



Research Article

## EFFECTIVENESS OF PERSONAL SAFETY SKILLS TRAINING AS AN EFFORT TO PREVENT SEXUAL VIOLENCE IN ADOLESCENTS

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### A B S T R A C T

**Background:** Sexual violence is sexual behavior that can negatively affect a person's health and quality of life. Indonesia has entered the “sexual violence emergency” phase in the past decade after experiencing a significant spike in cases each year. The impact of victims of sexual violence usually appears several years after the violence occurs such as physical and psychological damage.

**Objective:** to determine the effectiveness of respondents' knowledge before and after training to determine the effectiveness of Personal Safety Skills on the ability to prevent sexual violence.

**Methods:** The study used experimental research with a quasi experimental design of one group pretest posttest design. The population was 17 students of SMP Muhammadiyah 1 Sampang with purposive sampling technique. Before and after training the respondents worked on the questions. Data analysis

**Results:** The results of the paired t test analysis with a p value = 0.001 so that  $p < 0.05$  this shows a significant difference between the pre-test and post-test values.

**Conclusion:** Personal Safety Skill is effective to improve the ability to prevent sexual violence in adolescents before training and after training. This shows that children are able to absorb the information provided during training.

## INTRODUCTION

Sexual violence is sexual behavior that can negatively affect a person's health and quality of life [1]. Sexual violence in adolescents can occur in the form of non-touching and touching. Behavior using touch arouses sexual arousal in private areas of the body such as the vagina, penis, breasts, buttocks, mouth contact with genitals, or

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even up to sexual intercourse [2]. Sexual violence in adolescents can occur in various forms, such as sexual abuse, sexual harassment or sexual exploitation and rape [3].

Indonesia has entered the “sexual violence emergency” phase in the past decade after experiencing a significant spike in cases every year. Referring to data compiled by the Ministry of Women's Empowerment and Child Protection (Kemen-PPPA), in the period January 1 - September 27, 2023 there were 19,593 cases. Of all these cases of violence, victims of violence are dominated by the age group 13-17 years, reaching 7,451 victims or around 38% of the total victims of violence [4]. Sampang Regency is one of the areas that has a high rate of sexual violence because during the last three years (2020-2023) cases of sexual violence have continued to increase, data obtained from the PPPA social service of Sampang Regency in 2023 there were 35 teenagers who were victims of sexual violence, this data is higher than in 2022 which was only 13 cases.

The impact of victims of sexual violence usually appears several years after the violence occurs such as physical and psychological damage [5]. Victims of sexual abuse will experience several psychological problems such as feelings of shame, anger, hatred, revenge, trauma, humiliation, and assault, among others. Sexual abuse has adverse effects on adolescent psychology which further means that adolescents become individuals with low self-esteem and confidence and sometimes depression. In addition, the physical effects are unwanted pregnancies resulting from rape [6,7].

The vulnerability of adolescents to become victims of sexual violence is motivated by various factors, one of which is the low knowledge and attitude of a person which results in sexual violence. Thus, preventive steps are needed so that they can anticipate various potential sexual violence that surrounds them independently, one of which is through teaching children personal safety skills. Personal Safety Skills is education that is taught to adolescents about what to do in the event of a situation that could endanger them to keep themselves safe. This education not only reduces the risk of becoming a victim but also increases the ability of children to protect themselves [8].

In personal safety skills, children are trained to be able to recognize threatening feelings or situations (recognize), be able to survive the persuasion of sexual offenders (resist), and be able to seek help when in a dangerous situation and be able to report to other adults (report) [9]. This training teaches adolescents to identify a number of actions they can take when confronted with a perpetrator of sexual violence or when in a situation where sexual violence may occur. Adolescents are taught to be able to ignore the seduction and persuasion of a potentially sexually violent person, say “No!” or “Stop!” loudly and firmly to people who try to commit sexual violence against them, take resistance actions such as hitting, biting, kicking at the perpetrator of sexual violence, running away from the perpetrator of sexual violence and screaming.

