



## DESIGN OF SEX EDUCATION (SESI) DOLLS AS A MEDIA FOR PREVENTING SEXUAL VIOLENCE AGAINST PRESCHOOL CHILDREN

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### ABSTRACT

Child sexual violence cases are still a serious problem and have long been a hot topic of discussion at the national and international levels. Children are more vulnerable to becoming victims of sexual violence because children generally lack knowledge so they do not understand the importance of protecting their body parts. The high number of cases of sexual violence against children shows the importance of educational media as a medium for preventing sexual violence against children. However, the problem is that in society sex education is still often considered taboo to talk about. Many parents misunderstand sex education so that sex education is often considered unnecessary to be taught to early childhood. Designing SESI (Sex Education) dolls as a medium for preventing sexual violence against preschool children. This study uses Research and Development (R&D). The sample that will be used for the feasibility test and product effectiveness test in this study are 3 media experts in Mechanical Engineering or Mechatronics, 3 material experts by Child Nursing Lecturers, and 10 Grantung Kindergarten students. Data collection methods using observation, interviews and questionnaires Product development and product feasibility testing are used to analyze data. According to the feasibility test, 3 material experts overall obtained an average score of 87.7 with recommendations of "Very Good" and "Feasible", and 3 media experts obtained an average score of 85.1 including recommendations of "Very Good" and "Feasible" for field trials. The results of the product trial of 10 respondents consisting of 6 teachers and 4 guardians or parents showed an average score of 94.57. These results can be concluded that the majority of respondents gave the opinion of the SESI Doll (Sex Education) with the category "Very Good" both in terms of design and aesthetics that are attractive and child-friendly, safety and quality of materials are maintained and educational functions.

Keywords: children; doll; pre school; sex education; sexual violence

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### INTRODUCTION

Sexual violence against children is a serious problem at both national and international levels. In Indonesia, sexual violence occurs almost every year (Paradias & Soponyono, 2022). Cases of sexual violence in Indonesia are increasing every year and occur in various groups, from children, teenagers to adults (Ismiulya et al., 2022). *World Health Organization* (2021), states that around one in three or (30%) women worldwide have experienced physical or sexual violence. According to data from the Ministry of Women's Empowerment and Child Protection, there were 11,016 cases of sexual violence in Indonesia. Of that number, cases of sexual violence against children reached 9,588, an increase from the previous year's 4,162 cases. Meanwhile, in Central Java, cases of sexual violence against children reached approximately 326 cases per 10,000 children (KemenPPPA, 2023).

Children are more vulnerable to becoming victims of sexual violence because they cannot recognize the motives of adults. Children are also seen as weak and easily threatened not to reveal what has happened to them (Media et al., 2023). The impact of sexual violence not

only attacks physical violence, but indirectly also attacks the victim's mental state (Paradias & Soponyono, 2022). Sexual violence can also be committed by people close to the child, such as fathers, uncles, neighbors, teachers, or playmates (Media et al., 2023). The cause of sexual violence against children is that children generally lack knowledge and therefore do not understand the importance of protecting their body parts (Dela et al., 2022). According to the opinion of Sarasati & Cahyati (2020), lack of understanding of children about sexual harassment and violence makes children just keep quiet and do not tell their parents. Therefore, guidance and teaching about sex is very important in the period of sexual development of children.

