



## **Implementation of Sex Education in Adolescent at SMPN 1 Cikarang Selatan in Fighting Free Association with the Princes Program**

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### **ABSTRACT**

The phenomenon that has been happening lately is the number of cases of sex crimes that are dominated by minors. Many things cause children in their teens to practice sexual deviation or free sex as a way of escaping from various problems and the lack of children's ability to control themselves from their emotions. Sex education is an effort to teach, raise awareness and provide information about sexual issues to children and adolescents, since they are familiar with issues related to sexual instincts and marriage, so that when children and adolescents have grown into youths they can understand the affairs of life. , he already knows what is forbidden and what is permitted. Furthermore, he is even able to apply Islamic behavior as a moral and habit of life, and is not enslaved by lust and immersed in a hedonic lifestyle. The women's program is an alternative that is implemented in this school as a prevention of promiscuity. Women's education is the process of educating or teaching that is carried out by education in changing one's character, behavior and personality related to all things women's activities, both young women and adult women. This study uses a qualitative approach. Qualitative research is research that intends to understand phenomena about what is experienced by research subjects, for example behavior, perceptions, motivations, actions, and others holistically, and in a descriptive way in the form of words and discussion, in a natural context with using natural methods.

**Keywords:** Sex education, Adolescents, Women's Program

### **A. INTRODUCTION**

The phenomenon that has been happening lately is the number of cases of sex crimes that are dominated by minors. Many things cause children in their teens to practice sexual deviation or free sex as a way of escaping from various problems and the lack of

children's ability to control themselves from their emotions.

Along with the times, the education that a child gets from formal institutions is felt to be lacking, especially related to sex. Easy access to sex information from various media will accelerate the destruction of the nation's next

generation. This information can be obtained very easily either via the internet, cell phones, adult and children's comic books, television (soap operas, films), CDs, play stations, and other media, attacking children who are packaged in such a way that sex acts are considered normal and fun. . The only way to respond to this phenomenon is that we have to fortify our children with the right values of sexuality, which are based on religion. Today the problem of premarital sex in adolescents is in the spotlight because the number is increasing day by day. Many cases of abortion are carried out by teenagers. Generally,

mutual likes. One of the causes of extramarital sex among adolescents is their lack of knowledge about sex itself. The period from childhood to adulthood is called the transition period, and this period takes place in complex growth and development both physically and psychologically. One of the developments that occur during this period is sexual development which is in active sexual potential. This happens along with the functioning of the reproductive organs. (Amirudin, 2017)

Sexual development that occurs in adolescents should be accompanied by the fulfillment of good sexual education by the family, in this case, parents either at home or through formal institutions, namely schools, so that adolescents are not confused and can understand developments that occur within them and how to react to them. However, sex education is still a polemic today, because some people still consider it important whether or not sex education is given. In fact, there are still many parents who consider it taboo when giving sex education to their children. On the other hand, schools have not been able to play an optimal role in providing an understanding of sex education to

children because it has not been included in the curriculum.

The impact of promiscuity of starch leads to the treatment of adultery, we as Muslims are of course the act of adultery is prohibited by religion because it is a very heinous and bad act, according to what Allah SWT said through his word, which reads :

وَلَا تَقْرُبُوا الزِّنَىٰ إِنَّهُ كَانَ فَاحِشَةً وَسَاءَ سَبِيلًا

Meaning: *And do not come near Zina, (Zina) is really an abomination, and a bad way. (Q.S Al-Isro: 32)*

Free association is certainly not a character of Indonesian education. Indonesia leads educators who are virtuous and noble, with the association of students now Indonesia's educational culture is gone. According to Ki Hajar, the Tara Council as an Indonesian education figure said that education does not only form smart, knowledgeable, and intelligent students, but is also oriented towards forming human beings who have noble character, personality, and morals. Therefore education must create a perfect character or humanbeings.(Amirudin&Mukarom2019; 215)

