

Mitigating Sexual Violence in Early Childhood through Information Service and Group Guidance to Parent

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Abstrak

Kekerasan seksual terhadap anak usia dini terus meningkat dan merupakan fenomena yang mencederai generasi Indonesia. Kekerasan seksual yang dialami oleh anak usia dini menimbulkan dampak serius terhadap pertumbuhan dan perkembangan mereka, seperti kerusakan fisik, trauma, stress, depresi hingga kehilangan kesempatan untuk melanjutkan hidup karena menjadi korban pembunuhan. Pengabdian kepada Masyarakat (PkM) ini bertujuan untuk melakukan mitigasi melalui layanan informasi dan Bimbingan Kelompok untuk meningkatkan keterampilan anak-anak usia dini untuk menghindari kekerasan seksual melalui orang tua. Kelompok sasaran adalah ibu-ibu yang memiliki anak usia dini. Kegiatan PkM dilakukan melalui perencanaan, pelaksanaan, dan evaluasi. Perencanaan meliputi kegiatan *need assessment* di lokasi pengabdian, termasuk didalamnya survey tempat kegiatan, berkoordinasi dengan ketua masyarakat yaitu RW dan RT, mengurus administrasi hingga ke tingkat RT. Kegiatan pelaksanaan di mulai dari apersepsi, pemberian layanan informasi mengenai mitigasi kekerasan seksual terhadap anak usia dini, dan melakukan Bimbingan Kelompok untuk mendalami permasalahan kelompok sasaran. Kegiatan terakhir adalah melakukan evaluasi secara kualitatif dan menyimpulkan hasil secara tematik. Hasil wawancara akhir menunjukkan kelompok sasaran merasa puas karena materi pengabdian sesuai dengan permasalahan dan kecemasan yang mereka alami. Kelompok sasaran mengungkapkan informasi yang diberikan sangat berguna untuk mencegah anak-anak mereka dari perilaku kekerasan seksual baik dari luar maupun dari lingkungan keluarga.

Abstract

Sexual violence in early childhood continues to increase and is a phenomenon that hurts the Indonesian generation. Sexual violence experienced in early childhood has a serious impact on their growth and development, such as physical damage, trauma, stress, depression to loss of opportunities to continue life because they are victims of murder. Community Service (PKM) aims to mitigate through information services and Group Guidance to improve the skills of early childhood children to avoid sexual violence through parents. The target group is mothers who have early childhood. PKM activities are carried out through planning, implementation, and evaluation. Planning includes need assessment activities at the service location, including surveying the place of activity, coordinating with community leaders, namely RW and RT, and managing administration up to the RT level. Implementation activities start from perception, providing information services on mitigating sexual violence against early childhood, and conducting Group Guidance to explore the problems of target groups. The last activity is to conduct qualitative evaluations and conclude results thematically. The results of the final interview showed that the target group was satisfied because the service material was by the problems and anxieties they experienced. Target groups reveal the information provided is very useful in preventing their children from sexually violent behavior both from outside and from the family environment.