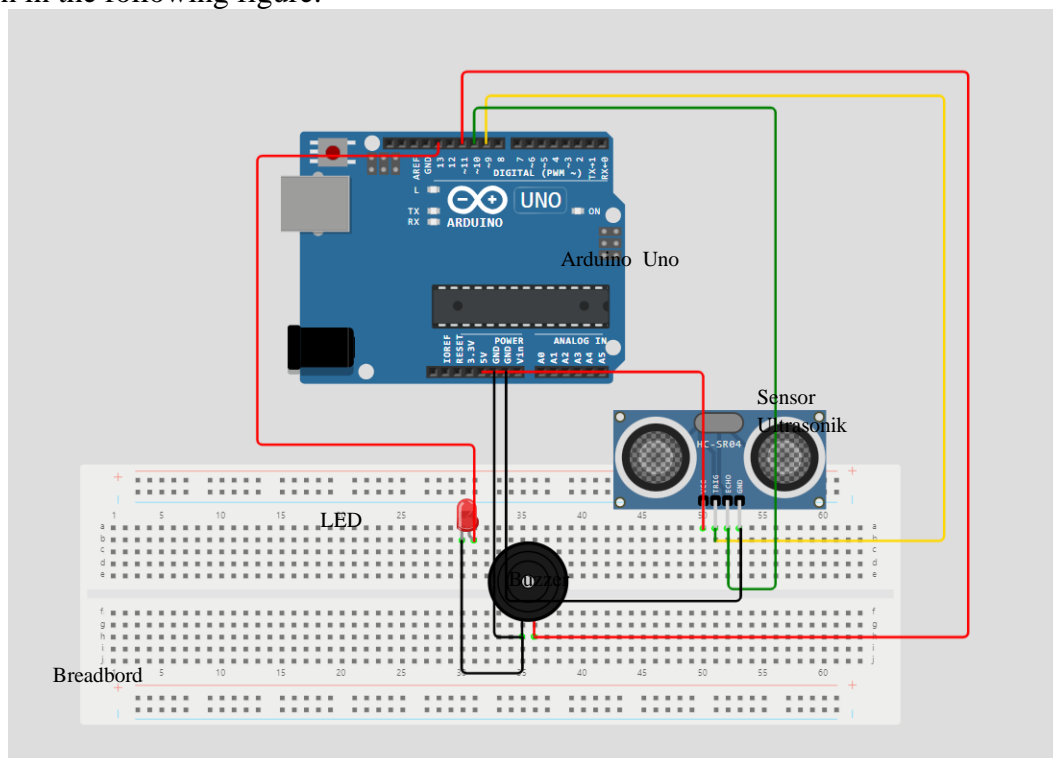
Education is all planned efforts to influence others, whether individuals, groups, or communities so that they are willing to do what is expected by educators (Ihsani et al., 2019). Ironically, in society sex education is still often considered taboo to talk about. Parents' wrong understanding of sex education often makes sex education considered unnecessary to be taught. (Ismiulya et al., 2022). In addressing children's lack of understanding about sexual violence, nurses can provide sex education using interesting educational media, one of which is dolls (Dela et al., 2022). The learning method using educational dolls has the advantage of making the learning process fun and allowing children to actively participate in learning. The use of doll media is one of the ideal media in providing sex education for early childhood so that children show great enthusiasm for learning and can express their curiosity (Eliya et al., 2020).

According to research Sarasati & Cahyati (2020) stated that the innovation of developing educational dolls in providing sex education to children was considered more effective because it met standards and could be used to teach children about body parts, functions and how to care for them. Educational dolls are shaped like humans and cannot speak. Research Damayanti *et al.*, (2019) which states that by having story telling activities using hand puppets in providing sex education, it can produce good learning so that children will find it easier to understand what is being conveyed and the learning process becomes more interesting and enjoyable. Damayanti *et al.*, (2019) using hand puppets made of flannel and combined with story telling. While the novelty in this study is that researchers will develop educational doll innovations that are different from previous studies. The difference is that SESI dolls will be designed to resemble humans complete with body parts and can make sounds to say words such as not allowed or allowed when touched so that it will be more interesting and efficient for teaching sex education to children

In designing the SESI (Sex Education) doll, we developed an educational doll innovation that is different from previous studies. The difference is that the SESI (Sex Education) doll will be designed to resemble a human complete with body parts and can make sounds when touched so that it will be more interesting and efficient for teaching sex education to children. The above are the reasons for the importance of designing the SESI (Sex Education) doll as a medium for preventing sexual violence against preschool children. With the SESI doll as a learning medium, the learning process will be fun and allow children to actively participate in learning. The purpose of this study is to design a doll that can talk when touched so that it can attract attention and facilitate children's understanding, facilitate education for children about body parts that can be touched and should not be touched, and can provide solutions to prevent the occurrence of sexual violence against children. The purpose of this study was to design SESI (Sex Education) dolls as a medium for preventing sexual violence in preschool children.

## METHOD

The approach method used in this study is Research and Development (R&D) by adapting the Borg & Gall model, namely: needs analysis, data collection, product design, design validation, design revision, and product testing. In this study, a doll that can speak by uttering "words" when touched will be designed. The steps for making sex education dolls are as shown in the following figure:



