



# Identifying Parents' Needs in Providing Sex Education to Adolescents

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**Abstract. Background:** 60% of adolescents in Indonesia claim to have had premarital sex, and 50% of them have been diagnosed with HIV and AIDS. The lack of sex education influences the prevalence that occurs in adolescents. Besides, factors affecting sex education in adolescents are lack of access to information regarding sex education. **Objective:** This study aims to explore the needs of parents in providing sex education to adolescents. **Method:** This research is qualitative research with a descriptive method. This study was conducted through in-depth interviews with 9 informants, namely parents with adolescent children aged 10–15 years in Kalirandu, which was determined by purposive sampling. The data validity was measured using member checks, thick descriptions, and peer debriefing. In analyzing the data, this research used open code software 4.03. This research has received an ethical permit issued by the ethics committee of FKIK UMY number 008 / EC-KEPK FKIK UMY / I / 2022. It was declared ethically feasible in accordance with 7 (seven) WHO standards 2011. **Result:** The results showed that parents needed materials regarding sex education. They also needed media to convey the material, knowledge about providing or delivering sex education, and socialization, such as sex education counseling programs. **Conclusion:** The factors of free sex in adolescents included a lack of knowledge of sex education. Therefore, parents play a key role in providing sex education to adolescents to provide understanding so they can avoid free sex violating norms.

**Keywords:** Sexual education · The needs of parents · Adolescents

## 1 Introduction

The World Health Organization states that adolescents' age ranges from 12–24 years. Adolescence is a growth period between childhood to adulthood [1]. Many changes and developments occur during adolescence, including physical, hormonal, psychosocial, cognitive, and social changes. Physical changes include muscular body, broad chest, growing adam's apple, and growing pubic and armpit hair for male adolescents. Meanwhile, in adolescent females, it is marked by wide hips, growing pubic and armpit hair, growing uterus and growing breasts. Hormonal changes occur in male adolescents, such as nocturnal emission and menstruation in adolescent females [2].

Psychosocial changes occur in adolescence when adolescents already recognize their identity, have feelings and think about who they are, how they adjust to a wider scope and have beliefs about themselves in association with others. Changes in mindset (cognitive) also occur during adolescence, such as logical thinking. Adolescent reasoning begins to change and develop at 12–13 years old. Besides, the changes are also found in social changes, such as the ability to understand others and the rules in the surrounding environment [3].

The Indonesian Adolescent Reproductive Health Survey showed that 79.6% of male adolescents and 71.6 of female adolescents had held hands; 29.5% of males and 6.2% of females fingered each other; 48.1% of male adolescents and 29.3% of female adolescents had kissed. In Indonesia, 60% of adolescents claim to have had pre-marital sex, and 50% were diagnosed with HIV and AIDS. Furthermore, the data found that the prevalence of students in Yogyakarta who were no longer virgins was 97.05% [4].

Cases of unwanted pregnancy in Yogyakarta are quite high. Throughout 2016, there were 325 cases [5].

The high incidence of the prevalence of perversion of risky sexual behavior in adolescents is influenced by the lack of access to information about sex and the limitation of parents' knowledge about sexual aspects [6]. Based on the results of a preliminary study conducted through interviews with two parents in Padukuhan Kalirandu, it was found that they rarely provided sex education to their children due to several factors, such as lack of knowledge about sex education, lack of information, and the business of parents so that they do not have the opportunity to provide sex education to their children.

Treatment that can be done to prevent these problems is to provide information, especially related to sexuality. Adolescents have active sexual potential due to the influence of hormones that encourage adolescents to engage in risky behaviors, while the information obtained is inadequate [7]. At this stage, sex education from parents is needed. Parents can start education with basic things such as explaining to the child the functions and roles of the family, involving the child in making decisions, healthy friendships and explaining marriage and parenthood, as well as their responsibilities after marriage [8].

Teenagers tend to feel embarrassed to ask and tell their parents about what happened to them. Indonesian adolescents are currently experiencing many major problems, such as limited understanding of what they should do and the development they are experiencing, especially with reproductive health problems [9]. The government has currently conducted socialization to overcome risky sexual events in adolescents, such as providing education on the impact of risky behavior and introduction to the reproductive system in adolescents [10]. In addition, the government also conducted a campaign to increase public awareness of those who have adolescent children so that the public is aware of the dangers of risky sexual events experienced by adolescents nowadays [11].

