



The Effectiveness of Touch / Don't Touch Technique to Improving the Understanding of Sexual Abuse Prevention for Primary School Students Number 060885 in Medan City

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Abstract

There are currently efforts to resolve cases of child sexual abuse in Indonesia by manage legally laws that provides penalties for those who engage in child sexual abuse cases. However it is still less attention in the education field, educational institutions have not been able to play an active role and become a shield to prevent child sexual abuse. In other words, it should be emphasized that prevention efforts have to be comprehensive, which is mean that not only done by one party (parents or relatives) only, but must be integrated with the government, community organizations, schools, professionals, who does have a concentration on growth and child development. In Indonesia, the Indonesian Child Protection Commission (KPAI) admits received many complaints of violence and sexual abuse of children, based on KPAI data that has been collected in the period January to March 2014. During those three months, there were 379 cases reported to the KPAI, one of which is sexual violence that afflicts kindergarten students at the Jakarta International School (JIS). Based on the data described above is carried out preventive measures to prevent the occurrence of child sexual abuse in the form of education and research. The research conducted by the author with the title " The effectiveness of touch / don't touch technique to improving the understanding of sexual abuse prevention for primary school students in SDN No 060885 Medan ". This research is quasi-experimental research, using scale to collected the sexual abuse prevention understanding among elementary student. The research showed that the average value of the pre-test = 58.41 with a highest score of 77 and the lowest value of 49 and a standard deviation of 8.7, while for the data obtained posttest average value of post test = 75.30 with a highest score 89 and the lowest value of 61 and a standard deviation of 6.3. Based on the above data it can be concluded there was an increased understanding of the elementary school students grade 3 Elementary School SDN No. 060 885 of the hazards and sexual abuse. This means that by using the techniques touch / dont touch can enhance students' understanding and the prevention of sexual harassment preventive efforts

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INTRODUCTION

Sexual abuse of children is a form of child abuse in which an adult or older adolescent uses a child for sexual stimulation. Forms of child sexual abuse include asking or pressuring a child to engage in sexual activity (regardless of outcome), providing exposure indecent from the genitals to a child, displaying pornography to a child, sexual intercourse against children, physical contact with the child's genitals (except in certain non-sexual context such as medical examination), look at the child's genitalia without physical contact (except in a non-sexual context such as medical examination), or using a child to produce child pornography (Martin et al, 1993). The effects of child sexual abuse include depression (Roosa, 1999), post-traumatic stress disorder (Widom, 1993), anxiety, a tendency to become more victim in adulthood, and physical injury to the child and other issues (Levitan, 2003). Sexual abuse by a family member is a form of incest, and can result in more serious impacts and long-term psychological trauma, especially in the case of incest parents (Messman, 2001). In North America, approximately 15% to 25% of women and men who were sexually abused when they were children. Most perpetrators of sexual harassment is a person known to them; approximately 30% are relatives of the child, most often brothers, fathers, uncles, or cousins; approximately 60% are other acquaintances such as 'friends' of the family, caregivers, or neighbors, while foreigners only about 10% in cases of child sexual abuse. Most child sexual abuse committed by men. Studies show that women perform 14% to 40% of offenses reported against boys and 6% of reported violations against women. Most offenders who sexually abuse children before puberty is a pedophile, even though some offenders do not meet the clinical diagnosis standards for pedophilia. According to Maria North Sumatra region into an area of law that relate to the case of children throughout the past two months. In fact, noted in the last three years are 3500-3600 cases handled by KPAI from all over Indonesia (<http://www.republika.co.id/berita/nasional/umum/14/04/19/n4af39-kpai-925-kasus-pelecehan-seksual-anak-terjadi-di-2013>). There are three types of cases to date continue to increase in frequency, namely the case of the seizure of children, children in conflict with the law and

child sexual abuse. This is confirmed by the data Pusaka Indonesia Foundation, an institution that cares for child protection issues, noted that at least as many as 236 children who are victims of violence in North Sumatra during 2013.

This number has increased from the previous year as many as 118 cases. Abuse cases took first place as many as 138 victims, followed by 46 cases of abuse victims and 14 victims of rape cases, the remaining cases of theft, murder, kidnapping, neglect. The age of children who are victims are on average from 4 to 18 years, but the most dominant the victims are children aged 6-8 years with 66 victims, aged 15-18 years as many as 107 victims.

