

Sexual Education at High School Sinjai East

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Abstract— The purpose of this study was to find out how the students' sexual knowledge. Specific objectives are (1) to describe the sexual education of senior high school students, (2) to know the sources used by students to obtain sexual knowledge. The research method is quantitative approach which is associative. This research is normative, descriptive research to create a systematic picture of sexual education in high school students of the State normatively and factually. Data were obtained using questionnaire and documentation techniques. The respondents were 81 students selected by random sampling technique. The findings were (1) The description of sexual education in East Sinjai Secondary School students is in the Less Good category with the result of the percentage obtained by 51.78 percent which is in the 40- 55 percent. Due to the lack of information that parents give at home and teachers at school. As well inadequate mass media access and the presumption of taboo and sense "siri" to talk sex in public area (2) Sources used by students of Senior High School of East Sinjai to get information about sexual is 60.4 percent peers, social media 13.6 percent, school 11.2 percent, mass media 9.9 percent, and parents 4.9 percent.

Keywords— *Sexual Education, Student.*

I. INTRODUCTION

As a result of taboo culture, adolescents in many developing countries rarely discuss sexual matters explicitly with their parents. Most of the information for their patchwork knowledge often comes from peers of the same sex, who may themselves have no idea or misinformation.

Almost the majority of Indonesian people still consider taboo sex discussed, they interpret it always related to sexual intercourse. Very few parents care about sex education and put sex as something important to talk about with children. Parents assume the child will know by itself. Though parents are not only an undesirable source of information, but also lack better knowledge of certain issues such as a safe period in the menstrual cycle, the fact that STIs underlie, or predispose, HIV/ AIDS, and adolescent problems gestational age To complicate they do not approve premarital sex and have negative attitudes toward discussions with their children about sexual/ reproductive health [1]. Sex education is not always about couples relationship, but also includes other things such as giving an understanding of the physical and hormonal development of a child as well understand the various social barriers that exist in society. Interpreting sex as a source of stimulation both from within and outside that affects the lust of a nature. Sex education is an attempt to guide a person to understand really about the meaning of his sex life, so that he can use it well during his life [2].

Sex education is the effort of teaching, awareness, and giving information about sexual problems. Information provided include knowledge of the functioning of reproductive organs by inculcating moral, ethical, commitment, religion in order to avoid "abuse" of the reproductive organs [3]. Sex education is one way to reduce or prevent deviant behavior, especially to prevent unexpected adverse effects such as unplanned pregnancies, sexually transmitted diseases, depression and feelings of guilt.

The Goal of sexuality education not only prevents the negative impact of sexual behavior at an early age as quoted by many, but more importantly emphasizes the need for true and wide-ranging information about sexual behavior and seeks to understand human sexuality as an essential part of an overall personality.

The large number of pre-marital sex cases, promiscuity and sexual harassment are suspected as a result of the lack of sex education provided to children. Sex education is very important to overcome psychological disorders among adolescents, giving parents knowledge in the face of child development. Sex education is the effort of teaching, awareness, and giving information about sexual problems. With all the prejudices and misconceptions that are embedded in culture (sex), it is important and urgent for us to start talking and discussing these issues in order to get rid of the numbness of our thoughts [4].

Schools as a medium of formal education are also obliged to provide supplies of knowledge about sex education to their students so that they are not wrong in mingling [5]. The school as a space that is expected to act in providing sex education to adolescents is also not able to perform the function properly. It is hoped that the school space can protect teenagers from this risk with correct sex information. But the facts in the field show the school has not been able to provide information and teach sex education well to students.

Senior High School Students of East Sinjai also did not escape from such incident. One example is the State Junior High School I Sinjai Timur case of sexual harassment conducted by the Deputy Principal. Bullying is done unscrupulous elements revealed after five years of doing the same action on the students. Students who experience abuse from this teacher no one dared to express in shame. In general, premarital sex SMA Negeri 1 Timur Sinjai District is not often the case. But if the above phenomenon continues unbridled, it will bring a broad social and psychological impact. The need to be able to understand sex correctly and correctly is an indication that sex education is indispensable.

Based on problem identification, the research problem formulation is (i) description of students' sexual knowledge, (ii) the source used by students to gain sexual experience.

