

## ORIGINAL ARTICLE

# Development and Testing of Intervention Model for Child Sexual Abuse Prevention on Primary School Children in Padang City, 2014

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## Article Cycle

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## Abstract

**Background:** Sexual violence against children increased in many regions in Indonesia, both in cities and in desa. Keadaan is also happening in the city of Padang, where cases of sexual violence against children is increasing from year to year. Therefore, necessary one model to be able to do primary prevention. **Aims & Objectives:** The aim of this study is to establish a model of promotion and prevention interventions that can be used as primary prevention of sexual violence against primary school children in Padang City. **Material & Methods:** The method was combining qualitative and quantitative research. The population of this study was the teachers and students within amount of ten elementary schools in the Padang City with 170 sample of people. **Result:** The model of intervention through Minangkabau language songs can enhance children's knowledge and assertiveness toward primary prevention of sexual violence. **Conclusion:** "Neherta" Model is a promotion and prevention interventions model of sexual violence against primary school children in Padang City.

## Key Words

Nurses; Model intervention; Prevention; Sexual Violence; Child Primary School.

## Introduction

Sexual abuse against children had increased on many countries in the world, including Indonesia (1,2). This will disturb physical, psychological, social, sexual and interpersonal of the children, both short term and long term. Physical and psychological disorders will cause mental disorders, illegal drug use, suicide attempt, sexually transmitted infections and risky sexual behavior (3,4,5,6,7,8,9,10,11) which requires a large cost for physical and psychological recovery. Costs that incurred as a result from child sexual abuse is greater than the cost of other health problems. Because the victim had to undergo a lot of medical and psychological therapy. Costs that incurred from therapy, not only borne by the

children and their families, but also by the government, for example, in the United States, the government spends around US \$ 124 billion per year for the treatment of child victims from sexual abuse, in Canada approximately US \$ 1,16 billion per year, as well as in Australia is around US \$ 11,38 billion per year (12,13,14,15,16,17,18).

This child sexual abuse problem is one of the health problems in community. Therefore, the treatment must involve collaboration of various disciplines, one of whom is a nurse). Nurse is one of the professions in the health sector that has the largest number compared to other health care workers (19). "Role of the school nurse 100 years ago," 2008. Therefore, nurses have so much potential to address health problems in the community, for example, the

problem of sexual abuse against primary school age children. Padang city is a city of art and culture in the island of Sumatra. The city is famous for the legend of Malin Kundang and Siti Nurbaya. Most residents of this town come from the Minangkabau ethnic group. Cases of sexual abuse against children in the city of Padang have increased in the last five years. In 2009 there were nine cases, in 2010 rose to 26 cases, in 2011 dropped to 24 cases, but in 2012 rose back to 34 cases and in 2013 increased to 65 cases (Women's Crisis Center Conscience Women Padang). This make Padang become a city with the highest case numbers of sexual abuse against children in West Sumatra.

Currently, Padang doesn't have a model that can be used as primary prevention of sexual abuse against children. Therefore, it is necessary to have a model of intervention that suitable with the characteristics of primary school age children in the city of Padang. This intervention model is expected to enhance the knowledge and assertive behavior of children in the city of Padang.

This research is part of dissertation research which consist of 2 phases. This research is the first stage, with purpose of creating a prevention model for sexual abuse against children which is suitable for primary school children in the city of Padang. Then tests are performed for the model. The target on the first stage of this research is the forming and implementation of the model's trials. On the second stage, an evaluation of the existing model will be carried out, whether the model can be used as prevention model of sexual abuse on primary school children in the city of Padang.

### Aims & Objectives

The aim of this study is to establish a model of promotion and prevention interventions that can be used as primary prevention of sexual violence against primary school children in Padang City.

### Material and Methods

The research method in the first phase was a qualitative approach with grounded research design which supported by quantitative, in-depth interviews and questionnaires in the District / City of Padang, aiming to produce a model. Data was collected through interviews, observation, documentation studies, literature study, and a questionnaire. The research population were teachers and students at ten primary schools in the city of Padang. Samples were taken with snowball and clusters technique, in quantities that adjusted to data requirements and empirical

information. The research activities were designed within a period of one year (January 2014 to December 2014)

### Results

According to research's purpose, this section will describe research's results that directly explained sequentially. Research's results description will be explained in the following order; first, a geographical picture of Padang, second, steps that required to create the model, third, model development, fourth, model validity test, and fifth, model examination.

