

Underwear Rules for Preventing Sexual Violence

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Abstract

Child sexual violence is a phenomenon that requires joint attention because it affects all aspects such as the growth and development of children both physically, emotionally, and psychologically so it requires prevention efforts. Program to teach how to provide sexual education for early childhood as an effort to prevent sexual violence in children. Madrasah Ibtidaiyah Permata Bangsa does not yet have a program and has not received information about efforts to prevent child sexual violence including the Underwear Rules program. So it is necessary to increase knowledge about how to prevent sexual violence in children. The method of Community Service is health education about reproductive health and sexual violence. For the impact of sexual violence and its handling, it will be carried out through seminars involving psychologists which are carried out in a hybrid manner and methods of playing with children regarding underwear rules. Before and after implementation, pretest and posttest measurements were carried out to measure the understanding of teachers, parents, and children regarding efforts to prevent sexual violence in children.

Keywords: Community Service, Underwear Rules, Sexual Violence

INTRODUCTION

Sexual violence is an act of humiliating, humiliating, harassing, and/or attacking a person's body, and/or reproductive function because inequality of power and/or gender relations results in psychological and/or physical suffering that interferes with a person's reproductive health and loses the opportunity to carry out education with safe and optimal (Kemendikbud, 2022). The government in its efforts to overcome and prevent sexual violence has issued Law No. 12 of 2022 concerning Crimes of Sexual Violence, which regulates all forms of criminal acts of sexual violence to provide protection, especially for children. (UU RI Nomor 12 Tahun 2022 Tentang Tindak Pidana Kekerasan Seksual, 2022).

Incidence of child sexual violence is a phenomenon that requires joint attention because it affects all aspects such as the growth and development of children both physically, emotionally, and psychologically (Zahirah et al., 2019). Sexual violence can cause acute medical and psychological problems, so it is important to look for and identify the characteristics of victims of sexual violence (Hu et al., 2018). Childhood is a time when the process of personality formation takes place so when a child experiences sexual violence it can produce attitudes like: being permissive, depressive, destructive, aggressive, or behaving in a deviant manner (Kurniasari, 2019). The number of reported cases of violence against children has increased in the last 3 years from 11,057 in 2019, 11,278 cases in 2020, and 14,517 cases in 2021 (Kompas.com, 2022). The increase in cases of sexual violence against children requires proper handling and prevention efforts so it must involve three main elements in the realm of child development, namely family, school, and community. (Meliyawati, 2017).

Sexual prevention efforts can be given to children, one of which is by introducing Underwear Rules. Underwear Rules is a program to teach how to provide sexual education for early childhood as an effort to prevent sexual violence in children. Efforts to prevent sexual violence should be

provided by the people closest to the child, namely parents and teachers(Justicia, 2016). Research result Of the 70 cases recorded the duration of the event, 22 (31.4%) were delayed report cases. Comparisons of the non-recurrent and recurrent CSA assault groups revealed a significant increase in comorbidities (odds ratio [OR]: 4.46, 95% confidence interval [CI]: 1.54-12.93), acute psychiatric problems (OR: 3.18, CI: 1.26-8.06), attempted suicide (OR: 4.23, CI: 1.28-13.99), and the need for treatment with antipsychotic medications (OR: 5.57, CI: 1.37-22.65). Compared with non-delayed reported cases, the delay reported cases of CSA were significantly more likely to have anxiety ($P < .05$). The CSA victims in the present study exhibited acute medical and/or psychosocial problems, which indicate that pediatric emergency professionals have a responsibility to look for and recognize particular characteristics in these victims (Nurbaya & Qasim, 2018)

The Underwear Rules program can be provided through the method of applying health education about sexuality, and reproductive health so that it can help increase knowledge which is expected to help reduce the incidence of sexual violence in children(Nurbaya & Qasim, 2018). The Provision of health education about preventing sexual violence through the Underwear Rules program can also be carried out through parents so that parents can anticipate sexual violence in children early, by providing advice and efforts so that children can protect their bodies from people who have bad intentions for children (Justicia, 2016). Health education can increase the knowledge of elementary school students about the prevention of sexual violence (Februanti et al., 2022).

Madrasah Ibtidaiyah Permata Bangsa is a school located in the Cibiru Hilir area, Bandung Regency. Based on the results of interviews with the school, so far there has been no program to prevent sexual violence against children, and according to the school, cases of sexual violence have become a worrying phenomenon, especially for children. The results of interviews with the Foundation, teachers, and school children stated that they had never received information about underwear rules.

Based on this phenomenon, it is necessary to carry out an implementation in the form of community service on preventing sexual violence against children with the theme "Underwear Rules" as an effort to prevent sexual violence against children.

