

The Impact of the Health Education about Self Concept and Self Defense towards Sexual Harassment Prevention Attitude and Knowledge to the Students of SD X Padang City.

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Abstract

The rise of the sexual harassment phenomenon tends to overwrite such weak people, for instance children. This emerges out physical and psychological injuries. The reported incidents can be said in the low rate because of the lack of education of the children to have a direct reaction when the sexual harassment attacks them.

This research is aimed at finding out the impact of the health education about self-concept and self-defense towards sexual abuse prevention attitude and knowledge to the students of SD X in Padang City. This research is kind of *Pre Experiment* with *One Group Pretest Posttest* design. The data were collected on March to April 2019. The populations of this research are 5th and 6th grade students. The amount of the samples are 41 subjects.

The samples are taken using *Total Sampling* technique. The data processing is done with *Paired Sample T-Test* ($p < 0,05$) using *software* SPSS 17. The results of this research showed that the average knowledge and attitude of the students before given the health education is 5,85 and after given the health education is 7,66. The analysis result of *Paired Samples T-Test* is *p value* ($p = 0,000$).

There is an impact of health education about self-concept and self-defense towards sexual harassment prevention knowledge and attitude. It is expected that through this research, teachers and parents can recognize and understand the structure and the dangerous sexual harassment

Keywords : Elementary school, health education, self concept, self defense, sexual abuse of children

INTRODUCTION

Sexual harassment is every form of connotation behavior or leads to the unilateral sexual desire which is unwanted by the victims so that raises up negative reaction such as embarrassment, anger, hatred, offensive, etc of the victims of the harassment. (UNESCO, 2013).

The sensitive phenomenon like sexual harassment tends to overwrite women and children in Indonesia and the world. UNICEF (United Nations International Children's

Emergency Fund) which is a United Nations' organization for children revealed 1 of 10 girls happened to be harassed (Kristanti, 2014).

According to the Yearly Notes (CATAHU) public abuse is improving up to 3.528 cases including 2.670 sexual abuse cases, followed by 466 psychological abuse cases, 191 human trafficking cases and 3 migrant worker exploitation cases respectively as stated by the report of Woman National Commission (Komnas) in 2018.

Based on the number of sexual harassment cases in West Sumatera, it mostly exploited children as the victims as much as 393 cases and Padang City ranked number one as much as 63 cases.

As revealed by Noviana (2015) that children are the vulnerable group that can be the victims of

sexual harassment because they have dependency on adults around them. This makes them have no strength when threatened to uncover what has happened to them including their parents.

Di In Indonesia, the sexual harassment prevention effort has been done by the Indonesian Children Protection Commission. They explain that they have created the ultimate movement that is inviting fast reaction team from village level and involving society with the aim of knowing immediately the sexual in their place easily (National Children Protection Commission, 2014). While in Padang right now has no had the media or model of particular instruction to instruct the first sexual harassment prevention. The expected intervention model is can improve assertive attitude and knowledge of the children in Padang City (Naherta, 2015).

The sexual harassment education that is realized in the form of health education is really crucial. A health education is an effort to help people or a society group in increasing the knowledge and getting the attitude change as well as skills to get a better life (Tribowo and Mitha, 2013).

The health education given are self-concept and self-defense. Self-concept deals with how a person recognizes himself. If the positive self-concept has grown since the first time, a kid tends to recognize and respect himself more so the sexual harassment will easily be minimized (Handayani, 2017).

In accordance with above, in preventing the sexual harassment of the children, beside introducing them to this concept, kids should be taught the self-defense as well. Hollander (2014) explained that the person participating on the self-defense training or having the knowledge about that is inclined to get less harassed or less sexual harassed as well as to have more confidence than a person who is not.

According to the report of West Sumatera High Prosecutor's Office showed that there were 6 students from SD X in Padang became the victims of sexual harassment on September 2018 where 4 of them are girls and the rest are boys. They were harassed physically (touching and approaching the victims in the aim of negative behavior)

This made physical trauma such bruise and tear in the genitals as well as psychological trauma in which right now in the healing process. After the research done on February 2019 obtained that there is no any kind of subject teaching.

METHODS

This research is kind of Pre Experiment with One Group Pretest- Posttest design. The data are collected from March to April 2019. The population on this research are the students from 5th and 6th grade. The number of samples in this research as much as 41 subjects. The samples are taken using Total Sampling technique. The data processing done with Paired Sample T-Test ($p < 0,05$) using software SPSS 17.

RESULTS

Table 1. Respondent's Age Distribution

| Age | Frequency | Percentage (%) |
|-------|-----------|----------------|
| 10 | 9 | 22 |
| 11 | 12 | 29 |
| 12 | 15 | 37 |
| 13 | 4 | 10 |
| 14 | 1 | 2 |
| Total | 41 | 100 |

According to the table 1, it can be seen the respondents' age distribution is from 10 to 14 years old and the respondents are mostly 12 years old as much as 15 respondents (37%).

Table 1. Sex Distribution

According to the table 2, it is known the respondents are mostly boys as much as 22 respondents (54%) and the rest are girls as much as 19 respondents (46%).

