

The Role Of Sexuality Knowledge And Parent's The Role Of Communication Quality In Introducing Sex Education To Adolescents

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ABSTRACT**Keywords:**

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Deviant behavior is the result of an imperfect socialization process. The group most frequently encountered with deviant behavior is adolescents. One form of adolescent deviant behavior is free sex, free sex is free sex is a problem from the lack of sexuality education, so there can be some problems as a result of free sex behavior in adolescents in the short term. Objective: to conduct a literature review on the role of knowledge of sexuality and the quality of communication between parents and children in introducing free sex education to adolescents. Methods: Results: Based on the results of the articles collected and the analysis of writing, it was found that knowledge of sexuality and the quality of parent-child communication is an important role in introducing free sex education where parents are very important in shaping their children's attitudes.

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1. Introduction

Adolescents are the group most prone to deviations. Deviations that occur can be prevented by maximizing the role of the family. Because the family is a social function, especially for a child. The family is the main and first educator for children (Mantiri, 2014). Deviations that often occur are minimal drinking, brawls, free sex, gambling and truancy (Hardiyanto and Romadhona, 2018).

Data from the Indonesia Demographic Health Survey (IDHS) Jakarta 2017 reports that at the age of 15-17 years as many as 80% of women and 84% of men have a dating relationship. The age group of less than 15 years is the age when they first started dating 45% of women and 44% of men. Most women and men admit that they engage in various activities while dating. Hugging 64% of women and 75 men, 17% of women and 33% of men holding hands, kissing on the lips 30% of women and 50% of men, 5% of women and 22% of men activities such as touching. In addition, 8% of men and 2% women have reported having sexual intercourse. Of women and men who had sex before marriage, 59% of women and 74% of men reported having their first sexual relationship at the age of 15-19 years. The highest number occurred at the age of 17 years as much as 19%. Of adolescents who have sexual intercourse 12% of women reported experiencing unwanted pregnancies (BKKBN et al., 2018).

During the COVID-19 pandemic, there were around 400-500 girls aged 10-17 who were at risk of getting married at an early age because of free sex, the Ministry of National Development Planning/Bappenas said. In addition, there are also unplanned pregnancies. The results of the supervision of the Indonesian Child Protection Commission (KPAI) on 17 February 2021 showed data on 119 students aged 15-18 years dropping out of school and getting married due to having an unplanned pregnancy (Nurhandayani, 2022).

Free sex behavior is one of the behaviors caused by sexual desire, both heterosexual and homosexual. These various behaviors range from interest to dating behavior, from kissing to sexual intercourse (Aulia and Winarti, 2020). The effects on sexual deviance can cause depression, post-traumatic stress disorder, anxiety, tend to become victims further, and lack of self-confidence in

adolescents (Yunita, Suranata and Suarni, 2020). Another effect of casual sexual activity is pregnancy, which can narrow the pelvis, weaken uterine contractions, cause failed abortion attempts and even birth defects in babies due to sexually transmitted infections (Surjaya, 2019).

The main cause of free sex is the error of the external environment and association (Wulandari and Aini, 2020). In addition, the lack of adolescent sex education can cause problems related to free sex behavior, such as getting pregnant out of wedlock (Pertiwi, Ruspita and Anitasari, 2020). The factors that influence sexual behavior in adolescence are the relationship between parents and adolescents, the relationship between parents and children who are not paid attention to, peer pressure, understanding of the level of religion, and freedom (Qomarasari, 2015).

To prevent promiscuity problems, parents must be open, patient and wise in providing sex education to teenagers. Adolescents should be educated about sexual maturity and the good and bad consequences of sexual maturity. Parents must set an example by guiding and carrying out moral education. it's a way for teens to avoid doing things they shouldn't do. Parents can be friends with their children and always establish and maintain good two-way communication, so that children are not afraid to talk to their parents when problems occur (Wulandari and Aini, 2020).