It is quite astonishing fact many sexual harassment cases that have occurred, apparently perpetrator is a person who has been recognized by children as friends, neighbors, relatives, teachers and even parents themselves. Many factors cause this to happen such as the lack of awareness of adults that children should receive adequate protection and not as an object of sexual abuse, poverty, too many watch porn and mental disorders.

METHOD

Types of Research.

This research is a quasi-experimental, ie research that provides treatment to a group of students. Such treatment is the technique of touch / no touch.

Research Subject.

The study was conducted on SDN No 060 885 in Medan. The study subjects were students in 3rd grade amounted to 30 people.

Data Collection Technique

Researchers spreading the questionnaire contains statements that have been prepared beforehand. The type of questionnaire used in this study is a closed-type questionnaire is a questionnaire that has been provided the answer, so just choose the appropriate selection of the respondents answer. Number of statement that given to students is 25 items that were previously validated . Scoring questionnaire in this research that used into the scale that has been modified as follows:

Table 1. The Alternatives of Answer in Score

Scale Scoring		
Sexual Abuse Prevention Understanding Scale		
Options	Score	
	+	-
Strongly Agree (SA)	1	4
Agree (A)	2	3
Disagree (D)	3	2
Strongly Disagree (SD)	4	1

Validity and Reliability Data.

The technique used to test the validity of the data in this study is the product moment correlation proposed by Carl Pearson. Implementation of the pilot questionnaire conducted to 30 students. With $n = 30$ at significance level $\alpha = 5\%$, it is known $r_{table} = 0.361$. Based on the calculation, the correlation coefficient obtained valid items of 25 items, while invalid by 5 items. For more details, grating questionnaire after the test is shown in Table 2 below:

Table 2. Grid Questionnaire After Test Validity

NO	Indicator	Favourable	Unfavourable	Total
1.	Child is able to recognize his limbs	1,6		2
2.	Children understand parts of the body that are private	13,15,21	11,25	5
3.	Teach children to say "Not Allowed Touched" or (Touch / Dont Touch)	2,4,7,9		8
4.	Children understand that not everything that adults ask should be followed	5,8,20,24	18	5
5.	Being able to distinguish between secret things that must be kept, where it must be notified in others	3,19	10,14,23	5
TOTAL		15	10	25

For testing the reliability of internal consistency using Cronbach Alpha formula, based on calculations, it is known $r_{11} = 0.95$ and after compared with the correlation index value r_{11} classified in the category very high. It can be concluded that the questionnaire instrument Sexual Abuse Prevention Understanding Scale as preventive measures to prevent sexual harassment at the student has met the criteria of reliability to be used as a data collection tool.

Data Analysis Research
Pre-test results Values

From the calculation of the data obtained by the number of respondents 30 people, turned out that obtaining high-value category 2 (two) people, the average categories were 24 people while obtaining a lower category four (4) people. This means that if the students who have high-value category means having a good level of understanding of the techniques touch / no touch as preventive measures to prevent sexual harassment. Conversely, if the student has a low value means tend to have a low understanding anyway. Based on calculations of pre-test data showed the moderate value of pretest = 58.41 with a highest score and the lowest score = 77 = 49 and standard deviation = 8.7. For more details, pre-test results can be seen in Table 3 below:

Table 3. Frequency Distribution of Pre-Test Values

No	Score Interval	Frequency	Percentage	Category
1	76-100	2	6,67%	High
2	51-75	24	80,00%	Moderate
3	25-50	4	13,33%	Low
Total		30	100%	

Post-test results

From the calculation of the data obtained by the number of respondents 30 people turned out that obtaining high-value category as many as 22 people, the moderate category 8 (eight) while obtaining low category did not exist. Based on the calculation of post-test data showed the average value of the post-test = 75.3 with 89 the highest value and the lowest value of 61 and a standard deviation of 6.3 For more details, post-test results can be seen in Table 4 below:

Table 4. Frequency Distribution of Post-Test Values

No	Score Interval	Frequency	Percentage	Category
1	76-100	22	73,33%	High
2	51-75	8	26,67%	Moderate
3	25-50	0	0,00%	Low
Total		30	100%	