Univariate Analysis

Table 3. The Knowledge Level Before and After Being Given Health Education

| Pengetahuan Pencegahan Pelecehan Seksual | Kelompok Responden | | | |
|--|--------------------|----------------|-----------|----------------|
| | Pretest | | Posttest | |
| | Frekuensi | Persentase (%) | Frekuensi | Persentase (%) |
| Tinggi | 6 | 15 | 23 | 56 |
| Sedang | 18 | 44 | 15 | 37 |
| Rendah | 17 | 42 | 3 | 7 |
| Total | 41 | 100 | 41 | 100 |

As stated in the table 3, we know that before given the health education, the respondents are mostly in the medium level as much as 18 respondents. After given the health education, the respondents' knowledge is increasing as much as 23 respondents which are in the position of high knowledge.

Table 4. The Attitude Level Before and After Being Given Health Education

| Sikap Pencegahan Pelecehan Seksual | Kelompok Responden | | | |
|------------------------------------|--------------------|----------------|-----------|----------------|
| | Pretest | | Posttest | |
| | Frekuensi | Persentase (%) | Frekuensi | Persentase (%) |
| Positif | 13 | 32 | 33 | 80 |
| Negatif | 28 | 68 | 8 | 20 |
| Total | 41 | 100 | 41 | 100.0 |

In the table 4, it is known that the respondents' ability to react to prevent sexual harassment is inclined to be negative in amount of 28 respondents and after given health education they tend to be positive in amount of 33 respondents.

Bivariate Analysis

Table 5. The Result of Paired T-Test the Level of Knowledge and Attitude in Preventing Sexual Harassment

| Sex | Frequency | Percentage (%) |
|-------|-----------|----------------|
| Girl | 19 | 46 |
| Boy | 22 | 54 |
| Total | 41 | 100 |
| | | 0 |

| Variabel | Uji Paired Samples T-Test | | | |
|----------------------|---------------------------|--------|--------------|----|
| | Mean | SD | ρ value | n |
| Pretest Pengetahuan | 5.85 | ±1.526 | 0.001 | 41 |
| Posttest Pengetahuan | 7.66 | ±1.442 | | |
| Pretest Sikap | 5.85 | ±1.606 | 0.001 | 41 |
| Posttest Sikap | 7.66 | ±1.477 | | |

According to the table 5, it shows that both variables above got statistic test results ρ value = 0,001 ($\rho < 0,05$). It can be concluded that giving health education about self concept and self defense have impacted to the knowledge and attitude in preventing sexual harassment to the students of SD X in Padang City.

DISCUSSION.

Univariate analysis resulted the respondents' age frequency distribution shows that those participated in this research are from 5th and 6th grade that are 10 to 14 years old. The average.

One of the factors that influences the attitude is a personal experience. The attitude will easily be shaped if the personal experience involves emotional factor (Wawan, 2010). The low of the attitude in preventing sexual harassment is because that personal experience got neither education at all nor information about sexual harassment prevention to the children.

After being given health education, the respondents got advanced knowledge due to self-concept and self-defense have been taught to them. So the respondents know and prepare themselves physically and psychologically to face the sexual harassment. Notoatmodjo (2007) said that the knowledge improvement obtained by having a learning process after doing a sensory perception to a particular object.

The result of this research is compliance with the Notoadmodjo's judgement in 2010 which stated that in shaping one's attitude, the subject is firstly introduced to a stimulant that is a material that raises inner respond in the form of an attitude. Stimulant that interpretes a known object is fully conscious to occur a respond such a reaction to a stimulant or object. suatu program. Knowledge is the first step of a person to decide a demeanor. So the knowledge level is influential to an acceptance of a program.

The same case also impacts the children's ability to improve their attitude after being given health education about self-concept and self-defense so they know and prepare themselves physically and psychologically to face the sexual harassment to doer.

The similar thought also stated by Notoadmodjo (2012) that an attitude is a hidden reaction from a person towards stimulant or object

As the result, the students who are given the health education about self concept and self defense can change the attitude due to the stimulant has influenced them before.

The stimulant given is health education which has been cleared away using any kind of media like powerpoint, videoplayer, model and leaflet in order to inform them easily. The statistic test result using Paired Sample T-Test resulted Sigas much as $0.000 < 0,05$. This result proves that self-concept and self-defense have influenced the students' knowledge in preventing sexual harassment in SD X Padang City. Health education is an important thing to be given to the children as early as possible. It improves their insight because it genuinely happens because of some factors. One of the factors is a personal experience. Through experience, they can invest their insights and their soft skills easily to develop their ability to be determined which is part of manifestation of logical combination ethically and scientifically (Budiman and Agus, 2013).

Mubarak (2007) added that elucidation is a method to increase the knowledge to shape an attitude of a person to a particular thing in which later can make it becomes a reaction. One of the attitude functions is insight function. Each individual has feeling to curious, to understand, to have more experience and

knowledge which are realized in daily life. So, the higher one's education, the more positive attitude he can get

The triumph of the health education described through elucidation is not regardless from some factors influence such explained by Notoadmodjo in 2007, that the triumph of an elucidation can be an impact of some factors which are the readiness, the aim and the process of elucidation..

According to the research that has been done, the researcher found 3 criterions such as giving a chance to the respondents to question the things they do not understand and they were enthusiastic to hear the elucidation thoroughly. The researcher also emphasizes the important things that the respondents should remember regarding the materials given.

CONCLUSION

Sexual harassment prevention knowledge and attitude after being given health education about self concept and self defense are mostly in the medium and maximum level and their attitude has been inclined to the positivity which signs the children have understood how to prevent sexual harassment and there is an impact of health education about self concept and self defense towards sexual harassment prevention knowledge and attitude to the students of SD X Padang City.

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