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USING ANIMATION BOOK OF SEX EDUCATION TO INCREASE SEX UNDERSTANDING FOR ELEMENTARY SCHOOL STUDENTS

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Abstract

Many of child sexual abuse cases had occurred in Indonesia in recent years. One of the causes of the high incidence of child sexual abuse was the absence of early sex education both in the family and at school. Sex education in children must be adjusted to the stage of child development and use methods and media that are easily understood by children. Sex education for primary school child mostly occurs in the way we talk about body parts, body function, how we teach children to care for, respect and protect their bodies, and when we prepare our children for puberty. The purpose of this study was to analyze the effectiveness of the book of sex education animated cartoons to improve the student's sexuality understanding. The method used was quasi-experimental with a pretest posttest one group design. The analysis technique used was the comparative test with paired sample t-test. The results of this study indicated that there were differences in students' sexual understanding before and after the application of this book. This book Using was effective to improve sex understanding of elementary school students.

Keyword: Sex Education, Elementary School, Sex Understanding

1. INTRODUCTION

Cases of violence or sexual crimes on children are one of the problems that have occurred in recent years. This problem has received a lot of attention from various parties because many children have been victims of sexual violence. Data from the Indonesian National Child Protection Commission (KPAI) shows that hundreds of cases of sexual crimes against children occur annually (Jawapos, 2017). In 2015 there were 218 cases, in 2016 there were 120 cases and then in 2017 there were 116 cases of sexual crimes in children.

Cases of sexual violence in children cannot be separated from the education system in Indonesia. Education in schools should not only focus on teaching compulsory and local subjects, but also need to be accompanied by sex education that is not much realized in its advantages and virtues. Sex education is not intended to teach children to have free sex early, but aims to protect children from sexual crimes that can occur anytime and anywhere.

According to the Big Indonesian Dictionary (2001), education is a process that changes the attitudes and behavior of a person or group of people in an effort to mature people through teaching and training. While sexual is something that is related to genitals or things related to cases of intimate relations between men and women. Thus, sex education can be interpreted as a process to explain the anatomical and biological aspects of students which aims to equip students to be able to understand changes in their bodies and can avoid sexual crime or violence. Sex education can also be interpreted as teaching efforts, awareness raising, and providing information about sexual problems (Ratnasari, 2016). Sex education can include the process of conception, pregnancy to birth, sexual behavior, sexual relations, and health, psychiatric and social aspects.

Sex education should be given to children in the first years of life. The purpose of early sex education is so that children can better understand their uniqueness. Indirect sex education also teaches children not to allow others to carelessly or carelessly clean their genitals. Sex education must be provided by parents early in the family environment, but the taboo presumption when discussing matters related to sexuality is the main cause of the lack of provision of sex education to children in the family. Therefore, the school becomes an important unit that must provide sex education to children. Parents' understanding of sex education requires schools to take on this role. Though parents and the school must cooperate in providing sex education. Weatherley et al (in Permatasari&Ginanjari, 2017) explain that prevention of sexual violence will not be optimal if only sexual education is done by parents, but it will be more effective if the school also supports sexual education among school-age children. Current technological advancements are also a challenge in providing appropriate sex education to children. The ease of access to various information can be a problem at this time. Children can easily channel their curiosity by searching for the various information they want through the internet. All information is open to anyone and at any time, including information regarding sexuality. But the concern is if children receive information that actually has a negative impact on their development. Pornographic images and videos are easily accessed by various groups including children. Pornographic content not only affects sexual violence directed at children, but can also cause children to become perpetrators of sexual violence in the future. Previous research has shown that sexual crimes can damage the nation's next generation as well as the tendency of victims to become perpetrators when they are adults (Probosiwi&Daud, 2015).

In order to prevent the occurrence of sexual violence in children proper sex education is needed from the start. Minimum sex education has been introduced since elementary school so that children have a proper understanding of sexuality. But the provision of sex education must be adjusted to the stage of child development. The way to deliver sex education also needs to be considered so that it can be easily understood by children. This study seeks to provide sex education in an interesting way, namely through the book "Book of Sex Education Animated Cartoons". This book is structured as interestingly as possible to provide a proper understanding of sex in elementary school-aged children.

Another factor that can affect children's behavior is the environment in which they live. The environment where children live has a major influence on the problems faced by children. Muhammadiyah Elementary School 11 Bidara Cina is located in a densely populated neighborhood. A densely populated environment often creates problems for residents living in it. Apart from physical damage, densely populated settlements can also

have an impact on a person's psychological condition. The high level of aggressiveness is one of the problems that arise in this kind of environment. A dense environment can provide poor stimulation for child development, especially if parental supervision is minimal. Sudiana (2014) explained that the condition of densely populated settlements is one of the external factors that encourages and influences juvenile delinquency because such an environment causes no means to channel positive activities.

