

## SEXUAL EDUCATION (SEX-ED) SINCE AS REPRESENTATIVE ACT NUMBER 36 OF 2009 CONCERNING HEALTH TOWARDS REPRODUCTIVE HEALTH PROBLEMS

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### Abstract

Adolescent reproductive health problems in Indonesia are increasingly worrying. The high level of adolescent reproductive health problems which is increasingly growing is a serious problem that must be immediately addressed and resolved by the government. This problem certainly has a negative impact on the growth and development of adolescents in Indonesia, especially women. The occurrence of sexually transmitted diseases caused by free sex and ignorance of adolescents about the dangers of free sex is one of the triggers for reproductive health problems for adolescents. Because of this, education is needed for adolescents and even children so that they understand that reproductive health is something that is important for them to protect. Here is the importance of *Sexual Education* or (SEX-ED) to provide knowledge, education, and insight to children and adolescents so that they understand more about reproductive health issues, about sexually transmitted diseases (STDs), and about important reproductive matters the other. Because in Indonesia, reproductive health is not studied as a curriculum in schools, and neither at home nor in the environment do many understand sexual education. This is the importance of having to have *Sexual Education* (SEX-ED) for children and teenagers from an early age. The results of this writing are that there is a need for *Sexual Education* (SEX-ED) or the so-called sexual education of adolescent children in Indonesia carried out by the government, the community in the surrounding environment, as well as the participation of parents in order to prevent and overcome the increasing level of reproductive health problems for young people in Indonesia.

Keywords: sexual education, reproductive health, adolescents.

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### INTRODUCTION

Survey of 500 young people aged 16-25 years and unmarried in Indonesia, one in three young people (adolescents) in Indonesia have had intercourse, and 58% of them have had intercourse at the age of 18-20 years. This is due to the lack of *Sexual Education* (SEX-ED) or sexual education for young people in Indonesia. Many young people in Indonesia do not understand and are not introduced to

anything related to sex and reproduction. Though insights about sexual and reproduction are very important. This is because there are still many Indonesian people who consider that these things are taboo and not worth talking about. Yet the fact is, early sexual education of young people in Indonesia is a very important thing to do so that Indonesian young people understand a lot about reproductive and sexual health. The

impact is caused if Indonesian young people are not given sexual education early on, then they will search for themselves on the internet and no one will guide them in getting this information so that this will cause young people to get the wrong sense and understanding of what they are looking for and what they get on the internet.

Reproductive health is a state of physical health, mental, and social as a whole, not solely free from disease or disability associated with the system, function, and reproductive processes in men and women. Reproductive health in question is before pregnancy, pregnancy, childbirth, and after childbirth. And regulation of pregnancy, contraception, sexual health, and reproductive system health.<sup>1</sup> In this definition explains the importance of maintaining and caring for reproductive health because health is one of human rights and is one of the elements of welfare that must be realized in accordance with the ideals of the Indonesian nation as intended in the Pancasila and the 1945 Constitution of the Republic of Indonesia. Health is also specifically regulated in Law Number 36 of 2009 concerning Health.

The problem of reproductive health of young people in Indonesia is a very serious problem to be addressed and resolved by the

government. Not only the government, the community in the surrounding environment along with parents also have a role to tackle the reproductive health problems that are rife among Indonesian young people. One way that can be done is to apply *Sexual Education* (SEX-ED) or what is called sexual education for teenagers so that they understand about education and insight about sexuality, and do not consider that matters relating to sexual and reproductive is taboo and ambiguous to talk about. Because sexual education is a very important thing as a shield and as a protection for Indonesian young people not to have free sex, and to be able to do what is right and wrong, also so that young children understand about *contraception, pregnancy risks, what things need to be considered before sexually active, consent, and sexual orientation.*

#### **PROBLEM STATEMENT**

In this writing will focus on the explanation of *Sexual Education* (SEX-ED) or the so-called sexual education of adolescent children in Indonesia as a representative form of Law Number 36 Year 2009 concerning Health. The method used in this writing is juridical Empirical method or it can also be said with the type of sociological legal research in which the writer will see the facts and phenomena that occur in the community, and then the writer will study and mix those

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<sup>1</sup> *Pasal 71 Undang-Undang Nomor 36 Tahun 2009 Tentang Kesehatan.*

facts with the rules , legislation and norms in force in Indonesia. The author sees social conditions by mixing and matching with Law Number 36 Year 2000 concerning Health, and Government Regulation of the Republic of Indonesia Number 61 Year 2014 concerning Reproductive Health, as well as other Laws relating to reproductive health and health of the people in Indonesia.

