

Family Education Training To Prevent Sexual Abuse Of Children In Kenagarian Pangkalan District Pangkalan Koto Baru Regency Limapuluhkota

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Abstract: Cases of sexual abuse against children experienced a significant upward trend, where from 11,952 cases in 2021 it increased by 34.62% to 16,114 cases in 2022. West Sumatra Province itself is in seventh place in the province with the most reported cases of sexual abuse against children, and the district Fifty cities, based on BPS data from West Sumatra Province, are in first place with the most reported cases of sexual harassment. The results of interviews with several parents in Pangkalan Limapuluh Kota Regency show that parents do not yet have the ability to provide education to prevent sexual abuse in children. This training is provided using lecture, discussion and direct practice methods regarding family education to prevent sexual abuse of children. In the initial evaluation, the results showed that almost all of the training participants stated that they had never provided sexual education to children at home. Then in the final evaluation the results were obtained that they gained knowledge and ways to provide sexual education to children to prevent sexual harassment. Training participants also know how important social support in the family is for children who are victims of sexual abuse.

Keywords: Family, Education Training, Sexsual Abuse, Children

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Introduction

Sexual harassment is said to be a major social threat that has become quite a threatening epidemic throughout almost the world (Wismayanti et al., 2021). According to the World Health Organization (WHO) Child abuse is defined as a complex problem involving physical and psychological abuse, sexual abuse, neglect, as well as commercial or other forms of exploitation (Farnia, 2020); (American Psikologycal

Association, 2013). Sexual harassment is a form of disorder that degrades, insults, persecutes, oppresses, traumatizes and paralyzes men, women, young, middle-aged and elderly (Llewellyn, 2019). Child sexual abuse is also defined as a generally regrettable traumatic event that is associated with a large number of adverse outcomes. Sexual abuse that occurs during childhood will cause pain in the child's present and future life (Lange, 2020). In particular, children who experience sexual abuse are at risk of experiencing depression, low self-esteem, post-traumatic stress, recurrence of physical and sexual abuse in the future, eating disorders, and even suicide. (Caffaro & Conn Caffaro, 2005); (Morrill, 2014); (Tener et al., 2021); (Prikhidko & Kenny, 2021). A number of studies have also explained that sexual abuse in children will lead to various long-term negative behaviors such as mental health, drug and alcohol use, suicide and self-injurious behavior, further victimization, poor educational attainment, physical health dysfunction, and decreased satisfaction. life (Fergusson, 2013); (Devries, 2014).

Child sexual abuse is a serious problem in various countries such as Germany (Gerke, 2021), Saudi Arabia (Aleissa, 2022) with 87 cases of sexual harassment occurring in 2006-2010, United States (Lin, 2022) with data of around 656,000 children suffering from forms of abuse in 2019 and 7.2% of these children experiencing sexual abuse, Oman recorded 721 cases of child abuse occurring in 2018 (Alshekaili, 2020) and Kenya (Ruto, 2009) recorded 1,987 cases of abuse, 55% of which were cases of child sexual abuse. In addition, research in Spain also estimates that a quarter of girls experience sexual abuse and 5% of boys experience sexual abuse (Assini, 2022). Indonesia, based on data from the Ministry of Women's and Children's Empowerment, noted that in 2022 there will be 16,114 cases of sexual harassment. This figure increased by 34.62% from 2021 of 11,952 cases (Yla/fra., 2022).

Parents, as the people closest to their children, should be able to provide knowledge regarding sexual education considering the increasing number of cases of sexual abuse that occur among children. Lack of parental supervision and attention towards children is one of the factors that causes children to become victims of sexual abuse (Finkelhor, 2007). Sexual education should be given to children according to their development. For example, parents introduce their children to their sexual organs briefly, for example, when bathing their children, parents can say that this is hair, this is head, these are hands, these are feet, stomach or genitals. Parents can provide information that the genitals should not be shown to other people carelessly, and if someone tries to touch them without the parents knowing, the child must scream as loud as possible, run away or protect themselves and immediately report it to the parents. (Khoori, 2020); (Ramírez, 2011).

However, many parents are reluctant to initiate discussions regarding sexual abuse with their children. Parents have difficulty acknowledging their children's sexuality, have an inadequate information base, are influenced by cultural pressures not to discuss sexuality, and some feel uncomfortable or embarrassed about being sexuality educators (El-Shaieb & Wurtele, 2009); (Flores & Barroso, 2017); (Kenny & Wurtele, 2013). Increasing parental protective behavior has also been recommended as an important element in a comprehensive approach to preventing child sexual abuse (Mendelson & Letourneau, 2015); (Rudolph, 2018); (Wurtele & Kenny, 2010). This is an important point why parents need to understand the prevention and alleviation of sexual abuse in children, so that victims of sexual abuse in children can be minimized.

