

**Empowering Parents in Improving Knowledge and Skills of Sex Education  
in Children at An-nashiriyyah Kindergarten, Ciledug, Tangerang City**

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**ABSTRACT**

**Background:** *Sexual education is education that teaches about sexual activities that are feared to avoid sexual violence. Sexual violence against children will increase in 2023 by 30% due to a lack of knowledge and skills from parents. Parents' knowledge and skills can be improved by parental empowerment. Research Objectives:* To find out the influence of parental empowerment on knowledge and skills about sex education in children at An-nashiriyyah Ciledug Kindergarten, Tangerang City. **Research Method:** *A type of quasi-experimental quantitative research with a one-group pretest-posttest research design. The sample taken using non-probability sampling was 60 samples. The analysis used the Wilcoxon Test with a significance of  $\alpha < 0.05$ . Results:* There was a significant influence on the improvement of parents' knowledge and skills about sex education in children as seen from the wilcoxon test obtained a p-value of 0.000 where the value was  $< 0.05$  with a confidence level of 95%. **Discussion:** *Parent empowerment makes the delivery of information more enjoyable because it is carried out simultaneously with practice or games so that information is more conveyed and effective in increasing knowledge and skills.*

**Keywords:** Knowledge, Skills, Sex Education in Children, Parent Empowerment

**ABSTRAK**

**Latar Belakang :** Pendidikan seksual adalah pendidikan yang mengajarkan tentang kegiatan seksual yang ditakutkan untuk menghindari terjadinya kekerasan seksual. Kekerasan seksual pada anak meningkat di tahun 2023 sebesar 30% disebabkan karena kurangnya pengetahuan dan keterampilan dari orang tua. Pengetahuan dan keterampilan orang tua dapat ditingkatkan dengan pemberdayaan orang tua. **Tujuan Penelitian :** Mengetahui adanya pengaruh diberikannya pemberdayaan orang tua terhadap pengetahuan dan keterampilan tentang Pendidikan seks pada anak di TK An-nashiriyyah Ciledug Kota Tangerang. **Metode Penelitian:** Jenis penelitian kuantitatif quasi eksperimen dengan rancangan penelitian *one group pretest-posttest*. Sampel yang diambil menggunakan *non-probability sampling* sebanyak 60 sampel. Analisis menggunakan Uji T Independen dengan signifikansi  $\alpha < 0,05$ . **Hasil :** Terdapat pengaruh yang signifikan terhadap pengetahuan dan keterampilan orang tua tentang Pendidikan seks pada anak dilihat dari Uji T-Independent mendapatkan nilai *p-value* sebesar 0.000 dimana nilai tersebut  $< 0.05$  dengan tingkat kepercayaan 95%. **Diskusi:** Pemberdayaan

orang tua membuat penyampaian informasi lebih menyenangkan karena dilakukan secara bersamaan dengan praktik atau permainan sehingga informasi lebih tersampaikan dan efektif dalam meningkatkan pengetahuan dan keterampilan.

**Kata Kunci:** Pendidikan Seks Pada Anak, Pemberdayaan Orang Tua, Pengetahuan dan keterampilan

## INTRODUCTION

Education is one of the efforts taken by a person in an effort to improve the quality of oneself that is beneficial for the sustainability of one's life. Education aims to help shape children's personalities so that they are more able to be independent in living life and not only depend on others. In pursuing a person's education through several levels of education.

Education can start from an early age, namely through early childhood education. Early childhood is children who are in the age range of 0 to 6 years. Early age is referred to as the golden age for children. At this age, children experience rapid growth and development, especially in the development of the child's brain. With early childhood education, it is hoped that it will be able to provide stimulation to children so that it can help children so that children's brain development becomes more optimal.

One aspect of development that needs to be stimulated is regarding the aspect of sexuality development. According to WHO (in Febriagivary 2021: 12), in developing the sexuality aspect here, what is intended is

where children in the age range of 0-6 years need to learn about body parts, gender identity, and their roles. Early childhood sex education is an effort to teach, awareness, and illuminate children since they think about sexual issues, desires, and marriage so that when the child becomes a youth, grows up, and understands the affairs of life, he knows halal and haram.

Sex education in early childhood is to awareness, teach and provide information to children about their limbs that are allowed and not touched by others. According to Hyde (in Kakavoulis, 2010: 163) sex education also begins very early and is best described as a sustained influence exerted on the development of human sexuality, starting from the family in the first years of life and later by school and other social factors.

