

Parental Strategies in The Introduction of Sex Education in Early Childhood

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ABSTRACT

Sexual violence that affects many early childhood in Indonesia makes us realize the importance of developing sex education materials, especially for early childhood. Knowledge about child sexual impressions among teachers and parents is still very limited. Taboos in discussing sexual issues are one of the inhibiting factors in providing early sex education for children. The development of information technology, understanding, and knowledge of sex education that is still lacking has an impact on increasing the risk of sexual abuse in children. Understanding sexuality, introducing organs to children and signs of violence in children as well as handling them is an early learning to prevent sexual violence.

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1. INTRODUCTION

Sexual violence against young children continues to increase in Indonesia every year, so this incident raises concerns and fears for parents and teachers. This shows the need for media and programs that are important in the prevention of sexual violence. The aim is to protect children from the threat of sexual violence through early childhood sex education. Parents are the child's first source of information, and parents take on important battles regarding their child's body, sexuality, and safety. (Brown & Saied Tessier, 2015).

However, 46.3% of parents are known to tend not to play an active role in providing sex education to children (Fisnawati, Indriati, and Elita, 2015). This is because sufficient parental knowledge can increase the ability to prevent child sexual violence. However, 55% of parents have less knowledge about the faucet in children

(Kelrey, 2013). Thus, efforts to increase parental knowledge about sexual health through sex education are needed. However, efforts to increase people's knowledge as educators for the prevention of sexual violence are not yet known.

The Indonesian Pediatrician Association (IDAI, 2014) explained that victims of sexual violence in children began to occur at the age of 0 to 5 years with a prevalence of 7.7%. The prevalence of child sexual violence increased to a more mature age, namely the age range of 6 to 12 years, increasing to 33%. Thus, efforts to prevent sexual violence from an early age are needed. So as to provide sex education to parents who have children with an age range of 0 to 6 years in order to prevent increasing cases of sexual violence.

There is no specific and understandable reason why people commit acts of sexual violence against children. But overall, a complex interplay of emotional, situational, developmental, and psychological factors, which may include lack of intimacy, loneliness, anger, stress, and sexual attraction to a child, can contribute to a person's motivation to sexually assault a child (Tabachnick and Pollard, 2016). Research conducted by Romatika (2014) in Wonogiri Regency revealed several factors causing sexual violence in children, including lack of religious education in children, lack of parental care, lack of concern for neighbors, lack of sex education in children from an early age, poverty, unemployment, promiscuity, lifestyle, loss of national identity and culture and globalization of information.

Sexual violence itself has a serious impact on victims who experience it. Not only physical but also psychological disorders to developmental disorders or even disability. If the violence occurs at an age that is already at the fertile stage, there will be an unexpected or untimely pregnancy that can interfere with the child's future and even make the child feel excluded. In addition, sexual violence does not only occur in one victim but also many victims so that it will cause transmission of sexual diseases, reproductive organ disorders to depression (IDAI, 2014). Research conducted by Rokmah and Nafkadini (2013) explains that victims of sexual abuse and violence result in children already feeling tainted, dirty, sinful, and ashamed of their neighbors. This also affects self-actualization and the victim's interpersonal relationship with the social environment tends to be less good.

Efforts can be made to prevent the increase of sexual violence in early childhood by providing early childhood education. With the development of technology that is increasingly becoming a necessity of society in everyday life, it can help to provide sex education in early childhood through e-modules that provide knowledge about sex education. Parents as the first educators for children have an important role in preventing sexual violence in children. Parents are expected to provide direct sex education to children before children interact with their environment widely.

However, the lack of knowledge of parents and 3 children is one of the causes of un conveyed sex education from an early age in the family environment (Safira, 2013).

Furthermore, the factors that cause the lack of knowledge of sex education in the family because the discussion of sex in the family environment is still considered impolite or ethical to discuss. Therefore, there is a need for increased parental knowledge which is expected to be one solution to increase awareness of sexual violence that occurs in children. There are several efforts that can be made to increase the knowledge and awareness of parents, one of which is through Health Education by using e-modules that can be a reference for parents to explain sex education in children.