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INTRADUCTION

Community Service (PkM) is a routine activity that must be carried out by lecturers as part of the Tridharma of Higher Education. Scientific practice that must be done so that the existence of the university is meaningful and beneficial to the community around the university. This activity is purely a form of university devotion charity to the nation, so that the process carried out is funded independently, besides that this PKM involves students as an independent practice of learning for them. This PKM is carried out by paying attention to the situation of community needs about various knowledge and experience needed from academics. The situation that is the focus of this service is the rampant sexual violence in various regions in Indonesia, including Pekanbaru City. Based on the latest data from Dinas Pemberdayaan Perempuan, Perlindungan Anak dan Pemberdayaan Masyarakat (DP3PM)/ Office of Women's Empowerment, Child Protection and Community Empowerment of The Pekanbaru city stated that sexual abuse cases still dominate compared to other cases among children (Olivia *et al.*, 2023). At least 35 cases of sexual violence against children have occurred in 2023 in Pekanbaru (Dinas Pemberdayaan Perempuan, Perlindungan Anak, 2023). Recently, a shocking and concerning incident has occurred in the rape of 4 male elementary school children committed by 8 adult men in Pekanbaru City (Jpnn.com, 2023). This event confirms that every child is threatened with becoming a victim of sexual violence, women and men. In addition, perpetrators of sexual violence are not only carried out by people outside the family environment, but also carried out by the family itself. Like the case of a father who raped his 2 daughters since elementary school (Yunas, 2023). Similar cases occur in various regions of Indonesia, so this phenomenon is certainly an important concern for academics to take steps and efforts to prevent early and mitigate sexual violence against children. This is done considering the huge negative impact on child victims of sexual violence. Based on the background data above, the increasing number of cases of sexual violence occurring among young children in Riau requires serious attention. The community really needs references on how to deal with sexual violence in early childhood. Lack of knowledge can be one of the causes of sexual violence continuing to occur, so the author feels it is important to publish the results of this service as a form of contribution in preventing and handling cases of sexual violence in early childhood. Some research that is relevant to this article includes outreach activities for the prevention of sexual violence in early childhood through the KKNT program in Torosiaje Village (Kau *et al.*, 2023), education on the prevention of sexual abuse and pornography in early childhood in Malajaya (Dini *et al.*, 2023), early childhood sex education: an introduction through a body parts module (Margiani *et al.*, 2023), and the role of sex education counseling as an effort to prevent sexual violence in early childhood (Azizah *et al.*, 2024). The importance of providing knowledge about sexual violence in early childhood is related to the negative impacts they have to bear when they become victims. Some of the impacts that will be experienced by child victims of sexual violence include trauma in the long term (Rini, 2020). Sexual violence becomes a painful experience and causes the child to lose trust in adults, have a poor self-image, feel ashamed, feel helpless and traumatized by future sexual experiences (Zahirah *et al.*, 2019). Given the closeness of children to perpetrators of sexual violence, education on how to avoid such behavior must be presented and understood from an early age. Early childhood itself is understood as a period of golden development, or golden age that has very high sensitivity (Sitompul *et al.*, 2021), both pleasant events and painful events. Childhood experiences will shape their personality as adults, therefore it is important for adults to provide experiences that support the development of a healthy and normal personality. If children are not introduced to the dangers of sexual violence at an early age, it is feared that they will become the next victims. Therefore, it is necessary to take preventive measures from various groups, including by universities, in implementing the tridharma of higher education. This community service certainly aims to provide an understanding of sexual violence to parents who have early childhood children. One of the villages in Pekanbaru City is a raging community that has quite a lot of early childhood. This village is located in a vulnerable area close to entertainment venues and the bustling center of the capital city. This situation is certainly troubling because children can become victims of sexual violence from people who are addicted to drugs. This area is considered quite vulnerable to the possibility of sexual violence in children, so it needs attention. Based on the initial study of the service team in October 2023, in several villages, this location has not been visited by the UIN Suska Riau

service team in the past few years. UIN Sultan Syarif Kasim Riau is an Islamic higher education institution that annually provides service funds to lecturers to participate in educating the nation's life in various lines and elements of society including parents, as a form of UIN's service to the State. This activity will be carried out through information services delivered by various methods such as lectures, simulations and group guidance. Information services themselves are known as services that aim to help clients understand about various information about self, social, about learning, career, position and further education (Risnawati *et al.*, 2022). This service is considered appropriate to be carried out with consideration of the effectiveness and efficiency of activities, namely using classical patterns. Can be done in one place, has heterogorent group dynamics, and saves time in presenting material. Not only given material, parents will also be given the opportunity to convey the obstacles of the assistance and education they have provided to children so far. This is the basis for the service to use information services in group format to deliver sexual violence mitigation materials in one of the urban villages in Pekanbaru City, Riau.

METHODE

The initial activity is to do activity planning. Planning activities are carried out pre-core activities, through this stage, the service team conducts a need assessment or community needs test. This activity is carried out by lecturers and students through a mobile survey to several places. At this stage, the service team found community groups in Meranti Subdistrict, Rumbai, Riau, who were anxious and afraid of sexual violence against early childhood that was rife. Here is an overview of the location of this service :

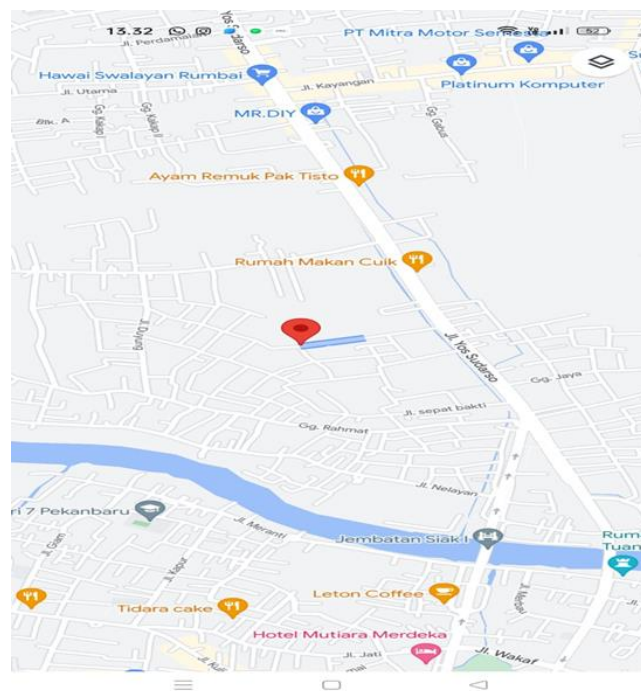


Figure 1. Location of PKM.

