

SEX EDUCATION IN EARLY CHILDHOOD BY HYPNOTHERAPY METHOD

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Abstract

Sexual violence that happens to children is increasing. Children are vulnerable to become victims of immoral perpetrators. Children are sexually abused, defiled and murdered as if their lives are worthless. Legal protection of children from sexual crimes has been applied in Indonesia. However, preventive efforts from the children themselves are still necessary. Sex education is one of the children's protective efforts from sexual violence. The early sex education aims for children to be able to protect themselves. Sex education can be delivered through hypnotherapy method. This method utilizes the characteristic aspects of early childhood combined with the utilization of theta waves in children's brain. Hypnotherapy suggestion will survive in the long term memory of children so that it is an appropriate sex education to instill an early age.

Keywords: Sex Education, Early Childhood, Hypnotherapy

INTRODUCTION

Violence against children is a threat for every parent. One of the child abuse stated by Erlinda (2014) in the KPAI material declaration on Improving Efforts to Prevent Children from the Dangers of Violence, Abuse and Exploitation is sexual violence. Each year these problems tend to increase. KPAI data in 2011-2013 shows that the cases of sexual violence are proven to be increased. In fact, the increase of violence is projected in 2014 to be more rapid.

In 2016, several cases of sexual violence become a trending topic. Quoted from *Brilio.Net* on May 16, 2016, there were five sexual violence that became a public concern, which are (1) on January 6, a 3.5 years old toddler became a victim of sexual abuse and murder in Hulu Kuantan; (2) South Sumatra Banyuasin police station arrested 5 rapist of a 13 years old girl on January 24; (3) a 10 year old elementary school child in Lampung Timur was found dead after being raped on April 17 at a shack in the middle of a field; (4) on May 9th, a 2.5-year-old toddler was found dead after being raped in Bogor; and (5) a father sexually abused his 10-year-old in Pangkalpinang. The victims of these cases were children, and it is even more worrying that some of them are children under five.

Efforts to protect children from sexual abuse should be done from an early age. Sex education from an early age includes understanding the identity of the child. Education is meant for the children to keep themselves from sexual violence. Sex education can be delivered by parents or teachers to children through the use of hypnotherapy before their bedtime.

DISCUSSION

Sexual violence

Sexual violence is any act based on the distinction of sex which results or may result in misery or physical suffering, sexual or psychological, including the threat of such acts, coercion or deprivation of one's freedom, whether it occurs in a public space or in someone's personal life. Sexual violence according to the National Commission for Women (2013) is defined as: 1) a violation of human rights that are rooted from a discrimination based on sex. 2) sexual acts, or attempts to perform a sexual act, or utterances targeting on sex, or actions on commercializing or targeting a person's sexuality which is done by coercion, intimidation, threats, detention, psychological pressure or abuse of power, or by taking advantage of coercive environment, or on a person incapable of giving a true consent. 3) Sexual actions are not limited to the physical damage of a person's body and may include actions which do not involve penetration or physical contact.

The scope of sexual violence that often occurs according to Erlinda (2014) in KPAI's material on Improving Efforts to Prevent Children from the Dangers of Violence, Abuse and Exploitation such as: 1) sexual intercourse, incest, rape, sodomy; 2) sexual exploitation in prostitution or pornography, 3) sexual stimulation, touch (molestation, fondling); showing genitals to a child for the purpose of sexual gratification; 4) forcing the child to hold the genitals of others; 5) forcing a child to view sexual activity.

According to the National Commission for Women (2013) there are 15 forms of sexual violence. The fifteen kinds of sexual violence are (1) rape; (2) sexual harassment; (3) sexual exploitation; (4) sexual torture; (5) sexual slavery; (6) sexual intimidation / assault, including threats or attempted rape; (7) forced prostitution; (8) forced pregnancy; (9) forced abortion; (10) forced marriages; (11) trafficking of women for sexual purposes; (12) sexual controls, including coercion towards women's clothing and women's criminalization through discriminatory rules of moral and religious reasons; (13) inhuman and sexual punishment; (14) traditional sexual practices which endanger or discriminate women, and (15) the imposition of contraception / sterilization. From various forms of sexual violence, the case which occurs most often is the case of rape, and becoming more worrying in early 2016, where victims of sexual violence are underage girls.

