

Sex Psychoeducation to Prevent Sexual Harassment in Early Children at Paud Mawar, Sikka District

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ABSTRACT

The number of cases of violence or abuse against children increases significantly every year. Because of that we need to immediately anticipate and find solutions, one of which is to do sex psychoeducation to prevent sexual abuse in early childhood. Psychoeducation of sex in early childhood aims to provide assistance to children as a form of learning and skills as well as preventive measures in tackling child sexual violence from an early age. The method used in this community service is the method of observation and interviews as well as psychoeducation. The results of community service show an increase in knowledge, before psychoeducation knowledge of early childhood about sex was 40%, after psychoeducation increased to 80%, there was a 40% increase in knowledge about sex education in early childhood

KEYWORDS

psychoeducation;
sex;
early childhood



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1. Introduction

Early childhood is the best period of growth and development, when children can absorb information very quickly compared to later years. The speed of a child's brain's ability to assimilate various information around it is also accompanied by a very high level of curiosity. Information about sex education can be obtained through newspapers, magazines, radio, books and television [1]. The number of victims of sexual violence against children is increasing every year [2]. It can be said that the prevalence of events is evenly distributed and anyone can become a predator or perpetrator [3]. The Indonesian Child Protection Commission (KPAI) reported that there were 218 cases of sexual harassment in 2015, and in 2016 there were 120 cases of sexual violence against children. Then in 2017 there were 116 cases recorded [4]. Based on these data, Fahmi Alaydroes, Head of the People's Welfare Division (Kesra) of the DPP PKS, assessed that the Indonesian state was already in a state of emergency or known as a crisis of sexual crimes [5]. Even though the innocent character of children is often exploited by perpetrators of sexual violence [6]. The majority of perpetrators of violence against children are those who have close relationships with victims, friends, teachers, sports coaches, neighbors, and even those who still have family ties [7]. The perpetrators of these crimes usually have attitudes that seem kind at first glance, such as being warm, caring, affectionate, and polite. However, it is these traits that make them freely commit crimes [8].

Children often do not realize that they are being used as objects of sexual violence because there are some cases that do not involve direct touching [9]. For example when adults show pornographic videos to children or when asking children to commit indecent acts [10]. In addition, if the offender is someone who is respected and can build a trusting relationship with the child [11]. Unfortunately, most children who have been sexually abused will keep this bad experience a secret because they feel confused, guilty or afraid. Especially when the perpetrator often threatens children so they don't tell other people. Based on the problems above, if sex education becomes very important to be given to every child. Sex education can be done anywhere, such as in the family, school, community, social institutions, health institutions and religious institutions. However, this education will be far more effective if it is given from an early age in the family environment [12]. Because the family is the person who best knows the condition and psychological development of children.

Health education about sex or known as "Sex Education" can be given early on from parents, teachers and the right information system [13]. Currently, parents pay less attention to sex education, so they entrust all of their children's education, including sex education, to schools. Even though parents are responsible for early childhood sex education, schools are only complementary, and schools do not have a sex education curriculum, early childhood sex education is often neglected [14]–[16]. Sex psychoeducation is educational material that equips children with an understanding and explanation of matters related to sex, instincts and marriage to children from the moment their minds begin to grow and are ready to understand these things. Apart from that, it is an effort to provide understanding to children, according to their age, regarding sexual functions and tools. It also provides guidance to children on how to protect and maintain intimate organs, and provides an understanding when signs of sexual violence appear [17].

Providing education to early childhood basically includes efforts to provide stimulus, guidance, care, providing learning activities that will produce children's abilities and skills, as well as all action efforts carried out by child education by creating an aura of environment where children can explore experiences and provide opportunities him to know and understand experiences, observe, imitate and experiment which takes place repeatedly and involves all the potential and intelligence of the child [18]–[21]. Sexual education starts early because at this time the child's great curiosity grows rapidly. In early childhood development, children are also more likely to imitate and imitate [22]. Therefore, do not let children look for wrong information outside the home so that they will have a wrong understanding and imitate what should not be seen. Or even into sexual violence. Early childhood is the initial foundation or period of laying the foundation for the growth and development of children. That is why early childhood can be said to be individuals who are undergoing fundamental growth and development for their next life which takes place very quickly [23]–[25].

