

Teaching Amidst The Silence Of Reality: Sex Education Through Social Media In Indonesia

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ABSTRACT

Sex education in Indonesia is varied and evolving and has been researched since 1972. Sex education through social media adds new variations to this educational activity so several publications make it a research topic. So this research was made to find out the development of publications that examine sex education through social media using systematic literature review (SLR). The various types of social media that exist as well as the reason for the emergence of this research, to know which social media are most often used for sex education. Data taken from the Publish or Perish (Pop) platform resulted in 504 publications that were screened using Covidence AI, leaving 89 publications. The 89 publications were then analyzed according to the eligibility criteria, namely the number of publications per year, subject and object, type of research, and variety of social media. The results showed that publications examining sex education in Indonesia through social media experienced a new increase starting in 2019 with Instagram as the most widely used social media. Whereas in 2015-2018 there was no good progress and even blank in 2016 and 2018. Instagram is the most researched social media with a percentage of 32% followed by YouTube at 21%, while blogs and WhatsApp are also used but are at the bottom of the list. Qualitative-type publications were at the top of the list, while mixed methods were at the bottom. Reproductive health is the most common research theme, while body commodification is at the bottom. The object is dominated by adolescents aged 12-18 years as much as 29%, while the least is Commercial Sex Workers (PSK) at 2%. This research can be an illustration for researchers with similar topics to look for gaps to produce novelty even though it is still in the same theme corridor. This research can also be an idea for educators to optimize social media in delivering sex education and to further explore other social media so that the spread of education is not limited to certain social media users.

Keywords: Sex Education, Social Media, Indonesia

INTRODUCTION

Sex education in Indonesia is very important to form a comprehensive understanding and healthy attitude towards sexuality among adolescents (Pranata & Sastri, 2020). Effective sex education supports the development of moral values, relationships between members of the opposite sex, and respect for personal boundaries, to reduce the incidence of sexual and gender-based violence and increase awareness and respect for the diversity of sexual orientations and gender identities. As such, sex education is a key step towards building a healthier and more inclusive society in Indonesia (Syifa Delaneira Oktora et al., 2023).

Not stopping at practice, sex education also needs to be a topic of scientific research to map trends and patterns, and as material for evaluation. The hope is to create

more advanced innovations for sex education in Indonesia. So departing from this unrest, various studies on the topic of sex education have emerged (it was recorded that the research began in 1972). Although it has been around for a long time, the number of studies has fluctuated every year. It was only in 2012 that research on sex education in Indonesia experienced an increase, and even more rapidly in 2016. (Maryani et al., 2022). Sex education is carried out in various forms such as counseling (Amartha et al., 2019), and pictorial demonstrations such as posters, flyers, billboards, and so on (Hasni & Suparno, 2019). Furthermore, the development of social media in the 1990s also influenced the form of delivering sex education to be more varied (Todaro et al., 2018).

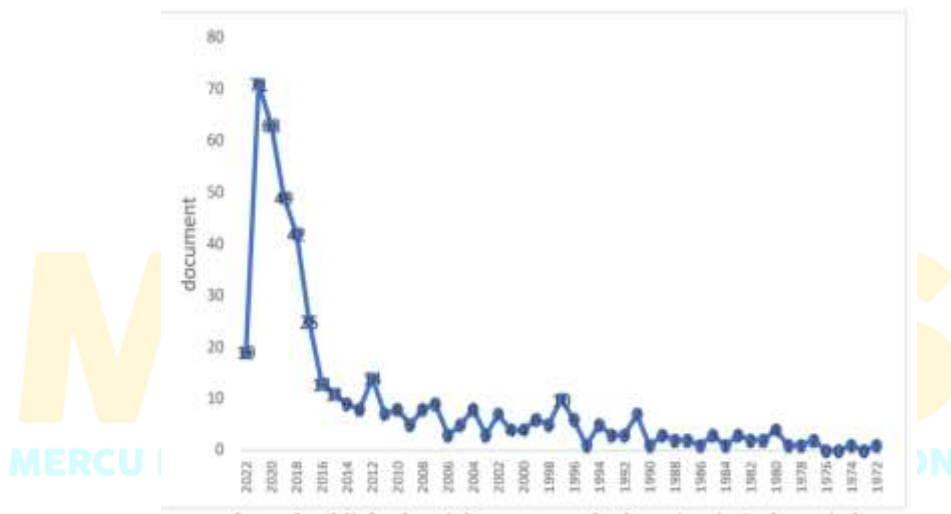


Figure 1. Research data with the theme of sex education from 1972-2022
Source: Maryani et al., (2022)

