

Prevention Efforts of Sexual Violence in Students at SMPN 1 Jatinangor

Nina Sumarni ^{a)}, Udin Rosidin, Iceu Amira DA, Hendrawati

Faculty of Nursing, University of Padjajaran, Bandung, Indonesia

^{a)}Corresponding author: n.sumarni@unpad.ac.id

Abstract

The increase cases of sexual violence, especially against teenagers, is a serious issue that requires immediate attention and action. The impact of sexual violence on teenagers can be very damaging, both physically and psychologically. To overcome this problem, a holistic approach is needed, one of which is by education. This educational activity aims to provide teenagers with a better understanding of the signs of sexual violence, and how to report it. It is hoped that this education will trigger awareness and change behavior so that teenagers can protect themselves. This method of socializing educational activities can be carried out through lectures and questions and answers at schools or youth communities. An interactive and informative approach is very important to make participants actively involved in the learning process. The number of participants who attended this activity was 31 students, both male and female. The results of this educational activity were measured by evaluating participants' knowledge before and after the education, the previous score was only 62 and after the education it increased to 84, where there was an increase in knowledge of 22 points after the activity.

Keywords: Education, Sexual violence, Teenagers

INTRODUCTION

Sexual violence is a serious problem throughout the world, including in Indonesia. Sexual violence can occur in various forms, such as sexual harassment, rape, sexual exploitation, and the distribution of inappropriate sexual content. The victims are not only adults but have also spread to teenagers, children and even toddlers. One group that is vulnerable to sexual violence is teenagers. Teenager is a transition period that occurs between childhood and adulthood, where many significant changes occur physically, emotionally, socially and cognitively. According to the World Health Organization (WHO) (Dianda, 2019) states that someone aged between 10 and 19 years is called a teenager. During this period, teenagers usually experience changes both physically and psychologically, which can affect their development (Wong DL, 2013). Teenager also means sexual development occurs or what is usually called puberty. Apart from physical changes, teenagers will also experience changes in emotional turmoil, which will become a sexual driver and create sexual attraction to the opposite sex.

One of the problems that often arises in teenagers is the problem of sexual violence. According to (Sugijokanto, 2014) Sexual violence is a problem that often arises among young people. According to the Indonesian Pediatrician Association (IDAI, 2014), as many as (33%) of the reported cases of sexual violence occurred in children aged 6-12 years and 0-5 years (7.7%).

According to 2020 Ministry of Social data, it is known that violence and sexual abuse against children has reached 8,259 cases and there has been an increase during the pandemic to 11,797 cases. In January 2022, 797 children were recorded as victims of sexual violence. National Commission on Violence Against Women's annual records from 2012 to 2022 also recorded approximately 49,000 reports of sexual violence. From January to November 2022, National Commission on Violence Against Women received reports of 3,014 cases of sexual violence against women, including 899 cases in the personal sphere, and 860 cases of sexual violence in the public and community spheres. These figures are only cases that have been reported, there are still many cases of sexual violence that are never uncovered because some victims are still reluctant to report incidents of sexual violence that they experienced. Therefore, the phenomenon of sexual violence is often called the iceberg phenomenon because the data on recorded cases is only a small portion of the reported cases, apart from that there are still many cases of sexual violence that are not reported or even never revealed.

Sexual violence is all forms of violence that can cause problems both physically and psychologically in children and can threaten their lives (Sugijokanto, 2014). Sexual violence can occur in several forms of crime. As a result of sexual violence, there is often a traumatic effect on both children and teenagers. Teenagers who are victims of sexual violence have problems such as psychological instability. In a study conducted by (Putri, 2019) victims experiencing sexual violence will affect their image in society. When incidents of sexual violence occur, this can allow individuals to consider themselves inferior, which can lead to hatred towards themselves. Events of sexual violence tend to form a negative self-concept, where this negative self-concept will greatly influence a person's behavior in the future. A negative past can affect a person's self-esteem and self-concept. Apart from that, in a study (Nuram Mubina, 2017) it was explained that the impact of sexual violence apart from emotions, discomfort, stress, depression and anger also appears not only in perpetrators of sexual violence but is contagious to other people in the environment.