In addition, a low economic and educational background is also one of the factors that lead to low sex education in children. Low education and limited knowledge of sex cause parents often do not realize or even do not care about providing sex education to children. In addition, the norms of our society that still consider taboo when discussing sexual matters openly is one of the things that causes the understanding of sex not to be given to children so it is not surprising that children do not have sufficient understanding of sex. Sex education should be a form of parents' concern for their children's future. But based on the observations that have been made, parents actually are apathetic and don't play an active role in providing sex education from an early age to their children. In general, parents still feel confused about how to explain and provide sex education to their children, at least many think that sex education should be given when their children grow up and seem to hand over sex education to the school as a source of knowledge for their children. However, in fact sex education itself has not been applied specifically in the school curriculum.

Discussing the problem of sex in children is indeed not easy. However, teaching sex education to children must be given so that children are not trapped in deviant behavior or even become victims of sexual violence. Sex education must be given by parents to their children as early as possible. Precisely starting when children are 6-12 years old, because at this age children can have two-way communication and can understand about their organs and can also be continued with the introduction of internal organs. Sex education for early childhood is different from sex education for teenagers. Sex education for adolescents is more about the biology picture of sex and reproductive organs, relationship problems, sexuality, reproductive health and sexually transmitted diseases, while elementary school children are more familiar with the role of sex and the introduction of simple anatomy and which body parts may be touched and which may not be touched by others. Therefore parents as primary educators and teachers as educators and teachers in schools are obliged to teach sex education to children.

In this study, researchers sought to provide sex education through interesting media, namely Book of Sex Education Animated Cartoon. This book will be used as the main source in delivering sex education in primary schools, especially at Muhammadiyah Elementary School 11 Bidara Cina. From this study the researchers intend to test whether Book of Sex Education Animated Cartoon is effective to improve understanding of sex in students in elementary school.

2. METHOD

This type of research is quantitative research with experimental design. The experimental method chosen was a quasi experiment. The population of this study was students of SD Muhammadiyah 11 BidaraCina, Jakarta. The sampling technique used is

random sampling. The type of experimental design chosen was a pretest posttest one group design. Pretest posttest one group design is a study conducted twice namely before the experiment and after the experiment with one group of subjects. The instrument used was a student's sex understanding questionnaire. The type of treatment given to the subject is the provision of sex education material through the media book "Book of Sex Education Animated Cartoons". The analysis technique used is paired sample t-test.

3. RESULTS AND DISCUSSION

The pretest results showed that the sex understanding of Muhammadiyah 11 Bidara Chinese students was still lacking. Only 20% of students show good understanding of sex, while the remaining 80% are in the moderate to very low category. The distribution of students' understanding of sex before using the book "Book of Sex Education Animated Cartoons" is shown in table 1.

Table 1 The value of the pretest of students

No.	RentangNilai	Frekuensi	Persentase (%)	Keterangan
1	91-100	0	0	Very High
2	81-90	5	20	High
3	71-80	10	40	Medium
4	61-70	7	28	Low
5	00-51	3	12	Very Low
Jumlah		25	100	
Mean	70.76			

After the researchers delivered sex education material through the book Book of Sex Education Animated Cartoon, the researchers made measurements again. The following is the value of students after using the book Book of Sex Education Animated Cartoons.

Table 2 Student posttest scores

No.	RentangNilai	Frekuensi	Persentase (%)	Keterangan
1	91-100	15	60	Very High
2	81-90	8	32	High
3	71-80	2	8	Medium
4	61-70	0	0	Low
5	00-51	0	0	Very Low
Jumlah		25	100	
Mean	93.36			

The results of the students' posttest values in table 2 show that there is an increase in the value of students after the use of Book Of Sex Education Animated Cartoons. The number of students with sex understanding in the very high category increased to 60%, 32% of students were in the high category, and only 2% of students had an understanding in the medium category. This shows that there is an increase in students' sexual understanding after the use of Book of Sex Education Animated Cartoons.

But researchers need to do a test to ascertain whether the use of the book "Book of Sex Education Animated Cartoons" is really effective to improve students' sex understanding. The researcher conducted a comparative test on the value of the pretest and posttest of students using the SPSS 25.0 program. The test uses paired sample t-test technique, where the researcher will compare the students' pretest and posttest scores.

The results of the comparative test using the paired sample t-test technique showed a significance value of 0.000 (<0.05). This shows that there are differences in knowledge of elementary school students of Muhammadiyah 11 Chinese Bidara about sex before and after the publication of the book "Book of Sex Education Animated Cartoons". These results also indicate that the book "Book of Sex Education Animated Cartoons" is effective in increasing students' sex understanding at the elementary school level.

CONCLUSION

Based on the description above, it can be concluded that there are differences in students' sex understanding before and after the socialization of the book "Book of Sex Education Animated Cartoons" for students of SD Muhammadiyah 11 BidaraCina. Students' sex understanding increases after being given the book. Sex education in schools is important even though it has not been included in the curriculum, but the time of education in schools is very limited because children spend more time at home. According to (Ninawati, 2018) "a correct understanding of the right sex will help the child to have a sense of responsibility to himself from an early age" therefore, in addition to teachers, parents need to have the right understanding in order to be able to provide understanding to their children regarding matters related to sexuality that are correct and appropriate to the stages of child development. This book will make it easier for teachers or parents to convey knowledge about sex to elementary school-age children.

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