2020, which also occurred during the Covid-19 pandemic. Based on the online information system for the protection of women and children (Simofa PPA), as of January 1 to July 31 2020, 3296 girls and 1319 boys were victims of violence. Nahar said that the violence that occurred against children consisted of 1,111 physical violence, 979 psychological violence, 2,556 sexual violence, 68 exploitation, 73 acts of trafficking in criminals, and 346 neglect (Kompas.com, Ministry of PPA Records 4,166 Cases of Child Violence in the Last 7 Months).

Seeing the problems that occurred at Habi Elementary School, the Community Service Team from the Psychology Study Program at Nusa Nipa University carried out psychoeducation activities on sexual violence against children. Psychoeducation is a process of socialization and exchange of opinions for and professional staff so as to contribute to the destigmatization of psychological disorders that have the risk of hindering treatment. To solve this problem, the child sexual violence psychoeducation team teaches children about body parts that can be touched and that no one else can touch except themselves. The goal is for children to understand that there are parts of the body that other people should not touch.

2. Method

2.1. Time and place

- The activity time is three days from 20-22 April 2022

The first day, April 20 2022, took data in the form of observations

The second day, April 21 2022, carried out interview observation activities

The third day, April 22 2022, carried out psychoeducational activities on sexual violence against children at SDK Habi, Kangae District, Sikka Regency, East Nusa Tenggara.

- Place or location of implementation

This activity was carried out at SDK Habi, which is located in Habi Village, Kangae District, Sikka Regency, East Nusa Tenggara.

2.2. Activity theme

Psychoeducation on sexual violence among children at Habi Elementary School, Kangae District, Sikka Regency.

2.3. Administration

This activity was carried out by SDK Habi in collaboration with the PKM Team of the Psychology Study Program at Nusa Nipa University.

2.4. Target Group

The target group is students of class 4 (four) and class 5 (five) of SDK Habi, Sikka Regency.

- The first day, April 20 2022, took data in the form of observations on students.
- The second day, the second date is April 21 2022, conducting interviews with teachers.
- The third day, April 22 2022, carried out psychoeducational activities on sexual violence against children at Habi Elementary School, Kangae District, Sikka Regency.

3. Results and Discussion

Sex psychoeducation activities to prevent sexual abuse of children at Habi Elementary School have provided positive results in increasing students' understanding of Sex Psychoeducation to Prevent Sexual Abuse in Children, thereby reducing the incidence of sexual abuse in children. The sex

psychoeducation method is effective in increasing knowledge of sexual harassment in elementary school children, so sex psychoeducation needs to be given to school children, which is in line with the findings in this activity.

The importance of sex education for children is that they can know from an early age so they can avoid negative things such as sexual harassment. Child sexual abuse is defined as any use of a child for sexual gratification by another person. The issue of sex is still considered taboo among society and is discussed in front of children, let alone teaching it to children, society believes that sex education is not appropriate for young children.

The results of implementing this activity increase children's understanding regarding the types of sexual harassment, the impact of sexual harassment and how to avoid sexual harassment in children. Psychoeducation is provided in simple language and methods that are in accordance with the child's cognitive development. Apart from that, at this stage, it is still in the concrete pre-operational stage. The material is presented by showing short videos, pictures and stories using props such as dolls so that children can easily understand the material given, because most human knowledge is obtained through sight and hearing.

The results of sex psychoeducation activities to prevent sexual abuse of children at Habi Elementary School, that sex psychoeducation for preschool children is carried out as a prevention in reducing victims of sexual abuse because up to now children have often been used as objects of sexual abuse, this happens because children's knowledge is very minimal. So it is hoped that sex psychoeducation can increase knowledge and prevent children from sexual abuse.

Thus, the sex psychoeducation activity to prevent sexual abuse in children at Habi Elementary School succeeded in providing positive results in increasing students' knowledge and understanding regarding sexual education and preventing sexual abuse. In fact, there is a significant reduction in fear scores and increasing assertiveness and self-confidence in children will reduce the child's chances of becoming a victim after completing the prevention program. Psychoeducation activities significantly increased sexual knowledge before and after providing psychoeducation, participants experienced increased knowledge so they could avoid things that are detrimental to children.



Fig. 1.Exposure to body parts that can & cannot be touched by other people

Introduction to body parts through picture media and video playback is very important so that young children know which parts they can touch or touch themselves and which parts they cannot. may be touched by other people, so that children can protect themselves from the behavior of people around them who might commit sexual harassment or immoral acts towards them. Touching is permitted, namely touching by other people on the head, hands and feet. Meanwhile, touching that is not allowed is touching the body, chest, stomach and around the trousers.



Fig. 2. Singing touch songs is permissible and not permissible

The delivery of information will be more optimally received by young children if it is through activities that are fun for them, one of which is through the singing or song method. Through songs, the message that will be conveyed will be more easily accepted and remembered by young children. Through this song, the children of SDK Habi, Kangae subdistrict are taught to know the parts of the body that can be touched by other people and the parts of the body that cannot be touched by other people, so that they can avoid or say no if someone else tries to harass them. sexual towards them.



Fig. 3. Photo with participants and psychoeducation presenters

At the end of this sexual psychoeducation activity, we took a group photo at SDK Habi, Kangae District, and the Community Service Team of the Nusa Nipa University Psychology Study Program.

4. Conclusion

Psychoeducational activities to prevent sexual violence against children as Community Service (PKM) activities are running smoothly. There is an increase in students' (cognitive) understanding of the material presented. This can be seen from the results of the comparison between the pretest results, namely before the activity begins and the posttest (after the activity is carried out). The results of the pretest carried out before sexual psychoeducation were 4.9 posttest, so the results obtained were pretest 4.9 < posttest 9.53, meaning that there was an increase in children's knowledge (cognitive) about how to deal with sexual violence in children.

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Author Contribution

The activity plan in order to implement the solutions offered that there are five series of activities, namely coordination, logo design, socialization of covid, marketing, and marketing education.

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Conflict of Interest

The authors declare no conflict of interest.

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