The Islamic perspective states that the child is an entrustment of the creator; therefore, a mandate that must be taken care of by parents is to take care of, give affection, and be maintained as well as possible. According to imam Al-Ghazali, training children is an important aspect. The potential that children can develop to support their lives in the future has been given from the beginning of their birth [12]. Islam teaches men and women to stay away from adultery; therefore, we are always encouraged to remember

Allah and strengthen the faith we have so as not to fall into the wrong path. This statement is associated with the Qur'an surah Al-Isra verse 32, which means:

“And do not approach adultery; (QS Al-Isra:32).

Based on the explanation regarding problems in adolescents, risk factors, and the importance of the role of parents in providing sex education to adolescents, researchers are interested in identifying more about “Parents' Needs in Providing Sex Education to Adolescents”.

## 2 Method

This study used a qualitative research method and a descriptive approach. The descriptive approach method is an approach method that provides an overview of a phenomenon that exists, both real and artificial phenomena from humans, by expressing a word or sentence. This study's participants were parents with children aged 10–15 years. The sampling technique was carried out by using purposive sampling techniques. The informants of this study totaled 9 people. This research was conducted in Kalirandu, Bangunjiwo Village, Kasihan District, Bantul Regency, Yogyakarta Special Region. Data collection in this study used an in-depth interview approach. In-depth interviews involve obtaining information from informants for research purposes using question and answer while meeting face to face between the interviewing researcher and the interviewee respondents. The research instrument used was a semi-structured interview guide. The study was conducted from January to April, and the interviews with informants were conducted for 40–60 min. The data validity test in this study was carried out using member check, peer debriefing and thick Description. *Data analysis* used *open code software 4.03* to help determine the theme. This research applied the principles of ethics, respect for human dignity, anonymity, beneficence and non-maleficence with ethics number 008/EC-KEPK FKIK UMY/1/2022.

## 3 Result

### 3.1 Informant Characteristic

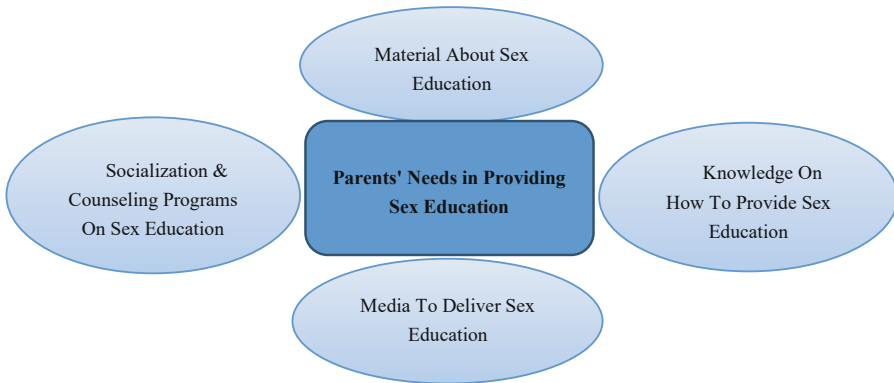
The informants in this study were 9 people consisting of 7 females and 2 males, with the following characteristics (Table 1).

### 3.2 The Needs of Parents in Providing Sex Education to Adolescents

The result showed that in providing sex education, parents need material about the education, media to convey sex education, knowledge about how to provide or deliver sex education and socialization such as sex education counseling programs. It can be seen in the picture below.

**Table 1.** Informant Characteristic

Informant Code	Gender	Age	Education	Occupation	Child age
Informant 1	Female	43	Bachelor Degree	Housewife	11
Informant 2	Female	35	Junior High School	Entrepreneur	11
Informant 3	Female	35	Master Degree	Lecturer	10
Informant 4	Female	38	Vocational School	Entrepreneur	13
Informant 5	Female	52	Junior High School	Housewife	14
Informant 6	Female	49	Junior High School	Entrepreneur	10
Informant 7	Female	50	Junior High School	Factory Worker	12
Informant 8	Male	40	Elementary School	Daily Laborer	12
Report 9	Male	38	Bachelor Degree	Banker	14



**3.2.1 Material About Sex Education**

The result showed that parents needed material on sexual education. The material includes knowledge of sex problems in adolescents, broad insights related to sex, and the impact of free sex. It is supported by the informant’s statement as follows:

*16: “He.e... We need broad Insights, So it is more like..... If the child asks, we can answer” (female, 49 years old)*

**3.2.2 Media to Deliver Sex Education**

The result showed that parents need media to convey sex education to adolescents so that it is easy to understand. The media needed is learning media in the form of videos that aim to convey the information to adolescents easily and clearly. It is supported by the informant’s statement as follows:

I2: “hmm... it is hard for us to explain it transparently. We need props to make it more detailed, such as videos. The problem is that children currently like to use cellphones, maybe they can learn the sex education from *there...* *Children will be more interested too...*” (female, 35 years old).