The making begins with preparing the tools and materials including Arduino Uno, ultrasonic sensor, buzzer (speaker), LED lights, jumper cables, beardboard and educational dolls. The next step is to assemble the tool by connecting the Arduino Uno to the beardboard using jumper cables, connecting the GND pin of the ultrasonic sensor to the GND pin of the Arduino Uno, connecting the ECHO pin of the ultrasonic sensor to pin 9 of the Arduino Uno, connecting the TRIG pin of the ultrasonic sensor to pin 10 of the Arduino Uno, connecting the VCC pin of the ultrasonic sensor to the 5V pin of the Arduino Uno. Then install the buzzer on the breadboard. Connect the plus pole (+) of the buzzer to pin 11 of the Arduino Uno. The negative pole (-) is connected to the GND pin of the Arduino Uno. Then plug the LED light into the breadboard, connect the (-) pole of the LED light to the Buzzer pin, the negative pole (-) and the positive pole (+) of the LED light is connected to pin 13 of the Arduino Uno. The next process is to program the Arduino Uno to control the program to run according to the project objectives. Then a prototype trial was conducted as well as conducting a design validation test and a product feasibility test by media experts and material experts, then it will be tested on children aged 3-6 years. The product trial was conducted to determine the effectiveness of the SESI doll as a medium for preventing sexual violence against children.

The population for the validation and reliability test in this study were 3 media experts in Mechanical Engineering or Mechatronics, 3 material experts by Child Nursing Lecturers, while the product trial was limited to 10 Grantung Bayan Kindergarten students aged 3-6 years and field trials on Kindergarten. The sample that will be used for the feasibility test and product effectiveness test in this study are 3 media experts in Mechanical Engineering or

Mechatronics, 3 material experts by Child Nursing Lecturers, and 10 Grantung Kindergarten students who were taken based on inclusion and exclusion criteria. The inclusion criteria are media experts with a Masters in Mechanical Engineering and material experts with a Masters in Nursing, students of Grantung Kindergarten, Bayan District and children aged 3-6 years and willing to be respondents. While the exclusion criteria are respondents who are not physically and mentally healthy. The location of this research is in the Kindergarten in Bayan District. The instrument in this study is primary data taken through a questionnaire, namely a questionnaire made by the researcher and will be used for validation testing or product feasibility testing by media experts and material experts. Then the second instrument is a questionnaire used to measure the level of knowledge about sexual violence against respondents. Data analysis used in this study is by conducting validation tests and feasibility tests of the SESI doll by material validators and media validators which will then be analyzed using quantitative descriptive techniques.

## **RESULT**

### **Design of SESI (Sex Education) Dolls as a Media for Preventing Sexual Violence against Preschool Children.**

SESI (Sex Education) Dolls are designed to resemble humans complete with body parts and can make sounds or utter "words" when touched so that it will be more interesting and efficient for teaching sex education to children. The steps in designing SESI Dolls use the method Borg, R.W. & Gall, (2007) as follows:

#### **Needs Analysis and Data Collection**

In conducting the needs analysis, the researcher identified the educational objectives, namely by determining the main objectives of this doll, the concept or education to be conveyed through early literacy to prevent sexual violence. There is a problem behind the design of this educational doll. The problem is that there is no media used to introduce sex education for children aged 4-5 years who can speak or say words. Furthermore, the researcher determines the target users, namely preschool children and tries to understand who will use the educational doll, namely parents and kindergarten teachers. In addition, the researcher also considers the development and special needs of preschool children. The researcher also analyzes the learning environment where this doll can be used in schools, homes, or hospitals and health facilities in order to adjust the design that is relevant to the environment.

The researcher collects data (research and information collecting) which includes measuring needs, literature studies from various references. Literature studies are carried out through the study stage of existing educational dolls, including the concepts used, successes, and limitations of these dolls. The researcher also looks for theories or research that support the effectiveness of dolls in children's learning. Researchers also conducted field observations and evaluated unmet needs. Furthermore, they identified the needs and preferences of children and teachers in delivering sex education materials effectively.

#### **Design and Production of SESI Doll Products**

Session dolls are dolls that can utter words when touched on parts of their body, namely on the Chest (Don't, okay), the Genital area (No..No), the Buttocks area (Don't touch me) and the Lips (Don't touch me). While on the parts that can be touched such as the Hands, the SESI doll will utter words (Yes, okay), the Feet area (okay) and the Head (yes, touch me with love). The steps for making sex education dolls are as shown in Figure 1. The steps for making dolls include preparing tools and materials in advance and also assembling the tools as follows:

- a. Prepare the tools and materials including arduino Uno, infrared ir sensor (using 9 infrared ir sensors), speaker, jumper cable, SD card mp3 module, memory, push button (there are

two push buttons to distinguish the negative and positive sensor parts), breadboard and doll.