As a parent, of course, you often caress, kiss or hug your child [26]. At some point, parents must also be able to explain that touching, hugging or kissing is not just anyone who can do that, only family members or people who are known by the child's parents [27]. Sometimes, there are people who are not known to rub or pinch the child's cheeks. At first glance, this action seems harmless. However, it's a good idea for parents to explain to children that if someone they don't know touches them, it's best to avoid or stay away from that person immediately.

In Indonesia, sex education for young children is still considered taboo, many families and teachers still often consider knowledge about sex to be inappropriate [28]–[30]. Children should be given sex psycho-education and sex education from the start to prevent sexual harassment from occurring, so that children who have been equipped with knowledge about sex can prevent sexual harassment easily and with courage [31]–[33]. Sex education is an effort to teach awareness and information about sex issues that is given to children so that children can understand issues related to sex, instincts and marriage, so that if the child is an adult and can understand the elements of life the child already knows the problem. -problems that are permitted and forbidden are even able to apply Islamic behavior as morals, habits, and do not follow lust or hedonistic ways [34]. The Indonesian National Commission for Child Protection (KPAI) noted that in 2014, out of 2,726 violence against children, 56% of them were in the form of sexual harassment. In 2017 from January to July, there was a very sharp increase in complaints, there were 2,898 cases of which 59.30% were sexual violence and the rest was other violence.

Based on the results of observations and interviews with several children at Early Childhood Education in Mawar, Beru Village, Sikka Regency, the PKM Team for the Psychology Study Program, Faculty of Social Sciences, Nusa Nipa University found that children were very active and able to show body parts quite well. But when the question arises which parts are worth touching or not touching. The children looked confused and looked shy when they answered and did not know the names of the body parts that should not be touched. During this time the children just let their bodies be held by their mothers, fathers and siblings. Besides that, many children still have difficulty in carrying out toilet training properly. The contribution of sexual education in community service is to create a healthy emotional attitude towards sexual problems and guide children towards a healthy life. Based on the above phenomenon, the Community Service Team (PKM) of the Psychology Study Program, Faculty of Social Sciences, University of Nusa Nipa conducted sex psychoeducation to prevent sexual harassment in early childhood at Mawar Early Childhood Education Center, Beru Village, Sikka Regency, with the

aim of preventing sexual harassment from occurring, in early childhood. Therefore, we provide a solution to this problem, namely by conducting sex psycho-education to prevent sexual abuse of children and identifying body parts that can be touched and not touched by other people. Psychoeducation is an activity carried out to increase understanding and skills as an effort to prevent the emergence of psychological disorders in a group. Psychoeducation is also an action that must be given to individuals in a special way in dealing with psychosocial problems experienced by a person.

2. Method

- a) The initial step taken by the researchers was to conduct a survey in the form of observations and interviews for one week with children at the Mawar PAUD Pos, Beru Village, Sikka Regency.
- b) Coordination, approached the management of the Mawar PAUD Post, Beru Village, Sikka Regency to conduct sex psychoeducation to prevent sexual harassment of young children at the Mawar PAUD Post.
- c) The implementation of sex psychoeducation to prevent sexual abuse in young children at the Mawar PAUD Post, was carried out on Thursday, June 3, 2021, 09.00 - 10.45 WITA, at the Mawar Early Childhood Post, Beru Village, Sikka Regency - NTT, which was attended by 16 children, consisting of 5 girls and 11 boys, and accompanied by an early childhood teacher named Ms. Saidah Bongang. The Community Service Team from Nusa Nipa University was attended by two lecturers namely Mrs. Sitti Anggraini, M, Psi and Mrs. Epifania Margareta Ladapase, M.Psi, as well as two female students named Monika Marganingsih Tunga and Maria Guntildis Nogo Tena.
- d) Before carrying out sex psychoeducation activities to prevent sexual abuse in early childhood at the Mawar PAUD Post, the Nusa Nipa University PKM Team conducted interviews regarding their knowledge of sex education, the team found 40% of children at the PAUD Post already knew about sex education, while 60% do not know about sex education.
- e) After the sex psychoeducation activities for young children at the Mawar PAUD Post, the Nusa Nipa University PKM Team conducted interviews again regarding their knowledge of sex education, the team found that 80% of the children at the Mawar PAUD Post already knew about sex education, there was an increase in knowledge after sex psychoeducation was carried out on children at the Mawar PAUD Post.

