

INTERVENTION STRATEGY IN PARENT-FOCUSED PREVENTION TO CHILDREN SEXUAL ABUSE (CSA) : A LITERATURE REVIEW

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ABSTRAK

Kekerasan seksual pada anak sangat marak terjadi khususnya dalam kancah global. Saat ini seluruh negara sadar akan bahaya pelecehan seksual oleh karena itu mereka sangat serius dalam menanganinya. Salah satunya adalah peningkatan peran serta orang tua dalam mencegah permasalahan tersebut. Orang tua dinilai mampu menjadi gerbang utama bagi anak-anaknya untuk mencegah terjadi kekerasan seksual pada anak. Penanaman mindset bukan hanya kepada anak, melainkan juga kepada orang tua sangatlah penting. Masalah utama jika kekerasan seksual pada anak terjadi adalah timbulnya dampak jangka panjang yang dapat merusak masa depan mereka. Tujuan dari penelitian ini adalah untuk melihat seberapa kuat perubahan yang terjadi pada saat dilakukannya intervensi kepada orang tua dan mengubah cara pandang masyarakat terhadap kekerasan seksual pada anak. Metode penelitian adalah studi literatur dengan menyaring beberapa artikel menjadi 7 artikel terpilih berdasarkan variabel-variabel yang diteliti. Dengan menyaring artikel yang memiliki responden orang tua yang memiliki anak usia 7-18 tahun. Penelitian ini juga mendapatkan hasil bahwa intervensi maksimal melalui penyuluhan dan konseling dapat mengubah cara pandang, perilaku, dan meningkatkan pencegahan kekerasan seksual pada anak dengan masif

Kata kunci : perilaku, pola pikir, kekerasan seksual anak, orang tua,

ABSTRACT

Sexual violence against children is very common, especially in the global arena. Today the whole country is aware of the danger sexual harassment therefore they take it very seriously. One of them is increasing the participation of parents in preventing these problems. Parents are considered capable of being the main gateway for their children to prevent sexual violence against children. Planting a mindset is not only for children, but also for parents is very important. The main problem when sexual violence against children occurs is the long-term impact that can damage their future. The purpose of this research is to see how strong the changes that occur when interventions are carried out for parents and change the community's perspective on sexual violence against children. The research method is a literature study by filtering several articles into 7 selected articles based on the variables studied. By filtering out articles that have parent respondents who have children aged 7-18 years. This study also found that maximum intervention through counseling and counseling can change perspectives, behavior, and increase the prevention of sexual violence in children massively.

Keywords : behavior, child sexual abuse, parent, mindset

INTRODUCTION

Child sexual abuse (CSA) is a widespread global problem. The United Nations International Children's Emergency Fund (UNICEF) states that every year around the world, there are millions of women and men who are sexually abused and exploited which can happen anywhere, such as at home, at school, or in their neighborhood. According to UNICEF, in 2020 at least 120 million women under the age of 20 who are forced to have sex or perform other sexual acts (Tetti Solehati, Sri Mayang Rahayu, 2021).

CSA in Indonesia is also increasing every year. Based on data from Lembaga Perlindungan Saksi dan Korban (LPSK), in 2019 noted an increase in the number of requests for protection

and assistance from the LPSK for victims of CSA. In 2017 the cases of sexual violence against children reached 81 cases, in 2018 it reached 206 cases, in 2019 there were 350 CSA cases. It is believed that this figure is still the tip of the iceberg. In addition, the LPSK also stated that CSA perpetrators were people who had close relationships and very few CSA were carried out by strangers. CSA case data shows that the perpetrators of sexual violence include fathers, grandfathers, siblings, uncles, cousins, teachers, neighbors, playmates, and strangers. While the Triggers and Modes of CSA are Poverty, Porn Sites, Power Relations and Pedophiles (LPSK, 2019).

Parents play an important role in CSA prevention, but there are still many parents who are not aware of the importance of CSA prevention. The majority of parents are still confused about how to educate their children about sexual topics which are still considered taboo in society. Therefore, parents must be taught to establish open communication by sharing feelings, honesty, and listening. Closeness between parents and children can protect children from CSA, overcome trauma, and minimize losses (Solehati et al., 2022).

This research aims to explore effective interventions for parents in preventing sexual violence in children. This research is expected to become the basis for policy makers in planning CSA preventive interventions.