The target group in this PKM was selected using purposive sampling as many as 40 people and on the day of the implementation there were 20 people, namely mothers who had early childhood. This target group was chosen with the aim of being able to carry out mitigation more effectively because most of these locations are non-working housewives. So that parenting will be done more by mothers than fathers who are mostly freelancers, laborers, teachers, and traders. In addition, another reason is because the direction of this PKM material is vital things related to the aurat and organs of the child, it is more suitable to be conveyed by a mother who physically and psychologically understands better. The service team feels that this problem is very crucial to be helped immediately. Furthermore, after finding a suitable location, the

service team surveyed the location to see the willingness of the facilities in carrying out the service. As a form of administrative obedience and maintaining ethics, the service team contacted and visited to coordinate with local community leaders along with the necessary correspondence. The planning stage also includes discussions between service teams to compile the material to be given and the resource persons to be involved. The next activity is the activity stage. At this stage, the resource persons began by conducting apperception to see the target group's knowledge about efforts that can be made to mitigate sexual violence against early childhood. After the resource person knew the condition of understanding the target group, the next speaker presented material that focused on mitigating sexual violence from the family environment, namely from fathers, uncles, and brothers. This activity lasted 2 hours in a series of lectures, and discussion of deepening problems in group guidance. Group guidance has a format carried out to explore deeper problems, based on the topics that have been discussed, namely sexual violence that occurs in children that may be committed by people from outside the family and from within the family. Group guidance is carried out in a way that each target group will express thoughts, suggestions, and input alternately about their experiences related to sexual violence in early childhood. Through group guidance, target groups can exchange ideas and see other angles on the topics discussed. The implementation of this activity and group guidance can be seen in the following documentation:



Figure 2. Implementation of Information Services and Group Guidance.

The final activity is to conduct an evaluation. The evaluation was conducted through semi-structured interviews in a series of group guidance at the end of the activity. Can be seen on the following time line :

Tabel I. Timeline PkM.

Day / Date	Phase	Activities
September 2023	Planning	
02 September 2023		Need Assessment
14 October 2023		Location Survey
14 October 2023		Coordination with Community Leaders Preparation of service materials
17 December 2023	Activities	Perception/exploration
		Provision of information services
		Group Guidance
20 December 2023	Evaluation	Semi-structured interviews

RESULT AND DISCUSSION

The core activities of this PKM begin by conducting an initial assessment of the initial conditions, location situations, and problems that are the center of attention of the target group. Some of the mitigations that have been carried out by the target group before the PKM is implemented are presented in the following diagram :

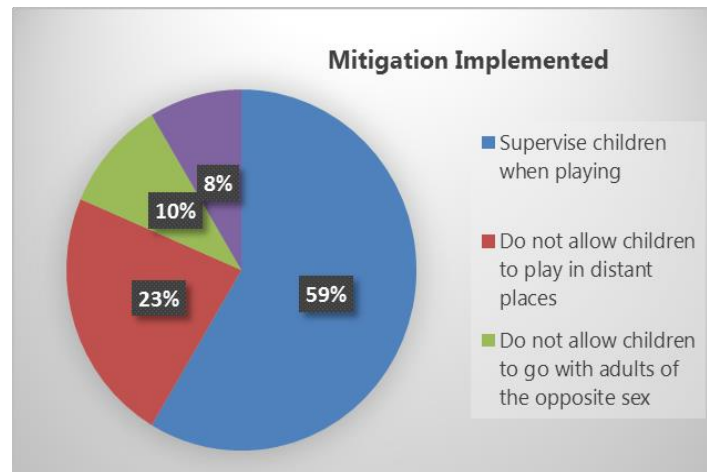


Figure 3. Diagram of the Mitigation Map Implemented.