Children's growth and development can develop well, especially in the aspect of sexuality development, of course, it requires a supportive environment. The environment here means the place around the child that affects the child's life. These environments include the family environment, school environment and community environment.

These three environments should be able to provide a positive influence to help children in living their lives, especially in developing the potentials possessed by children. However, this is very different from the reality or facts that have occurred until now, there are a lot of sexual harassment and violence that occur and even more disparaging this happens in early childhood.

Based on data from the Indonesian Child Protection Commission (KPAI), it shows that in the last three years children as victims of sexual violence have increased, in 2021 there were 859 cases, in 2022 there were 834 cases, and in 2023 there was an increase of 30% from the previous year, which was 1915 cases (KPAI, 2023).

Solihin (2015: 58) states several causes that make children easily targeted by child sexual abuse, namely innocent children who trust all adults, children who are young who are unable to detect the motivations possessed by adults, children are taught to obey adults, children naturally have curiosity about their bodies and children are excluded from information related to their sexuality. Therefore, children have various characters that can plunge them into becoming victims of child sexual abuse, children need protection from adults, especially their parents.

Many of these cases are triggered by a lack of parental awareness in providing

education and supervision regarding sex. As a result, children not only become victims but can also become perpetrators of sex crimes because of the wrong information obtained by children. (Fatmawati and Nurpiana, 2018: 79).

## **METHOD**

The research design was carried out with a quasi-experiment of one group pre test post test. The research sample is parents who have preschool-age children. Sampling in this study is by non-probability sampling technique, which is a random selection data sampling method. Based on calculations, with a minimum number of 60 parents. The independent variable: Parental empowerment, the dependent variable: Parents' knowledge and skills about sex education in children. The form of parental empowerment carried out is first by training and counseling Parents are given training or counseling sessions related to sex education to children in the right way and in accordance with their developmental stage. Second, Awareness Enhancement, Provides information about the importance of sex education from an early age, which includes a basic understanding of the body, personal boundaries, and how to teach a child to respect himself and others. Third, developing communication skills, equipping parents with effective communication skills so that they feel comfortable and confident in talking about topics that may be considered sensitive or taboo. And fourth, the provision of resources by providing materials in the form of animated videos that can be used by parents at

home to support the sex education process in a sustainable manner. Because no control group was used in the study, all participants involved received the intervention or empowerment program directly. Thus, the comparison was not carried out between the group that received treatment and the group that did not receive treatment, but rather focused on improving knowledge and skills before and after the program was implemented. The instruments used were demographic data and questionnaires: parental knowledge and parental skills. The research period starts from March to April 2024. The analysis used was univariate analysis and bivariate analysis using the wilcoxon test. Research ethics from the research ethics commission of Res University with number: 149/SK. KEPK/UNR/III/2024 dated March 21, 2024.

**RESULTS and DISCUSSION**

The research that has been carried out is presented in the form of a table as follows:

**Table 1.** Characteristics of Respondents

Distribution	Frequency (f)	Percentage (%)
Age		
<35	43	71.7%
≥35	17	28.3%
Parent Education		
Elementary-Junior High School	10	16.7%
High School-College	50	83.3%
Work		
Not Working	49	81.7%
Work	11	18.3%
<b>Total</b>	<b>60</b>	<b>100%</b>

The results of the analysis showed that the average age of the most parents, which was <35 years old, was 71.7% of respondents.

The results of the analysis showed that the proportion of respondents who had low education was 16.7% of respondents and those who had secondary education was 83.3% of respondents.

The results of the analysis showed that the largest proportion of respondents who did not work was 49 (81.7%) respondents and 11 (18.3%) respondents who worked.

After conducting a normality test using the Kolmogorov-Smirnov test, it was shown that the pre-test and post-test data showed that the data was not normally distributed (0.00) where  $p > 0.05$ . So that the comparative test of knowledge and skills of *pre-test* and *post-test* used is an alternative test (*Wilcoxon Test*).

**Table 2.** Wilcoxon test results of the knowledge test at An-nashiriyyah Ciledug Kindergarten in April 2024 (n=60)

	n	Positive Rank	Ties	Negative Rank
Pretest-posttest	60	32	15	13
Mean Rank	26.02			
P-Value	0.000			

The results of the Wilcoxon test with a 95% significancy test aim to show a comparison of knowledge before and after being given parental empowerment about sex education in children. A positive rank of 32 means that the

post-test score is higher than the pre-test score, there is an equal score between the pre-test and the post-test (ties = 15), and there is no post-test score lower than the pretest score. It obtained a mean rank or average rating of 26.02 and a p-value of 0.000. Thus, it can be concluded that "there is a significant difference in knowledge between before and after parental empowerment about child sex education", so that H1 failed to be rejected.