METHOD

This research is made in the method literature review research which provides output to the data that exist, as well as a description of a invention so that it can be used as a examples of deep research studies organize or discuss clear from the contents of the problem that will occure researched. The author is looking for data or literature from journals or articles so it can form a solid basis for content or discussion. The search for articles was conducted using electronic databases namely Perpustakaan, CINAHL, ScienceDirect, Pubmed and Proquest.

This study used a literature review that was conducted using Google Scholar and Scopus. The following search terms as well as their derivatives were entered: child sexual abuse, prevention, interventions, treatments, family-based, school-based, policy, and impact of child sexual abuse. Studies were included in accordance with the following inclusion criteria, such as included empirical data, using english language, have been published after 2013 or last ten years (2013-2023), and open access. This study used 7 literature articles to be reviewed.

RESULT

The results of 7 articles showed several sexual violence prevention interventions in children that parents and teachers should implement as parents of children at school. These interventions include counseling, education through video, and psychoeducation.

Table 1. Previous Research Article

Title, Author, Year	Method	Sample Description	Intervention	Outcomes
Comparing the effect of two methods of group education and education by multimedia compact disk on mothers' knowledge and attitude about child sexual abuse, Lak et al (2017)	Experiment (RCT): quantitative; randomized into two intervention groups with no control group; pre-test and post-test (one month)	n = 100 mothers, (100% female), Age unspecified	Unnamed CD (Compact Disc) and group educational sessions: CD contains text, audio, images, movies, and animations; about CSA prevalence, signs. consequences and prevention	• Knowledge in parent are undefined (Statistically significant increases for both intervention groups at post-test (education sessions only and education plus multimedia CD; no difference between groups' increases)

				<ul style="list-style-type: none"> • Parental attitude (undefined)—Statistically significant increases at post-test for both intervention groups (no difference between groups' increases)
Preventing child sexual abuse through education: The work of Stop it Now : Wales, Hudson (2018)	Within-group design and qualitative; no control group; pre-test and post-test (quantitative) plus interviews with past participants (qualitative)	n = 252 attending as parents or professionals (79% female; 57% with at least one child) n = 16 past participants (qualitative; 94% female) Total sample range 16–56	<i>Stop It Now! Wales:</i> a selection of facilitated group programs aimed at engaging parents, carers, and professionals in an informed discourse about CSA and how to prevent it; the interventions were: <i>Parents Protect!, Internet Safety, Sexual Development in Pre and Post Pubescent Children, Preventing Child Sexual Abuse Exploitation, and Professionals Protect!</i>	<ul style="list-style-type: none"> • Parental knowledge (CSA myths, perpetrators, victims, offending behaviors, etc.; types of knowledge measured differed by intervention group)—Increased parental knowledge at post-test (no statistical test) • Parental self-efficacy (to act on concerns)—Increased following interventions (no statistical test) • Parental response-efficacy (acting on concerns makes a difference)—Increased parental confidence that their actions would make a difference at post-test (no statistical test)
Hubungan Pengetahuan Orang Tua Terhadap Kekerasan Seksual Pada Anak Usia 7-12 Tahun dengan Sikap Orang Tua dalam Pencegahan Kekerasan Seksual, Fisnawati, Shanti et al (2019)	Descriptive correlation research with cross sectional approach, chi-square test, cluster sampling technique, prepost test (one month)	n = 369 parents (25-26 years old) who had children with the age of 7-12 years old,	With the socialization to the parents in five of elementary school at Pekanbaru City. The socialization it contains of workshop that explain what the CSA is and other matter such us CSA handling including how important prevention education to CSA in parents itself	<ul style="list-style-type: none"> • Parents are divided into a different variables such as age, children's age, education and work. The result contains that parents with the tertiary education in junior high school and have a job is more understand how important prevention for CSA. • The result of measurement of knowledge level are

