

## The Urgency of Sex Education for Adolescents in the Islamic Religious Education Paradigm

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### ABSTRACT

Education is an important part of human life. One of them is sex education which is still very taboo given to every individual. The lack of understanding of adolescents regarding sex education causes many sexual deviations to occur and are carried out by adolescents. For this reason, the urgency of sex education must be given to adolescents in accordance with Islamic religious teachings. The purpose of this research is to find out the urgency of sex education given to adolescents according to the paradigm of Islamic education. This research uses a qualitative approach and a descriptive research type, with a case study at MTs Muhammadiyah 20 Menongo. Methods of data collection using the method of observation, interviews, and documentation. The collected data is then analyzed through: 1) data reduction, 2) data presentation, and 3) drawing conclusions. The results of this study are: 1) The urgency of providing Islamic sex education to adolescents, namely as an effort to prevent free sex behavior among adolescents; efforts to prevent the impact of free sex behavior such as pregnancy out of wedlock, various sexual diseases and sexual violence; and efforts to instill behavior in adolescents that are in accordance with nature as men and women. 2) The role of Islamic Religious Education Institutions is to provide a good environment for the development of adolescents; provide a basis for behaving in accordance with the teachings of the Islamic religion; become a source of good and correct knowledge information, especially related to sex education. 3) Strategies in providing sex education material, namely providing advice or understanding regarding Islamic sex education in every religious activity; using learning media; as well as strictly implementing the rules that already exist in school institutions, especially related to immoral acts and sexual deviations.

## Introduction

Education is an important part of human life. Education is also what differentiates humans from other creatures of God, and is even able to differentiate the level of humans from other humans. Education is the key to every human problem and need anywhere, and at any time. According to Gus Dur, the concept of Islamic education is an educational concept that is based on religious beliefs and aims to guide or deliver students to become complete human beings, and free from the shackles of oppression (Kurniawati & Junaidi, 2023).

One aspect of education is sex education or what is called *sex education*. *Sex education* is an important aspect in human life. Because it is known that sex is a biological need for every human being. The issue of sex has had a lot of discussion. But in general society, discussions related to *sex education* are still something that is very taboo, dirty, impolite and even considered to violate societal norms and ethics.

In this day and age, there are many sexual deviations and delinquencies committed by teenagers. In Indonesia itself, it cannot be denied that the majority of teenagers still experience cases of pregnancy out of wedlock. In fact, most of them demand marriage dispensation at a fairly young age. This cannot be separated from several factors that influence it, one of which is that the surrounding environment does not provide education related to sex properly and correctly.

A strong factor that makes it difficult to provide sex education to students formally or informally is the public's mindset which is not yet open and does not know the importance of sex education for teenagers (Muarifah et al., 2019). In fact, with the current of globalization which is increasingly advanced and developing, many teenagers are joining the flow without seeing whether it is in accordance with their religious norms. As currently there are many sexual deviations such as genital surgery, the rise of LGBT (Lesbian, Gay, Bisexual and Transgender), and teenagers getting pregnant out of wedlock which is also influenced by the lack of provision of knowledge regarding their nature both from their parents and their environment.

Zulpiadi said that one way to deal with promiscuous sexual behavior in teenagers is by teaching sex education according to Islam. The concept of sex education in Islam is not to teach how to have safe sexual relations and prevent pregnancy, but to teach how to avoid adultery and deviant sexual behavior, so religious education, biology and physical education can be integrated to provide students with an understanding of sex education (Rusydi, 2012). This means that sex education in Islam is oriented towards morals and personality, not just health and academic oriented.

This is what differentiates sex education in the Islamic concept and the Western concept. In the West, the emergence of sex education is usually motivated by sexual cases and problems that occur and become quite detrimental problems. The emergence of sex education was motivated by the behavior of teenagers who engage in unsafe sex and cases of other sexual diseases (Rusydi, 2012).

Seeing so many threats of sexual deviation for teenagers, of course there must be a shield for every teenager both at home and at school. So that teenagers can grow and develop healthy in body and soul and become good individuals. One of them is Islamic sex education.

Islamic education has provided solutions from an Islamic perspective. Islam, which regulates all aspects of life, has regulated this from beginning to end. Starting from how to choose a life partner to how to educate children so that in the future they will be able to respond to social upheavals that exist within them properly and correctly (Widjaja et al., 2022).

From this it can be seen the importance of the family environment as well as schools, especially Islamic education, providing better education and in accordance with religious norms for sex education for teenagers. Therefore, here we take the title "**The Urgency of Sex Education for Adolescents in the Islamic Religious Education Paradigm**".