### **3.2.3 Knowledge About How to Give or Deliver Sex Education**

The result showed that parents need knowledge on providing sex education to adolescents. The knowledge includes how to explain sex education to adolescents as the parents did not know how to explain it. It is supported by the informant's statement as follows:

I1: “ehhh...I just need knowledge about how to explain.... Now I am still thinking about how to explain it to my son”. (female, 43 years old).

### **3.2.4 Socialization and Counseling Programs on Sex Education**

The result showed that parents also need socialization and counseling programs regarding sex education. The socialization need was expressed by parents as it helps in providing sexual education to adolescents. It is supported by the informant's statement as follows:

I5: “ee... Socialization, as it tells us many things, so we have an idea when we want to tell the child.. we have been notified,... so it is like tomorrow I will do this and that to my child.. Which is right.. You know”. (female, 52 years old).

## **4 Discussion**

### **4.1 The Needs of Parents in Providing Sex Education to Adolescents**

#### **4.1.1 Material Needs About Sex Education**

The result showed that parents need material on sex education, including knowledge on how to make the children easily understand what is conveyed by parents. It can also include information about sexual diseases and material about what happens to the body during menstruation. The materials are very useful for parents in providing sex education that can align with what is expected. It is in line with research by [13], namely, the wider the level of knowledge a person has, the greater the chances of that person behaving in providing sexual education will be. In this study, the behavior includes parents who already know the material to be given to adolescents. Furthermore, this need aligns with research [14], which states that material related to sex education should be given to adolescents according to circumstances, situations and events related to the norms that apply both religiously and norms that exist within society.

#### **4.1.2 The Need for Media to Deliver Sex Education**

The result showed that parents need media to convey sexual education to adolescents so that it is easy to understand. The media needed is learning media in the form of videos aiming to convey the information easily. It aims to avoid parents' confusion on how to deliver sex education to their children.

Video is a teaching material currently loved by children, teenagers and adults. This need is in line with research [15] stating that the influence of video on the senses such as sight and hearing is that individuals will capture more information, and the easier it is for a person to understand the educational content through videos. Health education that uses video as media is also very effective in increasing knowledge.

#### **4.1.3 The Need for Knowledge About How to Give or Deliver Sex Education**

The result showed that parents need knowledge on providing sex education to adolescents, including how to explain the material to adolescents. Based on the parents' experience, they encountered confusion about how to explain and deliver sex education to their children. Another need includes conveying sexual education to adolescents to understand correctly. It can be implemented by providing examples such as experiences that have occurred in the real world. It aligns with research [16] stating that sex education carried out by parents can be implemented by providing examples in everyday life or what is often known as modeling. This model is also a way for parents to properly convey the information without coercion to the adolescent, which aims to motivate the teenager to learn about sex education.

#### **4.1.4 Socialization and Counseling Programs on Sex Education**

The result showed that parents need socialization and counseling programs related to sex education. This socialization is needed because it helps parents provide sex education to adolescents. The purpose of this socialization or counseling is to find out about sexual-related images. Counseling related to sex education is very important to parents who have adolescents to increase knowledge about what materials will be given in sex education. This statement aligns with research [17], revealing that sex education is crucial to improving children's knowledge. Sex education is information that deals with the problem of sexuality in humans, such as the process of conception before pregnancy, in addition to problems related to images of sexual behavior that exist in a person and other health aspects.

## **5 Conclusion**

The parents' needs in providing sex education included the need for material about sex education, the need for knowledge about how to provide sex education, the need for media to deliver sex education, and the need for socialization and counseling programs on sex education. Parents can prepare material on sex education, knowledge on how to provide sex education, and media that will be used in delivering sex education and participating in socialization activities and counseling programs about sex education.

Thus, sex education can be conveyed to adolescents correctly and make adolescents stay away from risky sexual behavior that violates norms.

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