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violence against them, take resistance actions such as hitting, biting, kicking at the perpetrator of sexual violence, running away from the perpetrator of sexual violence and screaming. This research aims to test the effectiveness of personal safety skills in increasing the ability to prevent sexual violence in adolescents

## METHODS

The research used experimental research with a quasi experimental design of one group pretest posttest design. The population was 17 students of SMP Muhammadiyah 1 Sampang with purposive sampling technique. Purposive sampling is a data source sampling technique by considering certain characteristics [10]. The subjects in this study were 17 students who had never received Personal Safety Skill training.

This study used a questionnaire that had been tested for validity and reliability, the validity test was conducted at SMPN 1 Pengarengan Sampang with 23 students as respondents. The validity test results showed that the  $r$  table value was 0.413. If the value of  $r$  count  $>$   $r$  table value and significance value  $<$  0.005 means the question is considered valid. The results of the validity test show that only 8 question items will be used in the study. The results of the reliability test on the variable can be seen that Cronbach's alpha on this variable is higher than the base value, namely  $0.788 > 0.60$ , these results prove that all statements in the variable questionnaire (X) are declared reliable.

Before the research was conducted, respondents worked on pretest questions then took Personal Safety Skill training with lecture, practice and role play methods then they took the post test. Respondents listened to material about recognize, resist, and report. After that, they did direct practice on the material they had obtained, then did a role play about threatening situations and how they could save themselves and ask for help. Finally, respondents will work on post test questions. Data analysis techniques using non-parametric statistics with a t-test were carried out to compare respondents' knowledge before and after training to determine the effectiveness of Personal Safety Skills on the ability to prevent sexual violence.

## RESULTS AND DISCUSSION

### RESULTS

#### Univariate Analysis

Table 1. Frequency distribution of respondents' gender

No.	Category	Frequency	Percentage
1	Male	6	35,3
2	Female	11	64,7
Total		17	100

Based on the results of the research conducted, it can be seen in table 1 that most of the respondents 64.7% (11 respondents) were female and almost half 35.3% (6 respondents) were male.

Table 2. Frequency distribution of respondents' age

No.	Category	Frequency	Percentage
1	12 years old	2	11,8
2	13 years old	9	52,9
3	14 years old	5	29,4
4	15 years old	1	5,8

Total	17	100.00%
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From table 2, it is known that most of the respondents 52.9% (9 respondents) were at the age of 9 years and a small proportion of respondents 5.8% (1 respondent) were 15 years old.

Table 3. Frequency Distribution of Respondents living together

No.	Category	Frequency	Percentage
1	Parents	11	64,7
2	Boarding school	5	29,4
3	More	1	5,8
TOTAL		17	100.00%

Table 3 shows that most of the respondents 64.7% (11 respondents) live with parents and a small proportion of respondents 5.8% (1 respondent) live with other families.

### Bivariate Analysis

Table 4. Hasil category pre-test-posttest cues personal safety skill

No	Name	Pretest		Post Test		Description
		Score	Category	Score	Category	
1	JK	37,5	Less	87,5	Good	Increased
2	AF	37,5	Less	75	Good	Increased
3	AZ	12,5	Less	75	Good	Increased
4	SF	62,5	Simply	87,5	Good	Increased
5	NY	37,5	Less	87,5	Good	Increased
6	AW	50	Less	87,5	Good	Increased
7	HB	50	Less	62,5	Simply	Increased
8	RY	75	Simply	87,5	Good	Increased
9	HA	37,5	Less	87,5	Good	Increased
10	IK	37,5	Less	87,5	Good	Increased
11	SS	37,5	Less	62,5	Simply	Increased
12	DW	62,5	Simply	75	Good	Increased
13	VN	37,5	Less	75	Good	Increased
14	DP	50	Less	75	Good	Increased
15	NF	50	Less	75	Good	Increased
16	NV	37,5	Less	62,5	Simply	Increased
17	DV	37,5	Less	62,5	Simply	Increased

Based on table 4, it can be seen that there is a significant increase in understanding of personal safety skills.

Table 5. Statistical Test Results paired t test on the effectiveness of personal safety skills on adolescent sexual violence

Variabel	N	Mean	Minimum	Maksimum	Sig. (2 tailed)
Pre test	17	44,1	12,5	75	0,001
Post test	17	77,2	62,5	87,5	

Based on table 5, it can be concluded that there is a difference between the average value of the pre-test and post-test. the average value of the post test is greater than the pre test, indicating an increase in knowledge after being given personal safety skills training. The results of the paired t test analysis ( $<0.05$ ), showed a significant difference between the pre-test and post-test scores. This shows a significant change in the level of knowledge of participants about personal safety skills.