The results of this exploration illustrate that the mitigation implemented is still focusing on external threats. While currently the case that arises is sexual violence committed by families such as fathers, uncles, and brothers. For this reason, the material provided leads to the mitigation of sexual violence in early childhood from threats in the family environment. The materials provided include :

Keeping Child's Aurat

In the first session, the resource person provided material on how parents take care of their children's aurat, especially girls in the house. Aurat comes from the Arabic Aurah which means disgrace, or a part of the body that must be covered from sight that is not a mahram (Purhasanah *et al.*, 2023). In the studies of tafsir have discussed the boundaries of aurat between man and woman, daughter with father, son-in-law with in-laws and so on among others mentioned in Surah Al-Ahzab :33, Al-A'raf ; 31, dan An-Nur ayat 31. These commandments to keep the aurat are required for puberty women, namely having reached puberty or menstruation has come. However, for minors or not yet puberty, there is no obligation to cover their aurat perfectly, especially in front of their mahram such as father, uncle and brother. Baligh is the age of a person according to An-Nisa; 4, that is, if you already have intelligence and are not weak in deceit (Amalia, 2021). Puberty is generally characterized by "adult dreams" in boys and the occurrence of "menstruation" in girls. Before that they were not punished with the obligation to cover the aurat completely as commanded by the Prophet Muhammad in the Hadith which ordered Asma bint Abu Bakr to cover the aurat except the face and palms when they reached puberty (Hadist Abu Daud dan Baihaqi). The limits of aurat in Islam are perfect, but they certainly cannot be separated from the practice of each individual. The phenomenon that occurred at this time was the rampant sexual violence committed by the nuclear family such as fathers, uncles, and brothers. Some cases occur due to neglect of care, some because of unstoppable lust, and partly because of being provoked to see the aurat of children. Cases that show the perpetrator is the core family, among others, lust to see stepchildren wearing towels, fathers rape children to get pregnant (Ismanto, 2023), A father raped his stepdaughter because he wanted to see him sleep (Nurcahyo *et al.*, 2024), Father rapes biological son because of lust after watching porn (Ismail, 2024) And there are still many similar cases that occur around the community. Although children are not yet required to cover their aurat completely, the facts on the ground show that many fathers, uncles, and brothers rape because they are tempted by their aurat. If you search for the keyword father rape biological child, readers will be shown with various relevant news up to 93,900 results.

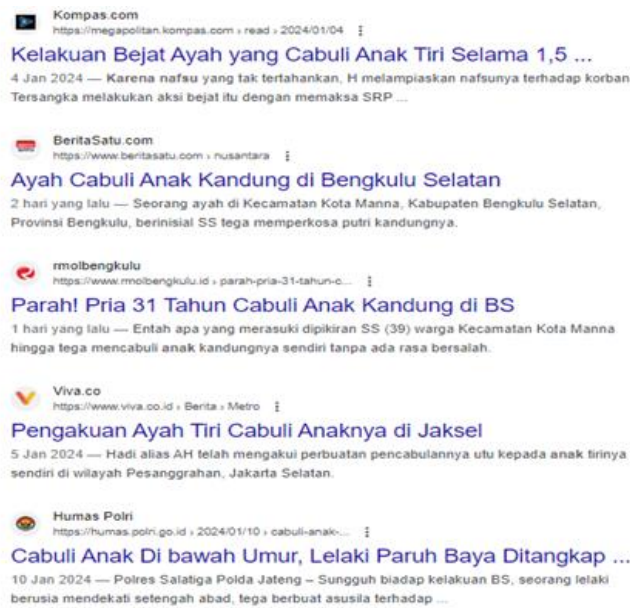


Figure 4. Overview of Father's Case of Raping Biological Child on Google Page.

The mitigation carried out is that parents must be wise in choosing clothes for their children, both boys and girls. This is because, children who are victims of sexual violence do not only occur in girls. Choosing clothes that do not highlight the aurat even in front of the nuclear family is certainly one of the efforts to prevent the emergence of lust of the opposite sex. This of course depends entirely on the parenting style of parents, especially the mother.

Not Leaving Children on Adults in an Unsupervised Home Environment

Before this material was given, the resource person invited the target group to do self-reflection, by folding paper according to their hopes and aspirations for children. The value or worth of children in their eyes, and the way they have taken care of those children during this time. This relates to the time and way they care for children when faced with work problems outside the home. Some cases of sexual violence in children occur because people around them have the opportunity, one of which is because the mother works. Examples of cases include a child being molested by his biological father because he often lives alone with the child when his wife works (Syukur, 2023) 3.5-year-old raped by biological father (Suparno, 2024) Because she lives alone with children, while the mother becomes an overseas worker. Therefore, the target groups were given material on maintaining the situation of husbands, not feeling lonely about the presence of wives and ensuring children are safe if living with the opposite sex at home.