- b. Assemble the tool including Prepare all components and tools used, assemble the components with the following provisions; IR Sensor, connect 5 IR sensors to the Arduino digital pins (eg, D2, D3, D4, D5, D6), connect the VCC pin of each IR sensor to the Arduino 5V, connect the GND pin of each IR sensor to the Arduino GND and MP3 Player Module (DFPlayer Mini). MP3 Player Module including connect the MP3 module VCC pin to the Arduino 5V, connect the MP3 module GND pin to the Arduino GND, connect the TX of the MP3 module to the D11 digital pin on the Arduino, and connect the RX of the MP3 module to the D10 digital pin on the Arduino. Next prepare the speakers, connect the speaker to the output of the DFPlayer Mini (SPK + and SPK-) and MicroSD Card to format the MicroSD card with FAT32 format and save the MP3 file with the names 001.mp3, 002.mp3, and so on up to 005.mp3 in the root directory of the MicroSD. Programming on Arduino using the Arduino IDE application to control the program to run according to the project's objectives.



Figure 2. Prototype circuit



Figure 3. Sensor installation process on the doll's head



Figure 4. Prototype test



Figure 5. Completed installation of sensors on the doll

### Validation of SESI Doll Design (Sex Education)

Before the SESI Doll media was used en masse, media validation was conducted to see the feasibility of this educational doll. Validation used experimental judgment involving 6 people

consisting of 3 media experts in the field of Mechanical Engineering and mechatronics and 3 material experts from child nursing. The material presented was related to body mapping, body parts that can and cannot be touched, and also ways or steps for children to avoid preventing sexual violence. The material validator evaluated and assessed the quality of the doll both in terms of the material and the media that had been designed. At this stage, the material expert assessed the quality of the sex education material according to the age stage of pre-school children, and the related educational function: Can the Doll convey interesting information, Can the Doll teach concepts that are relevant to its educational goals, Can the Doll be used by users such as parents or teachers, Can the Doll be played and understood, Interactive educational doll (can talk). The results of the material expert assessment of the SESI Doll are shown in Table 1.

Table 1.

**Average Results of Assessment from All Material Experts (n=3)**

No	Material Experts	Score	Category
1	Material Experts 1	90,3	Very Good
2	Material Experts 2	80,7	Good
3	Material Experts 3	92,3	Very Good
Average		87,7	Very Good

Based on the table 1, it can be concluded from the assessment of the three material experts that the SESI (Sex Education) Doll is good and worthy for field trials with several revisions. The results of the overall material aspects show an average value of 87.7, including the "Very Good" category because it is in the range of 85-100 so that the educational doll is declared "Worthy" or "Valid". From the assessment of the three material experts, of course, there are very good assessments and some that are not good. From the three material experts, some of the less good assessments were obtained, namely on the interactive doll where the sound or words issued were not loud enough and a good assessment was conveyed by the material expert where the material was in accordance with the development of preschool children and the doll had provided interesting educational information, and the doll could teach concepts that were relevant to its educational goals. In addition, the results of interviews with material experts suggested a louder voice and a clearer voice and more material that could be spoken by the session doll, not only the parts that can be touched and those that cannot be touched. The results of the educational doll assessment carried out by media expert judges as a whole on the SESI (Sex Education) Doll in terms of media suitability are presented in Table 2.

Table 2.

**Average Results of Assessments from All Media Experts (n=3)**

No	Ahli Media	Score	Category
1	Media Experts 1	88,4	Very Good
2	Media Experts 2	82,6	Good
3	Media Experts 3	84,5	Good
Average		85,1	Very Good

Based on the table above, it can be concluded from the assessment of the three experts that the SESI Doll (Sex Education) is very good and worthy of field trials with revisions. The overall results of the application material aspect show an average value of 85.1, including in the very good category because it is in the range of 80-100 so that it is declared "Worthy" or "Valid". From the assessment of the three media experts, there is an assessment that is already very good which is explained by the statement that the doll is good with the function as a sex education demonstration for preventing sexual violence that meets the criteria, the sound of the appeal in the form of children's voices, is quite interesting and the message can be well received. Media experts suggest that the doll can be developed further to be better, such as there is a rejection movement on the child's body. In addition, there is also input related to the sound of the SESI doll being not loud enough so that the voice needs to be replaced with a

speaker. When tested by experts, sometimes the sound does not come out of the speaker and some sensors do not function properly.

