



SEX EDUCATION FOR ELEMENTARY SCHOOL CHILDREN IN INDONESIA; BIBLIOMETRIC ANALYSIS IN 2021-2024

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Abstract

This study provides an overview of the analysis of sex education trends in elementary school children in Indonesia for the 2021-2024 period using bibliometric analysis, aiming to identify research gaps that have not been widely studied and provide recommendations for further research. The method used is systematic literature review by utilizing Vosviewer as a meta-data analysis tool. Data was obtained from a POP search on Google Scholar 2021-2024 with the keyword "sex education for elementary school children", resulting in 107 articles that were then selected. The selection was carried out based on relevant themes, leaving 40 selected articles that fit the Sinta category and the highest ranking. The results of the study show that the trend of sex education research in elementary school age children has great potential to increase children's understanding of reproductive health and healthy social relations, and there is also an increase in research on this topic every year. This study recommends further research to develop an effective and applicable sex education learning model in learning activities in elementary schools.

Keyword: Sex Education, Elementary School

Introduction

Sex education for elementary school age children is an increasingly important topic in the midst of the development of the times and technology. According to UNESCO, comprehensive sex education (CSE) aims to empower children and adolescents with the knowledge and skills necessary to make responsible decisions about their relationships and sexuality. CSE helps to develop respectful social and sexual relationships and ensures the protection of their rights throughout life. This education also emphasizes positive values about the body, puberty, relationships, sex, and family life (UNESCO, 2023). Sex education is not only related to biological aspects, but also includes psychological, social, and moral aspects that must be understood by children from an early age (Smarr & Rayne, 2021). Theoretical and empirical studies have shown that proper sex education can help children understand the physical and emotional changes they experience, as well as protect them from the dangers that may arise from a lack of knowledge about sexuality.

The theory of cognitive development proposed by Jean Piaget provides the basis for understanding sex education in elementary school children. Piaget states that children at this age are in the concrete operational stage, where they begin to understand more complex concepts through real experience and interaction with their environment (Piaget, 1964). Sex education at this stage must be adapted to children's cognitive abilities to understand the information conveyed in a concrete and clear manner. In addition, Erik Erikson's theory of psychosocial development is also relevant. Erikson mentioned that elementary school age children are in the industrial versus inferiority stage (Erikson, 2014). In this stage, children begin to develop a sense of competence and confidence through various activities and knowledge they acquire. Sex education provided in the right way can help children feel more confident and competent in understanding their bodies and healthy social relationships.

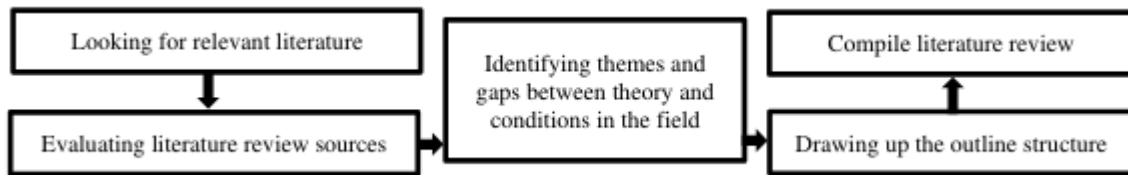
Research that has been conducted shows that sex education in elementary school children can have a positive impact in the long term. A study by Kirby et al. (2007) published in the journal "Perspectives on Sexual and Reproductive Health" found that comprehensive sex education in primary schools can reduce the risk of teenage pregnancy and sexually transmitted infections later in life (Kirby et al., 2007). This study confirms that children who get sex education early tend to have a better understanding of healthy relationships and responsible decisions regarding sexuality. Another study conducted by Schaalma et al. (2004) in the journal "Sex Education: Sexuality, Society and Learning" shows that sex education provided from an early age can improve children's communication skills with parents and peers regarding sexual issues (Schaalma et al., 2004). This is important because open communication can reduce the shyness and stigma that often surrounds the topic of sexuality.

Sex education in elementary school-age children is essential for a variety of reasons. First, primary school age is the period in which children begin to experience significant physical changes, such as puberty. With adequate knowledge, they can understand the changes without feeling afraid or confused. Sex education can also help children recognize and protect themselves from sexual abuse. By understanding their personal boundaries and rights, children can be more courageous to report inappropriate actions. Second, sex education can contribute to children's moral and ethical development. Through sex education, children learn about respect for themselves and others, as well as the importance of healthy relationships. This will help shape the child's character into a responsible and moral individual. Third, in today's digital era, children are very easily exposed to inappropriate sexual content through the internet and social media. Sex education provided in schools can provide correct guidance on how to deal with such information critically and wisely. It also helps prevent the spread of misinformation and myths about sexuality. Sex education provided in the right way can provide many benefits for the development of elementary school age children. By integrating sex education into the school curriculum, we can help children grow into healthy, confident, and responsible individuals. Further research is needed to continue to evaluate and develop effective sex education methods, in accordance with the development of the times and the needs of children. Thus, this study will try to analyze research trends regarding sex education in elementary school children in Indonesia in the period 2021-

2024, using a bibliometric analysis method by identifying research gaps that have not been widely studied and providing recommendations for further research on sex education in elementary school children in Indonesia.