### **Method**

The type of data used in this research is qualitative research. The reason the author uses qualitative research methods is because the problems studied by the author are naturalistic and dynamic, making it difficult to use quantitative research methods. The problem studied by the author is said to be dynamic, because the object studied is the urgency of sex education for teenagers according to Islamic Religious Education at MTs Muhammadiyah 20 Menongo, where researchers will find out the extent of its implementation in Islamic Religious Education. The aim of this qualitative research is to thoroughly describe the empirical reality behind this phenomenon in detail and comprehensively. This research method is a case study. The subjects and locations in this research were Islamic religious education teachers and class VIII students at MTs Muhammadiyah 20 Menongo. The location of this research is in Menongo Village, Sukodadi District, Lamongan Regency.

### **Results and Discussion**

#### **1. The urgency of *sex education* for teenagers according to the Islamic religious education paradigm**

Based on the results of interviews with several teachers at MTs Muhammadiyah 20 Menongo stated Sex education is an important and useful branch of knowledge to be given to every individual. But not everyone understands what sex education is and the importance of providing this education to students. Sex education is education related to parts of human anatomy, the changes experienced by humans when they reach puberty, sexual diseases and regarding knowledge regarding oneself as a sexual individual and carrying out one's role well in society according to one's gender (Aziz, 2017).

The importance of *sex education* given to teenagers can be seen from the conditions and needs of the teenagers themselves. Seeing the current juvenile delinquency and the many cases experienced by teenagers related to sexual deviation, education regarding sex is very necessary in accordance with the teachings of the Islamic religion.

##### **a. Efforts to prevent the occurrence of free sexual behavior among teenagers.**

The times and various factors that influence the development of teenagers today make the majority of teenagers think that casual sexual behavior such as dating is normal or even a trend that is worth following. Dating carried out by teenagers is also usually followed by sexual acts that are not common such as holding hands, hugging, kissing or even having sexual relations. This behavior is dangerous behavior and is not in accordance with existing norms in society (Wardani, 2016). Therefore, at this time it is necessary to provide understanding regarding the prohibition of sexual behavior and the need to

emphasize learning related to sex in accordance with Islamic teachings and sexual morality which are conveyed to teenagers.

**b. Efforts to prevent the impact of free sexual behavior such as pregnancy outside of marriage, various sexual diseases and sexual violence .**

Understanding regarding sex needs to be given to teenagers, one of which is to reduce the occurrence of pregnancy outside of marriage which results in dropping out of school so that the future of teenagers which should still be long must be stopped. It is also very important to provide an understanding of several sexual diseases, such as syphilis, hepatitis B or even HIV/AIDS, all of which are dangerous diseases and difficult to cure. Sexual violence also often occurs due to teenagers' lack of understanding regarding sensitive body parts that should not be shown to the opposite sex and should be protected. When pregnancy out of wedlock occurs, the child's future will be greatly harmed, both by the environment becoming increasingly alienating and even damaging to the child's psychology. Many of these impacts occur because teenagers don't know about understanding good sexual behavior and according to religious norms. Therefore, one of the important educational materials given to teenagers is related to avoiding adultery

**2. Efforts to instill behavior in teenagers according to their nature as men and women.**

This effort is expected to be able to provide understanding to teenagers regarding the correct actions or behavior in responding to problems that exist in adolescent development according to their gender. Teenagers still feel embarrassed when asking their parents about sex. This makes teenagers look for sources that lack places to use as references. The perspective of society which is still taboo in looking at sexual issues means that children or teenagers often get an understanding of sex through inappropriate sources resulting in many sexual deviations being committed or imitated from these sources (A. M. Putra, 2018). One of the sexual deviations that is very widespread today is LGBT (lesbian, gay, sexual and transgender). There are many videos on social media that show a man who then dresses up as a woman. This, without realizing it, also influences teenagers' understanding of this behavior, which is almost normalized.

It can be concluded that the urgency of Islamic sex education for teenagers is given for several reasons: firstly, as an effort to prevent free sexual behavior in teenagers, secondly, as an effort to prevent the impact of free sexual behavior and understanding related diseases resulting from sexual behavior . Third, to instill teenagers' behavior in accordance with their nature as men and women in social life so that they do not commit sexual deviations such as LGBT behavior because teenagers get their understanding of sex from unclear sources or bad sources.

**3. The role of educational institutions in providing Islamic sex education**

In providing understanding regarding Islamic sex education , MTs Muhammadiyah 20 Menongo has an important role as a school or Islamic educational institution to shape the morals of its students in accordance with one of its visions.

One understanding in forming good morals for students is by providing an understanding of Islamic *sex education*. The following is the role of Islamic educational institutions in providing *sex education* :

**a. Providing a good environment for the development of teenagers.**

MTs Muhammadiyah 20 Menongo strives to be a good environment for its students to gain knowledge after family. Educational institutions have an important role in providing sources of knowledge to their students. A good environment greatly influences the good development of each individual. In providing *sex education* in schools, educational institutions must create a safe educational environment and protect their students from any acts of violence, including sexual violence (Oktariani et al., 2023). In this case, sexual education (*sex education*) can be a way to prevent sexual violence by providing an understanding of the rights and obligations of each individual regarding sexual behavior in accordance with religious norms.

