

Sexual Education Using e-Booklet for Mosque Youth Community

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Abstract

The lack of sexual education in adolescents has an impact on the low ability of adolescents to protect themselves from promiscuity and the risk of sexually transmitted diseases. In this regard, this community service aims to analyse the social problems of adolescents, the application of sexual education to adolescents using e-booklets, and the impact of the application of education. This activity was carried out in the adolescent community in Pantai Labu Pekan Village, using participatory action research (PAR) methodology. The programme strategy consists of three steps, namely problem analysis, goal analysis and programme strategy analysis. The results of community service activities revealed that the initial level of understanding of adolescents before the service was carried out was still very minimal, it was evident that out of 23 adolescents, 3 participants were in the sufficient understanding category, 16 people in the poor category, and 4 people in the poor category. To increase understanding, a sexual education seminar using e-booklets was conducted, focusing on three materials, namely Islamic values, psychology, and reproductive health. The level of understanding after the service has increased, namely out of 23 participants, 11 participants are in the excellent category, 10 participants in the good category, and 2 participants in the fair category, and there are no more participants who are in the poor and unfavourable categories.

Keywords: *E-Booklet, Sexual Education, Mosque Youth Community.*

PRELIMINARY

In Indonesia, the discussion of sexual knowledge is still often considered a taboo subject, so it gets less attention in the world of education. In fact, sexual education has an important role, not only for adults, but also for children and adolescents. The lack of sexual knowledge among adolescents creates a significant gap and contributes to various social problems, such as the increase in cases of sexual violence, deviant behavior, and free sex practices. Many adolescents access information from sources that are not credible, such as pornographic films or misleading online content, which ultimately affects their morals and behavior negatively.

This situation is also felt by mosque teenagers in Pantai Labu Pekan Village, Pantai Labu Sub-district. Despite actively participating in religious activities, they still face difficulties in gaining a proper understanding of sexual issues. Living in the digital era, which allows easy access to various information, makes them vulnerable to exposure to invalid content without any clear direction. This threatens the religious and moral values they have built up in the mosque environment, which is supposed to be a place for good character and personality development.

According to Erik Erikson's theory of adolescent development, adolescence is a stage where individuals struggle to find their identity (E. Erikson, 1971; E. H. Erikson, 1963; Sakai, *et.al.*, 2023). One important aspect of this identity is an understanding of sexuality. Without adequate sexual education, adolescents are likely to experience confusion in understanding

their own bodies, which can lead to problems such as low self-confidence, discomfort with sexual identity, and difficulties in building healthy and respectful relationships. For example, research from Santrock (2012) shows that adolescents who have good sexual understanding tend to be more able to make wise decisions regarding their reproductive health, compared to those who do not receive adequate education.

In the community of Pantai Labu Pekan Village, mosque teenagers certainly have great potential as agents of change. They often gather to participate in various religious activities aimed at increasing religious knowledge and strengthening solidarity between community members. However, unfortunately, these activities have not explicitly included discussions on sexual and reproductive health issues. In fact, mosques can be an ideal space to discuss this topic openly but politely, with an approach based on religious values (fiqh) and local culture. This is in line with the view of (Daradjat, 2016) who emphasizes that religion should be the basis for providing education to the younger generation, including in topics that are considered sensitive such as sexual education.

Comprehensive sexual education not only provides information about the anatomy and physiology of the body, but also covers moral values, the importance of consent in relationships, and the emotional impact of decisions related to sexuality. According to WHO (*World Health Organization*), comprehensive sexual education can help adolescents develop life skills, such as the ability to make responsible decisions, communicate effectively, and manage emotions. In this context, Pantai Labu Pekan Village, could opt for sexual education counseling to help mosque youth understand the importance of protecting themselves from bad influences, while promoting behaviors that are in accordance with Islamic teachings.

One of the efforts that can be used to achieve this goal is through the use of digital media, such as *e-booklets*. *E-booklets* are an effective communication tool to convey information to adolescents, because they are interactive and easy to access (Fujiana et al., 2023; Rachmawati et al., 2021). With an attractive design and simple language, *e-booklets* can be a fun learning tool and motivate adolescents to understand topics that were previously considered taboo (Heri & Selviana, 2019; Siregar et al., 2023). According to the multimedia learning theory proposed by Mayer (2017) the use of text, images, and graphics together can improve understanding and retention of information. Therefore, counseling that utilizes *e-booklets* is not only relevant to the needs of modern adolescents but also effective in delivering sexual education messages (Nugraeni, 2022; Wahyuni et al., 2022; Zebua, 2021).