Methods

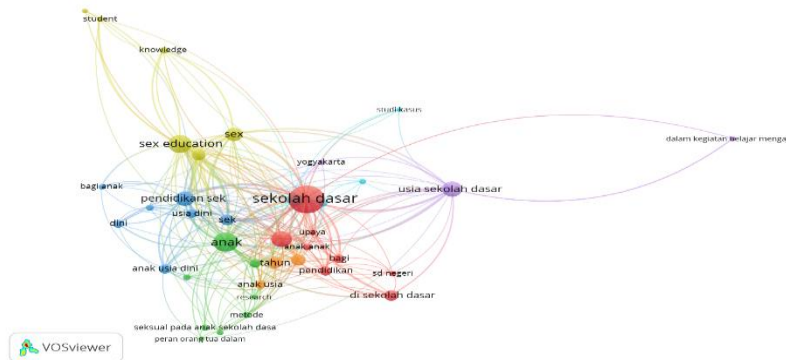
It is a systematic research of literature review by utilizing Vosviewer as a meta-data analysis tool. Data was obtained from POP searches by utilizing google scholars data for 2021-2024, through searches with the keyword sex education for elementary school age children, 107 articles were found and then selected. The selection process was adjusted to the appropriate theme and finally found 40 selected articles with the sinta category and based on the highest rank, while those that did not fit the category were not used. Then the article is analyzed according to the set topic and then concluded. This study also utilizes mendeley software to help researchers organize, store, and manage bibliographic references of research articles. This stage of research applies the Bettany-Saltikov scheme presented in Figure 1.



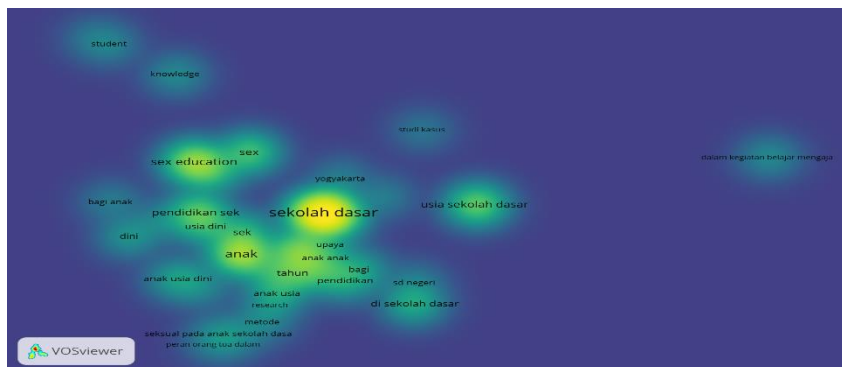
Gambar 1. Bettany-Saltikov's literature review step

Result

An in-depth analysis of the articles that will be used as a systematic review of the literature is needed to answer research questions and strengthen research arguments. Figure 2 shows the author's use of the VOSviewer tool to check the initial network visualization. In Figure 3, the distribution of articles based on the keywords of sex education for elementary school age children is presented.



Gambar 2. Initial network visualization



Gambar 3. Visualization of the distribution of articles by keyword

Based on figures 2 and 3, it can be seen that the network visualization and distribution of articles based on the keywords of sex education for elementary school-age children were found to be 40 items spread across 7 clusters. Cluster 1 (8 items), cluster 2 (8 items), cluster 3 (7 items), cluster 4 (6 items), cluster 5 (4 items), cluster 6 (4 items), cluster 7 (3 items). The 7 clusters and 40 items among the themes that emerged were sex education, elementary school children, education, parental roles, sex education, early childhood, child, important, knowledge, in teaching and learning activities, case studies, age, years, schools.