## DISCUSSIONS

The results of the paired t test analysis with a value of  $p = 0.001$  so that  $p < 0.05$  shows a significant difference between the pre-test and post-test values. This means that there is a significant change in the participants' level of knowledge about personal safety skills. This shows that adolescents are able to absorb the information provided during training. The results of Personal Safety Skill research are effective in improving skills in efforts to prevent sexual violence in adolescents [11].

All forms of deviant and sad behavior are not uncommon in adolescents. News in newspapers and television shows a number of events involving adolescents from physical abuse, verbal violence, to mental abuse and sexual abuse [12]. Studies on sexual abuse usually pose many challenges that are easy to mention, such as subjects who are almost always reluctant to even discuss sexual issues. Despite these challenges, it is clear that sexual abuse exists among different ages across countries and it has been widely and rigorously researched [13,14]. Research conducted in various countries around the world shows that a large proportion of girls report experiencing sexual harassment and violence during their pursuit of education, including in high school and university settings [15].

Many factors influence the occurrence of sexual harassment, including age, knowledge, style of dress, and environment [16]. In addition, it can also be due to a lack of sex education from parents, including the types or forms of sexual harassment and how to prevent it [17]. Until now, there are still many young women who do not know about sexual harassment due to their lack of knowledge. Young women's knowledge about sexual harassment can be improved by providing them with information about the negative impact of sexual harassment [18].

Personal Safety Skills is a set of skills that need to be mastered by children in order to maintain their safety and avoid acts of sexual violence [8]. Personal safety skills are needed by adolescents to protect themselves from perpetrators of sexual violence because adolescents are taught about personal body parts that should not be touched by others, who can be perpetrators of sexual violence, and what actions to take when facing sexual violence. This training not only reduces the risk of becoming a victim but also increases children's ability to protect themselves [19]. This is supported by research conducted by Umar, Noviekayati, and Saragih (2018), which states that personal safety skills greatly affect children's ability to prevent sexual violence [20].

Teenagers' lack of ability to detect perpetrators of sexual violence and lack of skills to protect themselves from the dangers of sexual violence which can occur anywhere and at any time. Personal Safety Skills are really needed by teenagers to protect themselves from perpetrators of sexual violence. This is because Personal Safety Skills train children to know their private body parts, perpetrators of sexual violence and what to do when facing sexual violence. Based on the pretest results, it can be seen that out of 17 respondents, only 7 respondents answered correctly about parts of their body that could and should not be touched. After the personal safety skill training 15 respondents answered correctly. The results of the pretest and post test of children on Personal Safety Skill training show that the average child has increased knowledge of preventing sexual violence. After attending personal safety skills training, adolescents showed an increase in their ability to: (a) about situations that have the potential to cause sexual violence, (b) resist the temptation or persuasion of predators, (c) report situations of sexual violence, (d) blame the perpetrator not themselves, and (e) report positive feelings about their bodies and genital organs [21].

Personal Safety Skill is a skill that needs to be mastered by children and adolescents in order to maintain personal safety and avoid acts of sexual violence [22]. The knowledge possessed is not only to prevent individual sexual violence but needs skills to strengthen the knowledge possessed as an effort to prevent sexual violence [23]. Sexual violence where it causes fear in conveying to various parties who can help both directly and indirectly and protect themselves and understand what to do if sexual violence occurs [23]. This sexual violence results in fear in conveying it to various parties who can help either directly or indirectly and protect themselves and understand what to do if sexual violence occurs with efforts to increase knowledge [24,25].

## CONCLUSIONS

By considering the negative impact of acts of sexual violence on children, especially on children's physical and psychological development, both preventive and interventional treatment efforts are urgently needed. One prevention effort can be done through teaching personal safety skills to children. Evaluation of sexual violence prevention programs based on teaching personal safety skills shows that there is an increase in knowledge, children are able to demonstrate skills in keeping themselves safe from acts of sexual violence.

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