With a sense of concern from parents about these frequent cases, it will help the government to continue to minimize cases of sexual violence in children every year. This is because children are able to protect themselves when in a new environment and meet strangers when not under parental supervision. For this reason, parents must have a strategy in providing understanding to introduce sex education in early childhood. Parents should be able to filter the words so that they are easily understood by the child to avoid misunderstandings. The lack of references to be able to provide an understanding of sex education from an early age in children makes parents not understand explaining it with children. Furthermore, the view of parents who consider that the discussion of sex from an early age in children is considered unethical and polite makes children less likely to get sex education from parents.

Literature Review

A. Early Childhood

1) Understanding Early Childhood

There are several definitions of early childhood. The first definition, early childhood is a child aged 0 to approximately 8 years. Almost in line with that, Ardy (2016) argues that early childhood is a child aged 0-6 years, who is in the early developmental stage of childhood who has the characteristics of concrete thinking, realism, simple, animism, concentration, and has broad imagination power.

Early childhood is a child whose age is not yet included in a criterion who can attend formal institutions such as elementary schools (SD) and usually they play at home or participate in activities in informal educational institutions such as playgroups, kindergartens, and early childhood education. While in essence early childhood (Augusta, 2012), is a unique individual who has a pattern of growth and development in physical, cognitive, social-emotional, creativity, language and communication aspects that are specific and in accordance with the stage being passed by the child.

From the opinions of several previous experts, it can be concluded that early childhood is the stage of early development of children from the age range of 0 to 6 years, where at

this time children explore more curiosity about the surrounding environment so that their growth and development increases rapidly. For this reason, during this golden age, guidance and assistance from the family, especially parents and class teachers are needed.

2) Characteristics of Early Childhood

Children are the center of attention of Education, so people should be involved in the world of Education, understand and understand the characteristics of 7 child development in each field and period so as to be able to provide education in accordance with their development and growth, talents and interests in accordance with their growth, talents, and interests according to the needs of their soul. Early childhood has unique characteristics because it is in a very rapid growth and development process and is fundamental for the next life. Psychologically, early childhood has distinctive characteristics and is different from children over the age of eight years. Unique early childhood has the following characteristics.

- a. Children are egocentric In general, children are still egocentric, they see the world from their own perspectives and interests. This can be observed when children fight over toys, or cry when they want something but are not fulfilled by their parents. This characteristic relates to the cognitive development of the child.
- b. Children have curiosity (Curiosity) Children view that the world is filled with interesting and amazing things. This encourages high curiosity. Children's curiosity varies greatly, depending on what catches their attention.
- c. Children are unique According to Bredekamp (1987) children have their own uniqueness such as in learning styles, interests, and family background. The uniqueness of each child is possessed according to innate, interests, abilities and cultural backgrounds and lives that are different from each other.
- d. Children have imaginations and fantasies Children have their own world, different from people above their age. They are attracted to imaginative things so they are rich with fantasy. Sometimes children question something that adults can't guess, it's because they have incredible fantasies and develop beyond what they see.
- e. Children have short concentration power In general, children find it difficult to concentrate on an activity for a long period of time. Children will be easier to distract themselves if there are more interesting things around them, unless the activity has its own fun with variety and creativity that is not

boring.

So it can be concluded that children have their own world that we cannot limit for exploration, for that as parents can not limit it but can only guide it to stay in a positive direction.

B. Sex Education of Early Childhood

1) Definition Sex

Sex is a need, that is, sexual needs, sexual needs are usually classified into biological needs, as one of the physical needs, which cannot be separated from a person's sexual life. Because everyone has genital glands, hormones, and has a sex drive. The need or itself is a deficiency, namely the existence of something less, because it will cause the desire to fulfill desires such as eating and having sex (Zaviera, 2007). If there is a desire that arises, it will be one of the drivers to do the behavior. These elements will form and constitute a circle, namely the circle of needs, behaviors, and goals, or better known as the circle of motivation. Abraham Maslow from the United States developed a theory of motivation based on the idea that meeting needs is the most important principle and underlies all development (Pohan, 1990).

Sex education is the guidance and care of a person in order to understand the meaning, function, and purpose of sex, so as to channel it into the right and legal path. Sex education is not only sex illumination, because sexual relations are someone who has a desire for sex only in the opposite sex, not only because of biology and physiology about sexual life, but about psychology, socio-culture, religion and health (Miqdad, 2001).