Through several studies, it is known that some people have begun to utilize social media (medsos) to provide sex education, for example, a social activist such as Kalis Mardiasih uses Instagram to narrate the dangers of free sex (Mutiarra & Wenerda, 2022), there is also doctor Nila Daulay who uses tik-tok to educate women's reproductive health and even formal government institutions, namely BKKN in the @bkknofficial youtube account in the form of podcasts (Maulida et al., 2023). The phenomenon of sex education through social media shows that there is a shift in the way of delivering sex education from conventional methods to modern methods that are more dynamic and considered potential due to the popularity and frequency of use by people from various directions (Gabarron & Wynn, 2016).

Research on the theme of sex education through social media first appeared in 2015. Although it is known that since 2016 research on the theme of sex education has increased (Maryani et al., 2022), it is not known whether this applies to sex education through social media. The emergence of various social media makes research related to sex education even more varied, so it is necessary to further investigate which social media is the most widely used. So this research that uses the Systematic Literature Review (SLR) system is here to find out the development trend of research in Indonesia that conveys sex education through social media and maps what social media is most often used. The most frequently used social media can be interpreted as the most effective social media to be used as a means of sex education according to the concept of media dependency theory. The theory states that the more a person relies on the media to fulfill their needs, the greater the influence of the media on the individual (Stephen W. Littlejohn, 2021). By knowing which social media platforms are more preferred and effective in sex education, it is hoped that the community can further optimize these social media as a means of education and turn on other social media as well so that they are not lame and reach more viewers algorithms.

LITERATURE REVIEW & THEORY

The Urgency of Sex Education in Indonesia

Indonesia is in an emergency condition in the context of sexual cases in the younger generation, especially those who are still underage (read: adolescents) (Maryani et al., 2022). Based on data from the Online Information System for the Protection of Women and Children (Simfoni PAA) by the Ministry of Women's Empowerment and Child Protection of the Republic of Indonesia, in 2023 from a total of 29,883 violence in Indonesia, and sexual violence is the highest type of violence, namely 13,156 cases followed by physical and psychological violence. Sadly, 62.2% of the victims are minors, ages 13-17 ranked 1st, 6-12 ranked 2nd, 0-5 years ranked 5th. If calculated backward to 2016 the sequence tends to be the same, and the number continues to increase every year (KPPA RI, 2023).



Figure 2. Data on victims of sexual violence in 2023 based on age grouping. Source of data from the official website of the Ministry of Women's Empowerment and Child Protection (KPPA) of the Republic of Indonesia

Based on World Health Organization (WHO) research on several developing countries including Indonesia, it was found that approximately 40% of adolescents aged 18 years have participated in pre-marital sexual activity. This phenomenon has led to an increase in premarital sexual behavior which carries adverse risks such as HIV, early marriage, and even death in teenage mothers (Sunardi et al., 2020). Every year, around 1.7 million babies are born to women under the age of 24, many of whom are the result of unwanted pregnancies. Pregnancy at this young age increases the risk of death for the mother by two to four times compared to those aged 20 years or older. The risk of infant mortality also increases, with a 30% higher rate among teenage mothers (Amartha et al., 2019). Seeing this serious impact, various ways are done, one of which is sex education. Comprehensive sex education is urgent in Indonesia to protect the future of the younger generation and help reduce unplanned births, sexually transmitted diseases, and other health problems.

Despite its proven importance, sex education in Indonesia faces significant challenges due to social taboos and limitations in the education system which often avoids

the topic due to its sensitivity. This results in the information received by adolescents often being fragmented and incomplete, potentially increasing reproductive health and social risks among young people. Australia has even incorporated sex education as material in formal schooling, referred to as school-based sex education. This program has been running for the last 3 decades and has shown a decline in teenage sexual violence. Sex education is provided formally at the primary and secondary education levels to provide students with knowledge about the consequences of sexual activity and coping strategies. Some educational institutions in these countries explicitly provide contraceptives, such as condoms, for use by students who need them. (Goldfarb & Lieberman, 2021).

