



# Prevention of Sexual Violence at an Early Age: The Effectiveness of Educational Videos for Kindergarten Children

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## Abstract:

This study aims to determine the level of knowledge and effectiveness of the use of educational videos as an effort to prevent sexual violence in kindergarten group B children as many as 38 students. Acts of violence against children are a very serious problem and have consequences for victims and society. Every child has the right to enjoy a safe childhood and a life free from violence. Providing sexual education from an early age is important to encourage healthy child development both physically and mentally or psychologically. The approach in this study uses a quantitative method with a pre-experimental research design, namely one group pretest and posttest. The results of the study showed that there was an increase in knowledge and awareness of violence in children. Children have knowledge of sexual violence and are able to defend themselves when they are in situations that make them feel uncomfortable. The results are expected to provide insight into the effectiveness of educational videos in increasing children's knowledge and awareness of sexual violence, as well as emphasizing the importance of sexual education from an early age to prevent violence against children.

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## INTRODUCTION

Sexual violence against children is a serious problem that occurs in various countries, including Indonesia. By learning ways to prevent it, the education sector can take proactive steps in protecting children from these threats (Nguyen et al., 2024; Assini-Meytin et al., 2021; Marasaoly, 2022). Every child has the right to live and thrive in a safe and violence-free environment, and effective education from an early age can help them understand their rights and how to protect themselves (Evianah, 2023; Antoni et al., 2022). Timely and targeted sexual education can contribute to healthy psychological and physical development in children (Vaina & Perdikaris, 2022; Balter et al., 2021), where knowing about the boundaries of the body and how to respond to uncomfortable situations is an important skill that should be taught from an early age.

Childhood is an important period for spiritual, intellectual, and emotional development (Makbul et al., 2021; Karaca & Konuk Şener, 2021). Children, especially those aged 0-6 years, experience rapid brain development, reaching 80 percent of adult brain capacity (Jensen et al., 2021). It supports rapid physical, motor, emotional, cognitive, and psychosocial growth. The protection and fulfillment of children's needs is very important because they are the future assets of society. In Indonesia, Law Number 23 of 2002 concerning Child Protection guarantees basic rights of children such as life,

identity, health, education, and protection from violence and exploitation (Nurjanah et al., 2022). In addition, Government Regulation Number 17 of 2018 regulates child welfare services, including education, health, protection, and social rehabilitation (Wahyuni, 2024). Efforts to prevent and overcome violence and exploitation of children are also regulated, with the establishment of child protection institutions at various levels to ensure the effective implementation of child protection programs.

The phenomenon of sexual violence against early childhood has become increasingly prevalent in recent years, raising deep concern from various circles because of its impact on the future of children (Wessells & Kostelny, 2021; Qu et al., 2022; Smiley et al., 2021). According to the Ministry of Women's Empowerment and Child Protection (KemenPPA), 40% of girls and 30% of boys aged 13-17 have experienced violence in various forms throughout their lives (Diar et al., 2023). Data from the Online Information System for the Protection of Women and Children (Simfoni PPA) shows that in 2022 there were 11,266 cases of violence against women and 16,106 cases of violence against children in Indonesia (Pertiwi et al., 2023). Sexual violence against children has become a serious issue facing Indonesian society, with the Ministry of PPA recording an increase in cases from 4,162 in 2021 to 9,588 in 2022, indicating the state of emergency of sexual violence in Indonesia (Azizah, 2024). The horrific cases include the sexual abuse of a five-year-old in Yogyakarta by an unknown man and sexual violence by a biological father against a five-year-old girl, highlighting the urgency of further preventive measures and protections to protect children from crime. So, it can be concluded that children in Indonesia are very easy to become victims of sexual crimes. This happens regardless of the background of the situation, and their condition. This sexual violence can occur in the family environment and in various educational institutions, both religious-based and public.

