

EARLY CHILDHOOD SEX EDUCATION IN ISLAMIC NUANCES

Destia Putri¹, Angreni², Annisa Novia³, Nur Aini⁴, Eldina Fitri⁵

¹Universitas Islam Negeri Sjech M Djamil Djambek Bukittinggi, pdestia5@gmail.com

²Universitas Islam Negeri Sjech M Djamil Djambek Bukittinggi, intanangreni806@gmail.com

³Universitas Islam Negeri Sjech M Djamil Djambek Bukittinggi, annisanovia866@gmail.com

⁴Universitas Islam Negeri Sjech M Djamil Djambek Bukittinggi, nuraaa2208@gmail.com

⁵Universitas Islam Negeri Sjech M Djamil Djambek Bukittinggi, eldinafitri90@gmail.com

Submission : Mei 06, 2023

Revised : June 14, 2023

Accepted : June 28, 2023

Published : June 30, 2023

Abstract

Sex education is an effort to teach and provide information or what is more commonly referred to as basic skills and knowledge that are important to be given as early as possible, to deal with things that might happen in the future because over time and age, and how the formation character and pattern of behavior to be able to avoid deviant behavior. This journal discusses the study of how early childhood sex education is in Islamic nuances, because there are so many cases of sexual violence in early childhood, even in 2015 the Indonesian Child Protection Commission stated that early childhood sex cases are a problem that attacks life in Indonesia. This research uses the library research method, which is research conducted by reading books or magazines, and other library sources related to the topic studied. The results of this study are early childhood sex education in Islamic nuances, we can use it as one of the guidelines when there are many deviant behaviors related to sex. So, with this research, it is expected to be able to apply Islamic concepts to sex education itself.

Keywords: Content, Formatting, Article.

1. Introduction

Islam is one of the majority religions in Indonesia that guides certain standards or rules for its adherents. Islam is a religion that guides its adherents in all aspects of human life, from the big things to the smallest, including sex education. This refers to issues related to sex education, such as sexual violence, sexual harassment, indifference, and gender differences, which currently occur a lot in society, especially in early childhood. All of this is inseparable from the way parents raise their children. As explained in the Qur'an and Prophetic Hadith on issues related to sex education. Many verses in the Qur'an or Hadith criticize events related to sex. Quite a number of these verses and hadiths call for severe punishment for those who commit sexual violence and sexual harassment. It is from these verses that we can find out how Islam guides and directs its adherents, even if it is something that may be minor in the eyes of some people.

As explained in surah An-Nur verse 33 which reads:

وَلْيَسْتَغْفِرِ الَّذِينَ لَا يَجِدُونَ نِكَاحًا حَتَّى يُغْنِيَهُمُ اللَّهُ مِنْ فَضْلِهِ ۚ وَالَّذِينَ يَبْتَغُونَ الْكِتَابَ مِمَّا مَلَكَتْ أَيْمَانُكُمْ فَكَاتِبُوهُمْ إِنْ عَلِمْتُمْ فِيهِمْ خَيْرًا ۚ وَءَاتُوهُمْ مِّنْ مَّالِ اللَّهِ الَّذِي ءَاتَاكُمْ ۚ وَلَا تُكْرِهُوا فَتَيَاتِكُمْ عَلَى الْبِغَاءِ إِنْ أَرَدْنَ تَحَصُّنًا لِّتَبْتَغُوا عَرَضَ الْحَيَاةِ الدُّنْيَا ۚ وَمَن يُكْرِهِنَّ فَإِنَّ اللَّهَ مِن بَعْدِ إِكْرِهِنَّ عُفُوٌّ رَّحِيمٌ

Meaning: "And those who cannot marry should keep their chastity until God gives them the opportunity by His grace. And those slaves you have who want contracts, you should contract with them when you know that there is good in them and give them some of the wealth of God that He has given you. And do not force your slaves into prostitution if they desire chastity

because you seek worldly gain. And whoever forces them, then Allah is Forgiving and Merciful to them after they are forced to do so."

The verse states that Allah SWT strictly forbids the prostitution of slave girls, even if it is only for worldly gain, while the slave herself desires chastity. In addition, there is also a hadith related to this gender, in which the Prophet taught his children to respect the boundaries of their *fitrah* and *aurat*. It is this nature and the boundaries of the private parts that we will be responsible for in the Hereafter. In this case, we need to convey information about sex education from an early age, considering that the phenomenon is quite widespread these days. Many cases involve sexual crimes against children, such as sexual assault. If such deviations occur, then it is fatal for sexual victims, such as trauma, feeling threatened, losing self-confidence, social difficulties, and ongoing mental disorders.