The goal to be achieved from this community service activity program is to increase the knowledge of children, parents, and teachers about preventing sexual violence to instill awareness of the risks of sexual violence in children.

The expected outputs in the form of mandatory outputs are video publication via YouTube and mass media, additional outputs in the form of booklets, and community service scientific articles.

METHOD

The solution provided in this Community Service activity is through the provision of education with Health Education about reproductive development, sexual violence, the impact of sexual violence and its handling for parents and teachers, and methods for playing underwear rules for children.

The stages for solving problems faced by partners, the solution offered is to do through providing education with Health Education about Reproductive Development, Sexual Violence, Impacts of Sexual Violence, and Handling it to children, parents, and teachers.



Figure 1. The stages of this activity are carried out
Survey Stage

Conduct situation analysis, problems, and surveys to community service partners and conduct preliminary studies of problems faced by partners, especially regarding sexual violence against children.

Partnership Agreement Stage

Agree with partners, where the partners involved in this community service activity are the school and the parent committee. And make partners willing to be involved in community service activities to prevent sexual violence in children. In this activity, a place and time have also been agreed upon for community service activities.

Implementation Stage

Community service activities are carried out in several offline and hybrid activities. Activities are carried out in the third week of November 2022, while the peak of activities will be carried out on November 24-25 2022. By providing education to children, parents, and teachers about Reproductive Development, Sexual Violence, Impacts of Sexual Violence, and Handling it on Children. Before and after the activity, pre-test and post-test were carried out. As well as forming a task force on sexual violence in schools. Implementation of education is carried out according to experts and involves psychologists investigating the causes of sexual violence.

Evaluation and Reporting Stage

Evaluation is carried out in each activity starting with evaluating the preparations for each session of community service activities as well as compiling reports on all community service activities. Community service activities also carry out the preparation of community service output publications in the form of video publications via YouTube and the mass media, additional outputs in the form of booklets, and scientific articles on community service.

RESULTS AND DISCUSSION

Community service activities are carried out at the Permata Bangsa Elementary School which is located in the CiBiru Hilir area, Cileunyi District, and will take place from November to December 2022.

Educational Activities for Children

Educational activities for children are carried out for children in grades 1 – 6. Community service activities are carried out in two sessions, namely class 1 – 3 sessions and class 4 – 6 sessions. The total number of children involved is 202 people. Activities are carried out through lecture-discussion media using interactive media with the video "Kiko and Hand" and playing methods by singing.

Table 1. Educational Activities for Children

No	Date and time	Hour	Activity
1	Thursday 24 November 2022	08.00- 11.00 WIB	1. Coordination with schools and teachers 2. Preparation of educational materials and tools and media 3. Education about Reproductive Development, Sexual Violence in grades 4 – 6 through power point media, videos, and singing.

No	Date and time	Hour	Activity
2	Thursday 24 November 2022	13.00 -15.00 WIB	<ol style="list-style-type: none"> 1. Coordination with school and teacher parties 2. Preparation of educational materials and tools and media 3. Education about Reproductive Development, Sexual Violence in grades 4 – 6 through power point media, videos and singing

Educational Activities for Parents and Teachers

Educational activities for children are carried out for parents of children in grades 1 – 6. Community service activities are carried out. Activities are carried out through Hybrid via zoom and offline. The method used is discussion lecture media using PowerPoint media templates and Canva.

Table 2. Educational Activities for Parents and Teachers

No	Date and time	Hour	Activity
1	Thursday 25 November 2022	08.00- 11.00 WIB	<ol style="list-style-type: none"> 1. Coordination with committees, schools, and teachers 2. Preparation of educational materials and tools and media 3. Education about Reproductive Development, Sexual Violence by expert lecturers 4. Education about impact of Sexual Violence and its handling by psychologists 5. Organizing the task force on sexual violence in schools

CONCLUSIONS AND RECOMMENDATIONS

The implementation of the underwear rules community service to prevent sexual violence against children at Madrasah Ibtidaiyah Permata Bangsa can run well and smoothly. The program implemented is the provision of education about Reproductive Development, Sexual Violence, Impacts of Sexual Violence, and Handling it on children, parents, and teachers.

Community Service Activities *underwear* rules in efforts to prevent sexual violence against children It is hoped that this program carried out by Bhakti Kencana University lecturers will be beneficial for increasing knowledge of children, parents, and teachers about preventing sexual violence in children so that all parties can prevent violence against children. In addition, the implementation of the sexual violence task force in schools can be an effective effort and solution in preventing sexual violence, especially for children at school.

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