Meanwhile, in Indonesia, sex education is not structured as a specific subject, but is often only inserted in biology, Pancasila, and Citizenship Education (PPKn), or delivered as advice or additional information, often not explicitly seen in the curriculum (hidden curriculum). As a result, curious children may seek information on their own from various sources such as the internet, CDs, or other media, if not properly monitored by parents, siblings, or teachers. This activity can be at risk of abuse due to curiosity or the desire to verify what they find (Rahima & Hasgimianti, 2020). Therefore, sex education cannot stop at adolescents alone but also parents play an important role as well.

Potential of Sex Education through Social Media

Social media generally functions as a means of disseminating information (Moorhead et al., 2013). In terms of language, social media comes from two words; media and social. Social means a form of community interaction that gives and receives information, while media is a means of these activities (Dewing, 2022). Based on this definition, it is concluded that social media is a means of social activities through internet devices. In general, the purpose of social media is to share information, make connections, and, most importantly, the flexibility of communication to be more dynamic. This is because, looking at its history, the idea of social media comes from the anxiety of traditional media, which, although it can be used, is difficult to distribute widely, making it difficult to influence society (Stephen W. Littlejohn, 2021). Based on data obtained from

Databoks (an economic and business statistics data portal), it is known that social media has been used by 4.76 billion people, which means 59.4% of the earth's population. This number is based on research in January 2023 and continues to increase regularly every year (Roosinda et al., 2018).

Social media in this modern era tends to dominate people's information exchange activities (Hurley, 2021) The use of social media is increasingly dominating the world population. So there is no doubt that almost 9 out of 10 people must be involved in using social media in their daily lives. This is due to the strategic opportunities that social media provides such as exchanging information, expressing, and exploring various content (Sadasri, 2021). Social media over time has increased in variety both in terms of the number of platforms and features that are continuously updated. The figure contains the most favorite social media data that has been researched by We Are Social, a social statistical data portal (Ishak, 2024).

Various studies have proven that social media, apart from being used as a means of exchanging information, is also used for educational purposes (Ahmad et al., 2023). Several studies have shown that social media platforms such as Facebook, Twitter, and Instagram can be used to raise awareness, change attitudes, and influence perceptions and even behavior. For example, a study found that the use of social media for sexual health promotion can produce positive effects on behavior change, such as increased condom use and intentions to test for venereal diseases and HIV early (Gabarron & Wynn, 2016). Therefore, social media not only serves as a means of communication and entertainment but also as an educational tool with great potential. So people need to realize the importance of technology integration in education strategies (Todaro et al., 2018).

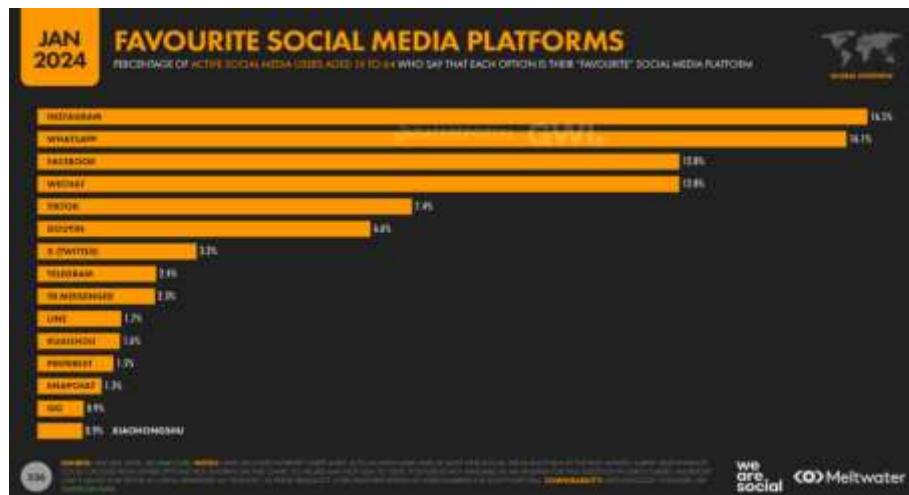


Figure 3. Rank of the most popular social media in the world

The potential of sex education through social media lies in its ability to reach a wide audience, especially adolescents and young people, who are active users of these platforms. Research has shown that social media can be an effective means of delivering comprehensive and anti-oppressive sex education, offering an alternative to dominant heteronormative representations of sexuality by centering on pleasure, and ethical intimacy as diverse, relational, tangible, and dynamic (Sciberras & Tanner, 2023). In addition, social media has been identified as a preferred platform by many young people, making it an ideal means to enter and initiate discussions with them. Collaboration with influencers has also begun to be used as a breakthrough to attract the attention of adolescents to be more aware of the topic of sex education (Idayanti & Natalia, 2022).