The mosque as the center of youth activities in Pantai Labu Pekan Village provides its own advantages in implementing sexual education programs. Apart from being a safe and comfortable place for discussion, the mosque also has strong religious values, so it can provide a solid moral foundation for adolescents. By utilizing a faith-based approach, the information delivered can be more easily accepted by adolescents and their parents. This is important, as resistance to sexual education often stems from concerns that the topic may lead to unwanted behavior. By using a religious perspective, these concerns can be minimized.

The importance of sexual education in mosque youth communities is also supported by various studies that show the positive impact of such interventions. For example, a study by Kirby (1985) found that community-based sexual education programs involving religious approaches were able to increase adolescents' understanding of the importance of

maintaining their reproductive health. In addition, these programs can also reduce risky behaviors, such as sexual relations outside marriage or drug use.

Nevertheless, the implementation of sexual education within the mosque youth community still faces challenges. One of them is the negative perception from the community that this topic should not be discussed in a place of worship. Overcoming this obstacle requires a cautious and dialogue-based approach, involving religious and community leaders in designing programs that are in line with local values. Therefore, the success of sexual education in Pantai Labu Pekan village depends on the support of various parties.

With *e-booklets*, clear and accurate information about sexual health can be delivered in an engaging and easy-to-understand way. E-booklets not only provide basic knowledge, but also help adolescents understand the consequences of their actions. In addition, e-booklets also enable wide dissemination of information, either through social media or short message applications, so that the impact can be felt by more people (Patimah, 2024; Rahmadani et al., 2023; Sarihu, 2020).

Overall, the sexual education that will be conducted to the mosque youth community in Pantai Labu Pekan Village has great potential to improve the quality of life of the younger generation. By utilizing technology and a faith-based approach, this program can serve as a model for other communities facing similar challenges. Sexual education is not just about providing information, but also about building character and helping adolescents understand the values that will guide them in life. As educators and community members, we have a responsibility to ensure that every adolescent has access to the knowledge they need to make wise, responsible decisions that are in line with their religious and cultural values. Thus, the teenagers of Pantai Labu Pekan mosque can grow into individuals who not only have strong personalities, but are also able to become agents of change who bring goodness to their community.

METHOD

In this Community Service program (PKM), *Participatory Action Research* (PAR) methodology is used to empower the mosque youth community in Pantai Labu Pekan Village. The PAR approach involves collaboration between researchers and community members as equal partners (Ibrahim, et.al., 2023). Together, they identify problems, design solutions, and implement actions. This methodology emphasizes the active participation of the community in all stages, from planning, implementation, to evaluation. In this context, PAR is applied to develop sexual education through e-booklet media, by involving mosque youth directly so that they can act as agents of change in their environment.

This program was implemented in the mosque youth community of Pantai Labu Pekan Village, Deli Serdang Regency. This village was chosen for various strategic reasons. Pantai Labu Pekan Village is known to have a low level of education, which is common in coastal areas with low levels of interest in education and less favorable economic conditions. In addition, the village has a high rate of early marriage. Based on interviews with the village government, some of these early marriages occur due to promiscuity among teenagers. However, this village also has an active mosque youth community, which is the main reason for choosing this location as an entry point to provide understanding related to sexual education. This community service activity is planned to last for four months, starting from

September to December 2024. The assisted subjects consist of three mosque youth communities in Pantai Labu Pekan Village, which is located in Pantai Labu Sub-district.

The activity stages began with problem mapping through discussions, surveys, and observations to identify issues faced by adolescents. Next, data collection of subjects through the village government is carried out, followed by activity planning which includes division of tasks, resource allocation, and scheduling. The core program is a sexual education seminar covering the topics of reproductive health, mental health, and interpersonal relationships. After implementation, an evaluation is conducted to assess the effectiveness of the program and obtain feedback, which is then used as a basis for follow-up and improvement. In addition, the community is empowered as agents of change, with ongoing monitoring and evaluation to ensure the sustainability of the program outcomes.

FINDINGS AND DISCUSSION

Adolescence is a dynamic phase of life, characterized by significant biological, psychological and social changes. During puberty and the transition to adulthood, the need to understand oneself and the environment becomes more complex. One important aspect of this development is sexual education, which is not only related to biological understanding, but also moral, social and religious. Mapping the problem in Pantai Labu Pekan Village using interviews with village officials, religious leaders, teenagers, and parents, proved that the lack of assistance in sexual education can have a negative impact on adolescent development.