						having a negative perspective in prevention of CSA
Child sexual abuse prevention involving mothers: A Quasi-experimental study with Protection Motivation Theory-based intervention (Bhagyalakshmi & Kumar, 2022)	A Quasi-experimental study with Protection Motivation Theory-based intervention (pre-test and post-test) and purposive sampling technique	The study participants included 67 mothers (five drop-outs) of preadolescent children between the age group of 30–40 years, included 33 in the experimental and 34 in the control group.	The participants of the experimental and control groups were judged on their knowledge and attitudes. A PMT-based intervention program for CSA will be provided to the experimental group. The control group will wait to be given the same intervention after the posttest. Professional counseling support service contacts are provided to participants along with debriefing scripts. All participants were briefed on the purpose of the study and intervention.	There were significant changes in knowledge and attitudes among the participants after the intervention. Prevention of CSA will be effective with knowledge acquisition after PMT-based interventions. Intervention programs that involve mothers in CSA education have benefits.		
Sex Education For Teacher and Parent as An Effort to Prevent Sexual Violence in Children (Joni & Surjaningrum, 2020)	Experiment: quantitative, pre-test and post test, paired sample t-test, purposive sampling technique.	N= 25 This study involved 10 teachers and 15 parents of students from 3 different kindergartens (TK) in the Ploso area.	This study has 4 sessions, among others: 1. Contract discussions and pretests to the intervention group 2. Delivery of sex psychoeducation material through lecture methods 3. All participants of the intervention group' were asked to work on worksheets used to design methods of sex education activities for early childhood in order to prevent the incidence of sexual harassment with the aim of increasing awareness 4. Filling the post-test	Sample statistics comparing the participants pretest and post-test results showed P-value = 0.000 which is the smaller value than $\alpha = 0.05$. This means that H_0 is rejected and H_a is accepted which means that the increase in participants' understanding regarding education to prevent violence against children.		
Effect of Group Counseling on Parents Self-	Experiment (RCT): qualitative, cluster sampling	Sample consist of 62 parents with children aged 2 to 6	All participations in the intervention group will get the	There was no significant difference between		

Efficacy, Knowledge, Attitude, and Communication Practice in Preventing Sexual Abuse of Children Aged 2-6 Years (Navaei et al., 2018)	technique, pre-test and post-test, data were analyzed using the Chi-square, independent t-test, Mann-Whitney, and Friedman tests. $P < 0.05$ was considered statistically significant.	years from three kindergartens. The sample count was 31 parents per group, respectively, in the control group and the intervention group.	intervention for a 3 week counseling program consisting of 90 minutes for a session each week. Participants were evaluated before, immediately after, and last after a month of intervention. In the other hand, all participants in the control group didn't receive the intervention	the intervention and control groups in terms of the mean knowledge ($P = 0.50$), attitude ($P = 0.48$), practice ($P = 0.93$), and self-efficacy ($P = 0.43$) before the intervention. However, a significant difference was observed between the groups immediately after ($P < 0.001$) and one month after ($P < 0.001$) the intervention.
Effect Of Sexual Violence Education To The Behavior Of Parents In Preventing Sexual Abuse Of Children (Fatmawati & Maulana, 2016)	One-group pre-post test design, purposive sampling, data were analyzed using the Wilcoxon Signed Rank Test	Samples were taken by 36 respondents, which is parents of student grade 1 from MI Tarbiyatul Athfal	The intervention was carried out by providing sexual violence education to parents. Parents will be observed before the intervention and after the intervention	From the statistical test of Wilcoxon Signed Rank Test result obtained knowledge (α count) = 0,00 it means that there is a significant influence of sexual violence education to knowledge about the prevention of child sexual violent behavior. Attitude (α count) = 0,00 it means that there is a significant influence of sexual violence education on the attitude about the prevention of child sexual violent behavior. Action (α count) = 0,00 it means that there is a significant influence of sexual violence education on the action about the prevention of child sexual violent behavior.

DISCUSSION

In a study entitled "Comparing the effect of two methods of group education by multimedia compact disk on mothers" with quantitative experimental methods and sampling randomized into two intervention groups with no control group. Which uses pretest and posttest as data processing instruments for one month. Has a sample of 100 mothers with an unspecified age.

Shows the results where parents' knowledge related to sexual violence in children increases after being given interventions in the form of counseling and providing material (Osmanoğlu, 2019). The intervention was carried out through playing videos on CDs and providing an illustration of the correlation between good mother's knowledge and prevention of sexual violence in children. In addition to knowledge, changes in attitudes from parents after the intervention also changed. The way parents view the importance of looking after their children to avoid sexual violence is very significant.

Research conducted by Dr. Kirsty Hudson (2018), stated that there should be a strategy to increase knowledge about CSA for parents to increase their confidence in taking action regarding CSA. Considering that changes and technological advances can develop rapidly, this will also cause the risk of CSA to increase. Therefore, parents have an important role to play in recognizing the signs of CSA and educating their children about CSA prevention. There are three measures used in this study to increase the role of parents in preventing CSA, namely increased knowledge regarding CSA, confidence to act on any concerns about CSA, and the belief that the actions taken will make a difference. In this study it was said that most parents had difficulty talking to their children about CSA. Some of the reasons are that discussing CSA can make children afraid of adults, afraid of the touch and affection of adults, and fear that the knowledge of CSA given to children can cause the child to lose innocence. This shows that an educational program is needed that can influence parents' beliefs in dealing with CSA and how to prevent it.