METHODOLOGY

Research Design

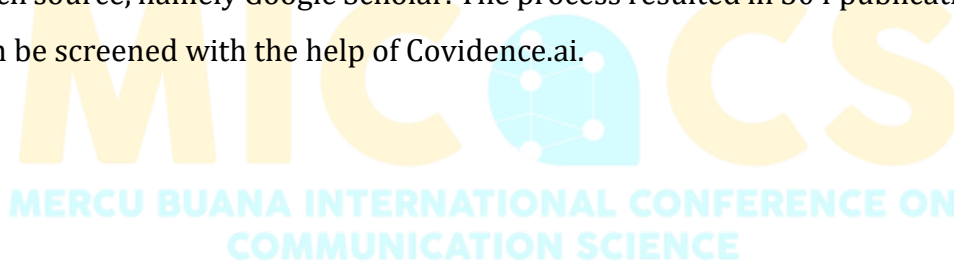
This research uses the Systematic Literature Review (SLR) technique to collect key data, and then analyze with principles such as content analysis (Susetyarini & Fauzi, 2020). SLR is a technique that consists of identifying, reviewing, evaluating, and then interpreting interrelated literature in a systematic and structured manner (Triandini et al., 2019). In this SLR process, the authors utilize three platforms, Publish of Perish (PoP) and Covidence AI. PoP is used to collect selected literature while covidence to help the data

screening process, transparency of data processing to the PRISMA Preferred Reporting Items for Systematic Reviews and Meta-Analyses diagram, and data extraction before being diagrammed and then descriptively explained in the results and discussion section.

The PRISMA diagram is a widely used framework for reporting systematic reviews and meta-analyses. The aim is to increase transparency and accuracy in reporting these studies. The application of the PRISMA diagram allows researchers to methodologically limit study bias by providing detailed documentation of the study selection and exclusion process. It also helps in improving the reproducibility of the study by providing clear guidelines on how the data was collected and assessed.

Data Source

The research data was collected through the Publish or Perish (PoP) platform on April 21, 2024. The author entered the queries: sex AND education, social AND media*, Indonesia. In addition to the query, the author filtered by time, namely 2015-2023, and the search source, namely Google Scholar. The process resulted in 504 publications which will then be screened with the help of Covidence.ai.