Previous research by (Azizah, 2024; Komariyah et al., 2024) concluded that sex education that starts early is very necessary to provide information and introduce children to how to maintain and protect their organs from malicious people. Sex education using technology, such as educational videos, can be an effective and relevant method of conveying information to children (Nguyen et al., 2024; Schmidt et al., 2021). Sex education videos, which can be animations, interviews with experts, or real-life footage, are particularly effective for discussing topics such as reproductive health (Hako, 2022). Tiwery (2022) stated that sexual education has an effect on the prevention of sexual violence in children, with methods such as discussions, movements and songs, stories, and videos considered more attractive to preschool children (Ruzicka et al., 2021; Dewi et al., 2021; Rahmasari & Fathiyah, 2023). Widodo (2024) found that sexual education through animated videos increases children's knowledge to avoid sexual violence. Another version of Pauweni & Yakob (2022) emphasizes the importance of adapting education to the level of early childhood development, so that they can understand their bodies, respect differences, and build communication skills with adults regarding body and sexuality issues.

So the goal of this study is that early sex education can help children identify inappropriate behavior and give them the skills to protect themselves from sexual abuse. This can be achieved through the aspect of education and learning, namely the use of educational videos as an effort to prevent sexual violence in early childhood at the kindergarten level.

## RESEARCH METHODS

This study uses a quantitative approach with a pre-experimental research design of one group pretest posttest. The design paradigm of this study has a pretest before treatment so that the results of the treatment can be known more accurately, because it can be compared with the situation after being given the treatment (posttest) (Waruwu, 2023). The paradigm of pre-experimental research design with one group pretest posttest presents an advantage in measuring the effectiveness of treatments or interventions given to research subjects. By conducting a pretest before treatment, researchers can collect baseline data that allows for direct comparison of conditions after the intervention is performed, known as posttest. This approach not only provides a more accurate picture of the impact of the treatment on the observed variables, but also allows for a clearer identification of changes occurring in the population studied.

The population that is the subject of the study is all Kindergarten Group B children totaling 38 students at Dharma Wanita Kindergarten Kedamean Village. The treatment was carried out as many as 8 meetings to ensure that the impact of the treatment could be significantly observed. The data analysis method used was the T test, which was useful for assessing the significance of the difference between the values before and after the treatment. Since the entire population of Group B kindergarten children is used as the subject of the study, this study can be classified as a population study as shown in Table 1. The research instruments used in this study, including those in the table listed, are used to measure variables relevant to the research objectives and ensure that the data collected can support the interpretation of the results accurately and reliably.

**Table 1. Research Instruments**

No	Observational Behavior
1	Children are able to specifically mention the functions of their limbs
2	The child is able to specifically mention the physical differences between men and women
3	Children are able to specifically name the limbs that can be touched and not touched by others
4	Children can mention specifically how they should socialize
5	The child can be specific about what to do if a stranger tries to touch him
6	Children can specifically name their family members.
7	Children can specifically mention who is allowed and not allowed to touch their body.
8	Children can mention specifically how to take care of themselves

Data analysis was carried out by interpreting the results of the percentage and T-test. Percentage is used to describe the distribution or proportion of a particular variable in a sample, providing a clear picture of the prevalence or spread of a phenomenon in the population being studied. On the other hand, the T-test is used to test for significant differences between the averages of two different data groups, allowing researchers to determine whether the differences are the result of a real variation or just a coincidence. The combination of interpretation of the percentage results and the T-test provides a deep understanding of the characteristics of the sample and a strong conclusion regarding the hypothesis of the research being tested. The interpretation of percentage results allows researchers to identify patterns and trends within the sample, highlighting key areas of interest or concern. This method not only quantifies the extent of phenomena but also aids in understanding their significance within the broader context of the study. This approach fosters a nuanced understanding of both the prevalence and significance of variables under investigation, thereby enriching the scholarly contributions to the field.

## RESULTS AND DISCUSSION

### The Effectiveness of Educational Videos in Preventing Sexual Violence in Children

From the research that has been carried out, the results are listed in the Table 2.