**b. Providing a basis for behaving in accordance with the teachings of the Islamic religion.**

In Islamic religious education, the Qur'an and Hadith are the main basis. The delivery of *sex education* material in Islam should also be given by following the foundations of the Qur'an and Hadith. In this way, it is hoped that children will be able to understand the norms that are in accordance with the teachings of Islam. Islamic religious education also strives to form people who obey Allah SWT by knowing all the commands and prohibitions. So that in his life every individual is able to carry out his obligations as a good Muslim in society to obtain happiness in this world and in the hereafter. Be a source of good and true knowledge information.

One of the urgencies for *sex education* to be given to teenagers is because there are currently many sources of information that are easily accessible to the public. so that children often receive inappropriate sources regarding understanding *sex education* . Here the role of Islamic educational institutions, especially teachers, is very large in providing a good and correct understanding regarding *sex education*. In accordance with the aim of Islamic Religious Education, namely to form a child's personality with noble character. So educational institutions play a very important role in the process of children gaining knowledge about sex in accordance with the teachings of the Islamic religion (K. S. Putra, 2015).

From the statement above, it can be concluded that Islamic educational institutions play a very important role in providing sex education to teenagers, starting from providing a good environment for the development of teenagers, providing a basis for behaving in accordance with the teachings of the Islamic religion, and being a source of good and correct knowledge and information.

#### **4. Strategy for providing *sex education* in Islamic Religious Education**



Strategy is the art or knowledge of utilizing all factors to achieve the desired educational goals. Learning strategy is one of the important aspects of educational strategy, which aims to improve the quality of students and help them develop their thinking patterns (Zubaidah, 2016). Providing material related to *sex education* is really needed for today's teenagers because there are many cases of sexual deviation whose objects are teenagers. In relation to sex education, sharia laws relating to relationships between men and women should be conveyed by parents or educators using language that can be understood by teenagers accompanied by scientific explanations, so that they can be accepted by teenagers. In providing Islamic *sex education material in the school environment, educators use several strategies. Providing Islamic sex education material at MTs Muhammadiyah 20 Menongo is carried out using various strategies as follows:*

**a. Provide advice or understanding regarding Islamic sex education in every religious activity .**

Providing *sex education material* to teenagers is not an easy thing because it is still considered a sensitive matter. Here, MTs Muhammadiyah 20 Menongo teachers have a strategy for providing lessons related to *sex education* by providing advice on several religious activities such as after Duha prayers and after congregational prayers.

Providing sex material is also done interspersed during religious lessons by discussing several verses in the Koran regarding protecting the private parts in the QS. Al Ahzab verse 59 and al-Isra' verse 32 regarding adultery. Several verses and hadiths are also memorized so that children can use them as a basis for their community life.

**b. Using learning media**

The strategy used in providing sex education at MTs Muhammadiyah 20 Menongo is also the use of visual media in the form of learning videos related to sex education material. Followed by lectures and discussions with students to discuss topics related to sexuality in an open and informative manner.

Providing material using media like this is very suitable for teenagers because it is more varied and innovative so that teenagers' interest in paying attention to the material is higher (Al-Tabany, 2017). Apart from that, Mrs. Hana also gave other suggestions by using dolls or mannequins for certain *sex education materials* such as introducing body organs so that children understand them more clearly.

**c. Execute the rules strictly**

In the school environment, there needs to be rules and regulations that are used as norms in the school. Rules and regulations are formed so that the implementation of learning activities at school can run conductively and smoothly. School rules are also a discipline lesson for everyone in the school environment, especially students (Kurniawan, 2018).

Providing strict rules regarding violations of sexual deviation committed by children makes children understand which behaviors must be avoided. At MTs Muhammadiyah 20 Menongo, the implementation of the rules is carried out by starting to provide understanding regarding prohibited behavior that cannot be carried out. Then provide personal advice or warnings to students who have committed violations. And giving suspensions if violations committed by students have exceeded the limits.

*sex education* material is still difficult to provide clearly because society considers it taboo. Therefore, it can be concluded from the explanation above that the strategy that can be pursued in providing *sex education material* is by providing advice or understanding regarding Islamic sex education in every religious activity, the use of learning media, as well as emphasizing the existing rules and regulations in school institutions. All of this is done with the aim of giving students more freedom to understand material related to sex education better.

### **Conclusion**

Sex education is very important for the younger generation according to the Islamic education paradigm, aiming to prevent sexual harassment, discrimination and discrimination against minority groups. To prevent sexual harassment, schools must provide clear and accurate information about sex education. Islamic educational institutions must provide a conducive environment for young people to develop and avoid sexual harassment, provide resources that are aligned with Islamic teachings, and serve as reliable sources of information about sex education.

Strategies that can be pursued in providing Islamic *sex education material* are: *providing advice or understanding regarding Islamic sex education at every religious activity; using learning media such as using learning videos and using dolls for certain material related to sex education ; as well as strictly implementing the rules that exist in school institutions, especially regarding immoral acts and sexual deviations*

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