Perpetrators of rape are usually male. Rape usually occurs at a time when the perpetrator first threatens by showing his strength to the child. If the child is checked immediately after the rape, the physical evidence can be found such as semen, blood, and bruises as a result of persecution. Cases of rape with violence on children have a risk of offending children's emotional instability. In handling victims of sexual violence, the protection given to children is the child is not returned in situations of rape and child is kept away from the rapist. (Lukman Hakim Nainggolan, 2008: 74)

Factors that cause the sexual abuse of children according to Erlinda (2014) are (1) lack of public awareness of children's rights; (2) Parenting / character education at home; (3) poverty and the lack of public knowledge; (4) not having a database system on violence against children at the provincial / district / city to screen the potential for violence in a region; (5) the spread of malicious behavior across generations (the effect of duplication / copying / imitating); (6) social tensions (unemployment, illness, large family size, the presence of one who is mentally disabled at home, use of alcohol and drugs); (7) social isolation; (8) weak law enforcement.

Family plays an important role in preventing child sexual abuse. Parents are the closest people to children who are able to provide the cultivation of moral education from an early age. Mothers are the most important agents before the father in the family because usually the father is closer to his son. Mothers are the ones who often put their daughter to bed. Putting their daughter to bed could be one of the accesses to provide sex education for children from an early age to protect against sexual violence.

Other than family, people who are closest to children are teachers. Teachers become one of the agents of sex education for children. Hypnotherapy could be done by teachers in school daycare during nap time.

Sex Education in Early Childhood

Early childhood is children who are at a crucial and fast period in human's life. Early childhood is a critical period for the early cognitive development, health, emotional and physical growth of children. (Unicef, 2001: 1)

Early childhood according to Muhammad Fadlillah (2014: 19) is a child ranging from 0-6 years which has a tremendous growth and development that brings uniqueness to him.

The rapid development of children in this age requires a strong assistance in order to establish good characteristics. Early childhood is a golden period that can absorb learning sooner than the

later age. The rapid development of children in this age requires assistance to establish a strong private good boy. Early childhood is a golden period that can absorb learning sooner than later age. Debrieing sex education began to be considered to protect children from sexual crimes. Children need to be given an understanding of sex continuously and sustainably according to the characteristics of sexual understanding in early childhood.

Characteristics of early childhood are very fast and unique. Burril (2009) divides the characteristics of sex understanding in early childhood into two parts.

Characteristics of children from birth to 4 years.

a) Children think and understand something concretely. Two to three year old children learn with their world of imagination. They can identify children and men based on outward appearance. They recognize clothes and toys by gender. b) At the age of 3-4 years old, children can already feel their own sex and are increasingly aware of anatomical differences of children and men. They are formed according to their identity based on what they have learned from family, social interaction, and media information. c) Children are egocentric. They do not know much about anyone else but themselves. d) Children have a high curiosity and ask often. They have a short attention span. They need basic information in the form of a simpler answer. Questions often come from what children hear from their life experience. e) Children used to play and pretend to express themselves. Playing is children's work. f) Children absorb everything going on around them. They learn all the time through experience and observation.

Characteristics of 5-8 year old children

a) Children still think and understand concretely. b) Children are still centered on themselves. c) At the beginning of this stage, children have used the thought of sex to act. They realize that girls differ from boys. This can sometimes limit the space for the kids but they began to adapt to think constructively about themselves through books, storytelling, and repeated exposure of the people around them. d) At the age of 6, they could still think to be the opposite sex, becoming their idol, becoming a princess. But at the age of 7, they understand the stability of sex and know that sex will not change. e) Children are beginning to have an increased ability to describe their experiences and talk about what they think and feel. f) Children start thinking of others. g) Children have a high curiosity. h) Children start to be aware of the environment, about what they see and hear. i) Towards the end of this stage they are not thinking about sex in detail, but they already know about sex behavior spontaneously.

Characteristics of early childhood explain that children have started wondering about sex. They began to see differences in male and female, began to behave like their gender with the support of social interaction. Therefore, children need understanding on sex education. One of the proper times is just before their bedtime. When a child undergoes a transition from the conscious to the unconscious, the slowing speed of brain wave frequencies occur.

Hypnotherapy

Hypnotherapy is derived from the word hypnosis. According to Ana Yuliana (2012), hypnosis is a process of deterioration of consciousness. This condition will occur twice a day when going to sleep and waking up. Hypnosis is a state between the opening eyes and sleeping soundly. Hypnosis is a natural phenomenon that is experienced by every human being.

Hypnotherapy utilizes theta waves in the human brain. According to Ana Yuliana (2012), human brain waves radiate four types of waves, which are delta, theta, alpha and beta. Delta wave is at a frequency of 0.1 Hz - 4 Hz. This condition is called the condition of deep sleep without dreams. Theta waves range at 4 Hz - 8 Hz. In this condition, creative ideas and initiatives are emerged. The information received by the brain at this time would reach the unconscious child and are stored in his long term memory. The next wave is the alpha wave. These waves range from 8 Hz to 12 Hz. These waves occur at a higher level of consciousness.

