



THE EFFECT OF HEALTH EDUCATION WITH THE ACEJ (ACTIVE, CREATIVE, EFFECTIVE, AND JOYFUL) METHOD ON THE PREVENTION OF SEXUAL VIOLENCE IN PRESCHOOL AGE CHILDREN

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ABSTRACT

Sexual violence against children has different traumatic impacts on a person and can be very worrying because it can have long-term impacts throughout a child's life. Providing teaching to children about sexual education requires a method that is appropriate to the stage of child development. The ACEJ (Active, Creative, Effective, and Joyful) method can be applied to school-age children, creating a fun learning environment by preparing children to acquire skills, knowledge, and attitudes to prepare for life in the future. Objective: The aim of this study was to determine the effect of health education using the ACEJ (Active, Creative, Effective, and Joyful) method on efforts to prevent sexual violence in children. This type of research uses Pre-Experimental Research Methods. This pre-experimental research design used the One Group Pretest Posttest Design. The method of sampling in this study was the total sampling technique. The population in this study consisted of 28 patients. Univariate and bivariate data analysis is Wilcoxon. Of the 28 respondents, it can be seen that in the intervention group, the average effort to prevent sexual violence before being given ACEJ health education was 2.58 ± 0.441 , while after being given ACEJ health education it decreased to 1.05 ± 0.418 . Based on the Wilcoxon test, a p value of 0.000 ($p < 0.05$) was obtained. Conclusion: There is an influence of health education using the Acej method (active, creative, effective, and joyful) on efforts to prevent sexual violence in children.

Keywords: ACEJ Method, Health Education, Children

INTRODUCTION

Sexual violence against children can be interpreted as the participation of a child in the form of sexual activity that occurs before the child reaches a certain age limit and is stipulated by the laws of a particular country. Sexual violence against children is perpetrated by adults, involving children as objects of sexuality, whether using physical contact or not. Forms of sexual exploitation are divided into 2, namely involving physical and non-physical contact. Activities that involve physical contact such as forcing or persuading children to engage in sexual acts, while non-physically showing children pornographic material or sexual relations, masturbating in front of children, and sexual communication via telephone or the internet.¹

Sexual violence has a very significant impact. This impact greatly affects the physical and psychological conditions. Some of the physical impacts when children experience sexual violence are damage and pain to the genital organs, this is evidenced by Rostion's research (2016). in



endosonography diagnosis of the rectoanal, showed that children who experienced sexual violence will have partial interruption of the anal sphincter and hemotoma on the genitals.²

Other impacts caused by sexual violence can also disturb the child's psychology. Children will experience cognitive dysfunction, decreased daily activities, disturbed sleep patterns, anxiety, schizophrenia, even for a long time will cause Post Traumatic Syndrome Disorder (PTSD).³This is also reinforced by research conducted by Hidayat (2021) that children will behave aggressively, be paranoid, have dissociative disorders, low self-esteem, poor performance at school and withdraw.⁴

According to WHO (2015) there are around 450 million people in the world who experience violence against minors, one of whom experiences sexual and mental violence. Data from UNICEF (2014) 6 to 10 children in the world have become victims of violence in 190 countries.⁵Other data also proves that almost 5% of children in England have experienced sexual harassment, 90% is caused by self-delinquency. In 2017 found 116 cases of sexual violence against children and survey data from KOMNAS PA said 90% of rape cases in Indonesia were not reported to the authorities.³Meanwhile, in the United States, according to the Children Assessment Center (CAC) (2016), it is estimated that 500,000 babies born are victims of abuse before the age of 18.

The Indonesian Child Protection Commission (KPAI) noted that there were 21 cases of sexual violence with the number of victims reaching 123 children in educational units throughout 2019. The victims reached 123 children, consisting of 71 girls and 52 boys.¹

Sexual violence against children has different traumatic impacts on a person and can be very worrying because it can have long-term impacts throughout a child's life.⁶Meanwhile in West Java, the number of cases of sexual violence against children is also very high. Every day, 12-13 children experience sexual violence. Data from the integrated service center for child empowerment in West Java, every year around 4,500 violence against children occurs not only in urban areas, but also in rural areas.⁶

The Integrated Service Center for the Protection of Women and Children (P2TP2A) Bogor Regency, said that there had been an increase in data on cases of violence against children recently that needed more attention from the Bogor Regency Government. Head of P2TP2A Bogor Regency, Euis Kurniasih said that there had been 14 cases of violence that occurred to children in early 2019 until the media this February. Previously, in 2017 there were as many as 30 cases. Then in 2018 it increased to 46 cases.⁷

Children are allowed to get sexual education from an early age and ask questions about where they come from. In the growth and development stage, children should be given sexual education from an early age. The theory of psychosexual development of children according to Freud, school-age children are in the latent phase of development, where girls prefer friends of the same sex, as well as boys, children's questions about sexuality begin to be many and varied, leading to the reproductive system. Therefore, sexual education for children can be given to increase knowledge of awareness to avoid sexual violence. Knowledge about prevention of sexual violence in child sexual education is needed to develop children's ability to detect treatment given by perpetrators of sexual violence.⁸