3. Results and Discussion

The introduction of body parts through the media of images is very important so that early childhood knows which parts can be touched or touched by themselves and which parts cannot be touched by others, so that children can protect themselves from other people's behavior. those around them who might commit sexual harassment or immoral acts against them are shown in Figure 1. Touch is permissible, namely the touch made by other people on the head, hands and feet. While touching is not allowed, namely touching the body, chest, stomach and around the pants.



Fig. 1. Recognizing body parts through image media.

The practice of knowing and holding body parts is very important to be taught from an early age to young children so they know which parts of the body can be touched by themselves and which parts cannot be touched by others, shown in Figure 2. This is to protect them from irresponsible behavior of the people around him be it relatives, friends, family or other people. They can refuse or say no, if someone wants to touch or feel parts of their privacy or report to parents or teachers at school if there is unpleasant (immoral) behavior that they have experienced.



Fig. 2. Practice recognizing and holding body parts

Conveying information will be more optimally received by young children through activities that are fun for them, one of which is through the method of singing or songs as shown in Figure 3. Through songs, the messages to be conveyed will be more easily accepted and remembered by young children. Through this song, young children are taught to know which parts of the body can be touched by other people and which parts of the body cannot be touched by other people, so that they can avoid or say no if someone else tries to sexually harass them. they.



Fig. 3. Singing the song “touch is allowed & not allowed”

At the end of this sexual psychoeducation activity, we took a photo with the early childhood children at the Mawar PAUD Post, the teachers at the Mawar PAUD Post and the Psychology Study Program Community Service team at Nusa Nipa University, shown in Figure 4.



Fig. 4. Group photo of early childhood teachers after the psychoeducation activity

Based on the chart in Figure 5, it can be said that community service activities at the Mawar Early Childhood Post, Beru Village, Sikka Regency - NTT which were carried out by a team from the Psychology Study Program, Faculty of Social Sciences, Nusa Nipa University were said to be successful with the achievement of increasing knowledge by 40%.

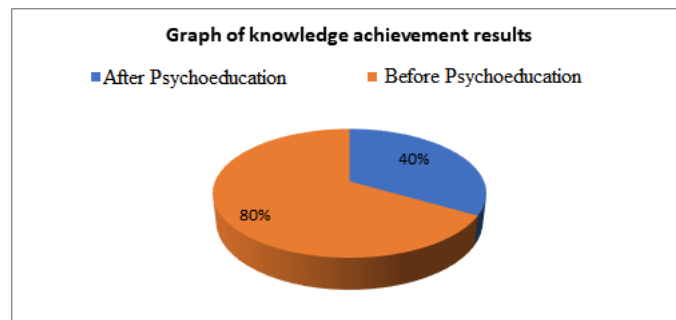


Fig. 5. The results of achieving knowledge

Sex psychoeducation to prevent sexual abuse in children at the Mawar PAUD Post is very useful for children in taking attitudes when socializing with their social environment. Children can protect themselves from the touches of irresponsible people. One of the goals in sexual education is to create a healthy emotional attitude towards sexual problems and guide children towards a healthy life. In addition, sex education material at an early age can prevent sexual violence in children by using the theme, one of which is "Me and My Body". This is in accordance with research which explains that children aged 3-5 years are able to realize gender differences when interacting in their environment.

4. Conclusion

Community Service Activities (PKM) with the theme "Psychoeducation of sex to prevent sexual abuse in early childhood" went well and smoothly. The results of sexual psychoeducation to prevent sexual harassment behavior in PAUD children show an increase in knowledge, before psychoeducation early childhood knowledge about sex education is 40%, after psychoeducation is 80%, there is a 40% increase in knowledge about sex education in children -early childhood.

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Author Contribution

The method used in this community service is the method of observation and interviews as well as psychoeducation.

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Conflict of Interest

The authors declare no conflict of interest.

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