II. RESEARCH METHODS

This research uses descriptive quantitative research type. The location of the study is Senior High School I Negeri Sinjai Timur. The results are described by percentage analysis. The population of the study was 541 students with the total sample of 81 students taken by using random sampling technique or a random sample. Data collection techniques in this study are questionnaires and documentation. Questionnaires to know the image of sex education among students of SMAN I Sinjai Timur. Questionnaire contains questions about the number of items. Provided four choices of answers are Always, Frequently, Sometimes, Never. Once the data is obtained from the research location and already collected, then the next step is to analyze the data. In this study data analysis using SPSS (Statistical product and service solution) software 20.0 for windows

III. RESULTS AND DISCUSSION

A. Overview of sexual knowledge High School Students Our

Society is generally still not familiar and accustomed to the term sex education. This is because the term sex is always something that is considered taboo to be discussed in general. Upon hearing the usual word of sex that is in our minds is the intercourse between men and women. Though sex is not that narrow, the study of sex is the vast scope. Teens should be familiar with the term sex because access to get the information is very wide and wide open. And should the meaning of sex is no longer narrow. For that in SMA Negeri I Sinjai Timur sex knowledge of juvenile students in this school we can see from the table below:

Table 1. Rekapitulasi Answer Respondent About Sexual Education Pictures At Students East Sinjai

| Item | Options Answer | | | | Value | | | | Number of Value |
|------|----------------|----|----|----|-------|----|----|----|-----------------|
| | A | B | C | D | 4 | 3 | 2 | 1 | |
| 1 | 10 | 22 | 43 | 6 | 40 | 66 | 86 | 6 | 198 |
| 2 | 6 | 6 | 35 | 34 | 24 | 18 | 70 | 34 | 146 |
| 3 | 0 | 7 | 22 | 51 | 0 | 28 | 44 | 51 | 123 |
| 4 | 5 | 8 | 32 | 36 | 20 | 24 | 64 | 36 | 144 |
| 5 | 7 | 14 | 41 | 19 | 28 | 42 | 82 | 19 | 171 |
| 6 | 6 | 14 | 43 | 18 | 28 | 42 | 86 | 18 | 174 |
| 7 | 0 | 6 | 33 | 43 | 0 | 18 | 66 | 43 | 127 |
| 8 | 6 | 10 | 34 | 31 | 28 | 30 | 68 | 31 | 157 |
| 9 | 1 | 5 | 30 | 44 | 4 | 10 | 60 | 44 | 118 |
| 10 | 1 | 7 | 24 | 49 | 4 | 21 | 48 | 49 | 122 |
| 11 | 20 | 15 | 36 | 10 | 80 | 45 | 72 | 10 | 207 |
| 12 | 7 | 18 | 25 | 31 | 28 | 54 | 50 | 31 | 163 |
| 13 | 15 | 28 | 29 | 11 | 60 | 84 | 58 | 11 | 213 |
| 14 | 8 | 9 | 25 | 38 | 32 | 27 | 50 | 38 | 147 |
| 15 | 8 | 14 | 37 | 22 | 32 | 42 | 74 | 22 | 170 |
| 16 | 4 | 8 | 26 | 43 | 16 | 24 | 52 | 43 | 135 |
| 17 | 11 | 30 | 30 | 8 | 44 | 90 | 60 | 8 | 202 |
| 18 | 16 | 26 | 23 | 15 | 64 | 78 | 46 | 15 | 203 |
| 19 | 17 | 18 | 24 | 22 | 68 | 54 | 48 | 22 | 192 |
| 20 | 10 | 15 | 17 | 37 | 40 | 45 | 34 | 37 | 156 |
| 21 | 18 | 14 | 17 | 31 | 72 | 42 | 34 | 31 | 179 |
| 22 | 18 | 14 | 37 | 12 | 72 | 42 | 74 | 12 | 200 |
| 23 | 25 | 18 | 19 | 19 | 100 | 54 | 38 | 19 | 211 |
| 24 | 19 | 22 | 20 | 20 | 76 | 66 | 40 | 20 | 202 |
| 25 | 3 | 5 | 15 | 58 | 12 | 15 | 30 | 58 | 115 |
| 26 | 35 | 15 | 20 | 11 | 140 | 45 | 40 | 11 | 236 |
| 27 | 16 | 13 | 25 | 27 | 64 | 39 | 50 | 27 | 180 |
| 28 | 1 | 6 | 11 | 63 | 4 | 18 | 22 | 63 | 107 |
| | Total | | | | | | | | 4698 |

From the results of the above analysis shows that the picture of sexual education in the students of SMA Negeri I Sinjai Timur are in the less good category with the results obtained 51.78 percent who are in the range of 40-55 percent. Understanding and knowledge of students of SMAN I Sinjai Timur included in the category of Poor is marked by the results of questionnaires that show that for the term of sex education they have not heard on average. Or about 53.1 percent say sometimes hear the term.