Sexual violence not only affects the victim's psychological condition but also affects their social relationships. Individuals who have been raped repeatedly have a high risk of developing neurotic disorders, becoming dependent on drugs and alcohol, being admitted to mental health wards and being at risk of suicide. One example of a form of sexual violence is a case of rape. Mboiek and Stanko (Fuadi, 2011) define sexual violence as an act that is usually carried out by men and directed at women in the sexual field which is not liked by women because they feel insulted, but if the act is rejected then there is a possibility that women will suffer other bad consequences. Meanwhile, Sari (2009) in (Ramadhani & Nurwati, 2023) explain that sexual violence behavior against children does not have to involve direct bodily contact between the perpetrator and the child as the victim. Many women in Indonesia are the rape victims. This needs to be a special concern to the government because it can cause many problems for victims. Apart from the physical aspect, the victims are also vulnerable to mental shock problems from the events that befell the victims. The legal protection provided to women who are victims of sexual violence has been regulated by the government in law. Specifically for sexual violence against children, there is also Law Number 23 of 2002 concerning Child Protection as amended by Law Number 35 of 2014 concerning Amendments to Law Number 23 of 2002 concerning Child Protection. The protection of children from sexual violence in this law even extends to educational units.

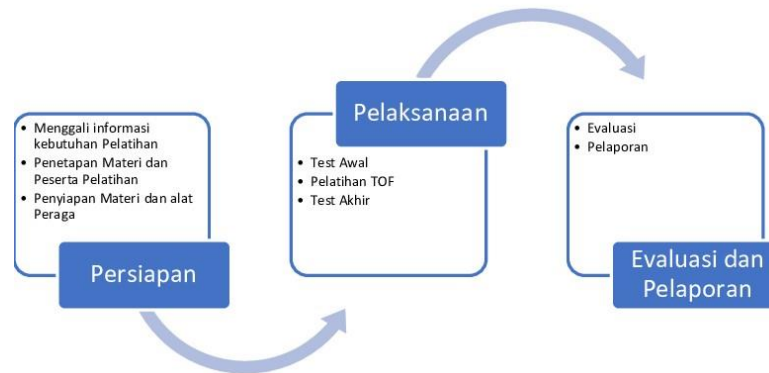
How can teenagers avoid sexual violence by providing knowledge about anticipating sexual violence? Based on research conducted by (Delfina et al., 2021) teenagers with more sexual

knowledge have better anticipation of the risk of sexual violence. This shows that knowledge about sexual matters will help teenagers recognize signs of sexual violence or harassment against themselves, as well as what efforts should be made if they face this in everyday life. Based on research conducted by (Amalia et al., 2018) SD Negeri 04 Balai Rupih Simalanggang Payakumbuh that there is a significant influence of providing sexual health on incidents of sexual violence among students at school, before being given intervention, it was found that more than half of the respondents experienced incidents of sexual violence. After the intervention, it was found that only a small number of respondents experienced incidents of sexual violence and the majority of respondents did not experience incidents of sexual violence. Therefore, to reduce the prevalence and risk of sexual violence in teenagers, these teenagers must know about prevention efforts of sexual violence themselves so that they can avoid sexual violence.

METHOD

An educational approach to sexual violence is an important step in prevention efforts and overcome this problem. According to (Muarifah et al., 2019) sex education needs to be given to teenagers so that teenagers do not fall into sexual problems and deviant behavior. Providing knowledge about sex education is not only provided by schools, parents and the community need to guide teenagers. This approach can be carried out in various ways, ranging from formal education in schools to special training programs for risk groups or individuals who are vulnerable to sexual violence. One effective approach is to integrate an understanding of consent in the sexual education curriculum, so that individuals, especially teenagers, can understand the boundaries of sexual relations and respect the wishes and rights of their partners. According to (Rovendra, Erit, Meilinda & Sari, 2021) a method is a model of how one can carry out teaching and learning activities to achieve a good learning process.

The method is one of the determining factors for the success of health promotion. Therefore, many considerations are needed in determining a method for health promotion. One thing to consider is the target that will be used in carrying out health promotion. Targets in health promotion consist of individuals and groups. In this case, we chose a group, namely a group of teenagers who were currently studying at junior high school. Teenagers are a productive age group who will continue the life of the Indonesian nation. Therefore, they need to know about threatening health issues. With a target of one class or 31 participants, we chose a group format using the lecture method. The lecture method is verbal explanation and narrative by the service team in front of students and front of the class. In this method, a lecturer dominates and becomes the subject of learning, while students are passive objects receiving what is conveyed by the lecturer. According to (Idi & Idi, 2013) a lecture is an interaction between a teacher and students through oral communication. The reason we chose the lecture method is that this method is suitable for large classes with a capacity of 20-30 participants, saves time by providing material simultaneously to all participants and can be enriched by interesting media such as PPT, posters and videos. To provide education, it begins with a preparatory stage where the service team conducts an initial assessment of SMPN 1 Jatinangor, and conducts surveys and discussions. The next stage is implementation, this stage begins with conducting a pre-test and then education. The final stage or evaluation stage is for evaluating the results of the education that has been carried out and preparing a report.



