

An Analysis of The Song “Ku Jaga Diriku” to Prevent Sexual Violence in Children in Adabiah Padang Kindergarten

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ABSTRACT

Sexual violence is common among children at this time. One form of prevention is by providing sex education to children through the song "Ku Jaga Diriku". The purpose of this study was to analyze the song "Ku Jaga Diriku" to prevent sexual violence against children. The research method used is qualitative research with a descriptive approach. Data analysis techniques used using observation and interviews. The research location is in Adabiah Padang Kindergarten. The results of the analysis of the song "Ku Jaga Diriku" show that this activity through the activity of the song "Ku Jaga Diriku" shows that this song directly provides sex education to children regarding there are body parts that are private and sensitive no one should touch them except himself and quickly don't say if someone touches a child's body that shouldn't be touched.

1. INTRODUCTION

Early childhood has abilities that must be developed optimally. The growth and development of children run optimally when they get a good stimulus from the environment. Bronfen Brenner's ecological theory emphasizes that the influence of the environment on the development of each individual during the development of students is the result of the interaction of the natural environment with these students. In this context, the interaction between students and the surrounding environment is considered capable of significantly influencing the process of growth and development (Salsabila, 2018). Developments that are progressive and systematic in nature cannot be measured but can be felt. Knowledge of early childhood will be a capital for educators to prepare various stimuli through approaches, strategies, methods, planning, and educational game tools needed to help children develop in all aspects of development according to their age stage.

The container for providing stimulus for child development is an early childhood education institution where this education is more inclined to prepare the environment (school) for children, not preparing children for learning (school). A positive environment will be able to develop the multiple intelligences that children have from birth, and will become potentials that will eventually emerge in time (Suryana, 2018). Conversely, if the environment is negative, it will have an impact on all aspects of child development. One of the problems that arise from a negative environment is sexual violence against children.

In general, the definition of sexual violence against children is the involvement of a child in all forms of sexual activity that occurs before the child reaches a certain age limit determined by the law of the country concerned, an adult or an older person or a person who is considered to have more knowledge than the child uses it to sexual pleasure or sexual activity (CASAT Programm, Child Development Institute., Boy Scouts, of America., Comnas PA). Further, according (Dania, 2020); Mary (2017). Sexual violence found in children is any treatment of children that is used as a source of sexual satisfaction for adults or

older children, where the age of the child is not sufficient according to legal permission. Sexual violence that befalls children is an act that is frightening and unpleasant due to access which can destroy the psychosocial growth and development of children in the future. Wahyuni (2016) explains acts of sexual violence can be committed by anyone such as; immediate family (biological father, stepfather, grandfather, uncle, brothers and sisters) neighborhood (neighbors, playmates), school environment (teachers, study buddies, security guards, etc.).

The causes of sexual violence against children are very broad, there are no specific specifications for the occurrence of sexual violence against children. This can be caused by a whole consisting of various existing conditions and problems (Lewoleba & Fahrozi, 2020). However, it has a profound impact on child development. Sexual violence tends to have a traumatic impact on both children and adults. Most cases of sexual violence go unresolved because of denial of the incidents of sexual violence that occurred. Children who are victims of sexual violence do not understand that they are victims. Victims find it difficult to trust people, so they keep their sexual violence incidents secret. Children tend to be afraid to report because they feel threatened that they will experience even worse consequences if they report. Children feel embarrassed to tell about their incidents of sexual violence. The child feels that the incident of violence occurred because of his own fault and the incident of sexual violence makes the child feel that he is disgracing his family name.

Further According (Levitan et al, 2003; Messman-more, Terri Particia: 2000; Dinwidi et al, 2000) physically the victim experiences decreased appetite, difficulty sleeping, headaches, discomfort around the genitals, is at risk of contracting infectious diseases, bodily injuries due to violent rape, unwanted pregnancies and others. Meanwhile, violence perpetrated by family members is a form of incest and can result in serious and long-term psychological trauma, especially in cases of parental incest. Trauma due to sexual violence in children will be difficult to get rid of if it is not treated by an expert as soon as possible. Meanwhile Weber & Smith (2010) reveals the long-term impact of sexual violence on children, namely children who are victims of sexual violence in childhood have the potential to become perpetrators of sexual violence in the future. The helplessness of victims who are facing acts of sexual violence in childhood is unwittingly generalized into their perception that sexual acts or behaviors can be committed against weak or powerless figures.