RESULTS AND DISCUSSION

To answer the hypothesis that the variance analysis technique was used a mixture (mix design) which is an analysis of variance with doing twice the same measurements on each subject. In this study, analysis of variance technique was used to measure the effect of a mixture of techniques touch / no touch of improving understanding of the dangers of sexual abuse committed twice: in the pre-test and post-test. According to the table tests of within-subjects effects can be summed up results of interaction between touch/don't touch technique with a factor. Results of data analysis obtained value of $F = 46.866$, $p = 0.000$ ($p < 0.050$). Based on the results of data analysis showed significance test $p < 0.050$ indicates that there is an interaction between touch/don't touch technique with the factor. Effect of interaction between touch/don't touch technique by a factor of 35.3%. According to the table tests of between subjects effects, it can be concluded that there is influence between subjects variables (variables touch/don't touch technique) to variable increased understanding of the dangers of sexual abuse. The results of the analysis of the significance of test data shows the value of $F = 6.540$, $p = 0.012$ ($p < 0.050$). Based on the analysis, we can conclude that there is influence of touch/don't touch technique with an increased understanding of the dangers of sexual abuse.

Based on the results of the research data showed the average value of the pre-test = 58.41 with a highest score of 77 and the lowest value of 49 and a standard deviation of 8.7. As for the post-test data is obtained by the average value of post test = 75.3 with 89 the highest value and the lowest value of 61 and a standard deviation of 6.3. Based on the above data it can be concluded there was an increased understanding of the students in grade 3 (three) SDN No. 060 885 of the hazards and sexual abuse after the education or training touch/don't touch technique, so that with increased understanding of students is expected to be one way to prevent sexual harassment in elementary school students.

The increasing cases of violence is clear evidence of a lack of knowledge of children about sexual education and sexual abuse which they are obtained from the first year by their parents. Meanwhile people's perceptions of sex education that is still taboo to talk with the children was the cause that must be addressed together to provide children against globalization is increasingly transparent in a wide range of issues including sexuality. Sex education should be a concern of parents for the child's future in maintaining what has become of hono. Sex education and information on sexual harassment becomes important considering the number of cases that occur on sexual violence against children and adolescents. However what happens if parents being apathetic and do not play an active role to provide sex education to their children from an early age because parent assume that sex education will be obtained over the age of the child when he was older. They handed as sex education to the school as a source of knowledge for children. Though sex education itself has not been implemented specifically in the school curriculum. It is seeming to be a dilemma, because between parents and educational institutions hurling the responsibility of which party is supposed to provide an understanding of sexual education and the form of sexual harassment. Educational institutions as one of the main shield to prevent child sexual abuse can provide information on various issues related about the shape, the dangers, effects and ways to prevent child sexual abuse.

These data were confirmed by interviews conducted by student, Y (8 years) at the beginning of the study began Y said that she is not aware of what the private areas, but after getting information Y more understanding about what it is private. Another student A (9 years) said that now she knows if she should not join with others who are not known although awarded prizes. The results of observations conducted by researchers during the study, the children seemed often ask when there is information that they do not know, some student also talk to others student the things that they see and know that seems weird for them, but so far they do not know that it is dangerous for them.

CONCLUSION

As an educational institution, the school is also responsible to prevent child sexual abuse. To overcome the need to apply a technique that will be used to improve children's knowledge and understanding of the steps that must be done to

prevent cases of sexual harassment. Through this research will be applied, the child will get information about touch/don't touch technique where in this technique the child will gain an understanding of the private areas of the body, reproductive organs in the body, limb be touched or should not be touched.

Application techniques touch /no touch is teaching efforts, awareness, and providing information about sexual problems. The information provided in whom knowledge of the functioning of reproductive organs by instilling morals, ethics, commitment, religion to prevent "abuse" to their reproductive organs. The application of touch/don't touch technique is very important given early stage of children. Knowledge of the sex in children can prevent child sexual deviation. Sex education to children can also prevent children from becoming victims of sexual abuse, and comes with knowledge about sex, they become more understand which behaviors are classified as sexual harassment.

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