**Geographical Description:** In administrative, Government of Padang City composed of 11 districts and 104 kelurahan, northern area is bordered with Padang Padang Pariaman Regency, southern area is bordered with Pesisir Selatan Regency, eastern area is bordered with Solok regency, western area is bordered with the Indian Ocean. The total population of the city of Padang is about  $\pm$  876,000 people, with 437,000 male and 439,000 female (Health profile of Padang, 2013). Number of Primary School (SD) in the city of Padang is 415 school with the number of students about 91.966 people (Department of Education and Culture of the city of Padang, 2013). Padang is a city with the highest population of primary school students than all of cities and Regencies in West Sumatra. This situation is one risk factor that makes primary school age children in the city of Padang vulnerable to become a victims of sexual abuse.

**Model Making Procedures: A)** A preliminary study was carried in ten primary schools in the city of Padang, Police Station of Padang, West Sumatra Child Protection Agency, West Sumatra Province's WCC, Office of Women Empowerment and Child Protection of West Sumatra Province. Then added with data from Posyandu Cadre, KIA Program holder and health centers UKS in the city of Padang. Results from preliminary study:

- There was an increasing number of sexual abuse cases against children in the city of Padang in recent years. In 2010, the number of sexual abuse cases was five people, in 2011 became to eleven people. In 2012 increased to 25 people. In 2013 there were 65 cases, whereas in 2014, even on September, there had been 95 cases (Padang City Police; Child Protection Agency West Sumatra; WCC Women's Conscience West Sumatra, 2014).
- From 95 cases of sexual abuse against children in the city of Padang in 2014, were composed of 15% boy and 85% girl. Most of victims + 60% were children aged <12 years. Then 90% of child sexual abuse offenders were well known to the victim. Methods that were used by offenders, 95% by

giving something to the victims like money, cakes, toys.

- Interview with school headmaster, teachers, students, and administrative staffs with results:
- There was no promotion media of sexual abuse prevention against students in school environment.
- Students and teachers hadn't received health education as primary prevention of sexual abuse against children, both in health care workers (PHC: UKS and KIA) as well as from the Education Department (teachers) and the parents themselves.
- After confirmed by the health centers and Education Department, they acknowledge, there were no health education that have been done as sexual abuse prevention, both to students and teachers. Most 90% of students were Muslim from Minangkabau ethnic.

b) Literature studies about theories that related with spectrum and sexual abuse prevention plan against children

c) Research journal articles analysis that related with sexual abuse intervention research and school based intervention which had been done in various countries.

**3. Development models**, including: purpose, design, modules, participant's recruitment, needs analysis, teaching materials, methods and training techniques, pilot training, training for trainers, evaluation instrument and implementation monitoring from agreements that made at the end of the lesson

**The purpose** of the training / learning, consist of **common goal**: All students gain knowledge about primary prevention of sexual abuse against children.

**Specific goal**: Upon completion of training / learning, there are increased knowledge and assertiveness on respondent about prevention of sexual abuse.

**b) Designs** for intervention research of promotion and prevention by nurses on sexual abuse at primary school age children in the city of Padang were defined as follows:

Training / learning took place at three primary schools that was selected: one primary school as the intervention group A, one primary school as a control group B and one more primary school for another control group.

Training / learning given to all students in the intervention school.

Primary School of control group was given no intervention.

Time spent for training was two hours, from 10:00 till 12:00, Saturday (self-development).

Intervention was given in the form of material adding knowledge, assertive behavior, for primary prevention of sexual abuse against children.

Methods of giving material: movie, presentations, pictorial sketch story, local language song, leaflets, and role play.

Training / learning was done four times. The duration of first training to second was one week, while the duration of second training to third was two weeks and third to forth is a month.

At the end of the training / learning, quiz and "jago diri" song competitions would be held as the promotion of primary prevention for sexual abuse against children. At this competition, three best groups per class from grade one to grade five would be chosen and rewarded. Implementation of the intervention in the training / learning will be assisted by 10 lecturers + 10 nursing students, who previously had been given an explanation of what they would do.

