

PREVENTING CHILD SEXUAL ABUSE FOR EARLY CHILDHOOD THROUGH MATERNAL AND CHILD HEALTH SERVICES EMPOWERMENT

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Abstract—Each children have their right to grow up optimally and get protection from violence and discrimination. Child sexual abuse can be prevented by empowering the maternal and child health service and the role of parents. The empowerment is given through sex education training for early children by: 1. giving children name depend on the gender, 2. giving children treatment depend on the gender, 3. introducing the parts of body and their functions. 4. giving knowledge about how to clean their own genital, 5. instilling shame feeling into their mind, 6. giving knowledge to them about the parts of their body whether may be touched by the others or not

Keywords—*Sexual abuse, early childhood, maternal and child*

I. INTRODUCTION

Early childhood or 0-6 years old children is in important sensitive phase. Especially 0-4 years old, this is the phase their brain and intellectuality grow up fast and this is called golden age. In this age, the physical and psychic ability grow up intensively to support their development. Children development needs good support from their family and environment for their maximal development [1].

It is the right of children to live, grow, develop, and participate naturally depend on the human dignity, and get protection from violence and discrimination[2]. This is very important for their life in the future and it influences the Indonesian Human Resources. There are so many stimulants and the quality of education from people around them, intentionally or un-intentionally, influence their future.

Actually, children should get protection to grow up maximally but the fact said that the case of children violation is growing and growing. Children often become the victims of sexual abuse. People still remember about the case of children sexual abuse in Kindergarten of Jakarta International School. The case of sexual abuse is recorded and become a cheap paid trademark. A packet consists of 50 videos is only Rp. 100.000. The effect of this sexual abuse is very worse and give long term effect which is avowed by the seller of this video. According to the confession to the police department, the three subjects

which were arrested in Purworejo, Central Java, they had an experience being of victim of child sexual abuse. The made this business for pleasuring their own desire and economic motivation. It was in danger as said by the Secretary of The Minister of Women Empowerment and Child Protection that till 2017 the number of girl sexual abuse was 3,5% and boy was 8%. The number of child population in Indonesia was 87 [3]million. It implied that the victim of child sexual abuse was approximately 600.000 – 900.000 children[4].

To make the Indonesian children life have good quality, good attitude, and prosperous, child sexual abuse must be prevented. The prevention can be done by empowering the maternal and child health services which is managed by society and for society. One of the purpose of the maternal and child health service is to gain the health and prosperous of early childhood. To prevent the child sexual abuse need deeper research about the strategy of maternal and child health services empowerment by to educate parents about sex education.

Sex education for children in the form of knowledge about the function of reproductive organs and how to maintain, also knowledge of how to get along healthy and responsible according to religious teachings and society norms[5]. This education needs to be taught so that children recognize their bodies, respect their bodies and get away from people who intend evil and behave disrespectfully towards the children's body. Parents have a responsibilities to teach their child about the body, how to protect it, and how to seek a help when they meet a danger situation.

II. LITERATURE REVIEW

A. *Child Sexual Abuse to Early Childhood*

The innocent side of children and the culture to make them to obey the older people make children believe the older people easily, meanwhile the older people have unknown motivation which do not understand by the children. This condition makes

the possibility that the children become the victim of sexual abuse. Sexual abuse is all sexual action which has purpose to force the victim[6]. The sexual abuse can be insulting or raping.

Child abuse can be in the form of touches that lead to sexual direction, for example by touching breasts or genitals, massaging or squeezing certain parts of the body, rubbing the body into the child's body, or asking the child to touch the breast or genitals. Another form of harassment is showing the genitals to children, inviting children to see pornography, and forcing children to engage in sexual activities. Another form of sexual violence is sodomy, which involves inserting male genitals into the anus or rectum. Rape is a part of sexual violence in the form of female genital penetration by the penis by force, threats, or physical violence committed against helpless victims. Rape can be carried out by people known to children, including by close family members, as well as by unknown strangers.

Sexual violence experienced by children can leave a painful and difficult to forget trauma. Other impacts caused are the occurrence of injuries and pain in the body, emotional and psychological disorders in the form of fear, shame, low self-esteem, depression, often nightmares to insomnia. This impact can be prolonged so as to affect children's growth and social emotional, including the formation of children's self-concept[6].