## **DISCUSSION**

### **Sexual Education As A Taboo To Discuss In The Family Environment**

Children's understanding of all things is something that must be considered by all families, including understanding of matters relating to sex and also the problem of romance. all sexual knowledge is needed because later all children will continue to grow and develop (adolescents) and inevitably will experience and also understand about things that smell sexual, adolescence as one phase of life in which a teenager will start looking who he is and wants to know new things that he may never get at home. So that if a child does not get adequate and good sexual education in his family, the child will grow into a teenager who does not understand anything about sexual matters and also his reproductive health because in the process of searching for identity, adolescents often manifest behaviors that contain risk and negative impact on him.

Apart from that, adolescents put a high risk of occurrence of cases related to sexual perversion.<sup>2</sup> With the existence of good and correct sexual education will not create a teenager who is blind to things that smell sexual and also reproductive health and later adolescents will avoid deviant sexual behavior because they already know the function of their reproductive organs, adolescents will understand about what is contraception and its function, adolescents will understand about infectious diseases that threaten if having sex without contraception, adolescents will also not be blind and understand well the risks of pregnancy that will be faced if they decide to have sex and thus Sexual education has formed a bastion of children and adolescents from an early age about the consequences behind these sexual matters.

The reality that we have to find up to now is that there are still many families, especially families in Indonesia, who are still shy and also consider talking about sex education as taboo because it is considered contrary to eastern cultural values and also contrary to religious values. But the reality that we have to find up to now is that there are still many families, especially families in

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<sup>2</sup> Taukhit Taukhit, 'Pengembangan Edukasi Kesehatan Reproduksi Dan Seksualitas Remaja Dengan Metode Game Kognitif Proaktif', *Jurnal Studi Pemuda*, 3.2 (2014), 129 <<https://journal.ugm.ac.id/jurnalpemuda/article/view/32028/19352>> [accessed 22 August 2019].

Indonesia, who are still shy and also consider talking about sex education as taboo because it is considered contrary to eastern cultural values and also contrary to religious values. There are still many families who consider sex to be dirty and not appropriate to talk about with children and adolescents.

Quoted from Viva.co.id, a poll involving more than 1,000 parents said, one third of the participants said that sex conversation is very difficult to be discussed openly at home. As many as 39 percent of parents find it difficult to discuss issues of sex and romance. However, as much as 15 percent avoid talking about puberty.<sup>3</sup> So that in this case discussing and also providing sex education is still not considered important by some families, especially in Indonesia, many parents are reluctant to be a source of information about sexual education because it considers sexual related matters to be understood by the child by itself and many of parents who are afraid to give false information to their children about matters related to sex.

Whereas in the absence of assistance and also the provision of parental knowledge related to sexual education to children, children and adolescents will find information

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<sup>3</sup> Lutfi Dwi Puji Astuti, *Mengapa Isu Seks Masih Dianggap Tabu*, 2010  
<<https://www.viva.co.id/arsip/139405-mengapa-isu-seks-masih-dianggap-tabu>> [accessed 22 August 2019].

about sex on their own sources that can easily be obtained, such as on the internet, social media, conversations with friends. peers who also do not understand very well about sexual education, and the severity they will seek information through adult magazines or porn videos that are widespread and easily accessible by children and adolescents.

After they get the information they assume the information they have reported is true and thus they assume they have understood and are ready to practice these things in their young age. Because of these things, there are many cases and unsafe and irresponsible sexual behavior by children and adolescents as well, so in this case there needs to be intervention from parents to their children to provide good sexually educative and also appropriate, because parents are the only role models and also a good resource for their children in all respects including in providing sex education.