Table 1. Results of mapping 40 articles on Sex Education in Elementary School Children in Indonesia

No	Cites	Authors	Title	Year	GS Rank	Cites PerYear
1.	13	E Rachmayanti	Penerapan pembelajaran adaptif mengenai konten pendidikan seksual: Studi fenomenologi(Rachmayanti, 2022)	2022	1	6.50
2.	13	A Rahmawati, F Khamdani	Pendidikan Seksual Pada Anak Usia 7-9 Tahun Di Sd Negeri Glawan Kabupaten Semarang(Rahmawati & Khamdani, 2021)	2021	2	4.33
3.	12	MAR Hakim, W Putridianti...	Pentingnya Sex Education Pada Siswa di Kelas Tinggi Sekolah Dasar (Persepsi &Peran Guru)(Hakim et al., 2022)	2022	3	6.00
4.	4	DR Sari, MD Wulandari	Media Papan Bimbingan Untuk Meningkatkan Perlindungan Diri Dari Pelecehan Seksual Pada Siswa Sekolah Dasar(Sari & Wulandari, 2022)	2022	4	2.00
5.	41	F Wajdi, A Arif	Pentingnya Pendidikan Seks Bagi Anak Sebagai Upaya Pemahaman Dan Menghindari Pencegahan Kekerasan Maupun Kejahatan Seksual(Wajdi & Arif, 2021)	2021	5	13.67
6.	7	N Maudi, S Halidjah, DAV Ghasya	Pengembangan Video Pendidikan Seksual Sebagai Upaya Edukasi Dalam Mencegah Pelecehan Seksual Di Sekolah Dasar(Maudi et al., 2022)	2022	6	3.50
7.	20	FH Simaibang, P Azzahroh...	Pengaruh Media Lembar Balik, Video Animasi Terhadap Pengetahuan dan Sikap Mengenai Reproduksi Seksualitas pada Siswa Sekolah Dasar di Jakarta Timur(Simaibang et al., 2021)	2021	7	6.67
8.	12	D Pangestuti, O Wijayanti, S Hawanti	Persepsi Guru tentang Pendidikan Seks di SD Negeri 2 Sudagaran(Pangestuti et al., 2021)	2021	8	4.00

9.	4	RP Andayani, R Afnuhazi, S Dafris...	Implementasi Personal Safety Skill Untuk Mencegah Kekerasan Seksual Pada Anak Sekolah Dasar(Andayani et al., 2022)	2022	12	2.00
10.	1	Dermawan, NS Sukaesih...	Pengaruh Pendidikan Seksual Dengan Media Puzzle Telur Pintar Pada Anak Sekolah Dasar(Dermawan et al., 2023)	2023	13	1.00
11.	0	NP Rizyana, A Alkafi	Faktor Perilaku Pemberian Pendidikan Kesehatan Seksual pada Anak Usia Sekolah Dasar di Kota Padang(Rizyana & Alkafi, 2023)	2023	14	0.00
12.	0	AR Hasibuan, S Sudirman	Peran Keluarga Dalam Menerapkan Pendidikan Seksual Pada Anak Usia Sekolah Dasar Di Kelurahan Karang Anyer, Kecamatan Kisaran Timur(Hasibuan & Sudirman, 2023)	2023	15	0.00
13.	2	SR Sihite	Edukasi Hukum tentang Pelecehan Seksual pada Anak di Sekolah Dasar Negeri, Kota Ambon(Sihite, 2023)	2023	17	2.00
14.	8	S Tirtayanti, F Ristayani	Perbedaan Penggunaan Media Video Animasi dan Kartu Bergambar terhadap Pencegahan Sexual Abuse pada Anak Usia Sekolah(Tirtayanti & Ristayani, 2021)	2021	18	2.67
15.	120	RD Septiani	Pentingnya komunikasi keluarga dalam pencegahan kasus kekerasan seks pada anak usia dini(Septiani, 2021)	2021	19	40.00
16.	2	K Khoirunnisa, AN Kasfi, P Hidayatulloh...	Pendidikan Seksual Pada Guru Sekolah Dasar Kelas 1-3(Khoirunnisa et al., 2021)	2021	20	0.67
17.	2	F Hermawan	Psikoedukasi Pentingnya Pendidikan Seks Anak Usia Dini Di Sd Negeri Jomin Barat III(Hermawan, 2023)	2023	21	2.00
18.	2	HI Wahyuni, WD Anugraini...	Edukasi Seksual Untuk Siswa Sekolah Dasar Di Pesisir Kabupaten Lamongan Melalui Media Boneka Dan Lagu(Wahyuni et al., 2023)	2023	23	2.00
19.	4	NNSA Dewi, DN Suhaid	Penyuluhan Sex Education di Sekolah Dasar Ricci Jakarta Barat(Dewi & Suhaid, 2022)	2022	24	2.00
20.	1	R Sumiyarrini, L Susilowati, D Yati	Gambaran Persepsi dan Sikap Anak Usia Sekolah Dasar Tentang Kesehatan Seksual dan Pencegahan Kekerasan Seksual di Bantul,	2022	25	0.50