2. METHOD, DATA, ANALYSIS

The type of research used is qualitative research with a descriptive approach. Sugiyono (2018) explained that qualitative research is a method that is carried out naturally and is based on philosophy. This qualitative research is naturalistic, inductive, and constructive. The research method is descriptive because it uses a natural background with the aim of interpreting the phenomena that occur and is carried out by involving interviews and observations which are the keys to this research. The descriptive method of the phenomena obtained is written in a narrative form whose contents are based on data excerpts disclosed in the field to provide support for what the researcher is studying (Anggito, 2018). Data analysis techniques used using observation and interviews. Observations were made using structured observation by observing the teaching and learning process. Meanwhile, interviews were conducted where the informants of this study were school principals. Drawing conclusions, is a stage that is carried out at the very end to analyze data by paying attention to the results of data reduction that has been carried out to then be adjusted to the research objectives. The purpose of doing this stage is to find the meaning of the research data and to answer various research problem formulations.

3. RESULT AND DISCUSSION

Early childhood education is a coaching effort from the age of 0-6 years to help aspects of growth and development of children so that they are better prepared to enter the next level (Sujarwo, 2008). Meanwhile according Anwar & Ahmad (2009). Early childhood education also functions in assisting physical development and growth, as well as mental development. Educators also need to have new creations all the time oriented to the nature, essence, and adapted to children's abilities and present active, dialogical, and meaningful learning. One aspect of development that needs to be developed is the development of sexuality (Laks et al., 2009). Early childhood sexual education is an effort to provide information about the anatomy of the reproductive organs and the functions of the reproductive organs by instilling ethical and religious morals so that abuse of the reproductive organs does not occur in accordance with child development, besides that health is the most important thing to do, especially for young children.

It is important for children to receive sexual education from an early age, according to sex education Sarito & Sarwono (Reny, 2015) is information regarding a clear and correct issue of human sexuality which includes knowledge of conception, pregnancy, until birth, sexual behavior that is given appropriately and in relation to the norms that apply in society. When viewed from the perpetrator's point of view, children are used as the main objects in sexual violence because children are weak, easily lured by objects and streets (Ningsih & Hennyati, 2018) easy to coerce, and doesn't have much energy to fight back. This is a concern when children do not know what to do when they are sexually abused. In line with this case, one of the materials in sexual education is teaching children to take care of themselves, such as teaching children to say "No!" to suspicious people (Camelia & Nirmala, 2017). This is already contained in the Republic of Indonesia Law No. 23 of 2002 concerning child protection article 1 (2) which states that "child protection is all activities to guarantee and protect children and their rights so that they can live, grow, develop and participate optimally in accordance with dignity and human dignity and get protection from violence and discrimination. By learning sexual education from an early age, children can protect themselves when the child's parents are not by their side.