The results of the pretest before the implementation of community service showed that teenagers of Pantai Labu Pekan Village tended to have a minimal understanding of sexual education, in detail out of 23 teenagers 3 participants were in the category of having sufficient knowledge about sexual education, 16 people were in the poor category, and 4 participants were in the bad category. The following is presented in the form of a graph:

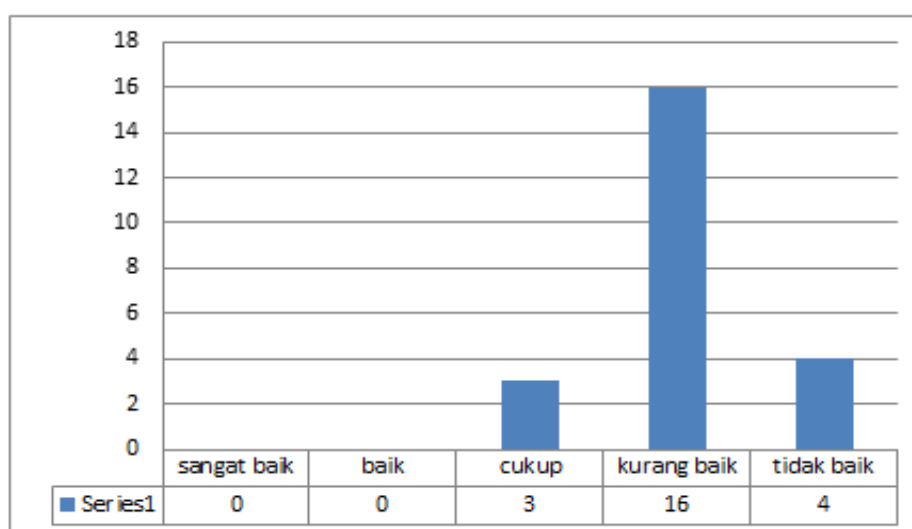


Figure 1. Pretest results of adolescents' positive sexual understanding
Pantai Labu Pekan Village

As a result of this lack of knowledge, they are vulnerable to various problems, ranging from behaviors that are not in accordance with norms to reproductive health risks.

According to Santrock (2012), adolescents at this age are in a developmental stage where they begin to explore self-identity, including sexual orientation. Without proper guidance, this exploration can lead to uncontrolled behavior. Therefore, mentoring in terms of sexual education is an urgent need. This assistance is not only the responsibility of parents, but also involves the community, educational institutions, and religious institutions. Comprehensive sexual education can help adolescents understand the consequences of their choices, physically, emotionally and spiritually. This is in line with Piaget's view on the importance of a cognitive developmental approach to learning, where education should be tailored to the individual's developmental stage (Stoltz et al., 2024).

Today's teenagers live in the digital age, including the teenage community in Pantai Labu Pekan Village, although in the village there seems to be no barrier to technology penetrating the location. This condition allows them to connect with various information through technology. According to Pew Research Center (2021), more than 90% of teenagers spend time with their *smartphones* every day. This phenomenon opens up opportunities to utilize technology as an educational tool. E-booklet media is one of the relevant innovations to deliver sexual education. E-booklets have several advantages over traditional media. According to Buckingham (2007) interactive digital content is more effective in attracting adolescents' attention because it allows them to learn independently at their own pace. In the context of sexual education, *e-booklets* can contain important information such as reproductive health, religious values, and social ethics that can be accessed anytime and anywhere.

This approach is also relevant to the constructivist learning theory proposed by Vygotsky (2015) which emphasizes the importance of interaction between the individual and the learning environment. In this case, technology becomes an effective learning environment to deliver sexual education in an interesting and meaningful way. In the context of community service in the mosque youth community in Pantai Labu Pekan Village, e-booklets are used as an innovative medium that makes sexual education not just a lecture, but a learning experience that is relevant to the needs and interests of local adolescents. The success of the sexual education program in this community cannot be achieved without the synergy of various parties. Village officials, religious leaders, experts and parents have complementary roles. Village officials, for example, act as facilitators who support program implementation through policies and resources.

According to Juhri (2010), social innovation requires the support of local institutions to ensure program sustainability. Religious leaders play a crucial role in providing moral and spiritual legitimacy to the program, explaining that sexual education is in line with religious values, as in Amin Abdullah's view (1996) who emphasizes the importance of integration between science and Islamic values.

Experts such as psychologists and health workers develop educational content that is based on scientific evidence and in accordance with the developmental needs of adolescents in Pantai Labu Pekan Village. Parents, on the other hand, are the main supporters who continue sexual education in the family environment, considering that the family is the most influential microenvironment in individual development, as stated by Al-Abrasyi (Al Abrasyi, 2001).



Figure 2. Implementation of sexual education seminar using e-booklet for mosque youth in Pantai Labu Pekan Village.

Participatory approaches, such as Participatory Action Research (PAR), emphasize the importance of community involvement in every stage of the program. PAR proves that the success of social programs is largely determined by the extent to which the community actively participates in planning, implementation and evaluation. A sexual education seminar, for example, will only have a short-term impact if it is not followed by sustainable action from the community (McIntyre, 2014).