### **Providing minimal *sexual education* in the Educational Environment.**

Not only in the family environment, in the educational environment both from the Elementary School Level, Middle School, High School to Higher Education discussing sexual matters and also the provision of sexual education is still considered a dirty and inappropriate thing to discussed, even there are still many students who do not

understand very well the function of contraception. This is reflected in an interview conducted by researchers to a number of 17 August 1945 Surabaya University Students who when researchers asked about contraceptives they always seemed amused and also uncomfortable when responding to researchers' questions.

Researchers ask if they know the types of contraception available in Indonesia and then they can only answer condoms for men. Then when asked if they understood about the overall function of condoms, they only answered that condoms were only a tool to prevent pregnancy so that it was concluded they did not understand very well with the function of contraceptives in the form of male condoms and also female condoms that were widely circulating in the market.

All that is because many of them know the function, brand, and how to use contraception only from the jokes of their peers starting from sitting in junior high school, from this it is clear that there are still many people who get info about sexual matters not from parents, siblings, schools or from reproductive health counseling held by medical personnel. Even though it has been answered in Article 12 paragraph 1 of the Government Regulation of the Republic of Indonesia Number 61 of 2014 concerning Reproductive Health, it is said that (1)

Adolescent Reproductive Health Services as referred to in Article 11 are carried out through giving such as:

1. communication, information and education;
2. counseling; and / or
3. medical clinical services.

In point a, it is said that Adolescent Reproductive health services are carried out by providing communication, information and also education but in reality there are still many people who know things about sexual and reproductive matters from conversation and also the jokes of peers that they might also do not understand very well about the health of reproductive health. So that in this case the need for proactive action both from the family, medical staff, and also educational institutions in providing sexual education to children and also adolescents with languages and also depictions that are easy to understand by children and also teens so that they can remember and apply the education properly and correctly easily.

### **The Importance of Giving *Sexual Education* To Children and Adolescents As One Factor Forming Responsible Personal**

Lots of parents always pay attention to their children's education, starting from trying to get their children into prestigious and good schools in facilities, putting their children in good and relatively expensive tutoring, and

putting their children in places courses such as music courses, dancing and others. because there are so many things about education and soft skills that parents give to their children, parents forget to listen to any of the things that the child actually wants to know about their reproductive organs and forget to provide sexual education which is actually very important for children and adolescents to know so that sexual education can become a bastion early on for them. Due to the lack of parental attention to matters relating to reproductive health and also the provision of sexual education to children and adolescents, many children and also adolescents who prefer to discuss sexual matters with their peers who also equally do not know exactly about sexual matters.

Therefore in this case the parents actually have to be a resource and also a wise teacher for their children by willing to listen to what is experienced by the child related to sex and do not judge the child who wants to ask about his reproductive organs and everything related to sex because the provision of sexual education has very many functions, i.e. :

1. So that children know the function of their reproductive organs. In this case a child who does not know anything about what the function of his reproductive organs will understand the reproductive organs belonging to bya and also the

reproductive organs owned by the opposite sex.

2. So that the child knows which parts of his body the stranger should not hold apart from his father and mother. The child will know that his body is something that must be maintained and not everyone can touch it. Therefore also teach the child that his whole body, including his genitals, is his personal property that must be carefully guarded. Thus, children must be taught not to show their sex carelessly.<sup>4</sup>
3. Children can care for and clean their reproductive organs properly and correctly. Reproductive apparatus is one of the body's organs that is sensitive and needs special care so in this case the child must know how to care starting from how to clean, to treat his reproductive organs properly starting from the use of underwear with the right ingredients, cleaning and rinsing his reproductive organs with water clean and soap with a suitable PH, wash the rectum after defecation in the right direction, how to use the correct sanitary pads on girls, and teach children to keep their intimate areas remain dry and not moist.

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<sup>4</sup> Risa Fitri Ratnasari and M Alias, 2016, 'Pentingnya Pendidikan SEks Untuk Anak Usia Dini', *Tarbawi Khatulistiwa*, 2.2, p. 55–59.