Sex education can be divided into sex instruction and sex education in sexuality. Sex Instruction is an explanation of anatomy, such as 9 hair growth in the armpits and genitals, and about the biology of the genital reproductive organs to maintain the type, including family formation and contraceptive methods in preventing pregnancy (Miqdad, 2001). While sex education in sexuality includes the fields of ethics, morals, physiology, economics, and other knowledge needed to provide understanding to individuals as sexual beings, as well as to establish interpersonal relationships with good goals. Sex education is an effort to follow up on human instinctual tendencies, where most children ask questions about sex problems and parents must be correct in giving answers to their children. For example, there is a child who asks why he was born into the world? So as parents must answer it with y language:

Meaning: And God brought you out of your mother's belly knowing nothing, and He gave you hearing, sight and heart, that you might be grateful. (Q.S. An Nahl:78)

Sex is a human need that cannot be separated from human life. In Islam, the sex drive is also not considered dirty and immoral (Miqdad, 2001). Sex education is one form of introduction of sex function and sexual organs to ensure normal sexual health and

function. The stages of sex development in children follow different phases. Sigmund Freud arranged the five stages of the sexual phase in children, which are as follows (Crain, 2007):

- a. First Stage (Oral Stage) Human sectarian activities starting from birth to the end of the first year of life. Where at this stage the baby will feel sexual pleasure centered in the mouth area by doing sucking activities (milk, fingers), such as biting, licking, sucking, and kissing in a variety of activities of people who apply lips, tongue, and mouth.
- b. Second Stage (Anal Stage) The stage where the child will get sexual pleasure from the area around the rectum. Some parents may allow their child to smell and play with feces for a long time.
- c. Third Stage (Phallic Stage) At this stage the child can identify his genitals. Children will feel pleasure when playing it. At this stage children are in the age range of 3 to 6 years by beginning to show greater curiosity about the differences that exist between men and women.
- d. Fourth Stage (Latency Stage) At this stage the child has entered adolescence, or called latent because the child will tend to suppress all his erotic desires until later will reach puberty. Usually this stage is characterized by the emergence of routine activities such as masturbation or genital manipulation.
- e. Fifth Stage (Genital Stage) The final stage of the entire process of sexual development of a child. This period marks the peak of a child's development and maturity, this phase starts from the age of 11 years for girls and 13 years for boys. Sexual energy in children has also begun to form in full force like adults and threatens to break through the defenses that have been built so far.

Sex education for children aged 0 to 5 years is with the following techniques or strategies (Chomaria, 2012):

- a. Help your child feel good about his body.
- b. Give touch and hugs to children so that they can feel the love of their parents sincerely.
- c. Provide an understanding of the ethics of wearing clothes, matters concerning his person that should not be touched and seen by others.
- d. Tell what kind of touching is appropriate and inappropriate
- e. Teach children about the differences between boys and girls.
- f. Instill shame in children from an early age.
- g. Male circumcision.

2) Purpose of Sex Education

Among the goals to be achieved in introducing sex education to early childhood are the following:

- a. Help children to understand and know their limbs from an early age. Many early childhood children with an age range of 1 to 2 years do not know about their reproductive organs and they are also found to ask about their reproductive organs. The perfect time to introduce children to their organs from the outside and inside, from the public to the private and hidden secrets, is when parents bathe young children. It is expected that with early childhood sex education all parts of the child's body can be known and understood by children well and correctly from early childhood.
- b. Maintain the limbs and reproductive organs of children from an early age to stay healthy. Everything God created in the universe, including our limbs, and others, must be taken care of because we have an obligation to God to take care of them. Children from an early age should be taught how to take care of their limbs, including repr devices.

The purpose of sex education in general, according to the agreement of the International Conference Of Sex Education and Family Planning in 1962 is to produce adult humans who live happy lives because they can adjust to society and its environment, and are responsible for themselves and others.

The basic purpose of sex education is to maintain the continuity of the extension (existence) of mankind in the world, however, the main purpose of sex is to produce individuals who can always adjust to society and their environment, and are responsible both for themselves and others (Miqdad, 2001). Hasan el-Qudsy added that briefly the purpose of education in Islam is as an early cultivation and strengthening of morals for children and adolescents in dealing with sexual problems so as not to easily fall into promiscuity. Sexual education in addition to explaining the anatomical and biological aspects also explains the.

