

**SYSTEMATIC LITERATURE REVIEW (SLR):  
THE IMPORTANCE OF SEXUAL EDUCATION FOR PEOPLE TO LEARN  
ADOLESCENTS AND EARLY CHILDREN**

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**ABSTRACT**

Sexual education is education that is often considered taboo by society. even though sexual education influences the thinking patterns of children and teenagers. Sexual education also has an influence on the reproductive health of teenagers considering that there are many diseases caused by sexual organs, parents' lack of understanding regarding sexual education which needs to be implemented for children to learn, so there is a need for parenting seminars for parents regarding sexual education and how to provide this education to children. This journal uses the SLR research method with the final results being seven journals that match the theme and title. By obtaining results that there is an influence of sexual education on teenagers and adolescents

*words : sexual education; parents; children and adolescents*

**INTRODUCTION**

Nowadays, the internet and mass media are increasingly easy to access by anyone, including children. This influences all thought patterns, both positive and negative. Therefore, parents are required to provide more supervision over what their children do. We can see that the phenomenon of globalization is experiencing very rapid progress in various fields. Today, smartphones and humans are one and the same. With one access, we can get all the information we need. (Amir et al., 2022)

In this modern era, the need for science and technology continues to increase, so it is necessary to increase resources that include experience, knowledge and abilities to keep up with these developments. Because changes occur very quickly in this field, these changes must be balanced well. (darmawan 2022). One possibility that could happen is that teenagers and children access everything related to sex. This is very dangerous if not under parental supervision and is one of the biggest challenges that parents need to face. Even though this is considered very taboo to be introduced to children and teenagers because sex itself is always associated with dirty words, pornography and obscenity. which is something to avoid teaching to children . It's important to remember that sexuality has to do with our overall expression as a man or woman, not just "baring" things or instructions on how to have sex. (Madani, 2005: 7) journal article quote (Yafie, 2017)

Adolescence is a time when someone always wants to look for something new, a time when someone wants to know new things, things they have never tried, while childhood is a time when

someone is experiencing a growth process that makes them the average time when they remember, imitate what they see, learn or obtain from adults. Therefore, parents need a very big role to guide and supervise everything that children and teenagers do or learn because this can have an impact in the future.

This curiosity makes teenagers sometimes find out for themselves about things that are related to sexuality, from initially finding out and feeling curious, it makes teenagers take actions outside of parental supervision, such as watching pornographic videos and having free sex, until sometimes there are several cases of teenagers experiencing problems. sexually transmitted diseases. Based on existing examination results, it turns out that many teenagers like to have access to pornography, namely 87% in the USA, 84% in Australia, 98% in Sweden, 99% in Italy. As well as the results of examinations in Indonesia KPAI in 2008 in 33 provinces it was found that 97% of middle and high school teenagers had watched adult films and based on the results of monitoring and complaints in the KPAI ABH (children related to the law of the Indonesian child protection commission) in 2013 it was found that the percentage was 90% child perpetrators Sexual violence starts from watching pornographic sites (Hadiati, & Ahmad, 2016). Journal article citation (Purnama et al., 2020)

Every year approximately 15 million teenagers aged 15–19 years give birth, 4 million have abortions, and almost 100 million experience sexually transmitted diseases (STDs). Pregnancies outside of marriage by teenagers end in abortion. Nearly 60% of women in developing countries under the age of 20 experience pregnancies they don't want (Triningsih, et. al., 2015:161) journal article quote (Cahyani, & Yunus, 2019). This makes it necessary for parents to provide sexual education to their children as early as possible to avoid undesirable things such as ignorance about reproductive health, wrong relationships which result in many young women becoming pregnant out of wedlock and contracting sexually transmitted diseases which are very dangerous for teenagers and children. child. In fact, in some cases, due to a lack of sexual education, there is a lot of sexual harassment and sexual deviation perpetrated by adults against children and teenagers.