Some material that can be given to early childhood regarding sexual education according to Astuti (2017) Among them is introducing that there are differences between men and women, which can be started by explaining the differences in the clothes used. Menjelaskan body parts, functions, purposes, and how to maintain it. Then introduce about self-identity including physical characteristics and gender. Of course, it is given by educators in language that is easy for children to understand and fun. An understanding of sexual education is very important to instill in children. The benefits are as an effort to facilitate children's development and learning which in general activities can be carried out by providing a conducive environment for children's development and directing positive behavior. Not only that, the benefits of education to master sexuality itself have a close relationship with moral values (Solihin, 2015; Nurlaili, 2011). In the opinion of Nawita (2013); Finkelhor (2009); Handayani (2018) said that the purpose of sexual education in children is not to generate curiosity and want to try sexual relations, but the main goal is to help children be skilled at identifying dangerous situations and preventing sexual harassment, as well as teaching children forms of touching that are not good, how to refuse or end interactions with traffickers or suspicious people, how they ask for help and the difference between habits that are private and habits that are permissible in public. According to Madani (Sholihin, 2015) through sexual education children are expected to be able to protect themselves and also avoid child abuse. Furthermore, given the importance of sexual education given to children, it is hoped that it will be able to develop aspects of children's sexual development and be able to present meaningful learning and answer children's high curiosity. As well as educators must be able to provide examples of good education in the social aspect and not commit sexual offenses against students. Learning is carried out by children to find out things that they did not know before and have not and cannot do, and children can gain more knowledge, while teaching is carried out by teachers to facilitate children in knowledge and learning and to achieve the goals of learning sex education effectively. According to an educational psychologist, explained that the right age to provide sex education is when the child is able to understand and understand something related to the organs of the body, namely when the child has entered the playground or more precisely when the child is 3-4 years old (Listiyana, 2010).

The approach used by schools in sex education is a student-centered approach and a teacher-centered approach. This is according to opinion Mulyasa (2012) and skills by covering some or all aspects of development with early childhood criteria, namely by telling stories, discussing or asking questions, doing drawing activities, games, singing, poetry and watching together, poetry and watching together. This is in accordance with the opinion of Nugraha (2005) which reveals that through movement and song, as well as the touch of the five senses are activities that children like, and activities that children like will have a good impact on children's understanding. As for some of the media used by the teacher to support learning activities more easily, namely laptops or LCDs, speakers, cartons and markers, pictures of people around (nuclear family, extended family, and the closest people who are around but not family), worksheets in the form of pictures bodies of girls and boys.

According to *National Center on Parent, Family and Community Engagement* (2016) Presenting knowledge to children about sexuality is as follows:

1. At the age of 3-4 years, children begin to connect with specific concepts about the characteristics of women or men, so they need to be given an understanding of the differences.
2. At the age of 5-6 years, children still find it difficult to clearly understand gender values and instilled moral values, so that more understanding is needed for children about what rules are in accordance with norms regarding sexuality and the role of children.

As for the results of the observations and interviews that the researchers conducted at the Adabiah Padang Kindergarten in Padang that the implementation of learning every week during learning activities in group A and group B, the teacher prevented sexual violence in children. The activity begins with showing the animation of the song and asking the children to follow the movements and sing along. The strains of music and a song entitled "Ku jaga diriku" composed by S. Situmorang with the following song lyrics:

Sentuhan boleh
Sentuhan boleh
Kepala tangan kaki
Karena sayang karena sayang
Karena sayang
Sentuhan tidak boleh
Sentuhan tidak boleh
Yang tertutup baju dalam
Hanya diriku
Yang boleh menyetuh
Sentuhan boleh
Sentuhan boleh
Kepala tangan kaki
Karena sayang karena sayang
Karena sayang
Sentuhan tidak boleh
Sentuhan tidak boleh
Yang tertutup baju dalam
Lebih baik menghindar
Bilang ayah ibu

Adabiah Padang Kindergarten teaches children to know which parts of the body can be touched by and which parts cannot be touched by other people because the body is private so no one is allowed to touch it carelessly. Instilling sex education is also given by instilling a culture of shame in children by getting used to wearing clothes that are polite and covering their genitals so that this can prevent acts of sexual violence. The song "Ku jaga diriku" can provide education as early as possible to children to avoid other people who commit acts of sexual harassment against them. Activities to prevent sexual violence against children are not just singing and moving according to video animations, but in this activity children are given an evaluation with questions and answers which parts cannot be touched and may be touched. Then the next step if there is an act of sexual harassment against a child is to have the courage to tell the parents, especially the mother. Children should be able to tell their parents if other people touch body parts that should not be touched. In addition, if there are strangers the child does not know, invites or gives something to refuse and does not easily believe so that the child avoids being mistreated. Children should be able to tell their parents if other people touch body parts that should not be touched. In addition, if there are strangers the child does not know, invites or gives something to refuse and does not easily believe so that the child avoids being mistreated. Children should be able to tell their parents if other people touch body parts that should not be touched. In addition, if there are strangers that the child does not know, invites or gives something to refuse and does not easily believe so that the child avoids being mistreated.