The important role of parents in guiding teenagers is very important. Parents need to act as a reliable source of information for teenagers and parents must be able to become good discussion partners. Nowadays it is very easy to get information, and if parents do not direct teenagers to receive wrong information, so that the understanding of sex education is inaccurate and teenagers are deceived by free sex. teenagers can do these actions (Ellita Novianthy Baganu, 2017). There is a perception that sex education is taboo and vulgar and inappropriate for children affects participation and the form of reproductive health education that people give to their children (Amaliyah and Nuqul, 2017).

Parents have a great influence on the quality of thinking of teenagers because they are people who are considered important in their children's lives. Parents who provide good sex education to adolescents can develop mature thinking skills and influence the formation of attitudes (Apriyani, 2016). The knowledge possessed by parents is not enough to provide sex education to their children, parents must have closeness with their children so that communication runs smoothly. The sex education provided must be in accordance with the characteristics of the child which includes the ability and development of the child (Rahmawati and Ratnawati, 2015).

The results of this study (Adyani, Machfudloh and Sunarto, 2021) show that parents who have less knowledge tend not to provide sex education to early childhood. Therefore, it is recommended that parents increase knowledge about early sexual recognition of children, which helps children avoid deviant sexual behavior, and that sex education for children is only given to mothers from an early age, not given by both parents.

Sex education is delivered by adapting and understanding children so that it is necessary to consider delivery techniques and language. Education can provide access to literacy, general knowledge, problem solving skills (Metzler et al., 2017). Children's skills in protecting themselves from sexual harassment are influenced by parental communication about preventing sexual harassment and parental education (Zhang et al., 2013). Talking about sex with children is not easy, but it must be done to prevent unwanted things from happening (Aprilia, 2015).

Communication between parents and children about sexuality is an effort to provide information to children about physical conditions, relationships between humans, sexual health and psychological effects related to these conditions, so that teenagers understand and appreciate sex in themselves which is displayed through attitudes and behaviors. their behavior is in accordance with each sexual type, so that it can be accepted by the community (A.Fraselia Putri, D.Risma, 2012). Communication from parents to their children is established and influenced by the environment long before an individual becomes a parent (Adisti and Batoebara, 2020). Based on the above background, the authors are interested in discussing "the role of knowledge of sexuality and the quality of parental communication in introducing sex to adolescents"

2. Methods

The method used in writing this article is a literature review. That is by conducting a literature search both international and national based on the articles searched by Google Scholar and PubMed. The keywords used to search for articles used the keywords "knowledge, sexuality,

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parental roles, communication” and “Knowledge, Sexuality, Parental roles, Communication”. The inclusion criteria used were articles from 2014-2021, the research subjects were teenagers and the method used was qualitative. From tracking and searching for articles, 8 articles were obtained and collected that can be used as a reference in this research. The data found were 6 articles from Google scholar and 2 articles from PubMed.

3. Result And Discussion

Based on the results of the article search selection that has been carried out, all articles are categorized according to the name of the researcher, year, research title, type of research, research subject and research results, the results of the categorization can be seen in the following table :

Table 1
Results of a literature review on knowledge of sexuality and communication quality