**Table 2. Children's knowledge of their body**

Level of Knowledge	Pretest (%)	Posttest (%)
Don't know	30	0
Keep	2	1
Know	6	37

Based on the data presented in Table 2, the results of the pretest show that before the educational video intervention, only 6% of the children had knowledge about their bodies, while 2% had moderate knowledge, and 30% had no knowledge at all about the body. After an intervention with educational videos about sex education, there was a significant increase in children's knowledge. The proportion of children who have knowledge about the body increased dramatically to 37%, while those who have no knowledge at all have dropped to 0%, and those who still have moderate knowledge are only 1%. The results of the analysis using the T-test showed that the significance value (Sig.) of 0.000 (2-tailed), which is smaller than the alpha value (0.05), indicates that educational video intervention has a significant influence in improving children's knowledge of the body and sex education. These findings support the importance of using visual media such as video in preschool education programs to strengthen children's understanding of the body and their sexual health.

The concept emphasizes the importance of a visual approach such as video in preschool sex education. The results have shown that children tend to learn better through structured visual experiences, which help them understand complex concepts such as bodily limits and appropriate behavior. The use of educational videos not only improves information retention but also expands children's ability to identify and respond to potentially risky situations, such as sexual violence (Widodo, 2024; Christensen et al., 2021). Thus, the implementation of educational videos in the preschool curriculum not only improves children's knowledge directly, but also helps build a strong foundation for an ongoing understanding of their personal health and safety.

The approach through educational videos in preventing sexual violence against children at Dharma Wanita Kindergarten in Kedamean Village shows a significant impact in increasing children's awareness and protection against these potential dangers. By integrating educational videos into their curriculum, schools not only reinforce children's knowledge about their bodies and privacy but also promote a safe and supportive environment at school. Not only does this provide short-term benefits in improving children's understanding, but it also has the potential to provide long-term protection by equipping them with the skills necessary to recognize and avoid risky situations.

The approach to sexual education in early childhood emphasizes the importance of context and the use of appropriate materials in the learning process (Crabbe & Flood, 2021; Nisrin et al., 2024). Sexual education in early childhood must be delivered by paying attention to social norms and values that prevail in society, and relating it to individual development and children's social interaction. In contrast to sexual education for adolescents, the focus on early childhood does not include aspects of adult sexual behavior, but rather focuses on a basic understanding of the biological differences

between men and women, as well as the importance of taking care of the body and recognizing trustworthy people. Animated video learning for early childhood sex education confirms that the appropriate use of visual media can significantly increase children's knowledge of these topics.

### **The Central Role of Parents and Teachers**

The central role of parents and teachers in the context of early childhood sexual education is a crucial factor in shaping a healthy and safe understanding for children (Balter et al., 2021; Marasaoly, 2022). Parents as the main figures in children's lives have the responsibility to provide their children with an early understanding of the body and privacy. This includes introducing basic concepts such as the differences between men and women, as well as the boundaries associated with their bodies. Collaboration between parents and teachers is essential in supporting holistic and sustainable sexual education for early childhood. By working together, the two can ensure that positive messages about the body, privacy, and healthy relationships are delivered consistently and in accordance with the child's developmental stages. This not only impacts children's practical understanding of their physical and mental health, but also on the formation of values that will bring long-term benefits in living their lives.

Studies at Dharma Wanita Kindergarten in Kedamean Village have shown that by introducing basic concepts about the body, privacy boundaries, and how to identify inappropriate behavior from an early age, children become better able to recognize and respond to potentially dangerous situations. Parents have a role to play in providing early understanding and emotional support to children, while teachers in kindergartens can provide a safe and supportive learning environment, as well as use appropriate teaching methods such as through the use of teaching materials such as relevant educational videos.

*"In my opinion, sex education from an early age is very important. By introducing basic concepts about the body, privacy boundaries, and how to identify inappropriate behavior from an early age, children can be better able to recognize and respond to potentially dangerous situations." (I-gr, 22/05)*

Sex education in early childhood is an important part of holistic education. The goal of early childhood sex education is to provide a healthy and positive understanding of the body, feelings, interpersonal relationships, and individual rights and responsibilities. Likewise, it is consistent with the results of the interview by the principal.