Based on the foregoing, the Lower Secondary Formal Education institution needs to provide a focused understanding and understanding of sex education. Because if this is not the case, the child will feel less informed about the sex he should get. As a result, children tend to seek information outside of their parents' control. In addition to the role of parents, in this case the institution or agency authorized to educate their students must also instill more importance in the application of sex education goals in accordance with the stages of age

development. The main target of instilling sex education is directed at children and adolescents in accordance with age development and its benefits are

## B. DISCUSSION

Education is a need and human nature that must be properly pursued. With education, humans become aware of their position as creatures and their obligations to the Creator. In addition, with education humans understand how to become strong individuals, in addition to understanding their rights and obligations towards others. Humans are required to process physically and mentally in order to emulate the ideal human (*insān kāmil*) so that they deserve to be called human beings with noble character. Education is one of the most important parts of human life, so that a person's character is largely determined by the good or bad quality of education obtained. To create human beings with noble morals, Islam has taught that soul development must take precedence over physical development or coaching in other aspects, because it is from this good soul that good deeds will be born which in turn will produce good and happiness for all human life both physically and mentally. (Amirudin, 2016: 8). Islamic Religious Education makes it possible for a person to change his own behavior or that of the surrounding community with the knowledge he has acquired (Andri Budianto, Amirudin, 2020: 750)

Sex education is an effort to teach, raise awareness and provide information about sexual issues to children and adolescents, since they are familiar with issues related to sexual instincts and marriage, so that when children and adolescents have grown into youths they can understand the affairs of life. , he already knows what is forbidden and what is permitted. Furthermore, he is even able to apply Islamic behavior as a moral and habit of life, and is not enslaved by lust and immersed in a hedonic lifestyle. (Ulwan, 2007). The purpose of sex education given to

to increase children's knowledge in experiencing changes from deviant behavior that occurs in children today.

children and adolescents is to provide earlier knowledge about gender and their responsibilities. Providing sex education to adolescents must pay attention to matters relating to the age of adolescents and the purpose of implementing sex education. Sex education must be given in accordance with religious teachings so that it does not deviate and does not plunge adolescents into misunderstandings.

According to Abuddin Nata, do not let sex education which aims to prevent (preventive) actually become an arena for discussion of sex in a vulgar manner and outside the context of education, because the information provided includes: reproductive problems, birth processes, family planning, deviant behavior, sex crimes. Thus it is necessary to prepare the curriculum and teaching teachers. (Nata, 2009: 315).

There are two possibilities for the sex education curriculum to stand alone or be related to other subjects. Sex education in schools is integrated with other subjects: Religion, Sports, Biology, Sociology, Anthropology and Career Guidance. In addition, to support the sex education curriculum in schools can also be done through activities outside of school. Sex education in OSIS activities can be included in spiritual activities which are packaged in female, male and female Islamic boarding schools and so on.

According to Sri Joko Suyanto, the responsibility for the success of sex education is not solely determined by the school curriculum, but also the role of the family, community and government (the three education centers according to Ki Hajar Dewantara), because schools have limited time and supervision. Thus guidance from family and community control have a greater role as a place where children spend more

time. (Suyanto, 2007: 1)

Islam is also very concerned about this sex education. According to Islam, sex is something that is sacred, fitrah and even as a means to get closer to Allah SWT. what sex? Of course sex is in accordance with the teachings of Islamic law, sex that "humanises" humans, not sex like animals that can demean humans. Islam views the fulfillment of desires and instincts in a lawful way through marriage as one of the good deeds and the perpetrator

rewards and rewards. Allah SWT. creates a sex instinct in humans as a means of maintaining the continuity of human existence in the world and as a means of pleasure for humans. Allah SWT. Said in Q.S Ar-Rum Verse 21. Which means:

Meaning: *"And among the signs of His power is that He created for you wives of your own kind, so that you are inclined and feel at ease to him, and He made them between you with compassion. Indeed, in that there are signs for people who think."*