Providing teaching to children about sexual education requires a method that is appropriate to the stage of child development. The ACEJ (Active, Creative, Effective, and Joyful) method can be applied to school-age children, creating a fun learning environment by preparing children to acquire skills, knowledge, and attitudes to prepare for life in the future. Using video media for learning is considered as an effective tool in the learning process. The use of videos makes children more able to apply the techniques taught, especially in new techniques and abilities

According to Erlinda (2014) revealed that children need to be equipped with sexual knowledge so that children understand and understand roles and gender, any physical changes, and strengthen self-confidence and responsibility towards themselves. In line with Jatmikowati, Angin, and Ernawati (2015) revealed that material in sexual education in early childhood emphasizes understanding the condition of their bodies, understanding the opposite sex, and understanding how to avoid sexual crimes. Children begin to recognize self and family identity, recognize body parts, and can name several body parts.⁹ Some of the opinions above reveal that it is important to give sex education to children from an early age to avoid sexual harassment, from several opinions about sexual education material using the ACEJ method to increase respondents' understanding of sexual prevention efforts in children.¹⁰

Based on the results of a preliminary study that was carried out on November 10, 2022, through interviews with teachers, it was found that out of 28 respondents, 8 people were not good at preventing sexual violence and 20 people were quite good at preventing sexual violence.

The purpose of this study was to determine the effect of health education using the ACEJ (Active, Creative, Effective and Joyful) method on efforts to prevent sexual violence in children.

RESEARCH METHODS

This type of research is quantitative, pre-experimental using the One Group Pretest Posttest Design. This research was conducted in November 2022 with a total population of 28 respondents. The sampling technique in this study used total sampling. The instrument used is a questionnaire sheet for both variables. The data analysis used was univariate and bivariate (Wilcoxon).

RESEARCH RESULT

Table 1. Frequency Distribution of Respondent Characteristics Based on Gender

No	Gender	Frequency	Percentage (%)
1	Man	8	28.6
2	Woman	20	71.4
	Total	28	100

Based on the results of table 1 in above it is known that of the 28 respondents, it was found that the majority of respondents were female, namely 20 (71.4%).

Table 2. Frequency Distribution Efforts to prevent child violence before (pretest) and after intervention (posttest)

Prevention	Intervention	
	Frequency	Percentage (%)
<i>Pretest</i>		
Enough	7	25
Not enough	21	75
<i>Posttest</i>		
Good	22	78.6
Enough	6	21.4
Total	28	100

Based on the results of table 2 above, it is known that of the 28 respondents, it was found that before being given the intervention (pretest), most of the respondents with less prevention efforts, namely as many as 21 people (75%), whereas after being given the intervention (posttest), the majority of respondents with efforts good prevention as many as 22 respondents (78.6%).

Table 3. Results of Test Analysis of the Effect of Health Education Using the Acej Method (Active, Creative, Effective, And Joyful) on Efforts to Prevent Sexual Violence in Children

Efforts to Prevent Sexual Violence				
Intervention	N	mean ± sd	P-Value	
Before	28	2.58±0.441	0.000	
After	28	1.05±0.418		

Based on the results of table 3 above It is known that in the intervention group, the average effort to prevent sexual violence before being given ACEJ health education was 2.58±0.441 while after being given health education ACEJ decreased to 1.05±0.418. Based on the Wilcoxon test, a p value was obtained of 0.000 (p <0.05), which means that there is The Effect of Health Education Using the Acej Method (Active, Creative, Effective, And Joyful) on Efforts to Prevent Sexual Violence in Children.

DISCUSSION

1. Frequency distribution of efforts to prevent sexual violence during the pre-test.

Based on the research results, it was found that before the health education intervention was given to 28 respondents, as many as 21 respondents (75%) had insufficient efforts to prevent sexual violence.



Sexual violence is sexual violence or sexual abuse, which is any action in the form of speech or treatment that is done by someone to manipulate other people so that they can engage in unwanted sexual activity.

Factors that can influence the occurrence of sexual violence are: such as an environment with a high crime rate, low social services, high poverty rate, many unemployed people, customs regarding child care, stress on caregivers, culture of giving corporal punishment to children/physical violence, and the influence of the mass media.

One way to prevent sexual violence is to provide information to children who can through providing health education from an early age regarding efforts to prevent sexual violence in children.

This research is in line with Fitriputri Lestari's research, diyanindriyani, Yeni Suyaningsih 2017. With the title The effect of health education on parents' perceptions of sexual violence. The results of the analysis showed that of the 77 respondents the average perception about preventing sexual violence before being given health education was 56.88 and after being given health education the average perception of parents was 73.79. The results of statistical tests using the Paired T-Test obtained a p value of 0.000 so that it can be concluded that there is an influence of health education on parents' perceptions of preventing sexual violence in preschool-age children in PAUD Jember Regency.

From the results of the study it can be concluded that the respondents' prevention efforts are lacking so that efforts are needed to increase the respondent's knowledge in order to prevent the occurrence of sexual violence on the respondent.