Proper sex education must include elements of human rights. Also, cultural and religious values are included so that they are included in moral and moral education. So that sex education will form a healthy emotional attitude towards sexual problems and guide children and adolescents towards a healthy and responsible adult life for their sexual life. This means that they do not consider sex to be disgusting and dirty. But it is more innate man who is a gift from God and serves an important function for his life. So that children can learn to appreciate their bodies.

3) Factors of Wrong Sex Education

- a. Father's Ignorance of Sex Education If among adults, especially a father, does not know the concept of Islam, its context, and the model of sexual education, then this will have implications for the child's personality. Because of the father's weakness in mastering the rules of sexual behavior and its development. A child's ignorance of the Islamic concept of sexual matters is due to the adult's lack of training in training children on halal and haram.

b. Sexual Stimulation in the Family This happens to inadvertently damage children's views on sexual behavior, especially in the home, because they do not pay attention to sexual rules and sexual rules and conjugal relationships between father and mother. Children see directly intimate scenes of their parents, such as kissing, or seeing an open aurat. How it can lead the child to various sexual deviations when the child is dew.

2. METHODS

This research was conducted using qualitative methods that aim to reveal how the actual situation is happening in the field. A qualitative approach is a process of research and understanding based on a methodology that investigates or a social phenomenon and human problem. In this approach, researchers emphasize the socially awakened nature of reality, the close relationship between researchers and the subject under study (Noor, 2014).

Qualitative research can be designed to contribute to practical theory, policy, social problems and action. Qualitative research is carried out because researchers want to explore phenomena that cannot be quantified that are descriptive such as the process of a work step, the formula of a recipe, notions of a diverse concept, the characteristics of a good and service, images, styles, procedures of a culture, physical models of an artifact and so on. In this study, the sampling technique uses purposive sampling techniques, namely sampling techniques by selecting research subjects who are considered to know the information and problems in depth and can be trusted to be a steady source of data. And they are the Principal, the Teachers, and the Students. Of course, the results of interviews from them will later become a source of data in this study. And the data source used.

In this study, the data analysis used was the Miles and Huberman model. The data analysis suite can be simplified into three stages as described by Miles and Huberman. In the following Qualitative Data Analysis:

- 1) Presentation of data, can be understood as a set of organized information that gives the possibility of drawing conclusions and taking action. The presentation of this data can be done in the form of tables, graphs, charts, and so on. But the most common is with narrative text.
- 2) Data reduction is the process of selecting, focusing on simplifying, abstracting and transforming "rough" data that emerges from written records in the field. When researchers start doing research will get data that is many and varied and even very complicated. Therefore the data needs to be reduced.
- 3) Drawing conclusions (verification). Usually the conclusions formulated at the beginning are temporary, for that evidence must be found that corroborates them so that the conclusions can answer the problem formulation that has been prepared at the beginning.

3. FINDINGS AND DISCUSSION

There are several strategies that can be used by parents in providing an understanding of sex education in early childhood. In addition, parents must also be good at taking moments and using words that can be understood by children so that children do not misunderstand their delivery. Some of these strategies are as follows:

1) Using Book Media

Parents can create media such as storybooks so that at the time of storytelling parents can give moral messages to children in using how to dress and socialize with the opposite sex. So that children more easily understand and understand if interesting media is used.

2) Using E-modul

Parents must continue to multiply references from modules and articles in conveying understanding of sex education from an early age to children so that parents are not wrong in their delivery.

3) Provide information while singing

When the mother wears the child's clothes after bathing, the mother can invite the child to sing. Indirectly, parents provide information to children that there are several points of organs or body parts that must be maintained and should not be carelessly touched by people other than their parents.

4) Every time you want to go to bed at night, mom or dad tries to convey understanding Parents try to convey understanding by giving advice if they meet strangers without parents then what to do. And parents can also give advice related to clothes that can be used to cover the aurat so as not to invite unwanted things.

4. CONCLUSION

Each parent has their own way of providing understanding to children so that it is easier to understand by their respective children. However, some strategies are sometimes important to implement so that the message to be conveyed is easier for children to understand, especially in early childhood. The strategies that can be used are to use interesting media, provide information while singing, advise children when they want to sleep, and parents increase references so that more information is expected.

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