Upon completion of the intervention model training / learning as primary prevention of sexual abuse against children in the city of Padang, cadres will be formed with following agreement:

Workflow procedures for reporting cases of sexual abuse against children in schools.

The forming of cadres every year.

Routine promotion implementation for primary prevention of sexual abuse against children in schools.

**c) Manufacture** of learning modules was carried simultaneously (parallel) with preliminary research activities. This module manufacture was done three times revision, starting from the modules manufacturing on August 4, 2014, then first revision on 9 September 2014, the second revision on 20 September 2014. The module was revised for the third time on December 9, 2014. The time of the study that provided to students only consist of one session with the time spent around two hours (10.00- 12.00).

**d) Participants of the training / learning** "Bintang Kejora", Intervention Model of promotion and prevention for sexual abuse on children were all of primary school students that present in the intervention schools, chosen according to inclusion criteria, ranging from grade one to grade six.

**e) Training utilities**: Disposable materials, such as: notebooks, manila, HVS paper, rulers, pens, pencils, erasers, printer ink (black and color).

Electronic Materials: digital cameras, in focus, tape recorder, electric socket cable, laptops, printers, CD, loudspeakers.

Writing instruments for training purpose.

**f) Teaching materials / training materials** were made according to needs and characteristics of primary

school age children such as, could learn while playing, could move, could / delighted to work in a group and able to do / demonstrate something directly. Then added with Minangkabau ethnic's characteristics. Therefore, teaching materials would be presented in the form of movies, lectures (presentations), pictorial sketch stories, role play, local language song, leaflets. Teaching materials from intervention model of promotion and prevention for sexual abuse against children were include:

Four important body parts that should not be touched by others, except during examination by medical personnel while being sick.

The possibility of sexual abuse offenders against children

The possibility of seduction patterns used by offenders  
Preventive behaviors to reduce the risk of becoming sexual abuse victims

**g) Exercise for coaches** will be performed before the training / learning. At the training, these trainers will be explained in detail about learning modules, so when the implementation time come, there won't be any doubt that may hinder the implementation of the training / learning.

**h) Evaluation** is important and must be done in a training / learning. Evaluation in this training, carried four times, they were: initial evaluation (pre), second evaluation (post 1), third (post2), and fourth (post 3), all of it will be performed with the same questioner, which contains knowledge and assertive behavior of students as a primary prevention against child abuse. Data analyzed with GLM Reveated Measure.

**i) Evaluation of the training** program was collecting data activities about training events which going to be processed and analyzed. This activity was necessary and useful to be used as input in decisions making for future implementation.

**j) Monitoring** is an effort to control implementation of the policies, and perform a direct attempt to ensure that policies can be fully implemented as planned. Monitoring that needs to be performed on school intervention were: the activeness of cadres as well as the implementation of agreements that have been established:

"Jago Diri" Cadres

Reporting flow of sexual abuse cases against children in schools

Agreement of:

Forming of "Jago Diri" cadres every year.

The routine promotion implementation of primary prevention for sexual abuse against children, every week (every flag ceremony completed).

**k) Implementation of training / learning** will be done from 10.00- 12:00 am, with details of activities:

**4) Model's validity test**, was performed through consultation with relevant parties, such as Department of Education and Health Department of Padang, primary school teachers, person in charge of School Health Effort and Mother and Child Health Program at the health center. In addition, the authors also presented this intervention model in the presence of Mayor of Padang on 13 January 2015. The officials that were present at that time was head of the Department of Education and Culture of Padang and its head staff of Primary and Secondary Education. When on presentation, researcher received a lot of feedback and suggestions which intended to make the model become better. Next, performed supervision over the field, Literature review, consultation with 7 experts: Science public health, child development psychology, anthropology, pathologist and Pharmacologists. From consultation, the author received a lot of input for perfection of the model that will be created.

**5) Model Testing:** Model testing needs to be done, so model that have been formed could be utterly used to improve knowledge and assertiveness of children for the prevention of sexual abuse against children in the city of Padang. Model Testing performed in other schools that located outside of intervention and control school districts, but it has the same characteristics with the intervention and control schools. Training test was performed like the actual training atmosphere. This was done so in order that module and the media used as well as the implementation of the training would not encounter any problems that would hinder the course of the training.