Of course, the consequences experienced by sexual victims cannot be separated from the educational efforts of their parents. In theory, sex education itself is an effort to teach and provide information, or what is commonly referred to as basic skills and information that must be taught as early as possible to deal with things that might happen in the future, because over time and age, and as character-building and behavior patterns to avoid abnormal behavior. The purpose of sex education is to educate children about the importance of maintaining health, well-being, and human dignity by teaching them self-protection in developing good social and sexual relationships. That is why children need to know sex education from an early age. Early childhood sex education. According to Ki Hajar Dewantara, education is a demand in the growth of children, education is to guide all the forces of nature that exist in these children so that they as human beings and as members of society can achieve the highest safety and happiness (Hasbullah, 2005). Meanwhile, according to Mudyahardjo, education is all learning experiences that take place in the environment and throughout life and education can be interpreted as teaching held in schools as formal educational institutions (Mudyahardjo, 2006: 6).

Gender is the concept of differentiating one's sex based on biological, hormonal, and pathological factors. Due to the dominant influence of patriarchal and heteronormative paradigms in society, humans are biologically only rigidly divided into two sexes, namely male (Mann) and female (Woman). Similar to the concept of gender, humans are also only divided into two social sexes (gender), namely male and female (Adz-Dzahabi, 1997). Sex is a physical activity, whereas sexuality is complete, diverse, and multidimensional. Anatomically, gender identity means the basic recognition of one's sex, which is closely related to biological conditions, i.e. anatomical and physiological conditions, genitals, hormones, and the brain and central nervous system. The child can interpret the behavior of others according to his/her gender identity. In this case, the person chooses to interpret his own gender identity, or his gender self-image and self-image.

According to sex education experts, it is expressed in several varieties, among others: According to M. Bukhor, sexual education is education with a specific purpose in the entire field of sexuality. Meanwhile, according to Nina Surtiretna, sex education is an effort to provide information about biological, psychological, and psychosocial changes caused by human growth and development. Sex education is essentially an effort to provide information about how the genitals work while teaching morals, ethics, and commitment to genital prevention. Sex education means teaching, supporting, and enlightening children in thinking about sexuality, lust, and marriage so that when children grow up, they understand Halal and Haram. (Madani: 2003:91).

In Islam, the definition of gender is very broad, not only body parts (male and female genitals) but everything that can be related to the genitals (circumcision, marriage, divorce, menstruation, postpartum, divorce, marriage, pregnancy, childbirth, breastfeeding, etc.). However, everything that can be related to the genitals (circumcision, marriage, marriage, breastfeeding, etc.), everything that can arouse sexual pleasure, and an activity that can lead to adultery can also be called sex (Fahmi, 2016: 23). From the explanation above, it can be understood that sexual education is an effort to provide information about the human body, both male and female, as well as the functions of these organs concerning sexuality and guide them in channeling their sexual activities correctly and appropriately. Based on the results of research that has been conducted by several previous researchers who intersect with this paper. The first research that has been done is related to the concept of character education in the Qur'an conducted by Mukhid (Mukhid, 2016). Other research related to the concept of hafiz al-Qur'an education in early childhood by Islamiah and other researchers (Islamiah, 2019) and character education for early childhood according to the Qur'an.

Therefore, this article has a different focus by deepening the research on the importance of children's attendance and adding evidence to the urgency of early childhood education. In addition, this article explores the Qur'anic perspective. It is hoped that this study can improve the general understanding of the importance of children's education. The benefits of this study are not only felt by Muslims but also by all levels of society. Because the presence of children in this world is the responsibility of all groups, regardless of ethnicity, beliefs, religion, and certain groups. In addition, Allah SWT entrusted the presence of the child, which will be taken into account in the future. Therefore, it is very important to learn the content of the Qur'an about the stages of raising children and the concept of raising children

2. Method

The method used in this research is a literature search or library search. Literature research according to Nazir is the collection of data or information through the study of literature, books, reports, and records relating to the problem to be investigated or solved (Nazir 2013, 93). The main source of information for this research is the Qur'an, which is also complemented by books and journal articles. Important keywords used in this research include the Qur'an Surah An-Nur verse 33 and the concept of Islamic early childhood sex education. The main reference sources used in this research, in the form of journal articles, are from the last 10 years, except for the Qur'an and other relevant references, which were published several years earlier.

3. Results and Discussion

Early childhood sex education is a conscious and planned effort to help children become physically and mentally healthy (boys grow up to be men and girls grow up to be normal women) understand the issues surrounding the genitals and develop the ability to express themselves to take care of them and take care of them. They can protect themselves from all forms of sexual abuse and rape and respect their bodies and the bodies of others. The definition of early childhood education is not the same as adult sex education. Early childhood sex education aims to improve the morality and health of the child's body and soul and protect themselves from sexual abuse, while adult sex education is more about sexual relations aimed at marital happiness and the offspring of their partners. Based on the above understanding, parents, teachers, and

other adults should not be afraid of early childhood sex education because it does not teach adult sex, but instead aims to avoid and protect adult sexual knowledge and activities.