4. Children know what contraception is, the risk of pregnancy, sexually transmitted diseases. By providing sexual education to children from an early age, they will know the risks and consequences such as pregnancy outside of marriage, sexually transmitted diseases such as HIV AIDS, the Lion King, etc. that are faced when engaging in sex outside of marriage without using safeguards or contraception, children who have been given good sexual education will also understand what the consequences will be on if they have early marriages such as not being able to continue education, as well as health risks that will be borne such as:
- a. Blood loss (anemia) is during pregnancy with adverse consequences for the fetus, such as late fetal growth and premature birth.
  - b. Malnutrition during pregnancy which can result in biological development and fetal intelligence late, so the baby can be born with a low body weight.
  - c. Preeclampsia and eclampsia that can bring death to both mother and baby.
  - d. Couples who are not ready to accept pregnancy tend to have abortion which can result in death for women.
  - e. Women who marry before the age of 20 have twice the risk of getting

cervical cancer compared to women who marry at an older age.<sup>5</sup>

Therefore this is where the role of parents who must participate in the provision of information and education about matters relating to children and adolescents is also important, because children and adolescents are among the people who are vulnerable to reproductive problems, sexual harassment, pregnant out of wedlock and others. Sexual education is very important in escorting the growth and development of children into adolescents and adults who are not only qualified in terms of education but quality in terms of sexual knowledge and also responsible for their sexual life, because he will not try because of the encouragement of curiosity. With the provision of sexual education from parents to children, the family has participated in assisting government programs in accordance with Article 71 paragraph (1), (2), (3) of Law Number 36 of 2009 concerning Health, on tackling health problems reproduction and Articles 11 and 12 Government Regulation of the Republic of Indonesia Number 61 of 2014 concerning Reproductive Health, as well as other laws relating to reproductive health and health of the people in Indonesia.

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<sup>5</sup> Erma Yanti, 2012, *Gambaran Pengetahuan Remaja Putri Tentang Resiko Perkawinan Dini Dalam Kehamilan Di Kelurahan Tanjung Gusta Lingkungan II Kecamatan Medan Helvetia Tahun 2012 Skripsi*.

## **CLOSING**

The lack of Sexual Education provided by families, schools, and also medical personnel in Indonesia causes many teenagers to have sex outside of marriage at a relatively young age. The lack of sexual education provided to them is closely related to the assumption that discussing sexual matters is dirty, taboo and also inappropriate even to be discussed at the sphere of the home / family. Because it is considered taboo, there are many children and adolescents who are becoming more curious about what sex is, these things cause many children and adolescents who are concerned about these things to find out for themselves from peers who are not know exactly about sexual matters, social media, internet, adult magazines and also porn videos. If it's like this then they will start to dare to try because they are sure that the source he gets is the right source. Because of this curiosity, there are many children who have had sex and become pregnant out of wedlock.

Things like this that cause a lot of children and adolescents who are infected with sexually transmitted diseases, maternal and child mortality rates during childbirth increased and other matters related to risky sex. all of that can occur because it is based on their ignorance about healthy sexual relations, and also responsible and the

consequences that will occur if pregnant at an inappropriate age. Therefore in this case it is very important that there are proactive actions from the family, especially the mother and father.

Mothers and fathers must be good and wise informants for their children and should not judge children if children want to know matters relating to sexual and reproductive health. In this case, it is the family who must always be active to provide understanding and sexual education because the most time spent by children is in the family environment. Then there must also be a program from schools to remind children that reproductive health is no less important, schools must start moving their students and students to realize that early marriage will only cause their ideals to be unreachable and also very dangerous for women.

There is also a need for counseling given by medical personnel to children and adolescents in languages that are easily understood by children and also adolescents so that the purpose of counseling can be well understood by children and adolescents and they can apply the results of the counseling are good and right. Later if sexual education has been given properly and correctly by people who are interested then there will no longer be children who are laymen with the health of their own reproductive organs,



children will also understand how to care for and also maintain their reproductive organs properly and correctly, knowing that the reproductive organs are the personal property of the child and no one can casually hold or see, and also the child will and adolescents will understand the risks that will be borne if they dare to try to have sex outside of marriage and early marriage. That way *Sexual Education* will form children and adolescents who are physically and mentally healthy and form children who are responsible for themselves.

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