**Revision of the SESI Doll Design (Sex Education)**

The assessment with a good category for this application cannot be separated from the revision and input from media experts to improve the application to make it even better. The input from the experimental judgment is that the sound is not loud enough so the voice needs to be replaced with a speaker and also needs to be made an on-off switch so that the energy source does not need to use a power bank. There are several sensors that are not functioning properly so they need to be repaired. 2. Product trial of SESI Doll (Sex Education). Based on the results of the product trial on 10 users or respondents consisting of 6 Kindergarten Teachers and 4 parents who have pre-school children, the response data obtained for the SESI Doll (Sex Education) is shown in Table 3.

Table 3.

Average Results of Responses from Kindergarten Teachers and Parents (n-10)

No	Responses	Score	Category
1	Responses 1	94,2	Very Good
2	Responses 2	92,3	Very Good
3	Responses 3	98,0	Very Good
4	Responses 4	96,1	Very Good
5	Responses 5	90,3	Very Good
6	Responses 6	100	Very Good
7	Responses 7	96,1	Very Good
8	Responden 8	94,2	Very Good
9	Responses 9	96,1	Very Good
10	Responses 10	88,4	Very Good
Average		94,57	Very Good

Based on the table above, an average score of 94.57 was obtained, indicating that the majority of respondents gave the opinion that the SESI Doll (Sex Education) was in the very good category in terms of attractive and child-friendly design and aesthetics, safety and quality of materials, and educational functions. However, respondents also stated that the doll's voice was still not loud enough and some parts of the doll's voice were not clear. The sensor is also still too sensitive so there is noise when touched on adjacent parts such as touching the mouth and chest. Product Trial is shown in Figure 6.



Figure 6. Product Trial on Teachers and Preschool Children

**DISCUSSION**

This research is a type of Research and Development (R&D) research. The initial steps taken by the researcher were to conduct a needs analysis and data collection. The results of this study are Sex Education Dolls named SESI for children aged 4-6 years. This doll was created

as a medium for preventing sexual violence against preschool children. SESI dolls as a learning medium are expected to make the learning process fun and allow children to actively participate in learning. SESI dolls that can talk when touched can attract attention and make it easier for children to understand. The material presented includes an understanding of body mapping, body parts that can and should not be touched, and also ways or steps for children to avoid preventing sexual violence. The results of this study are in line with research (Sarasati & Cahyati, 2021) explaining educational materials include understanding body parts, gender differences, and the concept of privacy. Preschool age sexual education can be in the form of providing an understanding of one's own body and the opposite sex and an understanding of avoiding sexual violence (Astuti, 2017). This is in line with research (Qalbina & Wati, 2023) where at the stage of delivering the material is done with the help of audio-visual media with the title "I Take Care of Myself" with the material delivered is allowed and prohibited touch and steps to protect yourself from strangers. In delivering this material, students sing and move together according to the video that is played several times.

The first way to use the SESI doll is to open the zipper on the doll's back. Then take out the power bank, connect the USB cable to the power bank. After connecting to the power bank, press the power button on the power bank then insert and store the power bank back into the doll. Press the push button located in the lower armpit of the doll on the left to turn on the positive sensor and press the push button located in the lower armpit of the doll on the right to turn on the negative sensor. The basis for developing this doll product, in addition to paying attention to the material elements, researchers also conducted reference studies from various relevant literature on sex education and how to prevent sexual violence for early childhood. Researchers also conducted observations in the field and evaluated unmet needs. Furthermore, identifying the needs and preferences of children and teachers in delivering sex education materials effectively. The development of puppet media as a medium for preventing sexual violence involved 3 child nursing experts to evaluate the material to be delivered through the puppet and the educational function of the SESI puppet and involved 3 mechanical engineering and mechatronics experts to evaluate and provide input on the puppet design. The validation process of the material experts obtained an average score of 87.7 with recommendations of "Very Good" and "Appropriate".

The material validator said that the quality of the puppet was good and the material was in accordance with the development of preschool children and the puppet had provided interesting educational information, and the puppet could teach concepts that were relevant to its educational goals. Although it had met the appropriate category, there were still some suggestions that were made, namely on the interactive puppet where the sound or words produced were not loud enough. Furthermore, more material should be added through the SESI puppet media that can make sounds other than the parts that can and cannot be touched. Meanwhile, the media validator gave an average score of 85.1 including recommendations of "Very Good" and "Appropriate" for field trials or products with some notes on improvements to the puppet.