However, in reality, almost all parents themselves have never received sexual education so they also do not understand how to tell their children about sexual education itself. It can be seen that there are still 5% of parents who do not fully understand what sexuality education is for early childhood. In simple terms, parents do not introduce their own body parts to their children, but sometimes children are able to understand them by themselves or even by other people. This is good if the child already understands before being taught, but they are afraid of misunderstandings if parents do not introduce their own body parts from an early age. (Masitoh et al, 2020)

So parents need special parenting knowledge for sexual education because if this matter is still considered taboo then many children will not care about their reproductive health and will not be open about what they experience with their parents. One of the best ways to prevent sexual abuse of children is to provide sexual education to children. This is because sexual violence or harassment can have a negative impact on the growth of the child who is the victim. (Ifroh, et al, 2018) journal article citation (Mamuroh et al, 2022)

The role of teachers is no less important than the role of parents at home. Teachers are the second parents at school for children. Therefore, as teachers, we are also required to teach general sexuality education in schools, for example in elementary schools, students are given lessons about

the roles of family members, body organs including reproductive organs and the differences between men and women. For junior high school students it is even more complete because there are natural science (biology) lessons such as puberty, pregnancy and sexual diseases. And at the senior high school level they are introduced to giving birth to sexual deviations, maintaining sexual health and preventing sexual harassment.

The meaning of sexual education is often explained by experts. However, sexual education must be given from an early age because it is a guide that aims to guide and nurture boys and girls from an early age, especially regarding relationships. This may be a way to reduce unwanted negative impacts, such as depression, sexually transmitted diseases, and feelings of guilt. (Azis, 2015) journal article quote (Hasiana, 2020). The purpose of writing this article is to provide more insight for parents, teachers and teenagers not to think that sexual education is taboo education for teenagers and children which has been analyzed from several previously researched articles.

## RESEARCH METHODOLOGY

This research uses a Systematic Review (SR) literature study, also known as a Systematic Literature Review (SLR). This method collects, critically examines, combines, and aggregates results from multiple studies on a subject or research question. Research begins by collecting articles related to the topic.

The systematic method is a method of researching certain problems by determining, evaluating, and determining certain problems, as well as providing questions that are asked appropriately based on previously established criteria. This follows the best and most relevant previous research to answer the research questions.

This research uses the Systematic Literature Review (SLR) method, which is a systematic method that can be explained clearly and can be re-examined to identify, assess and compile research findings and ideas that have been carried out by researchers and practitioners with the aim of recognizing, review, and respond to each study.

The search for literature study materials begins by using existing data on Google Scholar obtained from using the publish or perish application by limiting articles from 2015 to 2023.

Then after getting various articles. Researchers obtained 50 articles using a Google Scholar search to find sexual education themes, then selected 20 articles that were relevant to the topic under study. After studying it thoroughly, several articles were found, namely 7 articles that were in accordance with the discussion theme. Furthermore, there were 30 articles that were not included in the discussion or search, and 7 articles that were appropriate to the discussion and related to the theme. Then it is presented using the table below so that it is easy to understand.

## RESULTS AND DISCUSSION

Sexual education is something important even though it is still considered dirty and taboo for children and teenagers to learn and teach. Considering that there are many benefits to teaching sexual education to children because with sexual education children and teenagers can minimize sexual crimes and sexual deviations and with sexual education children and teenagers also gain knowledge about how to protect reproductive organs. However, according to (Wajdi & Arif, 2021) parents are

still hesitant and embarrassed to reveal their knowledge about sexual education. However, this education must be intensified by parents at home. Therefore, students from sexual education are not only children and teenagers but parents must also get parenting knowledge from sexual education, because after all parents are the first to provide education about sexual education, if parents alone cannot provide this then It can be said that sexual education for children and teenagers is considered a failure. Therefore, there are 7 journal sources that are included and meet the criteria for the influence of sexual education. The journals and research results are as follows.

Research and years of research	Journal	Research result
Tritjahjo Danny Soesilo, 2021	Journal of education and culture: Implementation of Early Childhood Sex Education Parenting (Pesek) at PAUD Tunas Bangsa Ungaran, Semarang Regency	Based on research results, schools only carry out sex education according to the teacher's understanding. However, it is very limited, due to the lack of teacher knowledge regarding sexual education material. This is caused by school concerns about the educational habits of parents who are hesitant to recognize sex education. However, parenting activities are usually only carried out during school meetings or distributing report cards. which only covers general matters, such as school regulations, student progress, and distribution of report cards. However, apart from that, schools also realize that parenting activities regarding sex education are needed, based on the findings of this research. It is possible that the taboo understanding of sex education in AUD will be reduced if the parenting programs expected by the school such as seminars, counseling and games can be implemented well. Schools also need teaching aids and media to support parents and children to easily understand sexual education material.
Nur Nurbaiti, Aip Saripudin, Masdudi Masdudi, 2022	Children's education journal: Development of Sex Education Book Media to Increase Understanding of Sexual Education in Early Childhood	the results of research regarding the Sex Education Book media to provide more understanding about sexuality education for children aged 5-6 years. Comprehension assessment was carried out with 10 children by means of observation, question and answer, and also children's worksheets with an overall percentage of understanding of 80% and included in the very good category). So it can be concluded that understanding of sexual education for children aged 5-6 years at RA Nur