No	Research title, author and year	Destination	Method	Results
1.	The Role of Parents in Providing Sex Education on Adolescent Sexual Behavior (Ellita Novianthy Baganu, 2017)	To find out how the role of parents in informing sexual knowledge for adolescents	The method used in this research is qualitative method.	The results of the study show that the factors that cause adolescents to engage in deviant sexual behavior are due to lack of knowledge, teaching and upbringing, guidance from parents as forming children's character, and the social environment that supports teenagers to commit sexual deviations.
2.	The Role of Parents in Informing Sex Knowledge for Teenagers in Picuan Village, East Motoling District, South Minahasa Regency (Hasan, Boham and Rembang, 2016)	To find out how the role of parents in informing sexual knowledge for adolescents	This study used qualitative research methods	The results of the study indicate that the role of parents is needed by teenagers in provide appropriate sex knowledge information. Cooperation in assisting children must also be carried out by parents.
3.	The Role of Parents in Early Childhood Sexual Education (Hasiana, 2020)	To describe the role of parents in providing sexual education to their children	This research uses qualitative research	The results of this study illustrate that basically parents have educated their children in a simple language style that is easy for children to understand
4	Parent-child communication about sexual and reproductive health: perspectives of jordanian and Syarian parent (Othman <i>et al.</i> , 2020)	to explore how parents discuss SRH issues with their children and demonstrate the potential role of parents in supporting their children's SRH needs	Using a qualitative research approach and focus group discussions (FGD) to collect data.	The results of this study indicate that Jordanian and Syrian parents recognize the need for PCSC, but most parents do not feel confident or comfortable engaging with their children on the topic, partly because of what they describe as a culture of shame. - SRH issue rounding. It
5	Quality of Parent-Adolescent Conversations about Sex and Adolescent Sexual Behavior: An Observational Study (A. Melnick L. Sheng, 2016)	The purpose of this study is to show that the quality of parent-adolescent communication about free sex	The method used is qualitative research	The results of this study the quality of parent-adolescent communication about dating and sex predicts sexual behavior.
6	The Role of Personal Communication Between Parents in Providing Sex Education Guidance for Teenagers in the Community of Paya Geli Village, Sunggal District,	The purpose of this study was to determine whether parental interpersonal communication plays a role or	This research method is a qualitative research method.	The results of this study conclude that interpersonal communication between parents in RT 14 is sufficient play a role in providing sex education guidance to adolescents. Many parents who

	Deli Serdang Regency (Adisti and Batoebara, 2020)	not in providing sex education guidance to adolescents	have teenage children in RT 14 understand about sex education that must be given to teenagers, seeing the negative events that have happened a lot around RT 14, parents are more careful to maintain, care for and provide good education for their children. so that their children do not fall into negative things related to sex.
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Based on the results of research (Ellita Novianthy Baganu, 2017) Shows that the factors that cause adolescents to engage in deviant sexual behavior are knowledge, education and parenting patterns of parents, parental guidance in shaping children's personalities, and also the social environment that supports adolescents to engage in sexual behavior. deviate. This is in line with research conducted (Hasan, Boham and Rembang, 2016) that most teenagers prefer to find out their own sex problems through various media. One of the things that children like the most in terms of finding sexual information is the internet. For this reason, the role of parents is needed by teenagers to provide correct sex knowledge information.

According to (Othman et al., 2020) that parents recognize the need for sexual education to their children but some parents do not feel confident or uncomfortable to engage with their children on the topic, because they think that it is taboo to talk about. According to research (A. Melnick L. Sheng, 2016) education-based communication about dating and sex is associated with an increased likelihood of having sex. In particular, parents who educate teens about dating and sex during conversation are more likely to have children who report engaging in sexual relations. Regarding the quality of communication about dating and sex, the results showed that the presence and absence of reciprocity and guidance was not associated with adolescent sexual potential. According to research (Adisti and Batoebara, 2020) Interview results show that all parents agree and decide to provide sexual education to their children, starting from the nature, attitude, behavior, personality, association, education, achievements outside of school, religious. Parents understand that they need to discuss sexual issues, and very few parents seem to still have room with their child because they don't know the type of sex education information.

3.1 Discussion

Sex education is basically an effort to convey knowledge about the function of the genitals by teaching morals, ethics and obligations to prevent abuse of the genitals. Therefore, sex education is also called family education. Knowledge is an important factor in determining a person's behavior. Knowledge can have a direct impact on behavior. For example, if a teenager knows that any sexual intercourse can lead to pregnancy, then he will avoid sexual intercourse (Rinta, 2015).

The picture of parents regarding sexual education in early childhood is still related to sexual education in early childhood is still classified as rigid and taboo in society, and it is still not ethical to talk about it in front of children, let alone teach sex to children. Sex education received from an early age has a significant impact on children's lives, but most people still think that sexual education is not appropriate for minors. This is what children fear when entering a period of high curiosity in adolescence with critical thinking which can become a problem in the future (Yafie, 2017).