Sexual education materials based on the questionnaire showed that 52 respondents or 63 percent of the total respondents stated that the material about sexual education was never provided in the school teacher. These results indicate that schools have a very little role in providing sexual education within the school setting. Teachers in the classroom are very ill-informed about sexual education. This may be because the sex term for some East Sinjai people is still considered taboo to be discussed. Even for sexual terms such as homosexuality, masturbation, sexually transmitted diseases, physical changes in puberty, miscarriage, sexual exploitation, drugs, early pregnancy. Based on the questionnaire results indicate that the respondent has not understood about it.

Sexual things that the teacher talks about only about the description of the physical characteristics that distinguish between men and women. The conversation was only made by teachers of biology. The teacher also never talked about how genital functions and how genitals work was never conveyed by teachers in front of the classroom. Sex education or education on reproductive health or a more "trends education" should be given to an adult or adolescent children, either through formal or informal education. This is important to prevent education and knowledge about reproductive health among adolescents [6].

Generally given contextually. That is about the norms prevailing in society, what is forbidden, what is common, and how to do without breaking the rules. The definition of sex education deals with various contexts. From the questionnaire results, sex education is defined as a transfer of knowledge about sex [7]. Sex education is an attempt to teach and equip individuals with knowledge related to sex. Sex education is intended for individuals to know everything related to sex.

From adolescent misconceptions about sex and the health of their reproductive anatomy, in the social environment of society, it is offered only as a commodity, such as media that presents things that are pornographic, among others, VCDs, magazines, internet, even television shows when this has led to things like that. The impact of adolescent misconceptions about sex education is that many negative things happen, such as high sex outside of marriage, unwanted pregnancies, HIV transmission and so on [8]. There are some opinions that say, "sex education" worthy of being included in the curriculum in high school, let alone students on this is puberty. Sex Education "Sex education" is very necessary to

anticipate, know or prevent free sex activities and able to avoid other negative impacts.

B. Sources of student sexual knowledge

Table 2. Recapitulation of Respondents' Responses About Sexual Information Sources Students of East Sinjai State Senior High School

| Item Answer | Options Answer | | | | Values Provided | | | | Total Value |
|-------------|----------------|----|----|----|-----------------|----|----|----|-------------|
| | A | B | C | D | 4 | 3 | 2 | 1 | |
| 42 | 3 | 6 | 17 | 55 | 12 | 18 | 34 | 55 | 119 |
| 43 | 15 | 10 | 31 | 24 | 60 | 30 | 62 | 24 | 176 |
| 44 | 7 | 11 | 31 | 32 | 28 | 33 | 62 | 32 | 155 |
| 45 | 7 | 10 | 34 | 28 | 28 | 30 | 68 | 28 | 154 |
| 46 | 8 | 12 | 36 | 25 | 32 | 36 | 72 | 25 | 165 |
| 47 | 20 | 11 | 29 | 21 | 80 | 33 | 58 | 21 | 192 |
| 48 | 10 | 12 | 27 | 32 | 40 | 36 | 54 | 32 | 162 |
| 49 | 8 | 9 | 35 | 29 | 32 | 27 | 70 | 29 | 158 |
| 50 | 4 | 4 | 29 | 44 | 16 | 12 | 58 | 44 | 130 |
| 51 | 3 | 5 | 27 | 46 | 12 | 15 | 54 | 46 | 127 |
| 52 | 3 | 6 | 12 | 59 | 12 | 18 | 24 | 59 | 113 |
| 53 | 5 | 10 | 27 | 37 | 20 | 30 | 54 | 37 | 141 |
| 54 | 4 | 7 | 32 | 38 | 16 | 21 | 64 | 38 | 139 |
| 55 | 3 | 8 | 43 | 27 | 12 | 24 | 86 | 27 | 149 |
| 56 | 4 | 4 | 34 | 39 | 16 | 12 | 68 | 39 | 135 |
| Total | | | | | | | | | 2251 |

From the analysis results show that the source used by students of State Senior High School Sinjai Timur to get information about education sex is in the less good category with the results obtained 46.31 percent who are in the range of 40-55 percent. The results of the questionnaire analysis indicate that the sources used by students to obtain information about lousy sex education. Sources of sexual education both in high school students I Sinjai East East is not good because they do not get information about sex either from parents, schools and mass media. Or other sources such as books as well articles. Parents never give out information about sex because parents' taboo assumption to discuss anything related to sex is the underlying reason for not providing sex education for teenagers.