		<p>Kamal has experienced a significant increase from the results of the level of understanding before using the Sex Education Book media. And based on the validation results from media expert validators, they got a feasibility score of 95.45%, which means this can be said to be suitable for use. In his assessment, this media uses materials that are safe for children. use dangerous materials that can hurt children. Apart from that, the validation results from the material expert validator obtained a feasibility score of 100% and were included in the "Appropriate" category for use. The material in this media is sufficient material related to sex education for children, such as introducing self-identity (gender), recognizing body parts and explaining body parts that can and cannot be touched, how to care for the body, especially genital hygiene, and taking care of yourself. from all threats of violence and identifying all forms of threats. Then, as a result of validation from language expert validators, the Sex Education Book media obtained a percentage result of 100% and was included in the "Appropriate" category for use. From all the validation results, all three obtained a percentage score above 75%, which in Sugiyono's adaptability results scale shows that if the value is above 75% then the media can be used as suitable media. So the Sex Education Book media can be said to be a suitable medium in terms of media, material and language.</p>
<p>Khusniyati Masykuroh, Nelis Nazziatus Sadiah Qosyasih, 2023</p>	<p>Bemas; society journal: Training to increase parental awareness on early childhood sexual education</p>	<p>The results of the research show. The participants (parents) initially only understood the importance of providing sexual education but were confused about how to tell their children. However, after being given parenting training, parents became more aware of how to teach these lessons to their children. This was proven by the results of the percentage (80-100), meaning that parents' knowledge increased. Through this underwear rules program and carrying out the stages, it makes it easier for parents to discuss sexual education with their children and for parents to become</p>

		<p>more confident in educating their children about sexual education because as parents they have an obligation to protect their children from sexual crimes by starting by talking to their children. This second stage talks about the practice of sexual education for children. The material contains an understanding of how reproductive organs are considered dirty and dirty, then discusses underwear rules and children's sexual education in Islam. at an early age In the second stage, success is achieved through increasing parents' ability to implement basic sexual education in their children. In accordance with the child's development stage, it starts by providing direct understanding through simple language.</p>
<p>Ni Komang Sri Yulastini1, I Dewa Ayu Eka Purba Dharma Tari, Putu Agus Semara Putra Giri, Made Wery Dartiningsih, 2020</p>	<p>Application of Counseling Guidance Media to Improve the Skills of Guidance and Guidance Teachers in Providing Sex Education Services to Students</p>	<p>The results of the research by providing sex education theory and the use of ppt media and guidance boards as crafts for learning materials obtained the following results:</p> <ol style="list-style-type: none"> <li>a. Training activities have benefits for guidance and counseling teachers because there are not many guidance and counseling media available in schools</li> <li>b. The material provided increases the insight of guidance and counseling teachers and students. So that those who receive the material have initial knowledge about sex education so that they can avoid unwanted things,</li> </ol> <p>Due to the lack of guidance and counseling class time in schools, counseling teachers understand the importance of providing sexual education to their students using BK media. This can be seen from the discourse carried out after the BK media in-depth and training activities. Creative media can help students understand sex education from an early age and prevent behavior that is detrimental to students and the surrounding environment . After the test was carried out, 86 Swastika Middle School students received questionnaires for evaluation regarding Sex Education material, the results showed that the students understood Sex</p>