**Table 3.** Average Distribution of Respondents' Knowledge Before and After Parental Empowerment

Respond	n	mean	median	SD	Min-Max	95% Confidence Interval	
						Lower	Upper
Pre-test	60	7.93	8.00	1.163	3-11	7.63	8.23
Post-test	60	8.95	8.50	1.501	7-12	8.56	9.34

The results of the analysis showed that parents' knowledge of sex education in children before the empowerment was given was with a value of 8.00 and after the empowerment was given increased to 8.50. This shows that there is an increase of 0.50 after the provision of parental empowerment about sex education for children at An-nashiriyyah Kindergarten ciledug in 2024.

**Table 4.** Average Distribution of Respondents' Skills Before and After Parent Empowerment

Respond	n	mean	median	Standard Deviation (SD)	Min-Max	95% Confidence Interval	
						Lower	Interval
Pre-test	60	6.98	7.00	1.712	2-10	6.54	7.43
Post-test	60	7.75	8.00	1.919	3-10	7.25	8.25

The results of the analysis showed that parents' skills about sex education in children before the empowerment was given with a value of 7.00 and after the empowerment was given increased

to 8.00. This shows that there is an increase of 1.00 after the provision of parental empowerment about sex education for children at An-nashiriyyah Kindergarten ciledug in 2024.

## DISCUSSION

The average age of the most respondents was <35 years old at 71.7%. The older the person, the more mature and strong a person will be in thinking and working (Wawan, 2010 in Maslakah, 2017). Parents who are getting older have more experience. However, based on research, Marisa (2014) explained that there is no relationship between age and knowledge and attitudes.

The majority of respondents have knowledge at an intermediate level. This is shown by the number of frequencies in the classification of knowledge levels. Still from some respondents who stated that children do not need sex education and they consider that children do not need sex education and it is not yet time to be taught sexuality. This is contrary to Freud's psychosexual theory that at each stage of a child's development, there are different sex education achievements. The delivery of sex education can start from the time the

child asks questions about sex, but not always the child's questions are manifested in the form of speech, therefore the importance of parental sensitivity in responding to this.

The proportion of respondents who do not work is 49 (81.7%) respondents and 11 (18.3%) respondents. Based on research, Putri (2015) explained that mothers play a role in fulfilling nutrition in children. Working mothers do not have enough time to nurture and care for their children. This is not in accordance with the research conducted. The results showed that children of working mothers had a normal height status; and children of mothers who do not work, some have a short height status.

The respondents' knowledge and skills about sex education in children, before the empowerment was given were good and after the empowerment was given, the respondents' knowledge and skills mostly increased to good.

In this study, parents have a high level of knowledge about sex education in children. This is likely because previously the majority of respondents had been exposed to sources of information about sex education in children, most of which were obtained from videos and knowledge books. Another study states that parents

who receive information about sexual education in their children have a higher prevalence of conveying the education to their children than those who do not (Rahmasari, 2020).

Respondents' skills about sex education were good. The majority of families, who have an important role in providing sex education are parents. Children's sex education depends on the behavior of the mother. Therefore, to fortify children's high curiosity, this is where the role of parents becomes very important in terms of delivering sex education in order to prevent children from seeking the satisfaction of knowing from other parties which is not necessarily the truth. (Anwar, 2020:2)

The limitation of the research conducted is that in this study, the researcher used a simple design, namely not using a comparison group between given and not given intervention.

## CONCLUSION

Parents' knowledge and skills before and after the provision of sex education to children.

1. Parent empowerment has a significant influence on improving parents' knowledge and skills about sex education in early childhood in An-

nashiriyyah Kindergarten Ciledug.

2. Before being given empowerment about early childhood sex education, most of the respondents in An-nashiriyyah Ciledug Kindergarten had knowledge about early childhood sex education in the categories of low knowledge (8.00%) and low skills (7.00%).
3. After being given parental empowerment about early childhood sex education, most of the respondents had knowledge and skills about early childhood sex education in the categories of good knowledge (8.50%) and sufficient skills (8.00%).

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