			Yogyakarta(Sumiyarrini et al., 2022)			
21.	5	R Rachmasari, K Aeni, YKS Pranoto	Level agreement persepsi guru dan orang tua terhadap pendidikan seks anak usia dini(Rachmasari et al., 2023)	2023	26	5.00
22.	3	AP Putra	Penanganan Kasus Pelecehan Seksual Oleh Anak Dibawah Umur Pada Salah Satu Sekolah Dasar Di Kecamatan Johar Baru Jakarta Pusat(Putra, 2022)	2022	28	1.50
23.	1	SA Prawismo, AP Marhaeni, S Pramuswari...	Pencegahan Pelecehan Seksual pada Anak Usia Sekolah Dasar melalui Media Komik Edukasi SETION(Prawismo et al., 2023)	2023	32	1.00
24.	6	E Iriyani	Pengaruh Sex Education Terhadap Pengetahuan Pencegahan Pelecehan Seksual pada Siswa Sekolah Dasar(Iriyani, 2022)	2022	33	3.00
25.	1	RF Nugrahani, L Zuhroh...	PENDIDIKAN SEKSUAL UNTUK SISWA SEKOLAH DASAR(Nugrahani et al., 2024)	2024	35	1.00
26.	0	A Oktaviasary, A Sutini	PERAN GURU DALAM KASUS KEKERASAN SEKSUAL TERHADAP ANAK SEKOLAH DASAR(Oktaviasary & Sutini, 2024)	2024	39	0.00
27.	4	D Widiyastuti, L Nurcahyani	Pengembangan video pendidikan kesehatan reproduksi remaja bagi siswa Sekolah Dasar di Kota Cirebon(Widiyastuti & Nurcahyani, 2021)	2021	40	1.33
28.	17	RA Hapsari, S Wahyuningsih...	Perbandingan Pemahaman Seks Anak Usia 4-5 Tahun Ditinjau dari Penerapan Pendidikan Seks(Hapsari et al., 2021)	2021	41	5.67
29.	5	MYR Anandita	Edukasi Pemahaman Kekerasan Seksual pada Anak Sekolah Dasar(Anandita, 2021)	2021	42	1.67
30.	3	E Utomo, S Sinyanyuri, A Al Bahij...	Implementasi pendidikan pubertas pada jenjang sekolah dasar(Utomo et al., 2022)	2022	46	1.50
31.	1	A Ariyanto, MD Wulandari	Peran Guru Dalam Menyikapi Perkembangan Seksual Siswa Sekolah Dasar(Ariyanto & Wulandari, 2022)	2022	47	0.50
32.	0	S Tjiptorini, A Ramadhani...	Psikoedukasi untuk Orang Tua Generasi Y dalam Memberikan Pendidikan Seks Anak Usia 3-6 Tahun(Tjiptorini et al., 2022)	2022	48	0.00
33.	5	F Masrurroh, EIE Putri, F Hidayah...	Psikoedukasi Pendidikan Seks Kepada Guru Dan Siswa Sebagai Upaya Pencegahan Kekerasan	2022	49	2.50

			Seksual Pada Siswa Sd(Masruroh et al., 2022)			
34	0	IA Syaputra, MF Nugraha...	Pendidikan Seks Untuk Meningkatkan Pemahaman Siswa Kelas 6 SD Dalam Upaya Pencegahan Pelecehan Seksual Terhadap Anak(Syaputra et al., 2022)	2022	52	0.00
35.	0	CI Zahara, H Hafnidar, R Dewi, NA Safarina...	Psikoedukasi Pendidikan Seks Pada Murid Sekolah Dasar (Psychoeducation on Sexual Education for Elementary School Students)(Zahara et al., 2023)	2023	53	0.00
36.	0	A Wijayanti, A Purwandari...	A Sex Education Pada Usia Sekolah Dasar (11-12 Tahun) Di Sd Kanisius Sengkan Yogyakarta(Wijayanti et al., 2023)	2023	54	0.00
37.	0	A Dwinata, M Nuruddin, EYR Pratiwi, CZ Susilo...	Analisis Tingkat Pemahaman Pendidikan Seksual Pada Anak Sekolah Dasar(Dwinata et al., n.d.)		55	0.00
38.	0	MD Wulandari, IC Sayekti, OS Purwanti...	Penguatan Guru SD dalam Psikoedukasi Pendidikan Seks pada Anak(Wulandari et al., 2023)	2023	57	0.00
39	0	A Muntholib, IK Rahman...	Mengenalkan Pendidikan Seks Untuk Anak Melalui Buku Suplemen Pendidikan Seks Pada Mapel PAI(Muntholib et al., 2023)	2023	58	0.00
40.	0	A Mahbuby, S Sukartono	Implementasi Sex Education Melalui Penggunaan Komik pada Anak Kelas V Sekolah Dasar(Mahbuby & Sukartono, 2023)	2023	59	0.00