Model Testing was performed on children in schools that would not be used as a control or intervention. The test were carried twice at primary schools in the District pengambiran. The first test was on October 12, 2014. The test performed on students of one primary school, the number of respondents were 170 people. The second test was on October 19, 2014, and the third was on November 9, 2014, which went smoothly, without any significant obstacles. Admission of students and teachers on author's arrival was very positive. They felt that the training was greatly needed by their students. This was revealed directly from the principal who hope after this study was completed, the training materials would be provided and be worn in school.

Method of model testing was quantitative, quasi-experimental design with pretest-posttest control group approach. Interventions of primary prevention learning for sexual abuse was given to respondents 3 times with 3 times measurement. The time interval of



first intervention with the second was 2 weeks, and then the second to the third was one month. In a simple illustration, the shape of model "Neherta" promotion and preventive interventions by nurses on sexual abuse against primary school children in the city of Padang

### Discussion

In performing training / learning to primary school children, is not apart of many factors that will interfere with the process of behavior change, such as: age, education, gender, parenting, life skills, self-efficacy (20). Then, relationships with friends, relationships with teachers, family relationships, parents' job, social culture, family economic status, number of family members, the modalities of learning, learning environment and learning instruments.

From field studies and literature review related to child sexual abuse, nursing interventions which fit to address the problems that exist in the city of Padang at the moment, is doing primary prevention. One of it is to provide knowledge about sexual to children. The knowledge is needed to keep the child in order to avoid sexual abuse, as well as reducing the risk of the child becoming sexual abuse victims. This knowledge of sexual is needed and important to be given to children because knowledge is the most important domain for establishing a person's actions.

Model of "Neherta" promotion and preventive interventions by nurses against sexual abuse on primary school age children, is fit as a solution to prevention of sexual abuse against children in the city of Padang. Intervention carried in the form of education about primary prevention of sexual abuse to children. School-based primary prevention was promising, as it involves several prevention strategies in community groups at school such as: teachers, students, parents, and the environment around the school. Then the community groups that existed in schools was also well-organized and easily received renewal. The strength of the primary prevention interventions model that have formed were: This intervention model was unique and different from the intervention that ever present. Because the module was packed according to the child's learning modalities, like visual, auditory and kinetic. Then, teaching methods that used in this intervention model were varies, thus making children could learn with joy and not rigid. This was fit with characteristics of primary school age children, which was to learn while playing. Moreover, when the learning activities of this model performed, there was a method of learning materials delivery via local language song which made the atmosphere during the training became alive. Innovations in the delivery of learning material on this

model was the other strength of the model "Neherta" promotion and preventive interventions by nurses. Other studies about school based primary prevention which use module delivery method through regional language song are not available until now, neither abroad nor within the country. This can be seen from the systematic review by Sarah *et al* (21), which reviews the evaluation of the research's results on the strategy of primary sexual abuse prevention on 140 research articles about primary prevention of sexual abuse through print media that published online from January 1985 until May 2012.

### Recommendation

This research is very important to prevent sexual abuse of children for sexual abuse of children is a social problem that has a huge impact on the health aspects that affect adversely the growth process of children both physically and psychologically, especially the psychological trauma impact on the quality of life of children who later greatly affect public health.

### Limitation of the study

An early stage of the doctoral dissertation research program.

### Relevance of the study

This study will produce a learning module of an intervention model that can be used to make the prevention of sexual abuse of children of primary school, especially for the city of Padang, West Sumatra and Indonesia in general.

### Authors Contribution

MN: contribute theoretical, empirical contributions, contributions methodological; RM: contribute theoretical, empirical contributions, contributions methodological; RD: contribute theoretical, empirical contributions, contributions methodological; AF: contribute theoretical, empirical contributions, contributions methodological.

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### Conclusion

"Bintang Kejora" had formed as a model of promotion and preventive intervention by nurses

against sexual abuse on primary school children in the city of Padang. In order to make this intervention model successful and favored by children, the model's materials were presented through Minangkabau language song.

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