The result of the research shows that the source used by the students of Senior High School of East Sinjai State to get information about sexuality is peers 60,4%, social media 13,6%, school 11,2%, mass media 9,9% and parent 4, 9 percent.

The results above illustrate that the most frequent and widely used source of youth in accessing sex information is peers, the second rank is social media. While the third rank is the school. Based on previous research on sexuality education in schools, indicate that sexuality education, although not provided in special subjects, has been integrated into physical, health, and sports education (Penjaskesor) Biology, Social Sciences, and Religious Education. Although sexuality education has been provided at school, highlight the weaknesses of sexuality education that have been using sex discourse for unhealthy and dangerous youth [9].

The results of Setiawati show that when parents and schools do not provide sex education to children. So the child looking for other media to get information related to sex [10]. However, based on the results of questionnaire analysis shows that students of SMAN I Sinjai Timur did not use other media to obtain information about sex. Sexual

information is not sought through mass media. Though usually, the mass media widely used as a source to obtain sex education. Teenagers more often obtain various information and knowledge about sex from mass media either print media like newspaper, magazine and a book or electronic media like television and internet and peers or peer group because they are not given sex education from the family environment, especially parents. The reason teenagers often use the mass media as a source of sex education due to ease in accessing it. Knowledge about sex is more easily obtained from the mass media than with other sources.

Suggests that factors affecting premarital sex behavior are the relationships of bad parents, negative peer pressure, understanding of the level of religion (religiosity), and exposure to pornographic media [10]. The process of developing the pattern of adolescent behavior is indirectly related to the role of parents in providing basic religious education, manners/courtesy, affection, security and familiarize adolescents always obey the existing regulations in the environment.

Information or news about sexual violence acts will provide knowledge for parents to be more vigilant and careful to save themselves and their families, especially children. Also, good communication between parents and children can help parents to monitor the safety or security of their children. There are five sequential stages of communication to achieve mutual understanding and involvement between parent and child, one of which is communication about security needs. The things that a child gets as a family member one of them is protection, the family is developed to be the main and strong protector in giving truth and exemplary to the children.

The insensitivity of parents and educators to the condition of teenagers cause teenagers often fall on the activities of prostitutes, because teenagers are awkward and reluctant to ask the right people, reinforcing the reasons why teenagers often behave inappropriately with their reproductive organs. The data show from adolescents aged 12-18 years, 16% get information about sex from friends, 35% of a porn film, and only 5% of parents [11].

Every 15 million teenagers aged 15 to 19 give birth, this is one-fifth of the world's births. Perennial 1 million to 4.4 million adolescents in developing countries are aborted, complications of pregnancy, childbirth, and unsafe abortion are the leading cause of death in women aged 15-19 [12]. Sexual education is a way of teaching or education that can help young people to deal with life issues originating from sexual urges. Thus this sexual education intends to explain all matters relating to sex and sexuality in a reasonable form. The delivery of sexual education material is ideally given first by his or her parents. But unfortunately, in Indonesia, not all parents are open to children in talking about sexual problems [13]. Sex education is one way to reduce unintended negative impacts such as sexual harassment,

unplanned pregnancy, abortion, sexually transmitted diseases (STDs).

IV. CONCLUSION

Sexual education picture in East Sinjai Middle School student is in the Less Good category with the result of percentage obtained is 51,78 percent which is in the range of 40-55 percent. Due to the lack of information that parents give at home and teachers at school. And access to mass media is still inadequate and the assumption of taboo and sense "siri" to talk sex in public area. The source used by the students of Senior High School of East Sinjai State to get information about sexuality is peers 60,4 percent, social media 13,6 percent, school 11,2 percent, mass media 9,9 percent, and parent 4,9 percent.

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