Further more, the impact of sexual crime on children is very concerning. Child victims of sexual violence suffer from serious psychological disorders. Psychological disorders due to sexual violence or trauma include not being able to trust other people, fear or worry about sexual intercourse, depression, suicide and self-destructive behavior, low self-esteem, loss of confidence, sin, anger, solitude and unwillingness hang out with other people and eat irregularly. Sexual crime in childhood also has long-term effects, namely impaired mental health in adulthood, poor relationships with parents, and the problem of adjusting children to the next generation.[7],[8].

Research conducted by Gibson, L.B (2015) states that the majority of victims of child sexual violence suffer abuse from someone they know, and they are confused about what they have to do, how to reject it, how to report it, to whom they report[9]. In more detail, sexual violence is divided into categories based on the identity of the perpetrators, which consists of: 1) Familial Abuse, namely sexual violence carried out in the core family (incest), and 2) Extrafamilial Abuse namely violence committed by people other than the victim's family[10].

B. Empowering The Maternal and Child Health Services and Parent Participation

Society Empowerment is the process to gain the human resource and the ability of society to participate, decide, control, and take role in every process of their life[11]. The statement implies that the empowerment will increase the capacity or individual ability and society. The empowerment makes the person who has no power to face his/her life becomes better to manage his life.

According to the concept of society empowerment, it needs to empower the maternal and child health services. Till this time, the purpose of the maternal and child health services is to make the society health and prosperous by making Norms of a Prosperous Small Family. The main purpose of the maternal and child health services is to gain the health and prosperous of mommy, baby, toddler, and the family. The main activity of this association is giving information and health services for pregnant mother, breastfeeding mother and her baby, and toddler and the mother [12]

The empowerment has close relationship to participation. Participation is the soul of the programs of empowerment[12]. Participation is the involvement or the role play of someone in every activity to reach the purpose of the group[13]. The participation of parents in preventing child sexual abuse, especially for their own children will use emotional, mental, or physical effort. Parents will use all abilities with high responsibility. It will give significant effect to gain the protection for their children.

C. The Empowerment of Maternal and Child Health Services in Preventing Child Sexual Abuse

The empowerment of maternal and child health services is the process of developing the caretakers to prevent child sexual abuse. The empowerment strategy used is developing the individual capacity and group capacity[11], [14],[15]. In this term, individual capacity is the caretakers' ability and group capacity is the group of mothers and children who get the maternal and child health services. It is important to give the caretakers the knowledge about sex education for children. Then the caretakers of the association develop the training to mothers and the children in order to the mothers can give sex education to their children directly.

According to Harianti and Mianna[6], there are several way for parents to give sex education to their children. They are:

1) Give name depend on the gender

Giving name which is not appropriate with the gender will make the children internalizing the gender values into their attitude so the society will scoff and bully the children.

2) Give treatment depend on the gender

It is very important to instill the soul and attitude to the children appropriately in order to the children can take role and show their attitude appropriate with the gender. The parents should give toys and homework appropriate with the gender. The children who are confused to take role will not satisfied with himself and it will influence the orientation of their life.

3) Introduce parts of the body and the function

Parents should introduce the parts of the body and the function using right terms according to the terms of human anatomy.

I. Give the knowledge about how to clean their genitals

Give the knowledge how to urinate and defecate in toilet and how to clean their own genital area with clean water. This habit will make the children can do their own private activity well. It will also instill shame feeling to them.

II. Instill shame feeling

Instilling shame is teaching children to feel unworthy, inappropriate, and impolite in doing what they want and violating the prevailing norms. For example, doing urinate in the yard or get out from bathroom in naked. Parents should educate the children to use polite clothes and make the children not to put off the clothes in front of many people or strangers.

1. Give knowledge to them about the parts of their body whether may be touched by the others or not

Give the children knowledge about the parts of body which may not be touched by the others, especially their vital area. Parents also have to give knowledge the touches which is right or wrong for children. For their own parents, children may be kissed, hugged, stroke but not for the others.

Sex education should be given for children 1-6 years old. The education is given depend on the level of understanding and it should use simple language to make children understand easily.

III. CONCLUSION

Children is the future generation which is need to be protect in order to they grow up optimally. The prevention of child sexual abuse can by empowering the caretakers of maternal and child health services through training program about sex education for children. Then the caretakers will develop the training program to mothers who have toddlers or baby. The role of mothers in giving sex education for children directly can protect their children from sexual abuse.

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