The results of initial interviews with several parents on February 7 2023 in Kenagarian Pangkalan, Pangkalan Koto Baru District, Limapuluhkota Regency, showed that parents were very worried about their children becoming victims of sexual harassment, but parents did not have enough time to provide sexual education to prevent sexual harassment. This is due to the lack of time for parents to interact with their children because they are busy meeting basic needs/working. Apart from that, parents still feel it is taboo to discuss sexual matters with their children. The team also confirmed with the nagari government on the same day. From the results of interviews with the nagari government (walinagari, wali jorong) it was found that in the past there had been cases of sexual abuse of children, but they were resolved by deliberation at the Nagari Traditional Council and were sentenced to fines. Nagari also has a RANCAK program (which was previously used for the nephew's love contribution program/supporting the educational scholarship program, now its scope has been expanded to the NagaRi Amani Cinta Anak Niece program). The results of the analysis show that the nagari needs partnership program services to prevent sexual harassment by providing understanding to parents so that Pangkalan becomes a Sexual Harassment Free Nagari.

Through this activity it is hoped. 1) obtain an understanding regarding sexual education to prevent sexual harassment, 2) parents should be able to provide understanding regarding sexual education to children to prevent sexual harassment to children in collaboration with related parties such as teachers,

counselors and psychologists in helping prevent sexual harassment against children, 3) parents have skills in carrying out evaluations and follow-up in dealing with children's appropriate social behavior and 4) implementation of family education training programs to prevent sexual abuse of children refers to the function of understanding guidance and counseling. The implementation method starts from planning, implementation and evaluation. Activities in the form of workshops, training and outreach are aimed at parents of students at SD Negeri 09 Pangkalan.

Method

This activity was carried out in the UPTD school room at SD Negeri 09 Pangkalan which is located in Lubuak Nago Pangkalan Koto Baru Limapuluhkota Regency. The training participants were parents, namely 30 parents, which was carried out on September 22 2023. Implementation methods to achieve the goals and benefits to be obtained from this activity include 1) activity planning, 2) socialization and training, and 3) evaluation.

Activity planning, this activity was carried out on September 11 2023. In this case the service team contacted partners, in this case the Principal of SD Negeri 09 Pangkalan regarding plans to provide outreach and educational training to prevent sexual abuse of children. The participants in the socialization and training were all parents of high class students at SD Negeri 09 Pangkalan. The team also coordinated with the Limapuluhkota Regency Education Office to be given permission to carry out service at SD Negeri 09 Pangkalan.

Socialization and Training, this activity is carried out for one day. The presenters will take turns providing educational training materials to prevent sexual abuse of children. Mrs. Indah Sukmawati, M. Pd., Kons as head of the service team gave material about the importance of sexual prevention against children, then Mrs. Gusni Dian Suri, M. Pd gave material about family education in preventing sexual harassment and Mr. Dr. Miftahul Fikri, M. Pd provided material about family support systems in preventing sexual abuse in children.

Evaluation, this activity will be carried out at the beginning and end of the training activity. Evaluation at the start of the activity is carried out by asking the training participants about the extent of the participants' ability to understand the material that will be presented, the final evaluation is carried out by asking the participants regarding their understanding of the development material and their practical abilities carried out in accordance with the material discussed previously.

In implementing this community service activity, the service team also included 1 (one) teaching assistant to help carry out this activity. The chairman of this activity is Indah Sukmawati, M. Pd., Kons who is a lecturer at the Department of Guidance and Counseling, Faculty of Education, Universitas Negeri Padang. Meanwhile, the team members, namely Dr. Miftahul Fikri, M. Pd and Gusni Dian Suri, M. Pd who are also from the guidance and counseling department, Faculty of Education, Universitas Negeri Padang.

Results and Discussion

Opening ceremony

The activity was carried out on September 22 2023 starting with the opening which was carried out directly by the Dean of the Faculty of Education, Padang State University, namely Prof. Dr. Afdal, M. Pd., Kons. In his speech, the Dean of FIP UNP said that this program is a very good partnership program and is beneficial for the community in overcoming and preventing cases of sexual abuse against children. This activity was welcomed positively by teachers and parents of students and they hope that this activity can be carried out continuously as stated by the Principal of Fitra Murni School, S. Pd. I.



Figure 1. School reception

Socialization and Educational Training to Prevent Sexual Abuse in Children

The activity began with the presentation of training material by Mrs. Indah Sukmawati, M.Pd., Kons where she presented material about the importance of sexual prevention for children. He said that cases of sexual violence against children were increasing almost every year. Further investigation into several research results reveals that this increase occurred due to parents' low knowledge about sexual education and their continued reluctance to discuss sexual education with their children. Parents still tend to blame the environment around them rather than improving themselves to increase understanding of sexual abuse in children..



Figure 2. Presentation of material by Mrs. Indah Sukmawati, M.Pd., Kons.

The next material was presented by Mrs. Gusni Dian Suri, M. Pd., a member of the service team continuing from the material from the head of the service team, namely regarding family education in preventing sexual harassment. He explained that family education regarding sexual education is still low. In fact, the family is the first step for children to receive education, including sexual education. There are four family functions explained, namely the prevention function, distribution function, maintenance function and development function. All of these functions need to be activated by the family so that children are able to avoid sexual harassment. As for the stages of education that parents can carry out, firstly, parents convey sexual education regarding how living things develop, secondly, provide an explanation of the impacts they receive if they do deviant things, and thirdly, convey it well, not too vulgarly, according to the child's age.