The lack of parental sex education for children makes children curious and chooses to find information about sex through the internet and their peers. The information they receive, such as pornographic images, adult stories, and even videos showing husband and wife relationships is not suitable for them to view. (Lestari and Awaru, 2020) The level of knowledge about reproductive health is one of the factors that can influence the development of sexual behavior in premarital adolescents. This phenomenon shows an increase in adolescent sexual behavior in various countries due to the lack of adolescent knowledge about reproductive health (Rinta, 2015).

Parents are the most important sex educators, so instilling sex education in teenagers starts with them. This awareness makes the home a source of continuity in providing sexual knowledge to adolescents. Parents must work together to achieve the goal of preventing teens from free sex.

(Hasan, Boham and Rembang, 2016) . In providing sex education, parents should pay attention to how often it is given, how it is given, and the sex education materials provided. (Hasiana, 2020)

Information about free sex should be obtained directly from parents who care about their children. The role of parents in providing sex education can tell their children that it is normal for everyone. In addition, parents can find out various dangerous behaviors so that children can avoid them (Ellita Novianthy Baganu, 2017) . Parents as educators about sex education play an important role in providing this education since children are four years old. This is because at that age children begin to socialize intensely with their peers, already using gadgets. Parents have a responsibility to their children to provide education, including sex education, namely through communication (Hasiana, 2020).

Communication between parents and children has an important role in shaping the child's personality and instilling an understanding of the values of life, what to respect and what to avoid. This includes restrictions on sexual behavior and the risks associated with it. Parents play a role from an early age in educating and instilling an understanding of children's gender . Therefore, effective communication can communicate information well in a way that is easily understood by children (Maulida and Safrida, 2020).

Communication quality is the level of an ability to live and maintain good interpersonal relationships with others through communication. The quality of communication about sex is usually conceptualized as the level of openness and a sense of comfort between parent and child. The topic that is usually discussed is about sexual behavior (A. Melnick L. Sheng, 2016).

Parent-child communication about free sex is one of the most important ways in which parents influence their children's attitudes and free sex behavior, using it as a means to educate and convey values, beliefs, information and expectations. Adolescents who have open communication with parents about free sex have been found to initiate sexual activity in the future and exhibit safe sexual behavior by using contraceptives. Lack of free sex information can cause young people such as teenagers to turn to dubious sources of information such as the internet, their friends or through social media to get information about free sex (Othman *et al.* , 2020).

Many parents face their own challenges in communicating effectively with their teens about sex and relationships. Barriers to parents' conversations with their teens about sex include the lack of accurate information from parents about sexual health. Discomfort in talking about sex, and the perception that their teenager is not ready to talk about sex or engage in sexual activity. Underestimating adolescent sexual activity is an area where some parents' discomfort with their adolescent sexuality can be offended by adolescent development to hinder effective adolescent-parent communication about sex (Ritchwood *et al.* , 2018).

Teenagers often avoid talking to their parents about casual sex out of shame and fear of negative reactions or punishment. In addition, perceptions between parents and children about the quality or frequency of communication may differ. A recent study found that while most parents reported discussing casual sex with their children the percentage was much smaller than that of parents having discussions about casual sex (Othman *et al.* , 2020).

Jalaluddin Rakhmat explained that communication between parents and children will be effective if both parties are close to each other, like each other and communication between the two is pleasant and there is openness so that they can foster an attitude of trust in each other. Effective communication based on trust, openness and very positive support so that children can receive well what their parents have said. Therefore, parents are the first choice for a teenager in guiding them to face difficult times in their developmental changes. This means that here parents have an important meaning for the further development of adolescents, especially in the personal formation of a teenager (Adisti and Batoebara, 2020).

4. Conclusion

Based on the results of the articles that have been collected and the analysis that the authors get that the role of knowledge and quality of parental communication in introducing free sex education to adolescents is very necessary considering the lack of knowledge about sexuality of adolescents is easy to get information from outside. Parents must play a role as a trusted source for teenagers.

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