*"Teachers in kindergarten also have a very important role. Not only do they provide a safe and supportive learning environment, but they also use appropriate teaching methods such as educational videos. This way, children can learn in a fun and easy-to-understand way about how to take care of themselves. On the other hand, the role of parents and their environment also has the same position and position in terms of child growth, all sectors must support each other." (I-ks, 22/05)*

With a coordinated approach between parents and teachers, children can be equipped with adequate skills and understanding to protect themselves, develop self-confidence, and build a strong awareness of their personal rights. The implementation of holistic sex education in kindergartens, including in Dharma Wanita Kindergarten in Kedamean Village if there is a special study, has great potential to provide better

protection against sexual harassment and help create a safer learning environment for children.

Sex education is important for using language that is appropriate for the child's development and creating a safe, open, and supportive environment where children feel comfortable asking questions and sharing experiences. This education is not only about explaining how different men and women are, but also about empowering children with an understanding of their privacy rights as well as the limits that others must respect for them. As highlighted by (Jensen et al., 2021; Sanjani, 2024; Faiz et al., 2023), the family has a major role in shaping children's personalities, so the education and upbringing provided in the family will greatly affect their development holistically. This sensitive and holistic approach to sex education includes not only biological and anatomical aspects, but also social and ethical values that help children build a healthy understanding of themselves and relationships with others.

Sex education to children must be done first by the family or parents. Parents have a responsibility to their children to provide education, including sex education (Makbul et al., 2021). The objectives of providing sex education to early childhood are: (1). Children will have an understanding of the changes that are and will occur in them, both biological, psychological and psychosexual changes as a result of human growth and development. (2). Gain knowledge about the function of human reproductive organs which are now starting to "work" so that children will be more careful in caring for and maintaining their reproductive organs. (3). Gain knowledge and understanding of ethics and various deviant sexual behaviors that of course must be avoided. (4). Understand the various consequences of reproductive abuse that will endanger their health both physically and psychologically (Karaca & Konuk Şener, 2021).

With the provision of sex education carried out appropriately, children will have knowledge about how to behave and how to get along with the opposite sex, can prevent sexual deviations, and be able to distinguish which forms of sexual harassment or violence are and which are not. Then it can also provide knowledge on how to prevent children from becoming victims or even perpetrators of sexual harassment or violence and foster an attitude to dare to report or act if it occurs or becomes a victim of sexual violence (Nguyen et al., 2024; Rohmatillah et al., 2024).

Sex education highlights the importance of a developmentally appropriate approach and a supportive learning environment. Through the proper use of language and a safe environment, children can gain a better understanding of their bodies and the biological differences between males and females (Marasaoly, 2022; Jensen et al., 2021; Karaca & Konuk Şener, 2021). This helps them identify inappropriate behavior and gives them the skills to deal with potentially dangerous situations with confidence. In addition, the emphasis on children's privacy rights and respect for the limits of their bodies builds a strong awareness of self-protection from sexual abuse and other inappropriate acts, as well as fostering values such as respect and equality. The contribution of the family as the first institution in sex education provides a solid foundation for the development of children's personalities, by involving parents in the educational process to ensure consistency in values applied both at home and at school. This all has a positive impact on children's holistic understanding of healthy and safe sexuality, as well as preparing them to face life's challenges with a mature and sustainable understanding.

## CONCLUSION

The use of educational videos in early childhood education has proven to be effective in increasing their knowledge of the importance of bodily safety and the steps they can take to protect themselves from sexual violence. Videos also help raise children's awareness of dangerous situations and strengthen their skills in recognizing signs of inappropriate behavior. However, the effectiveness of using these videos is influenced by the content presented, the teaching approach applied, and the learning environment. Therefore, further research and careful evaluation are needed to ensure that these methods are truly effective in achieving the goal of preventing sexual violence in early childhood. This evaluation will help optimize the use of educational videos as an effective and responsive educational tool to children's needs in facing complex social and health challenges.

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