In this condition, the human mind is only focused on one attention. Alpha waves can be seen when people pray fervently. The highest state of consciousness is beta waves. These waves occur at a frequency above 12 Hz. In this condition, the human is completely consciousness. Beta wave activity allows humans to do a lot of activities that they enjoy. From such explanation, the theta wave is the most suggestive condition and is the right time to do *hypnotherapy*.

At early childhood, children are in the mind waves of theta-alpha. Ana Yuliana (2012) stated that the technology experts call this phase as a pre-critical phase. Information is absorbed and integrated without any question. In this pre-critical phase, whatever is heard and felt, it will immediately enter and settle in children's subconscious mind. At this time, the child is very suggestive of anything. This period is a period when childhood began to be formed. Parents and teachers can develop a basic education on attitudes, self-concept, values of life, and outlook on life.

The process of hypnosis can be done by parents by giving suggestions to children before their bedtime. The activity can be initiated by stroking their head and singing softly. It aims to reduce the level of consciousness of the child so that the process of suggestion with a short sentence can be given to children. Short sentences have been selected since children’s focus towards something relatively brief and the span of theta waves are also limited to bedtime.

Material Suggestion for Sex Education

According to *The Student Wellbeing Division* (2011: 35), sex education for children includes six themes, namely: know me, you know; grow and change; my body; ownership; someone who to talk to; and where I come from. Early childhood starts comparing themselves to others. When the child urinates along with boys or while girls and boys bathe in the same location, they started asking differences in genitalia. Children need to understand the sexual parts of the body through clear and real communication.

The explanation of the theme *The Student Well Being Division* captured one of the themes for hypnotherapy which is Sex. The material and form of suggestion can be seen in the following table.

Table 1. *Hypnotherapy* Material Suggestion

Theme	Material Suggestion	<i>Hypnotherapy</i>
Sex	<ul style="list-style-type: none"> - Characteristics of boys and - Parts of body that cannot be touched - Girls’ clothing - Ethical behavior 	<p>Suggestion 1: Allah created male and female. Children have shy area that should be hidden. The area is chest and vagina.</p> <p>Suggestion 2: Children's shy area can only be seen by mothers during bathing and defecating at home, as well as female teachers at school.</p> <p>Suggestion 3: Allah SWT like children who hide their shy area. Such as when a child wants to urinate and had to go to the toilet. Boys are not allowed to follow the child to urinate.</p> <p>Suggestion 4: Children should not accept candy, ice cream, and other foods from the unknown.</p> <p>Suggestion 5: Children are not allowed to follow strangers.</p> <p>Suggestion 6: Children are not allowed to talk to men who are not known.</p> <p>Suggestion 7: Children's shy area should not be seen, touched, held by just anyone. If this occurs the child should shout and run.</p> <p>Suggestion 8: Children should shout and run away when an unknown person kisses and touches them.</p>

Suggestion 9:

Allah loves children who use covered dress. Long dress can avoid heat and cold and cover the shy area.

Suggestion 10:

If there is a swimming activity in a public place, a child should ask a parent / teacher to change their clothes in the dressing, toilet, or enclosed places.

Suggestion 11:

If children come into a market or to a recreation area, they should not be far away from their parents.

Implementation of Hypnotherapy Procedures

The implementation of giving suggestions in hypnotherapy could be easily applied by parents. The procedures are: 1) The suggestions are given by parents or teachers at bedtime. 2) Before giving suggestions, parents or teachers can reduce the level of awareness of children by stroking their head and singing softly. After that, suggestions on sex education can be delivered. 3) Suggestions on sex education should be appropriate with sex theme. 4) Suggestions sentences are not too long, since the child has a short focus. 5) The suggestion should be repeated alternately so that children do not feel bored.

The Advantages of Hypnotherapy

The implementation of hypnotherapy for early childhood utilizes two aspects of the conditions that support the success of cultivating an understanding of sex. The first aspect utilizes the characteristics of early childhood, which are at the pre-critical stage. Children at this stage will receive any information without asking. The second aspect is the use of state of theta brain waves of children to give a brief suggestion of understanding sex. This suggestion is expected to persist in the long term memory of children. The implementation of hypnotherapy could be easily done by parents every night.

CONCLUSIONS

Sexual violence is becoming one of the responsibilities of parents and the community. They have contribution towards the protection of children from sexual violence which haunts in today's society. Sex education from an early age is done in order to keep them away from the opposite sex. One way to communicate sex education with children is through the implementation of hypnotherapy.

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