		Education material from an early age, either through guidance counselors or using creatively created guidance and guidance media.
I Dewa Ayu Maythalia Joni , Endang R. Surjaningrum, 2020	Sex Education Psychoeducation for Teachers and Parents as an Effort to Prevent Sexual Violence in Children	This research used four sessions. The first session began with a discussion by the participants until the pretest was given, then the second session was carried out with a session of delivering material, then the third session had the benefit of honing the participants' psychoeducational skills. Using worksheets used to create ways to teach sexual education to young children to anticipate the occurrence of sexual violence. . Then this activity was closed by giving a test to the participants to see how much they understood about the dangers of sexual violence after sexual education psychoeducation. The research results show that sex education psychoeducation for teachers and parents has proven effective in increasing teachers' and parents' understanding of sexual violence. This shows that research respondents have a good understanding of sex education. In general, parents and teachers realize the importance of their role in protecting children from sexual violence. Apart from that, parents and teachers can provide activities with children related to providing direct psychoeducation to children about sexual education. By using this design, parents and teachers can talk about the program they have created and provide it to the child according to the child's needs. In addition, they can learn about the potential dangers lurking in sexual violence.

<p>Leafio Rinta, 2015</p>	<p>Sexual education in forming positive sexual behavior in adolescents and its implications for adolescent psychological resilience</p>	<p>Based on research results, sexual education increases teenagers' mental resilience. If teenagers receive proper sexual education, they will be better able to cope with their youth without being negatively impacted by promiscuity and premarital sex. Then the role of sexual education for the psychological resilience of adolescents lies in providing appropriate information about sexuality and forming positive attitudes in adolescents towards dealing with early and premarital sexual behavior. Then, the direct impact of sexual education itself on the psychological resilience of teenagers is that teenagers have the ability to distance themselves from free sexual relations and other negative things. In addition, sexual education for teenagers will increase their ability to take initiative, empathy, solve problems and succeed .</p>
<p>Deni Nasir Ahmad, 2017</p>	<p>The influence of sexual education in the family on deviant behavior and sexual harassment in adolescents</p>	<p>The results of the test analysis research that has been carried out show that the highest score is 67 and the lowest score is 35, the average is 54.23 and the standard deviation is 5.987 from the sample. The results of the research data analysis show that sexual education in the family is considered important and not it's taboo, and the highest score was 57 and the lowest score was 30, with an average of 45.53 and a standard deviation of 5.233 obtained from the sample. This shows that sexual deviance among teenagers still occurs as shown by the average of the research results from sample. Next, in another table, the highest score was 69 and the lowest score was 32 with an average of 57.27 and a standard deviation of 7.257. These results show that attitudes towards sexual harassment in adolescents have begun to change for the better or no longer happen because the results show that the average taken from the research sample is more than 50 to 60. So you could say that sexual education in the family influences the behavior of children, especially teenagers who want to know themselves, including their reproductive organs, and their maturity. Therefore, sexual education in the family must be provided. It is very important to take action to prevent sexual harassment and deviations committed or received by teenagers starting from the family. The results of the test analysis show that almost half of this behavior can be changed through introduction, education and sexual education starting from the family.</p>



		In this case, both parents are very important to reduce and avoid sexual deviations and crimes. Families can provide sexual education to children through talking and religious teachings according to the children's growth. Talking and religious education in the family to build sexual education has proven to be effective in changing, reducing harassment and sexual deviation experienced by teenagers.
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The results of research from the seven journals show that sexuality education is very important for parents and teachers for young children and teenagers. By carrying out sexuality education, it has a big influence on the mindset of teenagers and children. Based on the seven journals obtained by parents who provide sexuality education without being very clear and very influential on children. And usually by providing sexuality education, children and teenagers will find it easier to get along with their parents and teenagers will also find it easier to share their complaints with their parents.

In religion, the types of sexual education differ depending on the underlying religious teachings and practices. In general, many religions emphasize the importance of good health and relationships, as well as the need to avoid practices that are risky or contrary to religious teachings. Some religions may support a more conservative approach, while others are more open to comprehensive sexual education. In general, general sexual education Sexual education that is in line with religious teachings can emphasize the importance of developing positive, open-minded and healthy relationships in the context of marriage. in line with religious teachings can emphasize the importance of developing positive, open-minded and healthy relationships in the context of marriage. In Islam, sexual etiquette is taught in the form of halal, haram and makruh laws. Fulfilling sexual needs that are inappropriate or violate the Sharia that has been outlined is included in the category of haram law, which has normative and social consequences. This phenomenon shows Islam's great attention to the issue of sexuality, because Islam explains thoroughly and classifies various methods of sexual education based on individual development phases. Sexual education for children is different from sexual education for teenagers, because both are tailored to the characteristics and readiness of the individual in each phase of development. As Allah says: "And when your children have reached the age of puberty, then let them ask permission at all times." namely Children who have not yet reached puberty or mumayyiz must be educated to ask permission (isti'dzan) when they enter an adult's room. This shows that Islam specifically divides sexual education for each stage of development. Sexual education methods for children usually focus on prevention; for example, they try to prevent children from physically seeing members of the opposite sex or engaging in sexually suggestive actions as they did at an early age. (Madani, 2003) journal article quote (Ilham, 2019)