2. Frequency Distribution Based on after efforts to prevent sexual violence in the Intervention Group During the Post Test.

Based on the results of the study it was found that in the intervention group, after being given ACEJ Penkes to 28 respondents, 22 respondents (78.6%) had good efforts to prevent sexual violence.

Efforts according to the Big Indonesian Dictionary (KBBI) are defined as business activities that direct energy, thoughts to achieve a goal. Effort also means effort, reason, effort to achieve a goal, solve problems, find a way out. One of the efforts to prevent sexual violence itself can be done before sexual violence occurs in children. Primary prevention is directed at children who are at risk for sexual violence. Prevention that can be given is knowledge about reproductive health, sexual education in children according to the development of the child's age.¹¹ In addition, there are ways that can be done, namely the ACEJ method, namely (Active, Creative, Effective, and Joyful) which can be applied to school-age children, useful in increasing motivation, attitude, interest and self-confidence of children in increasing abilities and understanding of a knowledge.¹⁰

This research is in line with the research of Endra Amalia, Fatimah Laila Afdila, Yessi andriani 2018 with the title The effect of sexual education on the incidence of sexual violence in children at public elementary school 04 Balai Rupi Simanggang Payakumbuh in 2018. The results showed that the average incidence of sexual violence before intervention was 13.00 and after the intervention was 12.06. There was a difference in the average decrease in the incidence of sexual

violence before the intervention was 13.00 and after the intervention it decreased to 12.00. The results of the statistical analysis showed that sexual education had a significant effect on the incidence of sexual violence in children at SDN 04 Balai Rupih Simalanggang ($p = 0.000$).¹²

From the results of the study it can be concluded that after being given an intervention regarding the ACEJ method, the respondents experienced an increase in their knowledge of being good about efforts to prevent sexual violence in children.

3. Bivariate Test Analysis

Based on the research results, it can be seen that the average effort to prevent sexual violence before being given ACEJ health education is 2.58 ± 0.441 while after being given health education ACEJ decreased to 1.05 ± 0.418 . Based on the Wilcoxon test, a p value was obtained of 0.000 ($p < 0.05$), which means that there is The Effect of Health Education Using the Acej Method (Active, Creative, Effective, And Joyful) on Efforts to Prevent Sexual Violence in School-Age Children at Puspa Bangsa PAUD in 2022.

Health education is an effort to provide information to increase knowledge, as a business or activity to assist individuals, groups or communities in improving abilities/behavior to achieve optimal health.¹³

According to WHO (2015), the notion of health education is part of health efforts that focus on efforts to improve healthy behavior. The goal is to change the behavior of people or society from unhealthy behavior to healthy behavior.¹⁴ One of the health education provided in this study is to teach children about sexual education, a method that is appropriate to the stage of child development is needed. The ACEJ (Active, Creative, Effective, and Joyful) method can be applied to school-age children, it is useful in increasing children's motivation, attitude, interest and self-confidence in increasing their ability and understanding of knowledge.¹⁰

According to Erlinda (2014) revealed that children need to be equipped with sexual knowledge so that children understand and understand roles and gender, any physical changes, and strengthen self-confidence and responsibility towards themselves. In line with Jatmikowati, Angin, and Ernawati (2015) revealed that material in sexual education in early childhood emphasizes understanding the condition of their bodies, understanding the opposite sex, and understanding how to avoid sexual crimes. Children begin to recognize self and family identity, recognize body parts, and can name several body parts. Some of the opinions above reveal that sexual education is important to be given to children from an early age in order to avoid sexual harassment.²

This research is in line with Ivone Puspita Sari's research, Yuli Isnaeni 2017 with the title The effect of sexual education on maternal behavior in preventing sexual violence in children in ABA Kindergarten, Jogoyugan, Yogyakarta. The results of the pretest showed that most respondents behaved adequately with 12 respondents (60.0%). The posttest results of the respondents behaved well with 16 respondents (80.0%).¹⁵

From the research results it can be concluded that after being given health education the respondents know about efforts to prevent sexual violence, and from the results of the research it



shows that ACEJ health education is very effective in providing information to respondents about efforts to prevent sexual violence on the respondents themselves.

CONCLUSIONS

1. It is known that before the health education intervention was given to 28 respondents, as many as 21 respondents (75%) had insufficient efforts to prevent sexual violence.
2. It is known that after being given Penkes ACEJ to 28 respondents, 22 respondents (78.6%) had good efforts to prevent sexual violence.
3. It is known that the p value is 0.000 ($p < 0.05$) which means that there is an effect of health education using the Acej method (Active, Creative, Effective, and Joyful) on efforts to prevent sexual violence in children.

SUGGESTIONS

1. For Educational Institutions

The results of this study are expected to be able to add insight to readers and add library references and can be used as a reference for further research.

2. For Research Sites

It is hoped that the results of this study can be used as an insight into health education for elementary school students regarding the prevention of sexual violence.

3. For Further Researchers

The results of this study can be used as input and add information for future researchers.

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