Figures 1. Flowcards of counseling in order to increase knowledge levels

Health promotion can be said to be successful if there is a change in knowledge. Therefore, we started by giving a pre-test to see the level of knowledge before being given education and a post-test after giving the lecture. Apart from that, in the lecture session, there was a discussion regarding trigger questions that could make the participants interested and answers to the questions to trigger the participants' curiosity. Lectures are made interactive so that participants don't get bored. The demonstration was carried out after the lecture with us practicing the method and 3 participants came forward to practice what had been demonstrated. Every participant who actively asks questions, answers questions and comes forward to practice will be given a prize.



Figure 2. Service Team public education about Prevention Efforts of Sexual Violence in Students at SMPN 1 Jatinangor

The variable studied was teenagers' knowledge before and after receiving health education regarding Prevention Efforts of Sexual Violence among Students. The population of this study was all teenagers who attended the health education as many as 31 people. The location of counseling was held at SMPN 1 Jatinangor, Cirebon – Bandung Street, Hegarmanah, Jatinangor Sub-district, Sumedang District, West Java. The evaluation used in education and health promotion takes the form of changes to the pre-test and post-test that have been completed by the participants.

RESULTS AND DISCUSSION

Results

Educational activities for junior high school students regarding prevention efforts of sexual violence against students are an important step in protecting teenagers from potential dangers that they can face around them. In carrying out the activities, the average score before the education was carried out was 62 and 84 after the education was carried out, so there was an increase in knowledge of 22 points. This activity was by previous service activities which showed that there was an increase in the average knowledge score before and after training. (Rosidin et al., 2021) This educational material can include an understanding of what constitutes sexual violence, warning signs, and how to protect self.

One of the positive impacts of this education is increasing teenagers' knowledge about prevention efforts of sexual violence. They become more aware of the potential dangers around them and can identify suspicious situations. Additionally, this knowledge can also help them understand the importance of reporting suspicious incidents to trusted adults.

Apart from increasing knowledge, education about Prevention Efforts of Sexual Violence among Students can also give teenagers a sense of self-confidence.

DISCUSSION

Sexual relations can be referred to as sexual violence when one party threatens the other party or commits physical violence so that one party is in a vulnerable, afraid, cornered position, while the other party dominates and has power. Forms of sexual violence itself can occur in acts of rape or sexual abuse. (Inner Tower (Fuadi, 2011) mentions several types of sexual violence based on the perpetrator, namely: a. Violence committed by family members. b. Violence committed by other people outside family members. c. Gender Perspective Violence Understanding, gender itself gives rise to differences between men and women are believed to be God's nature and cannot be changed.

Sexual violence reaching the younger generation can have a psychological and physical impact on victims. Psychologically, the effects will include anxiety, depression, feelings of guilt and self-blame, images of events where they are sexually abused, experiences of insomnia, difficulty sleeping, fears related to abuse, including objects, points, places, doctor visits, self-esteem problems, sexual immorality, suicidal thoughts, somatic complaints and unwanted pregnancies (Noviana, 2015). Teenagers with poor knowledge of sex education are 15,103 times more likely to have dangerous sexual relations outside of marriage than teenagers with good knowledge of sex education (Fadhilah, 2013). Educational activities for junior high school students regarding prevention efforts of sexual violence against students are an important step in protecting teenagers from potential dangers that they can face around them. According to

(Marhayati, 2021) if children receive correct sex education, it is hoped that children will avoid many negative consequences from sexual behavior, such as sexual deviation, sexual harassment, pregnancy out of wedlock, and sexually transmitted diseases. Thus, this education helps teenagers to become more independent in protecting themselves from the dangers of sexual violence. According to (Rinta, 2015) formal sex education given to teenagers before they have sexual relations can effectively reduce the risk of sexual behavior. Meanwhile, according to (Vitniawati et al., 2022) education about preventing sexual violence against children can instill awareness of the risk of sexual violence against children.

Educational activities in prevention efforts of sexual violence among students in junior high schools have a significant impact on teenagers' knowledge and awareness. This not only protects them from potential dangers but also gives them the necessary tools and knowledge to play an active role in protecting themselves and their friends from serious threats. They will know what to do if they faced a risky situation, such as contacting parents or teachers, or even reporting the incident to the authorities if necessary.

CONCLUSION

Through this community service activity, we had succeeded in increasing knowledge and providing real benefits through the activities that had been carried out, including making a positive contribution to increasing knowledge among teenagers at SMP 1 Jatinangor. Where it is hoped that teenagers can avoid sexual violence, there was active participation of teenagers in this community service activity as beneficiaries of this educational activity.

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