The media validator said that the puppet had fulfilled the requirements as a teaching aid that makes learning more lively and interactive through puppets that can make sounds. Furthermore, media experts also suggest improving the sound quality. After the improvements are made, the media is re-evaluated until it reaches the desired standard. This result is in line with research (Ratna Anindita, 2016) shows that the development of APE BORAH Finger Puppets that has been validated by media experts at the final stage received an average score of 4 with a very good category and at the final stage of material validation

by material experts received an average score of 4 with a very good category as well as when the product trial was conducted with 5 students received an average score of 1 with a feasible category and the usage trial with 15 students received an average score of 1 with a feasible category. Research Sarasati & Cahyati, (2021) show the feasibility of educational sex dolls based on the assessment of material experts, all aspects received a total score of 21.00 and had an average score of 3.00, so it was included in the "Enough" category.

Meanwhile, the feasibility based on the assessment of Media Experts, all aspects received a total score of 41.00 and had an average score of 2.73, so it was included in the "Enough" category. The effectiveness of the response and use of the design of sex education doll media was carried out by initial testing on teachers and parents as well as on kindergarten children aged 4-6 years to evaluate the initial response to the SESI doll media. Feedback from children and observers was recorded for further improvement. Limited testing, the revised media was retested on a larger group to obtain more representative data. Evaluation was carried out on children's involvement, understanding of the material, and emotional reactions.

In the field testing, trials were carried out in several different locations, namely at Pertiwi Kindergarten, Grantung Village and Kartika Sari Kindergarten, Candisari Village to ensure that the media was effectively used in various contexts and environments. Data was collected from teachers and children. The results of the product trial to 10 respondents consisting of 6 teachers and 4 guardians or parents showed an average score of 94.57. These results can be concluded that the majority of respondents gave the opinion of the SESI Doll (Sex Education) with the category "Very Good" both in terms of design and aesthetics that are attractive and child-friendly, safety and quality of materials are maintained and educational functions. However, respondents also stated that the doll's voice was still not loud enough and some parts of the doll's voice were not clear.

The sensor is also still too sensitive so there is noise when touched on adjacent parts such as touching the mouth and chest. The advantage of the SESI Doll is that it can say words if touched on the sensor part such as the words Chest (Don't ya dek ya), Genital area (No..No) Buttocks area (Don't touch me) and on the Lips (Don't touch me). The language used by the SESI doll is simple and quite clear to understand. This is also supported (Luluk Hadiqotul, Sri Tatminingsih, Barokah Widuroyeki, 2024) Educational dolls made using simple, clear language that is appropriate for the level of understanding of early childhood. Dolls have attractive and educational visual features, making it easier for children to understand the message conveyed. The difference with dolls made by Sarasati & Cahyati, (2021) dan Luluk dkk, (2024) namely SESI dolls are designed to resemble humans complete with body parts that can make sounds to say words such as not allowed or allowed when touched so that it will be more interesting and efficient for teaching early prevention of sexual violence.

Sexual education at preschool age can help children understand their body conditions, get to know their opposite sex and prevent them from sexual violence (Anisa & Young, 2024). A study conducted in Indonesia shows that one of the media for preventing sexual violence against children is using dolls (B et al., 2022). Body mapping is also relevant to a person's age and developmental stage. Body mapping offers an easier way to describe events that are difficult to express verbally. The use of body mapping can also be a strategy to understand women's experiences regarding safety aspects in urban environments (de Jager et al., 2016). This is also in line with research Xu et al., (2024) The doll program effectively increased children's knowledge about Child Sexual Abuse prevention, with parental involvement showing a positive impact on the program.

Children have a tendency to recognize inanimate objects as living and purposeful. The cognitive development of children aged 5 to 8 years is at the pre-computational stage, and treats toys as "real" partners, playing and talking, and considering objects that can be moved as living things. Intelligent anthropomorphic toys that can talk can strengthen children's animate cognitive tendencies, and more easily arouse children's empathy experiences and influence children's behavioral patterns (van Straten et al., 2020). Children have empathy for the experiences of anthropomorphic dolls. By giving anthropomorphic dolls a storyline, children can use the dolls to have a sense of sovereignty over their bodies, while avoiding direct harm to children.

## CONCLUSION

According to the feasibility test, 3 material experts overall obtained an average score of 87.7 with recommendations of "Very Good" and "Feasible", and 3 media experts obtained an average score of 85.1 including recommendations of "Very Good" and "Feasible" for field trials. The results of the product trial of 10 respondents consisting of 6 teachers and 4 guardians or parents showed an average score of 94.57. These results can be concluded that the majority of respondents gave the opinion of the SESI Doll (Sex Education) with the category "Very Good" both in terms of design and aesthetics that are attractive and child-friendly, safety and quality of materials are maintained and educational functions.

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