

THE ROLE OF PARENTS IN PROVIDING SEX EDUCATION TO TEENAGERS

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Abstract

This research was conducted to explore and know the role of parents in providing sex education to adolescents and preventing premarital sex. The research method used is a type of qualitative research with a library research approach to collect various information and obtain in-depth information. The data collection technique used is library research. the object of research and documentation while the data analysis technique used is by reducing data, presenting, and verifying data. The results of the study show that the role of parents in providing sex education from an early age has been carried out but has not been optimal. The roles parents have carried out include setting an example of loving their bodies, watching their children while watching television, teaching them not to undress in front of the opposite sex, and providing clothes according to the sex of the child. While some things have not been done optimally, such as giving an example of protecting oneself from sexual violence, here we also see the role of parents in educating their children to protect themselves from deviant acts.

Keywords: Youth, Parents, Education

1. Introduction

Parents or also known as families as the first educators who shape the attitudes and personality of a teenager in the family and are responsible for the education of their adolescents both formally and informally as well as religious education as a foundation for their children. To form a reliable attitude and personality in facing future challenges. Families or parents are the main and first educators for their children, therefore it is from them that children first receive education, thus the first place of education for children is in family life. Parents are the closest relatives who have services and also provide love, attention, and protection all the time to their children because parents are the first and main educators for their children. Adolescents are a national asset that is not merely the object of development itself but also the subject of development. Adolescents have the right to obtain family education, especially those related to sex, which aims to prevent adolescents from falling into negative or deviant sexual behavior such as promiscuity.

Adolescence is a phase of development between childhood and adulthood, Adolescence in psychological science is also introduced with other terms, such as puberties, adolescence, and youth. In Indonesia, it is often associated with puberty. Zakiah Derajat suggests that adolescents are children who are in the transition period between childhood and adulthood, where children experience rapid changes in all fields. (Miqdad, 2001) Adolescents are no longer children, both in body shape, attitude, and way of thinking and acting, but also not mature adults. Entering adolescence, a teenager will consider himself not a child anymore, so adolescents are more difficult to manage, have a curiosity about something very high, love adventure, and always want to try risky challenges, without prior consideration. When they do something, they only think about short-term risks.

Sex education is an education that is no less important than other education to be given to children. The role of parents in providing sex education to children is very large because they are the closest people to children, so it is hoped that parents will be able to become the first source of information for children. Sex education is also better done as early as possible so that it can be a prevention of sexual harm. Especially in this era of globalization, the development of the times is increasingly rapid, the flow of information spreads so fast that everyone can have access to any source of information, as well as increasingly diverse associations in the community, especially the behavior of teenage children. In addition, at this time there are very rampant cases of sexual violence against children or adolescents committed by the closest people including family. One of the causes is that children do not have the provision of knowledge that can make children or adolescents anticipate the possibility of bad treatment for sex problems. For this reason, it is very necessary to have proper sex education for teenagers so that they can face various possibilities that occur.

2. Method

The author uses a type of qualitative research with a library research approach that describes. Library research is an activity to gather information that is relevant to the topic or problem that is the object of the research. This research. Various information obtained from some of the literature is then synthesized which eventually becomes a conclusion. The conclusions are then arranged logically and systematically descriptively to answer the main problems in this study.

3. Results and Discussion

Adolescence is a period of high curiosity, parents as the main factor in providing the most important education for children, providing sex education and knowledge about adolescence is the main step to avoid children from the influence of promiscuity, providing knowledge about sex is a good provision, for educators and parents as well as adolescents themselves need to know adolescent development. Thus, educators and parents can overcome the problems of these adolescent children.

Definition of sex education

Sexual education according to Sarwono quoted by Reny Safita is something that happens information about human sexuality issues that are clear and correct including the process of conception, pregnancy until birth, and sexual behavior that is given should be related to the norms that apply in society. Sex education is one of the sciences that are given to children about everything related to sex including everything related to sex how the development of male and female sex, menstruation, wet dreams, and hormonal changes, including marriage, childbirth, and others related to sex.

Gunaso said that the purpose of sexual education is to help a child's emotional attitude toward a mature and responsible life towards his sexual life. Stanton and Brenna argue that sexual education is character building, sexual education is not only providing information but also providing insight to children so that children can build personal values in their growth so that children have a broad view of the world providing provisions to children for what they need to instill in children to make good decisions they make and form a good personality towards children with religious values.

The Urgency of Sex Education

Sex education to children is the responsibility of parents, especially during adolescence with sex education to teenagers, making them avoid promiscuity and free sex whose risks can destroy the future. The role of parents in the growth and development of children is very important, parents as the first education, as the most pending in the growth of children, in the age of globalization parents must place themselves as friends. The relationship between parents and children must be well established, with parents as the main figure in the child's life. The establishment of good communication between parents and children will create openness between parents and children.

The Purpose of Sex Education

According to Lilik (2008), there are several objectives of sexual education in adolescents including:

1. For adolescents to obtain correct, clear, and accurate knowledge about sexual life such as reproductive organs and their functions and care, sexually transmitted diseases (STDs), healthy sexual behavior, and so on.
2. So that adolescents can manage their sexual urges appropriately
3. To have healthy behavior related to their sexual life (can take care of and protect it)
4. To be able to practice religious law correctly about their sexual life
5. Does not fall into promiscuity that abuses his/her sexual life
6. Can avoid deviant sexual behavior such as masturbation/onanism, sodomy, incest (sexual relations with family members)
7. Avoid sinful or adulterous acts.