There are several goals for introducing sex education in early childhood. Here are some basic goals of introducing sex education to early childhood, including the following:

- a. Directing recognition to recognize and under their body parts from an early age.
Early childhood is best for instilling knowledge about body parts and their functions because children's brains are still developing and able to absorb everything that is given to them.
- b. Guiding children to be able to take care of their body parts and genitals from an early age.
Children should be taught to take care of their body parts, including their private parts so that they remain healthy and avoid all diseases and immorality, whether caused by themselves or others. From an early age, Muslim children should be accustomed to covering their bodies with shawls and clothes that are neat and modest and do not accentuate the highlights and curves of their bodies, so as not to arouse the passions of others who see them. In addition, this guidance aims to make the child not only know the reproductive organs that exist in him but must know their functions (to the extent that it is still within the reasonableness of the child).
- c. Directing children to be normal according to their gender
Parents treat children according to their gender, for example by giving gender-specific names, clothes, toys, friends, skills, education, and training. All this is intended to ensure that the child's thoughts, feelings, habits and character match the child's sex in a normal state. Avoid sexual abuse and rape.

Parents must also provide knowledge, of how children can avoid sexual harassment and rape, including when the child is touched by his body in a hid, den, private and confidential part, then with a spontaneous movement will parry no/no say no / shout for help to the person closest to him and the child is taught how to report or tell his parents, family, and teachers in the event of sexual harassment and rape because generally the victim does not understand how to report and explain to others, and is afraid of being threatened by the perpetrator of the crime.

According to Islamic law, sex education should, and is required, begin at a young age. Early sex education is Islamic law and has become an important part of the Qur'an and As-Sunnah. Because educating people to understand sex education is in line with the Qur'anic instructions, they can follow the do's and don'ts of Allah SWT and even act as a form of worship. Here are the practical principles of sex education that, from an Islamic perspective, should be applied and taught to children, including the following:

- a. Instill a sense of shame in children.
- b. Directing the child's soul according to his gender
- c. Introducing which ones are mahrams and which ones are not.
- d. Educating children to always keep their eyes open
- e. Giving teachings according to the gender of the child, for example, girls are taught to make up and boys are taught to play football

Methods and strategies for introducing sex from an early age by Islamic law are as follows:

- a. Instill a sense of shame in children.

Shyness should be instilled in children from an early age, so that they do not get used to it, for example, when leaving the bathroom, changing clothes, and so on. Accustoming girls from a young age to wear Muslimah clothes and cover the aurat instills shame as well as teaches children about their aurat.

b. Separate beds when they are 7-10 years old.

Separating beds is an attempt to make children aware of their existence. If the bed is separated between him and his parents, the child is at least raised to be independent. Introduce visiting times (asking permission 3 times) and three provisions of time that children are not allowed to enter the room (room) of an adult unless asking permission first.

c. Introduction of Mahram.

Islamic law has defined which women are allowed to marry and which are forbidden, so not all women have the right to marry a man. Children should be taught to follow these rules.

4. Conclusion

Sex education in early childhood is needed to provide an understanding of sex to children so that children avoid everything that harms them such as sexual harassment, sexual violence, and others. Sex education is essentially an effort to provide information about a process of work on the genitals and teach morals, ethics, and commitment to prevention that is not by the genitals. Sex education means teaching, supporting, and enlightening children in thinking about sexuality, Eve nafs, and marriage so that when children grow up, children understand what is halal. In Islam, sex education is also discussed such as hadith related to sex where nabi teaches his children to respect the limits of their fitrah and aurat.

Therefore, in this case, we need to convey information about sex education from an early age because the phenomenon that has recently occurred is quite rampant. Many cases involve sexual crimes against children, such as sexual assault if these deviations occur, then fatal consequences for sexual victims, such as trauma, feeling threatened, losing self-confidence, social difficulties, and ongoing mental disorders.

References

Journal

- Fahmi. 2016. Pendidikan anak usia dini dalam pendidikan islam. Jurnal Qathruna, Vol.3 No 1.
Mukri, Gustiawati Syarifah. 2015. Pendidikan Seks Usia Dini Dalam Perspektif Hukum Islam. Jurnal Ilmu Syariah, FAI Universitas Ibn Khaldun (UIKA) BOGOR Vol. 3 No. 1

Book

- Akhmad Azhar Abu Migdad. 1997. Pendidikan Seks Bagi Remaja. Bandung: Mitra Pustaka
Hasbullah. 2001. Dasar-dasar Ilmu Pendidikan. Jakarta: PT Raja Grafindo Persada.
Husein, Muhammad. 2011. Fiqh Seksualitas Risalah Islam untuk Pemenuhan hak-hak seksualitas. Jakarta: BKKBN.

Madani. 2003. Pendidikan Seks untuk Anak dalam Islam. Jakarta: Pustaka Zahra.

Radja Mudyahardjo. 2002. Pengantar Pendidikan, Jakarta: PT Raja Grafindo