The verse explains that Allah swt. creates humans in pairs with conditions that have been arranged to place humans in a respectable degree for the survival of humans. Allah SWT. does not want humans to behave like animals by having free sex without marriage. Sex education according to Islam is an effort to teach and apply sexual problems to children, in an effort to protect children from un-Islamic habits and cover all possibilities for forbidden sexual relations (adultery). Sex education cannot be separated from religion and must even be fully built on the basis of religion. Sex education is expected to be able to form responsible adults, both men and women. This is intended so that individuals are able to behave according to their gender, are responsible for their purity, and can adapt to their environment. (Surtiretna, 2001: 2)

Children going through puberty

(adolescence) must be given an explanation that this phase shift is a form of responsibility. Signs of puberty are sometimes seen at an earlier age, especially in girls. Parents must provide adequate puberty knowledge, so that children can go through it with a sense of calm. If they are not equipped with this knowledge, they will feel worried about the changes they experience during puberty. This will make a child think that the changes that occur in his body and the new feelings he experiences are abnormal symptoms. (Muchtarmah, 2008: 24).

Several things can be done to overcome and minimize sexual acts, namely: First, by minimizing things that stimulate, because actually the demand to fulfill biological desires is driven by two causes, external factors, namely stimulation from outside and internal factors, namely by thinking and Act. Second, by taking care of oneself, namely by understanding oneself, being aware of the duties and responsibilities of life, understanding one's relationship with one's environment, maintaining moral quality and being aware of the boundaries of values, community duties and shared commitment and responsibility in society, religious awareness, feelings peace at home that is built from openness of love and affection and mutual understanding among family members, intelligent supervision from parents, holding fast to the rules of Allah swt. and avoid promiscuity. (Maulidiah, 2017).

As for the methods in teaching sex education according to (Ulwan 2007: 178-275), among others, an educator, both parents and wise teachers, must find and determine alternative methods that are more effective by applying the basics of education that are influential in preparing children and adolescents as a whole. mental and moral, scientific and social ethos, so that children and adolescents can reach perfect maturity, have broad insights and have integral personalities. The educational methods

applied by parents and education should be adapted to the education that will be given to children and youth. Several methods that can be applied in providing education to children and adolescents are as follows:

a. Methods of education by example  
Exemplary in education is the most influential method in preparing and shaping the moral, spiritual and social ethos of children. Educators are the best figures in the view of adolescents whose attitudes and actions, manners, whether they realize it or not, are imitated. If educators are honest, have noble character, are brave and distance themselves from actions that are contrary to religion, then children and adolescents will grow in honesty, be formed with noble character, be brave and distance

contrary to religion. A child and youth, no matter how much effort is prepared for their good, no matter how pure their nature is, they will not be able to fulfill the principles of goodness as long as they do not see their educators as role models of high moral values.

The exemplary method is to set a good example for children and youth and is a method that makes an impression on education. When children and adolescents see in their parents and educators a good role model in all things, then they have found the principles of goodness that imprint in their souls various Islamic ethics. Children and youth who see their parents and educators lie, then they are unlikely to learn to be honest, when children and adolescents see their parents and educators always follow their passions, then they are unlikely to learn virtue. Those are some small examples of exemplary methods. (Ulwan p. 178)

b. Education with customs

Habituation is an effort to form (coach) and prepare. When the comprehension and potential at the age of children and adolescents in receiving teaching and habituation is very large when compared to other ages, educators, parents and teachers should focus their attention on teaching children and youth about kindness and efforts to get used to it from the start. begin to understand the realities of life. Get used to pronouncing monotheism sentences, get used to performing prayers, teach and get used to halal and haram laws and so on.

