

Sex Education in Teenagers About Puberty, Sexual Development And Sexual Harassment

Trilia¹, Nisha Nambiar², Faridah Mohd Said³

¹Student Ph.D. In Health Science, Faculty Medicine, Lincoln University College, Malaysia

²Lecturer Ph.D. In Health Science, Faculty Medicine, Lincoln University College, Malaysia

³Lecturer Ph.D. In Nursing, Faculty Medicine, Lincoln University College, Malaysia

Email ID: triliawm1971@gmail.com, Email ID: nisha@lincoln.edu.my, Email ID: faridah.msaid@lincoln.edu.my

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ABSTRACT

Sex education is knowledge taught about matters related to gender, including the growth of the sexes (male or female), the function of the sexes as reproductive organs, development in women and men, menstruation, wet dreams, and so on, to the emergence of lust due to changes in hormones. This study is to describe the results of a literature review on sex education about puberty, sexual development and sexual harassment in adolescents. This study uses a literature review method, identifying literature through searches in the Google Scholar and PubMed databases and obtaining 10 journals that meet the inclusion criteria. This literature review shows that sex education should be given as early as possible to adolescents as a provision in facing changes that occur in themselves and the environment. Sexual harassment is more often committed by male adolescents. The provision of sex education to adolescents is influenced by parents, teachers and the surrounding environment. The selection of materials regarding sex education is very important to prevent confusion in changes and development from childhood to adulthood. Providing sexual education related to puberty, sexual development and sexual harassment in adolescents from an early age is an important thing that must be done as a provision in facing changes that occur in themselves and their environment and the need for supervision of adolescents in getting topics related to sexuality, which can influence the attitudes and lives of adolescents.

Keywords: Adolescents, Puberty, Sexual Development, Sex Education, Sexual Harassment.

1. INTRODUCTION

In general, education sexual means teaching problems about physiological, psychological, and sociological aspects of sexual response and reproduction. This education can be done formally by educational institutions or individually informally by parents (1). This is important for preventing bias in sex education as well as knowledge about reproductive health which is found among teenagers. In the environment public, sex education is still considered taboo assuming that talking about sex education will encourage teenagers to have sex, so giving children about sex education is considered unnecessary. It does not mean that sex education is not allowed given to them (2).

The development of sexuality begins since the occurrence of puberty in adolescence, through physical and hormonal changes. Based on research journal by Teves, et., about integrative sex education for children mentioned several topics should be given in education sexuality in children at the junior high school level(3). However, not all of the topics have been covered given. Based on the research results those are the most talked about topics delivered is puberty, by 83%, and sexual development 72%, while sexual harassment not yet given to teenagers (3). Puberty is the period at the beginning of adolescence, where maturity occurs sexually which is a series of changes that occur during adolescence, characterized by changes in sex primary and secondary sex changes, usually occurring at the age of 13-20 years.(4) So major social and psychological consequences. This is because of curiosity biological and physical during puberty.

Information about reproductive health in adolescents tends to be obtained from friends peers, as the data shows by 69.3% of female adolescents and 56.7% teenage boys prefer to pour out about health reproduction with his friends compared to his parents or teacher (5). Information what's wrong with reproductive health can be a trigger for the emergence of various reproductive health problems among one of the teenagers is about sexual harassment.(6)

Sexual harassment it self is all type form behavior which sexual connotations carried out in a one-sided and not expected by someone which then causes a negative reaction feeling ashamed, angry, offended at someone who became a victim of harassment (6). Prevention efforts what can be done is provide sexual education to children according to his age (7).

Education health reproduction necessary for teenagers to improve knowledge about sex as early as possible which is safe. So that integration is needed all parties in providing education appropriate to age and development students. The purpose of this study is to describes the results of a literature review on sex education about puberty, sexual development and sexual harassment in teenagers.

2. METHOD

Study This use literature review study approach with using several selected sources based on inclusion and exclusion criteria has been determined by the researcher. Inclusion criteria in this research is a source of literature that taken is the last 5 years between 2019 until 2024, the literature used is full text, the literature used using Indonesian and English, the literature used is in accordance with the words the key that has been. Exclusion criteria are articles publication is not in the form of an abstract only, not in the last 5 years of publication and articles that do not answer the purpose study. The focus of this literature review is describe the results of related research with “sex education” in adolescents about puberty, development sexual and sexual harassment”. Strategy literature search using journal sites accredited such as, Google Scholar and Pubmed. The search process is carried out by enter English keywords and Indonesia like “Sex education” + “Adolescence” + “Puberty” + “Development” “sexual” + “Sexual Harassment” and “Sex education” + “Adolescence” + “Puberty” + “Sexual development” + “Sexual harassment”. The process is used for increase sensitivity and systematic specificity of search results

3. RESULTS

Results search through a review as many as 298 journals were then identified into 30 journals, then screening was carried out and feasibility tests were carried out on 10 journals, 10 the journals is accepted journal or used in the literature review, this the results of this study are the provision of education sexual about puberty, sexual development is the material that has been given to many about teenagers directly related to growth and adolescent development, while on sexual harassment-related material tends to less given because it is still considered taboo by the community in discussing it.

