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OVERVIEW OF SEXUAL VIOLENCE PREVENTION EFFORT IN ADOLESCENTS IN SOLOK STATE VOCATIONAL SCHOOL

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ABSTRACT

Sexual violence in adolescents has recently increased by 60%. One of the forms of sexual violence that is most often experienced by adolescents is acts of violence both physically and verbally. The various forms and modes of perpetrators of acts of sexual violence are mostly carried out by adults and even those closest to the victim. Facing this problem, it requires insight and early sex education for adolescents, both in the form of counseling and socialization, in order to be able to recognize the types and forms of sexual violence. Counseling or socialization is given to adolescents by dividing the youth into several groups and distributing pamphlets or flyers about sexual violence. While the method in this research is descriptive, where the researcher only sees a description of the efforts to prevent sexual violence in adolescents, with the sampling technique is a side-random systematic, totaling 32 people. The hope is that there will be insight into the various types and forms of sexual violence so that teenagers are able to fortify themselves from it.

Keywords: Sexual violence efforts, youth

INTRODUCTION

Sexual violence is currently increasingly common. In Indonesia itself, sexual violence occurs not only in adults, but also in adolescents, children and toddlers. Forms of sexual violence in adolescents occur with touch and without touch. Behaviors that involve touching include touching private areas of the victim such as the vagina, penis, breasts, buttocks, mouth contact with genitals, or sexual intercourse. Meanwhile, behavior that does not use touch, such as ordering a child or teenager to be naked so that the perpetrator gets satisfaction or showing something pornographic to the child. The impact of victims of sexual violence is usually seen several years later after the violence occurred. The impact that occurs can be physical and psychological. The psychological impact will have a longer impact than the physical impact (Masyudi, 2019).

Adolescents who are victims of sexual violence usually show signs and symptoms with changes in daily behavior such as for example nightmares, sleep problems, fears for no apparent reason; personality changes such as anxiety, anger, withdrawal, moodiness, changes in eating habits; depression; teenagers usually act like children like wetting the bed or sucking their thumbs; being scared of a place for no apparent reason or refusing to be with someone who is more mature for no reason; showing resistance to routines such as bathing, toileting, or undressing even under the right circumstances; playing, writing, dreaming or drawing about sex or something scary; refuses to tell his secret to others; stomach, mouth, genitals often hurt for no reason; sometimes have sex-related discussions; establish a special relationship. Which means the impact of this violence, starting from the risk of mental disorders to the most severe

is mental disorders. The impact of sexual violence is very dangerous for the development of adolescents, so there must be prevention of sexual violence in adolescents, one of which is by providing counseling or socialization using flyers or pamphlets, so that adolescents are able to prevent sexual violence, so that they can suppress the number of victims of sexual violence in adolescents. According to research conducted by Sujatmi (2018) states that counseling and outreach are very effective for adolescents.

RESEARCH METHODS

The method in this research is descriptive, where the researcher only looks at the description of efforts to prevent sexual violence in adolescents. The sampling technique is purposive side random with a total sample of 32 people.

RESULTS AND DISCUSSIONS

From the research, the following results were obtained: 80% of young women understood the counseling that was being carried out, 20% of young women did not understand the results of counseling on efforts to prevent sexual violence, either by using flyers or pamphlets. The results of this study are the same as the research conducted by Paramitha (2019). With the result that there is a change in value or level of knowledge before action is taken in preventing sexual violence in adolescents with a p value of 0.001. Adolescents' knowledge about sexual violence is any act that demeans, humiliates, harasses and attacks a person's body or reproductive function, due to inequality of power and gender relations, which results in psychological and physical suffering including those that interfere with a person's reproductive health and lose the opportunity to carry out education safely and optimally. Marpaung, (2019) states that adolescents identify prevention of sexual violence or education about sexual intercourse related to reproduction and talk about sexual behavior. This research proves that many adolescents still have the perception that sexual education is only limited to sexual relations and does not include sexual harassment and ways to prevent it. In addition, it was also stated in Marpaung's research (2019) that adolescents consider sex education to be taboo to discuss and convey to adolescents.

The health education package that the researchers carried out aims to make teenagers, especially teenagers who are in the research area, understand various things about how to prevent it. With health education media provided using several methods, the first is to conduct an assessment of the adolescents who are sampled, whether adolescents have ever been victims or perpetrators of sexual violence both physically, verbally and others, after conducting a brief assessment using a questionnaire after which it is given education using powerpoint and lectures. It is intended that health education can be carried out optimally and achieve the targets specified in this study.

This can be seen from the two-way interaction shown during the health education process, as well as the great enthusiasm of the respondents indicating good acceptance from the respondents so that they are able to take part in health education activities with full attention, and are active, so that adolescents' knowledge about sexual violence increases, effective and influential to youth.

CONCLUSION

From the results of this study, it can be concluded that counseling using pamphlets and flyers or other media can increase knowledge in preventing sexual violence in adolescents, so that adolescents are able to prevent sexual violence independently.

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