c. Educational methods with advice

The educational method with advice is quite successful in forming a child's faith and preparing him both morally, emotionally and socially. Educating children and youth by giving good advice can open their eyes about awareness of the nature of things, encourage them to be in a better direction, decorate them with noble character and equip them with Islamic principles. A pure soul, an open heart, a clear and thinking mind, if it is filled with words that leave an impression, influential advice, sincere warnings, it will quickly respond and answer without hesitation, and will even quickly submit to the truth that is passed down through Prophet Muhammad SAW. The educational method with advice can be carried out by giving pleasant exclamations accompanied by gentleness or attempts at refusal, telling stories accompanied by parables that contain lessons and advice, advice by showing pictures, advice adapted to the situation, advice by showing something forbidden, and so on. .

d. Educational methods with attention and supervision

The educational method with full attention is always paying full attention to and following aspects of the development of children and adolescents, supervising and paying attention to the mental and social readiness of children and always asking questions about the situation of physical education and their scientific abilities. Paying attention to and supervising children and adolescents must always be carried out by parents and educators. If his words, actions and orientation show something good then respect it, encourage children and youth to do it and if they show something bad, prevent them and give a warning and explain the harmful consequences.

The women's program is an alternative that is implemented in this school as a prevention of promiscuity. Women's education is the process of educating or teaching that is carried out by education in changing one's character, behavior and personality related to all things women's activities, both young women and adult women. Girls' education at SMPN 1 Cikarang Selatan is not yet in the curriculum because teaching materials are not yet available, but the school has plans to hold girls' education. The purpose of female education in extracurricular activities is to add provisions in the daily life of students and explore the talents possessed by students, so that the talents of these students can be channeled and developed properly. (Siti Kofifah, 2016)

Puputan is learning about matters related to the activities of young women, developmental stages, as well as some important issues for young women and adult women. Women's activities are carried out to introduce the position and rights of women according to Islam, the morals or personality of a woman,

emancipation and equality, women's jurisprudence, etc. (Siti Kofifah 2018)

### C. RESEARCH METHODS

This study uses a qualitative approach. Qualitative research is research that intends to understand phenomena about what is experienced by research subjects, for example behavior, perceptions, motivations, actions, and others holistically, and in a descriptive way in the form of words and discussion, in a natural context with using natural methods. (Moeleong, 2002: 160)

Methods like this are not obtained through procedures in the form of statistics or things that require calculations in the form of numbers. Researchers here try to understand, interpret and analyze the meaning of an interaction event of all forms of human behavior based on the perspective of the researcher himself which of course can be proven through measuring instruments or research instruments to study it more deeply. The type of research used in this research is case study research. Case study research is defined as a descriptive research method to answer in-depth and comprehensive educational problems involving limited research subjects according to the types of cases investigated. Research subjects in case studies can be individuals, groups, institutions, or certain groups of people. (Dewi Ratryana. 65 – 70)

All aspects related to the case are analyzed in depth, so that a complete generalization is obtained. is a research method aimed at describing existing phenomena, which are taking place now or in the past. In this study, the authors made participatory observations with the aim of revealing what it is by revealing how the implementation of sex education in children is an effort to prevent free sex behavior in the SMPN 1 Cikarang Selatan school environment. Data collection techniques in

this study used observation, interviews and documentation while data analysis was data analysis techniques in accordance with the theory of Miles, Huberman and Saldana, namely analyzing with three steps, namely data condensation, data display, drawing conclusions. or verification (conclusion drawing and verification). (J Miles, 2014).

#### D. KESIMPULAN

Sexual development that occurs in adolescents should be accompanied by the fulfillment of good sexual education by the family, in this case, parents either at home or through formal institutions, namely schools, so that adolescents are not confused and can understand developments that occur within them and how to react to them. However, sex education is still a polemic today, because some people still consider it important whether or not sex education is given. In fact, there are still many parents who consider it taboo when giving sex education to their children. On the other hand, schools have not been able to play an optimal role in providing an understanding of sex education to children because it has not been included in the curriculum. Girls' education at SMPN 1 Cikarang Selatan is not yet in the curriculum because teaching materials are not yet available, but the school has plans to hold girls' education. The purpose of female education in extracurricular activities is to add provisions in the daily life of students and explore the talents possessed by students, so that the talents of these students can be channeled and developed properly.

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