

E-ISSN: 2581-8868

Volume-04, Issue-05, pp-57-60

www.theajhssr.com

Research Paper

Open Access

Educational Strategies for Parents through “ECSE” E-Book in Efforts to Introduce Sex is not Taboo for Children in Baros District Sukabumi City

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ABSTRACT

Sex education in Indonesia is still considered taboo by parents, even though sex education is something that must be taught to children as early as possible. In this case, the role of parents is very important. Considering the rapidity of today's technology, children can easily get the bad information from the internet, especially about sexual education. Because it is beyond anyone's control including the parents. So that is feared to cause sexual deviations. The “ECSE” ebook is one of the strategies that the researchers made to educate parents in the Baros district Sukabumi city about sex education for early childhood. After the socialization, the “ECSE” ebook was able to change the paradigm of parents that providing sex education to early childhood is not taboo and very important to be taught.

KEYWORD: *Sex Education, Taboo, Parents, ECSE*

I. INTRODUCTION

The rise of deviant sexual behavior such as free sex, Unwanted Pregnancy (UP), sexual violence, and sexual harassment is a threat, especially for children who do not receive sex education from an early age. Based on the results of the Survei Kinerja dan Akuntabilitas Program (SKAP) 2018, issued by the Badan Kependudukan dan Keluarga Berencana Nasional (BKKBN), recorded the number of Unwanted Pregnancy (UP) reached 34.1%. Sex education is still considered taboo in society, especially to be taught to children. In fact, sex education that given from an early age will be very influential on children's life when they entered adolescence. Moreover, the children in this era are very critical, especially in terms of high curiosity about something. Therefore, parents have a very important role in teaching sex education as early as possible, so that children do not get information from the wrong sources, considering the rapidity of technology today. In addition, the wrong parenting style in teaching sex education is also one of the factors that causing the increase the cases of sex deviance in Indonesia. That is why the researchers through “ECSE” ebook attempted to remove the paradigm that sex education is taboo, especially for parents, in order to provide sex education to their children from an early age.

II. OBJECTIVE

The purpose of this study is to introduce and educate parents that provide sex education to children from an early age is very important and not taboo to be taught to children in Baros district, Sukabumi city.

Methods and Approaches : This research is a qualitative research with the grounded theory approach. (Lichtman, 2013: 7) in Suwarsono (2016: 2) explained that qualitative research is a way to find out (something) where a researcher collects, organize, and interpret information obtained from humans by using the eyes or ears as filters. The research is often involved in-depth interviews and/or observations of humans in natural situations

(setting), online, or social. Meanwhile, the grounded theory is an approach that can be applied to various social science disciplines. However, the researcher does not need to be an expert in the field of science that they researched for. According to (Babbie, 1992) in (Wishnu, 2011: 24), this approach is carried out if the researcher made the observations or participated in social behavior and try to understand that behavior. Meanwhile, according to (Adebayo, 2004), Grounded theory approach is allowing the researchers to form the constructs and build the theories from the data that directly collected by the researchers, not from the existing theories. The subjects or participants in this study were parents in Baros district with aged between 19-57 years. The samples were taken by using purposive sampling technique that is determining certain criteria. (Sugiono, 2018)

III. RESEARCH STAGES

1. Preparation Stages : The activities carried out in this stage are: 1) Giving a questionnaire containing 11 questions referring to the "ECSE" ebook to be filled out by the subject, 2) determining the title, 3) formulating the problems, 4) reviewing the literature, 5) compiling research designs, 6) determining the data sources.

2. Implementation Stages : The activities carried out in this stage are: 1) Collecting relevant reference sources, 2) making "ECSE" ebook, 3) making questionnaires, 4) looking for the research subjects, 5) explaining "ECSE" ebook to the subjects, 6) giving questionnaires, 7) identifying the data, 8) recording the data, 9) analyzing the data, and 10) concluding the data.

Completion Stages : In this stage, the researcher gets the results from the questionnaire that has been filled out by the subject and compiles the results into a research report.

ECSE : Early Childhood Sexual Education (ECSE) is an ebook about sex education for early childhood that aimed to the parents to brought them the importance of giving the sexual education to their children from the early stages. Besides that, "ECSE" is intended to educate the parents that providing sexual education to their child is not taboo. "ECSE" ebook made by the researchers special for this research equipped with the illustration made by one of the researchers with the aim to attracting the subject's reading interest. The "ECSE" ebook consisted of 17 pages with scope of discussion: 1) UP cases in Indonesia, 2) adolescent sex behavior, 3) getting to know sex education, and 4) the role of parents in providing sex education.

After reading the "ECSE" ebook, do you still consider that sex education for children is taboo?



Do you think that sex education for children is important?

■ Agree ■ Disagree



Result and Finding The effect of "ECSE" ebook in educating sex education to eliminate the taboo paradigm : As we know, sexuality can not be separated from a person from childhood to adulthood. There are still many people who think that "sex" is synonymous with sexual relations between husband and wife. According to (Susanti, 2020), "Sexuality is an important aspect in human life because it is related to the physical, psychological, spiritual, social, economic, political, and cultural dimensions". So that it can be interpreted that sexual education is far from taboo and very important to be taught from the early age. Based on the data above, it can be seen that as many as 59 people agreed on the effect of "ECSE" Ebook in educating sex education to eliminate the taboo paradigm, and 27 people still considered sex education is taboo. So it can be concluded that the "ECSE" ebook succeeded in changing the paradigm of parents that sex education is taboo.