Figure 3. Second presentation of material by Mrs. Gusni Dian Suri, M. Pd.

The next training material was delivered by Mr. Dr. Mitahul Fikri regarding the Family Social Support System. He explained that family support for children who are victims of sexual abuse is very important. The family is defined as a small organization that exists through love between couples of different sexes united through marriage with the aim of mutual perfection. There are four family supports that children who are victims of sexual abuse need, namely informational support, emotional support, instrumental support and assessment support.



Figure 4 Presentation of the Third Material by Mr. Dr. Miftahul Fikri, M. Pd.

After the presentation of the material is complete, training participants are asked to convey their knowledge about sexual abuse of children. Almost all of the training participants, in this case parents, said that they almost never talked about sexual education to their children at home. This happens because we still think that sex is a very, very taboo thing to talk about. They realize that sometimes they are the ones who have made their children victims of sexual harassment, for example by allowing girls to wear revealing clothes without giving them the slightest warning. Presentation of training materials provides information for parents about the importance of sexual education in the family and social support from the closest family is very effective in reducing trauma due to sexual abuse for children.



Figure 5 Question and answer session with training participants

EVALUATION

After a series of activities have been carried out, an evaluation needs to be carried out to see to what extent the objectives of the activities have been achieved. Evaluation is given by asking questions and answers to training participants regarding education about sexual abuse of children. In the initial evaluation carried out, the results were that almost all students still did not understand how to prevent sexual harassment. Regarding sexual education, they almost never give it to their children at home, because they still think that sex is a very taboo thing to discuss. Several training participants also explained that even if a family member is a victim of sexual harassment, the family chooses to remain silent and not pursue the case through legal proceedings because it will only bring shame to the extended family. On research Hasiana (2020) & Yafie (2017) explained that there are still many parents who think that sexual education is not an important thing that can be discussed openly, especially with their children. In fact, this is actually a mistake, sexual education in the sense of teaching, providing understanding and explaining problems related to sex to children since their minds grow and develop to be ready to understand these things. Sexual education in question does not talk about how to have sex or about the genitals but rather about the totality of expression as a woman and a man. The importance of parental awareness in anticipating sexual abuse in children by playing the maximum possible role as parents. There are four roles that parents can play in preventing sexual violence against children, including 1) parents as motivators where parents can encourage children to be confident and brave in fighting crime, 2) as educators and communicators where parents can educate and communicate with each other. direction with children, for example where parents can explain to children which parts of the body should not be touched by other people, including father/mother, 3) as supervisors and role models for children, where as supervisors parents can supervise children's movements at home if the child does not look like usually parents can directly ask the child what the child is experiencing, and 4) as a counselor, where parents can discuss with the child what the child's problems are and the secrets the child has (Nurhidayah & Ligena, 2018). These facts were explained by the presenter to make training members aware that there is a role that they are not playing in preventing sexual abuse of children.

Furthermore, in the final evaluation, several questions are asked regarding the training material that has been provided to see to what extent the training participants understand the material that has been provided. Overall, the training participants, in this case parents, were made aware of what the presenters had explained. They realized that all this time it was they who had made their children victims of sexual abuse because they had never provided their children with sexual education. Apart from that, the lack of support they provide to children when children have become victims of abuse is also something that turns out to be

wrong and needs to be changed. At the end of the activity, the training participants looked enthusiastic by asking several questions related to material on preventing sexual abuse of children. They said that they felt the benefits of this training. The training participants' knowledge increased regarding preventing sexual abuse of children. They will apply what they have learned to their families so that they can reduce the number of cases of sexual harassment, especially in Limapuluhkota Regency. The impressions and messages of the training participants were also asked before the activity ended and then the event was closed by the head researcher who also acted as a speaker in this socialization and training activity, namely Mrs. Indah Sukmawati, M. Pd., Kons.



Figure 6 Group photo at the end of the activity

Conclusion

The activities carried out consist of conveying information regarding the importance of sexual education obtained by children from parents so that the prevention of sexual abuse of children can be minimized in Kenagarian Pangkalan, Pangkalan Koto Baru District, Limapuluhkota Regency. Before being given the training material, the training participants explained that they had never given sexual education to their children because of the previous negative stigma which said that talking about sex was a conversation that was not worth discussing with children. What these parents are doing without realizing it is that they are indirectly making their children victims of sexual abuse. A series of materials on sexual education were provided to educational training participants to increase parents' knowledge regarding preventing sexual harassment. Overall, the training participants felt the benefits of the training that had been carried out, where parents felt directly that they realized that the role of parents was very different in preventing sexual abuse in children. They also said that they had gained new knowledge and ways regarding how to provide sexual education to children. In the end, training participants are expected to be able to apply the knowledge and skills they have acquired in the family.

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