Education in the context of society, as explained by Freire (2008) is education that empowers. This means that the community is not only the object of the program, but also the subject that plays an active role. In the context of sexual education, this means involving adolescents, parents, teachers and community leaders to jointly create an environment that supports the holistic development of adolescents.

The results of this PKM reinforce the educational psychology theory that learning must be in line with the age development of students. Teenagers who grow up in the digital era need an approach that utilizes technology as a learning medium. However, it is important to ensure that the content delivered remains aligned with Islamic values. Incorporating Islamic values in sexual education is not only a moral obligation, but also a way to maintain adolescents' identity as a Muslim generation. According to Azra (2004) Islamic education should cover all aspects of life, including reproductive health and sexual ethics. Thus, technology-based sexual education can be an innovative solution that is not only effective, but also meaningful in a religious context.

The implementation of the Sexual Education Seminar using e-booklets succeeded in increasing the understanding of adolescents, this is evident from the post test given after the seminar. The results showed that out of 23 participants, 11 participants were in the excellent category, 10 participants were in the good category, and only 2 in the fair category, and there

were no more participants who were in the poor and not good categories. The following is shown in the form of a graph:

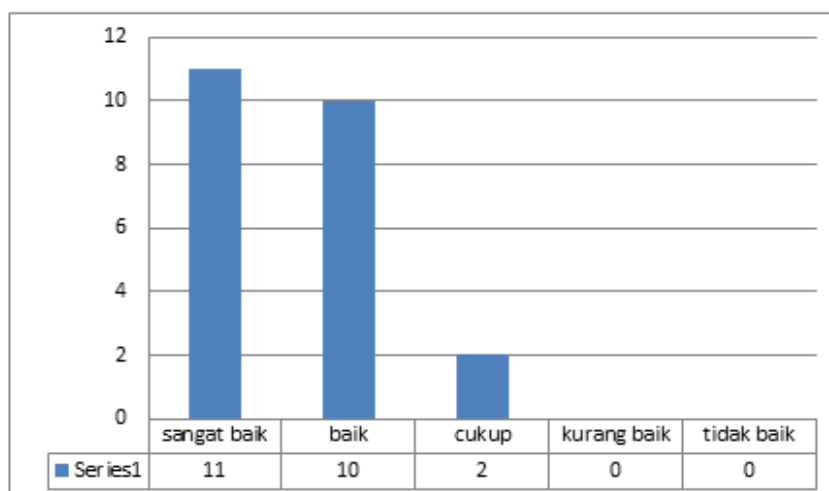


Figure 3. Posttest results of sexual education for adolescents in Pantai Labu Pekan Village

In addition, this activity had an impact on the awareness of the BKM management regarding the importance of sexual education material for adolescents, it was realized by providing sexual education material in routine youth recitation, besides that the results of this PKM also had an impact on the initiative of the village government to determine nine people from the seminar participants to become agents or ambassadors for sexual education for other youth communities in Pantai Labu Pekan village.

At the end of this discussion, it is emphasized that the results of this community service activity formulate a new theory, which in this case is referred to as the Technology-Community-Religion Synergy in sexual education. This theory integrates three main elements, namely: (1) Technology as a tool to deliver sexual education effectively and attractively; (2) Community, including families and local leaders, as a supporting ecosystem that ensures the sustainability of sexual education; (3) Religion as a basic value that provides direction and meaning to sexual education.

Technology-Community-Religion Synergy is a holistic approach that not only addresses the challenges of sexual education in the digital age, but also prepares adolescents to become socially and spiritually responsible individuals. This theory is relevant in the Indonesian context, which is characterized by a religious society and high technology usage. With the Technology-Community-Religion Synergy approach, it is hoped that sexual education programs can produce a broader and more sustainable impact, making adolescents a healthy, intelligent and noble generation.

CONCLUSION

Based on the descriptions above, it can be concluded that the sexual education activities in Pantai Labu Pekan Village succeeded in improving teenagers' understanding of the topic. Previously, most participants from the mosque's youth community had minimal knowledge about sexual education, with many in the poor or unfavorable category. The main problems found included the high rate of early marriage, low interest in education, and the perceived taboo of sexual education. The program was implemented through planning, implementation, and

evaluation stages. Planning included problem mapping, coordination with village officials, and the creation of educational materials in the form of e-booklets. Implementation was conducted through a seminar attended by 23 participants, ending with a pretest and posttest to measure knowledge improvement. Results showed significant improvement, with more participants reaching the good and very good categories after the seminar. Other impacts include increased awareness of the BKM board on the importance of sexual education materials, which are now added to the regular recitation. The village government also decided to appoint nine seminar participants as sexual education agents, who will spread this knowledge to other adolescents in the village.

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