With sexual education, teenagers do not view sexual education as dirty or dirty, but sexual education makes them more aware of sexual harassment and sexual deviation so that they are also more open about the health of their reproductive organs. Their minds will be more open and positive by providing sexual education from an early age, they will think more when they want to have free

sexual relations. Sex education is considered capable of helping teenagers' curiosity and curiosity about things related to sex. Teenagers get a lot of information and knowledge about sex from the school environment, parents at home, and even from peers. (Yulianti et al., 2023)

Parents must also be able to normalize sexual education for children so that things like sexual violence or negative things that can have bad consequences for the future of children and teenagers can be avoided. Because no matter how the parents' parenting patterns determine the child's way of thinking and doing things, parents are the child's first teachers. This is in accordance with the journal (Zolekhah et al., 2021) which states that there are many causes of the phenomenon of violence and sexual deviation experienced by children, one of which is poor sex education at an early age. When a child's sexual maturity is not yet complete, sex education must begin at an early age. For this reason, scientists are paying attention to the dangers of underestimating children's sexual preparation from an early age and not providing basic knowledge about this issue. If sex education at an early age is not carried out, it can have an impact, such as danger to children's personality consistency and self-care when they see changes, so that they do not know how to deal with it in the right way to maintain their personality and mental balance, and free themselves from the influence of passionate desires. -excited from the start.

Teachers at school are no less important for children and teenagers because at school, children and teenagers receive biological learning which enriches their knowledge in thinking in determining the future. Teachers also teach lessons about respecting and taking care of your own body. In general, all teachers have their ways broad view regarding sexual education, they have the view that sexual education is not only about biological aspects and sexual relations but also the view that sexual education is still tied to norms such as religious, cultural, social and psychological norms. Sexual education lessons are often delivered by teachers to students and are adapted to the needs, characteristics and knowledge of the teachers so that the lessons delivered start from the basics. (Rachmayanti, 2022)

There are many ways to convey sexual education to children, for example by inviting children to talk about sexuality issues or about body organs, using tools designed with the creativity of parents and teachers, and also using games that make children more relaxed. However, you need to remember that the method of delivering sexual education needs to be adjusted according to the age of the child. If sexual education is not adjusted according to age, it is feared that confusion, discomfort will arise, and it could even damage the development of children or teenagers. If the information conveyed is too excessive and not appropriate for their age, children tend to cause anxiety. Or vice versa, if teenagers receive information that is too simple, it could actually reduce awareness about the risks that occur.

## CONCLUSIONS AND RECOMMENDATIONS

Sexual education is an educational process that includes anatomy, reproduction, gender roles, healthy sexual behavior, expression of feelings, and other topics related to human sexuality. The goal is to provide clear knowledge and assist individuals in developing a more informed assessment of one's sexual and relationship health. Having sexual education for teenagers and young children

has an impact on the future of the nation's generation. Don't let future generations always think that sexual education is taboo to learn, this is in accordance with the seven articles that have been researched that sexual education influences the behavior and thinking patterns of teenagers and children. With sexual education, teenagers and children can avoid unwanted cases.

With this, it is hoped that there will be more sexual education parenting seminars for parents so they can introduce sexual education to their children and more counseling will be carried out in schools as a form of government awareness of the sad cases resulting from a lack of sexual education. In the future, it is also hoped that sexual education will become an integral part of a holistic and inclusive education curriculum. This should include accurate information about anatomy, reproduction, health relationships, consciousness, marriage, and sexual behavior. Teaching should be based on a non-dismissive approach, provide a forum for open communication, and encourage critical thinking around sexual and gender identity.

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