There has been a consistent increase in the number of articles published every year, except for 2024 because it is still the middle of the year. This increase shows a growing interest in the topic of sex education in elementary school-age children. In 2021, the dominant themes were health, puberty, and consent. In 2022, the focus shifted to puberty, consent, and relationships. In 2023, the theme raised is health, relationships, and safety. In 2024 about the development of reproduction videos. This shift in theme reflects how relevant issues in sex education evolve over time.

Discussion

Sex education for elementary school students is an effort to provide appropriate and age-appropriate information about aspects of reproductive health, body development, and healthy interpersonal relationships. This education is important to help children understand the physical and emotional changes they experience during puberty, as well as to equip them with the knowledge necessary to make responsible decisions related to sexuality and social relationships. Effective sex education in primary schools should be tailored to children's cognitive and emotional development stages. Piaget's theory of cognitive development suggests that children at this age are in a concrete operational stage, where they begin to understand more complex concepts through real experiences and interactions with their environment. Therefore, the information conveyed



must be concrete and easy to understand. Meanwhile, according to Erik Erikson, elementary school-age children are in the industrial versus inferiority stage. At this stage, children begin to develop a sense of competence and self-esteem through learning activities and social interaction. Sex education provided in the right way can help children feel more confident and competent in understanding their bodies and interpersonal relationships. Good sex education can strengthen a sense of self-esteem and help children avoid feelings of inferiority associated with the physical and social changes they experience (Erikson, 2014)

Research by Utomo et al. (2014) in "Reproductive Health Matters" shows that in Indonesia, sex education is often ignored or misunderstood as a taboo topic. This results in a lack of knowledge and skills for children in dealing with physical and social changes. This study emphasizes the importance of holistic and culturally sensitive sex education to improve the welfare of children and adolescents in Indonesia (Utomo, I. D., 2014). Holistic sex education not only includes biological aspects but also involves psychological, social, and moral aspects, so that children can understand sexuality in a broader context.

Sex education has been shown to have a significant positive impact. A study by Kirby et al. (2007) revealed that a comprehensive sex education program is able to reduce the risk of teenage pregnancy and sexually transmitted infections (Kirby et al., 2007). Sex education provided early on helps children understand and appreciate their bodies, as well as make more responsible decisions in their lives. The use of innovative and interactive learning methods is very important in sex education. For example, research by Maudi et al. (2022) shows that the development of sexual education videos can be an effective educational tool in preventing sexual harassment in elementary schools (Maudi et al., n.d.). The use of visual media such as videos, animations, and other aids can make complex topics easier for children to understand. In addition, research by Simaibang et al. (2021) found that the use of flip sheet media and animated videos significantly increased students' knowledge and attitudes regarding sexual reproduction (Simaibang et al., 2021). This interactive learning method allows children to learn in a way that is more engaging and relevant to their daily experiences. Teachers and parents also have a very important role in sex education. Research by Hakim et al. (2022) shows that the perception and role of teachers are very influential in the effectiveness of sex education in elementary schools (Hakim et al., 2022). Teachers need to get adequate training to be able to teach sex education in the right and sensitive way. This training should include communication skills, knowledge of child development, as well as effective teaching methods. Parents also have an important role to play in supporting sex education at home. Research by Wajdi and Arif (2021) shows that good family communication can help prevent sexual violence and improve children's understanding of sexuality (Wadji & Arif, 2021). In addition, research by Oktaviasary and Sutini (2024) highlights the need for support and training for teachers in handling cases of sexual violence [12]. Teachers need to be equipped with the knowledge and skills to handle these sensitive issues in an appropriate and supportive manner.

Conclusion

Based on the above study, sex education in elementary school children in Indonesia has great potential to increase children's understanding of reproductive health and healthy social relationships. The integration of sex education in the primary school curriculum should be done by considering the theory of child development, cognitive needs, and the local cultural context. A comprehensive and inclusive approach will help children feel more confident, protected, and ready to face changes in their lives. This study recommends future research directions to explore more deeply the theme of sex education in elementary school children, especially in teaching and learning activities.

Further research can be focused on the development of an effective sex education learning model that can be applied in learning activities in elementary schools. The next researcher in conducting a study related to sex education in elementary school children in a wider scope, namely not only in one or two countries.

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