Table 1. Results of Observation and Interview Analysis of the Song "Ku jaga diriku" to Prevent Sexual Violence in Children at Adabiah Padang Kindergarten

Variable	Indicator
Understanding of Sexual Violence	1. Definition of sexual violence Through movement activities and the song " Ku jaga diriku " children indirectly get to know acts of sexual violence that must be avoided because they will endanger the child's further development.
	2. Types of sexual violence After the movement habituation activities and the song " Ku jaga diriku" the teacher provides knowledge through explanations in simple language that are easy for children to understand that there

Variable	Indicator
	are types of acts of sexual violence that occur such as physical sexual violence and verbal sexual violence.
3. Impact of sexual violence	The teacher also explains to children that victims of sexual violence will have an impact that will hinder their development. For example, they will experience trauma, lack self-confidence, close themselves to the environment, some even leave marks on their bodies.
4. How to deal with acts of sexual violence	If violence against children occurs, it can be prevented by first providing sex education to children from an early age by teaching them which parts can be touched and not touched and saying no to people who will touch their bodies. Second, instill a culture of shame in children to wear polite clothes and cover their genitals. Third, don't easily trust strangers when given something or invited to a place. Fourth, children must be able to tell their parents if other people touch body parts that should not be touched.
5. Education on sexual violence	Education on acts of sexual violence in kindergarten can be supported with learning media such as audio-visual media using the song " Ku jaga diriku" which directly through the lyrics teaches children to know body parts is privacy that no one should touch except himself. If this happens, the child must have the courage to tell the parents, especially the mother, that there are other people who touch parts of the body that should not be touched.
6. Potential victims of sexual assault	The potential for victims of sexual violence in children occurs due to a lack of education from parents for children regarding sex education. Although sex education is considered taboo if it is taught to children as early as possible. However, this can lead to sexual violence against children. Therefore it is necessary to teach sex education, for example through the song " Ku jaga diriku" in which children will know that there are parts of the body that are private and sensitive, that no one should touch them except themselves and quickly teach children to say no to those who touch or invite children for things that lead to sexual violence.

The results of data analysis based on observations and interviews at the Adabiah Padang Kindergarten through the activity of the song " Ku jaga diriku" show that this song directly provides sex education to children regarding body parts that are private and sensitive. If violence against children occurs, it can be prevented by first providing sex education to children from an early age by teaching them which parts can be touched and not touched and saying no to people who will touch their bodies. Second, instill a culture of shame in children to wear polite clothes and cover their genitals. Third, don't easily trust strangers when given something or invited to a place. Fourth, Children should be able to tell their parents if other people touch body parts that should not be touched.

4. CONCLUSION

Based on the results of research and discussion regardingThe results of data analysis based on observations and interviews at the Adabiah Padang Kindergarten through the activity of the song "Ku jaga diriku" show that this song directly provides sex education to children regarding body parts that are private and sensitive. If violence against children occurs, it can be prevented by first providing sex education to children from an early age by teaching them which parts can be touched and not touched and saying no to people who will touch their bodies. Second, instill a culture of shame in children to wear polite clothes and cover their genitals. Third, don't easily trust strangers when given something or invited to a place. Fourth, Children should be able to tell their parents if other people touch body parts that should not be touched.

5. ACKNOWLEDGE

It is hoped that through this research, it will not only be Adabiah Padang Kindergarten that will provide sex education to children to prevent sexual violence through the song "I take care of myself". However, further research needs to be carried out to analyze the prevention of acts of sexual violence against children in other school institutions with different media and methods so that the future children of the nation can avoid acts of sexual violence.

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