In this study it was also found that sources of information for teenagers in getting sexual education also need to be obtained supervision from the closest party with teenagers such as parents and teachers, and providing sexual education can start early based on age stages.

4. DISCUSSION

1. Sexual education about puberty

Providing sexual education for adolescents regarding puberty is what has been given the most about sexual education for teenagers because it concerns physical changes, from children towards adulthood. The research by Nur Azira states that the topic of puberty is a topic that most given by parents to children, the topic of puberty get a presentation of 82% of the topic should be given to junior high school-age children, and 80% is related to the given topic towards junior high school age children.(8) The journal also mentioned that sexual education for children should be given based on the child's age stage starting when the child is 3-6 years old sexual education can be provided starting from understanding the meaning of the parts body parts, values in religion, sexual stereotyping, differences in roles and gender in the family. At the age of 1st grade 3 elementary school can be taught about development from previous ages as well as added with *sexual harassment*, how to take care of yourself, as well identity and gender cultivation, moving on at the age of 4-6 elementary school grades can be added with draft puberty, *sexual harassment* with how to maintain myself and avoid the presence of my fairy can hurt and endanger yourself, provision of sex education increased as the child grows older. Matter that can taught can concern biological sciences, psychology, religion, law, and ethics.

Kartikasari and ect, say that most things discussed by parents with teenagers is related to topics related to friendship, puberty, and adolescent development around 53.57%, while related topics education sexual other related in relationships, pregnancy, prevention of HIV/AIDS and contraception are still lacking discussed by parents with teenagers (9). Andari, et., mention that giving second education on more on preparation for menarche, puberty, and physiological changes in children.(10) Regarding physical changes related to puberty and development child women tend to be more active in finding out compared to boys.

2. Sexual education about development

Providing sexual education to teenagers about sexual development also is material education health that is given a lot to teenagers in sexual education this is mentioned in the get about 72% of related topics on sexual development being given in children, this is also similar to what mentioned by Dewi., etc, where teenagers have good knowledge is higher (86.3%) compared to those who have sufficient knowledge (36.4%) related sexual development (11). However, this is contrary to the results of the study done by Yasmin which states that knowledge of adolescents regarding sexual development is still relatively less good when viewed from the lack of children's knowledge to related terms with sexual knowledge, but this is also influenced by knowledge from parents and the environment that is still lack of exposure to education sexual, where consider talking about sex education still considered taboo and inappropriate to discuss with children.(12)

3. Sexual education about harassment

Acts of sexual harassment that occur in adolescents are more related to visual/verbal harassment such as making jokes or comments that smell of sexuality, and sending or receiving messages/images that smell sexual, compared to physical acts like kissing and things other than kissing carried out by fellow teenagers (13). This research also mentioned acts of harassment sexual acts are mostly done by children boys compared to girls who get a higher percentage become victim of sexual harassment happens to teenagers (14), this is also similar to that mentioned by Sulistyany & Tianungrum, mentioning sexual harassment behavior among teenagers do happens because information about sex education which is lacking, he also mentioned that man more lots do sexual harassment against women.(15) Sexual harassment behavior in teenagers is influenced by several things factors such as the experiences of adolescents in dating behavior where the feeling of wanting to know teenagers is very high towards various things including sexuality. Lack of information given to teenagers concerned about sexual harassment, parents think that talking about it can influence children's behavior negatively, and most new parents will talk about things if the child has experienced abuse sexual. Education sexual in the family influences to decrease in the level of deviation and sexual abuse that occurs to children. (15)

4. Sources of information for teenagers regarding

Sex education To get information regarding sexual education in adolescents There are various kinds, such as media Internet, Teachers, person old, Friends, students, health workers, police, television/newspapers. Providing education on sexuality should be given based on truly understanding the meaning of the knowledge taught. In Sulistyany's journal & Tianungrum, information about education is mostly sexual via the internet and peers. (15) Information obtained by the teenager is not necessarily right and can be a trigger for teenagers in perform inappropriate actions because of their curiosity of teenagers very high, therefore the information this information must also remain supervised by parents and the teacher as the closest party with teenagers as mentioned in the journal (16). Sexual education can start with a person old with teaches children according to their stages of age and understanding of children in their development. Sexual education materials that children get from various media or peers must get supervision from parents and teachers as parties closest to the child (17). Parents and the teacher are also a party providing knowledge to children is must have sufficient knowledge and open to discussing related matters with sexual education so that children will feel comfortable in sharing to changes and things experienced by him (18).

From the research results it was found that providing sexual education to related parties regarding puberty, sexual development, and sexual harassment (sexual harassment) in adolescents from an early age is an important thing that must be done as a provision in facing changes that occur within oneself and the environment of teenagers. Sex education should be given based on stages child's growth age according to his understanding so that children can understand things given correctly.

Recommendations for further researchers are expected to develop related research on sex education with various other variables, considering the breadth of coverage from sexual education for teenagers.

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