The importance of sex education for children : It is often that the future of the children referred to the future of the parents. However, taboo is the main indication that parents are reluctant to discuss sexual matters with their children. In fact, sexual education is important information that must be known by children, so that they can that sexuality as part from physical health, not just the relationship between men and women.

Based on the data above, it can be seen that as many as 86 people were agreed that sex education for children is important. So it can be concluded that many people especially the parents are aware of the importance of sex education for children.

The sexual deviation in the neighborhood due to the low sex education : Technological advances have a significant role in increasing the behavior of sexual deviations. The lack of sexual education and the role of parents sometimes make the children looking for the answers of their questions about sexuality from the internet, and most of them misunderstood of it. The low of sex education make the children do not understand what is the meaning of sexual deviation, and when it happens to them, they assume that it is normal (natural). However, when parents providing the sexual education from the early age to children, they will be more vigilant and build the shields or boundaries of themselves to others. Based on the data above, it can be seen that as many as 51 people stated that there were the sexual deviations in they neighborhood due to the low sex education, and 35 people stated that there were not sexual deviations in they neighborhood due to the low sex education.

Is there a sexual deviation in your neighborhood that caused the low sex education?

■ Yes ■ No



Are you going to tell your child the correct name of the genitals?

■ Agree ■ Disagree



The role of parents in teaching the correct name of genital from the early age : The genitals are the most sensitive parts of body that no one else can touch except themselves and their parents when they were an early age. Parents has an important role in teaching the correct name of genital from an early age, by not using another name instead of using the proper name. Quoted from Kompas.com (2017), a psychologist, Naomi Ernawati Lestari said that when the parents telling their children about the genital parts of their body, they do not need to use a different name, just like the mention of other organs such as the eye is called the eye, the nose is called the nose. Parents can mention the penis and vagina so they won't considered it taboo. Based on the data above, it can be seen that as many as 80 people agree on the role of parents in teaching the correct genital names from an early age, and 6 people disagree. So it can be concluded that many people agree in teaching the correct genital name from an early age.

The role of parents in providing the sex education to children as early as possible :

Providing sex education to children is the same as instilling the value of faith in children as early as possible, so that they can stay away from heinous and evil deeds that are not liked by Allah, including being able to fortify themselves from the risk of violence and sexual harassment in the future.

Based on the data above, it can be seen that as many as 83 people agree to provide sex education to children as early as possible, and as many as 3 people do not agree. So it can be concluded that many people agree to provide sex education to children as early as possible.

As parents, will you provide the sex education to your children as early as possible?



Do you agree that the low sex education from an early age became one of the causes of UP (Unwanted Pregnancy)?

■ Agree ■ Disagree



The lack of sex education from an early age is one of the causes of UP : UP or Unwanted Pregnancy became a hard whip for parents and also children who experienced it. It can be interpreted if UP is a real form of low sex education so that sexual deviations can be occurred. According to (Husaein, 2009) in (Ismarwati, 2017), UP in adolescents will have a negative impact in terms of physical, psychological, social, and spiritual. The physical impact will harm both the mother and the fetus that she is carrying, or the mother will try to have an abortion which can lead to the death. From a psychological point of view, mothers will try to escape their responsibilities or keep going forced pregnancy. Meanwhile, judging from the social impact, the community will be ridiculed and also ostracized. Based on the data above, it can be seen that as many as 85 people agree with the low sex

education from an early age became one of the causes of UP, and 1 person disagree. So it can be concluded that many people agree that the lack of sex education from an early age is one of the causes of UP.

The reaction of parents when their children tell them about their sexual problems : Every child must be had a secret that their parents do not know especially when they entered adolescent. The reactions and responses of parents are very important for children, it because through the reactions of parents, children can grow their self-confidence or even vice versa. Therefore, it is important for parents to give a reaction or educational responses for children.

Are you going to give your children a solution without cornering them when they told you about their sexual problems?

■ Agree ■ Disagree



Based on the data above, it can be seen that as many as 86 people choose to react positively when children tell their parents about their sex problems. So it can be concluded that many people choose to react positively when children tell their parents about their sex problems.

The role of parents in providing solution to children without cornering when they are telling you about their sex problems

Being a parent must be smart in reacting and expressing the feeling in front of the children. Because being too quick in deciding and cornering children can make them lose confidence and feel traumatized, so that in the next possibility children will reluctant to tell about their sex problems to their parents. According to Grace (1991) in Adi Setiawan (2015), parent-child communication is said to be effective if both parties are close to each other. Based on the data above, it can be seen that as many as 85 people choose to agree that parents play a role in providing solutions to children without cornering them when they told about their sex problems, and 1 person choose not to agree. So it can be concluded that many people choose parents to play a role in providing solutions to children without cornering them when they told about their sex problems.

IV. CONCLUSION

Sex education is information that provides knowledge about the reproduction organ function with instilling morals, ethics, commitment, and religion so the abuse of organ reproduction will not occur. However, based on the data we got in Indonesia, sex education for early childhood is very low, and it is still considered taboo. In fact, sex education that taught from an early age will be greatly affected for children's life when they entered adolescence. After we did the research in Baros district Sukabumi city, the researchers concluded that the "ECSE" ebook that the researchers made succeeded in changing the paradigm the taboo of sex education.

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