Teaching Children to Understand Aurat Boundaries with the Opposite Sex

In addition to taking care of children's aurat, target groups are also taught to educate children about their aurat limits with others. According to Islamic teachings, a woman's aurat has boundaries including a) with a male mahram, her aurat between the navel and knees, b) a man is not his mahram his whole body is aurat except for the face and two wrists, (3) With a non-Muslim man and a non-Muslim woman, his aurat is the whole body, except for his face and two wrists (Purhasanah et al., 2023). At this time, the limits of aurat are not only kept from non-mahram environments. Even in an environment that is mahram, every child must maintain the suitability and modesty of clothing so as not to arouse the desire of the opposite sex.

Teaching Children to Protect Vital Limbs from Adult Touch Apart from Father and Mother According to the Sex of the Child

In this material session, the resource person invited the target group to simulate touches on organs that can and cannot be done on children. The movements start from touching common members such as the head, arms, shoulders and then touching vital parts, such as the chest, thighs, and genitals. In this session, the resource person played a song that had lyrics that could and should not be touched with the target group. The resource person then displays images that can be used as a reference as follows (India, 2019) :

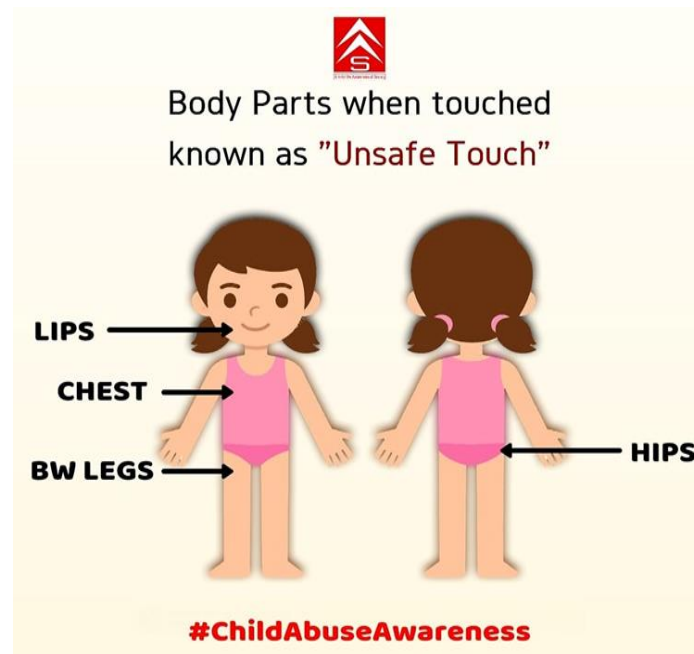


Figure 5. Limbs Unknown People Should Never Touch.

Teaching Children to Be Assertive When Feeling Threatened in People Around

The last material given by the resource person was to teach the target group to be able to foster children's assertive attitude from an early age. Assertiveness itself is the act of daring to say no and reject behavior that is not in accordance with the heart and conscience, or in other words the ability of a person to protect his rights and needs (Prasiwi *et al.*, 2022). Children continue to be victims of sexual violence, sometimes for fear of threats from perpetrators. For this reason, children must be taught the courage to resist, shout, and run for help when in dangerous or uncomfortable conditions at someone's treatment. Some assumptions for assertive training in children are :

- 1) It is okay to say no to unwelcome or uncomfortable behavior;
- 2) Train children in everyday situations to express their feelings assertively;
- 3) Saying no means that children protect their rights, be aware of their limits (Akobia, Machaladze, Nunez, & Rodriguez, 2017).

This assumption will make children assertive or even vice versa dare not say no and fear hurting others. Children will choose a sacrificial position and restrain their feelings so as not to be rejected by their social environment

CONCLUSIONS AND RECOMMENDATIONS

Conclusion

This activity went smoothly and conductively. Mitigation of sexual violence in the family environment against early childhood includes :

1. Maintaining the child's aurat;
2. Not leaving the child to adults in the home environment unsupervised;
3. Teaching children to understand the limits of aurat with the opposite sex;
4. Teaching children to protect vital limbs from adult touch other than father and mother according to the sex of the child;
5. Teach children to be assertive if they feel threatened to those around them. Activities are felt to be useful by the target group and gain a new understanding of the environment that must be watched out for, namely the nuclear family, to mitigate sexual violence in early childhood.

Recommendations

PKM activities should be based on need assessment because they provide benefits that are right on target and indeed needed. The problem of sexual violence is crucial that must be eradicated immediately, so PKM with this topic must be more intensively carried out in various settings in society.

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