Teenagers

1. Definition of teenagers

Adolescence is a transitional period from childhood to adulthood which generally starts at the age of 12 or 13 years and ends in the late teens or early 20 years (Papalia, 2011). Meanwhile, according to Gunarsa (2013). Adolescence comes from the Latin puberty or puberty and adolescence which means youth between 17 and 30. So in conclusion, adolescence is a transition period from children to adulthood starting at the age of 12 years to the age of 25 years

2. Characteristics of Adolescents

An adolescent is at the transitional boundary between child and adult life. Even though his body looks "grown up", when it comes to acting like an adult he fails to show his maturity. They have not had much experience with the adult world, so the following things are often seen in them.

- a) Restlessness, a state of unease prevails in adolescents because they have many desires that cannot always be fulfilled.
- b) Full of contradictions. The contradictions that occur within themselves also confuse them, both for themselves and for financial matters.
- c) Great desire to try everything he doesn't know yet.
- d) The desire to explore the surrounding nature in adolescence is broader
- e) Daydreaming and fantasizing.

- f) Group activities. Between one desire and another, challenges often arise (Gunarsa, 2012).

3. Adolescent Sexual Development

Hurlock (in Lilik 2000) suggests the tasks of adolescent development in terms of sexuality in full include :

- a. Acquire correct sexual knowledge.
- b. Developing a pleasant attitude towards the opposite sex.
- c. Developing mature relationships with the opposite sex.

Parents' Understanding of Sex

The success of learning activities is related to the quality and skills of educators (Hastuti, 2008). Parents are the central educators in providing sex education to children, so understanding what will be taught is a big factor in determining success. From the results of the study, it was found that the definition of sex can be categorized into:

- (1) sex is related to biological and physical
- (2) sex is related to psychological matters
- (3) sex is related to culture and morals
- (4) sex is related to social issues

Sex is also related to biological and physical issues. In addition, sex is also seen as something related to psychological issues. Sex is also related to culture and morals. This was revealed by an interview with one of the subjects and sex is also related to social issues, this can be seen from the interview excerpt on one of the subjects.

Important Supervision in Sex Education

1. Supervision in Behaviour and Speech

Supervision of the essential foundation of paternal and maternal shyness in all matters of family life can create security and safety for the lives and education of adolescents. To prevent teenagers' excessive attention to sexual matters, parents should guard their speech and avoid using words that have to do with sex; refrain from telling stories, jokes, and banter related to sexual matters; and not allow their marital relations to be seen by teenagers.

In some families that do not pay attention to the upbringing of their children, fathers and mothers along with young children and teenagers sit together watching films that show scenes of people making love and special relationships between men and women. Such programs will stimulate and cause perversion in children and adolescents, and lead to excessive attention by adolescents to sexual matters.

2. Supervision in the Parent Relationship

Parents should be careful in their behavior towards adolescent girls at the age of puberty, avoiding jokes, sing-songs, smiles, and gestures related to sex, because adolescent girls are more perceptive than parents imagine. Scientifically speaking, the absence of supervision in this matter will lead to faster sexual development, the emergence of untimely tendencies, and the filling of the minds of adolescents with disturbing things. Even a wife and husband sleeping in the same bed in the presence of a young girl will disturb her mind.

3. Bed supervision

Sexual tendencies will be more apparent in quiet times, especially during sleep. When going to bed, teenagers must be tired, because staying in the guarded condition above ends badly can lead to deviation, both in thought and action. Children should be taught from a young age to sleep in an unlocked room, not to sleep face down, and not to wear cramped nightgowns. It would be better to tell them to go to the bathroom before going to bed and put their hands outside their clothes.

4. Clothing Supervision

What needs to be considered in this matter is the way parents and young women dress. In dressing, mothers should try not to be seen with their bodies exposed in front of their children. Similarly, fathers should not wear inappropriate clothing in the home environment and leave parts of their bodies exposed. Young women should avoid wearing men's clothes, as well as short, tight, delicate, and thin clothes, as this will have undesirable effects. Tight clothes, for example, not only interfere with the development of the body but also reveal the curves of the body. This can be a medium for sexual perversion.

5. Health Supervision

Maintaining a healthy body is an obligation and a must for everyone, especially teenage girls. Maintaining the health of reproductive organs, especially on menstrual days and before, has a very important role. A mother, especially in the first year of life, bathes her daughter, cleans her, and so on.

4. Conclusion

Based on the results of the study, the researchers concluded that the role of parents in providing sex education to adolescents is very important in providing learning and being a guide for adolescents because parents are the closest people in adolescence. Parents must be careful in behaving towards adolescent girls in the period of puberty, avoiding jokes, singing Gungan, smiles, and gestures related to sex, because adolescent girls are more responsive than parents imagine, sexual education is helping a child's emotional attitude towards a mature and responsible life towards his sexual life.

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