The results of the research written by Shanti Fisnawati in 2019 with the title 'Hubungan Pengetahuan Orang Tua Terhadap Kekerasan Seksual Pada Anak Usia 7–12 Tahun dengan Sikap Orang Tua dalam Pencegahan Kekerasan Seksual' ' with the descriptive correlation research with cross sectional approach, chi square test, and cluster sampling technique with the instrument of prepost test in one month. The research was conducted by separating the two parental variables which are age, child's age, occupation, and parents' education. The results obtained are parents with low to medium levels of education with a higher level of knowledge about child abuse than parents who are highly educated but do not work. In addition, there are many negative perspectives from parents about child sexual violence before comprehensive intervention is carried out (Gupta & Garg, 2020)

The results of the research written by Julia et al 2023. Overall, across all seven categories of outcomes, identified only improvement or no change in outcomes (i.e., there was no evidence of negative outcomes). These improvements in focal outcomes occurred at a minimum rate of 50% of studies which measured them (for parental attitudes), and 100% of studies at maximum (for parental behavioral intentions and response-efficacy). Other outcomes categories fell within this range (see Figure 2): knowledge (56%), self-efficacy (67%), capabilities (75%), and behaviors (88%). In summary, suggested that parent-focused CSA prevention programs are generally effective in facilitating change in measured parent variables such as knowledge, attitudes, and behaviors. However, some of these findings were borne of research suffering from methodological flaws, so caution should be used in their interpretation. More research is necessary to draw firmer conclusions on the efficacy of such programs on parent variables, as well as to detect the extent to which changes in assessed parent variables affect the desired change in child outcomes, and ultimately, whether enhancing these parent variables has real-world preventive value. (Julia et al 2023).

In the other study (Bhagyalakshmi & Kumar, 2022) explained that prevention of CSA will be effective with knowledge acquisition after PMT-based interventions. Intervention programs that involve mothers in CSA education have benefits. There were significant changes in knowledge and attitudes among the participants after the intervention. The participants of the experimental and control groups were judged on their knowledge and attitudes. A PMT-based

intervention program for CSA will be provided to the experimental group. The control group will wait to be given the same intervention after the posttest.

In a study entitled 'Effect of Group Counseling on Parents Self-Efficacy, Knowledge, Attitude, and Communication Practice in Preventing Sexual Abuse of Children Aged 2-6 years' written by Navaci et al in 2018, the results showed that there were significant differences from interventions in control group with mean of knowledge, attitude, behavior, self-efficacy. The intervention was carried out by conducting counseling activities for 3 weeks with one day being carried out for 90 minutes. All participants were evaluated before and after receiving counseling (Trambakrao Dahake et al., 2018). To compare and see indicators of success, this study has a control group that was not intervened at all to see the comparison. The results obtained were that the control group without intervention had a good perspective and some did not (et al., 2021).

The results of research conducted by Fatmawati and Maulana in 2016 with the title 'Effect of Sexual Violence Education To The Behavior of Parents in Preventing Sexual Abuse of Children with the one-group pretest and posttest instrument methods, purposive sampling of data, and data processing and analysis using Wilcoxon signed rank test with 36 parent respondents showed that there was a significant increase in terms of knowledge, attitudes, and parents' perspectives on child sexual violence. Through this intervention, the perspective of many parents who do not care about the impact that will be caused by sexual violence on children increases drastically to change their behavior to be more open and alert. In addition to the level of knowledge that at first did not know what child sexual violence was, the types, to the impact, after the intervention experienced a drastic increase through the average value

CONCLUSION

Based on the reviews that have been conducted by the authors of the results of 7 research articles, it can be concluded that there are many significant changes in the respondents in several variables such as age, education level, employment level, social status, and parental behavior after being subjected to interventions related to awareness of sexual violence in children. From several studies, more interventions provide maximum results when socialization or counseling is carried out directly to respondents using the pretest and posttest instruments as measuring materials for data processing. In addition, the importance of implementing counseling activities in stages by paying attention to changes within a certain period of time also greatly influences the behavior changes of the respondents, namely parents.

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