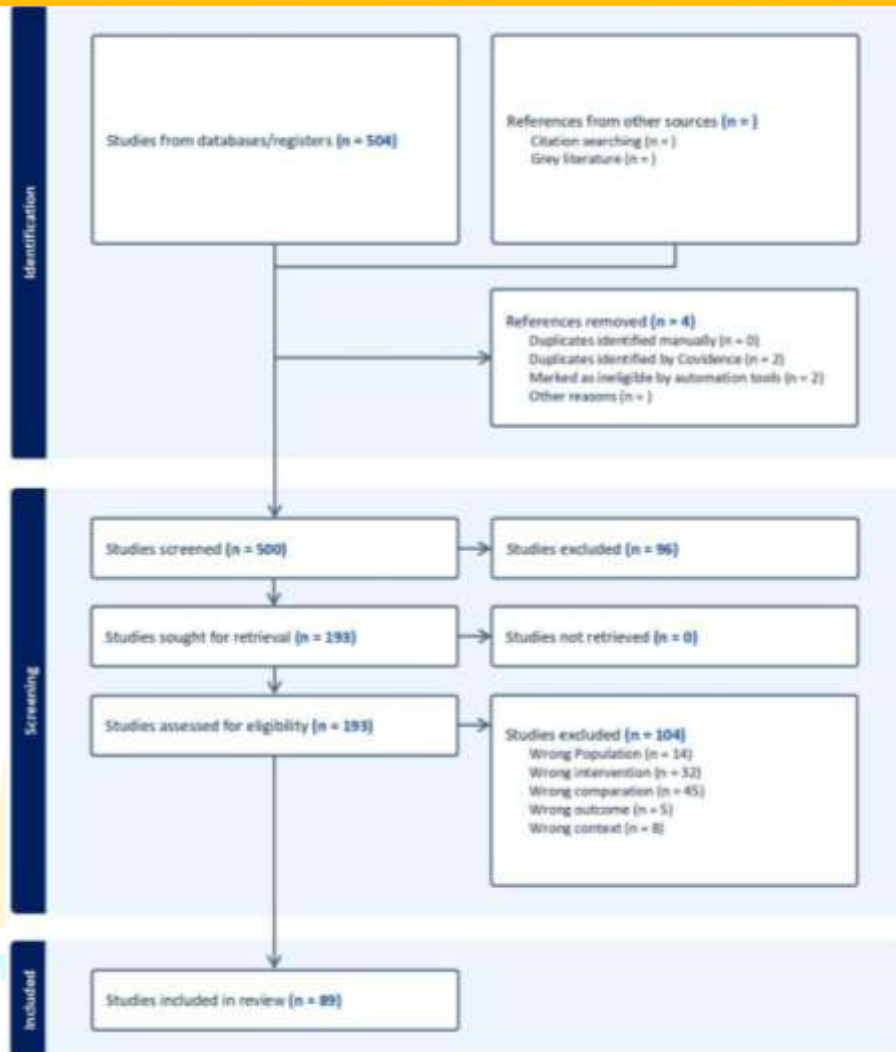


Figure 4. Data screening process through PRISMA diagram

Based on the diagram above, it is known that the initial article total of 504 became 500 due to automatic elimination from covidence. When entering the screening section, the author entered the inclusion and exclusion criteria into covidence to filter the data with the PICO principle; population (describe the group or population), intervention (what or how to define the issue), comparison (what is the alternative?), outcome (what do you hope to achieve), and context (environmental or situational factors are relevant). The inclusion criteria: are publications that discuss sex education (and the like), sex education that uses social media, and the population is Indonesian. Meanwhile, the exclusion criteria are those that only discuss one / two of the 3 inclusion points.

After filtering using the inclusion and exclusion criteria, 89 data were found. The data was then analyzed one by one to retrieve what information was needed. In this case, the author first determined the eligibility criteria, namely: year, type of research, subject, and object of research, and what meds were used. The data obtained was then exported to csv and then organized into diagrams to be accompanied by descriptive explanations in the results and discussion section.

RESULTS AND DISCUSSION

RESULT

Publication Year

The number of publications can be a clue as to how important research was made in a certain period of time.

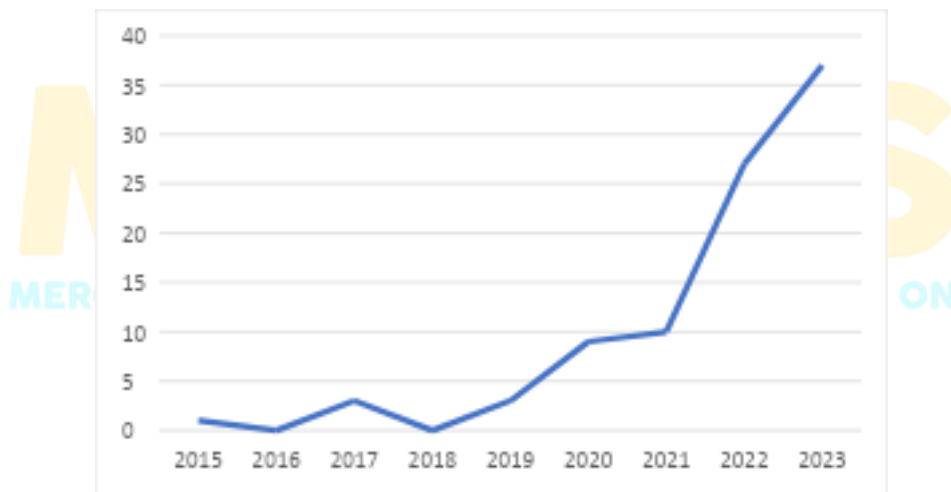


Figure 5: Number of articles from 2015-2023

Articles with related themes first appeared in 2015 but only 1, even zero in the following year (2016). Only in 2017 did 3 publications appear but zero again the following year (2018). From 2019 until the next year, there was a routine increase every year of 3 publications (2019), 9 publications (2020), 10 publications (2021), 27 publications (2022), and 37 publications (2023). It can be seen that in 2022 a big jump occurred from 10 to 27 publications. It is not known why there was no research on this topic in 2016 and 2018.

2019 was the beginning of sex education research using social media and continued to increase until 2023. 2019 was the beginning of covid so everything offline switched to online (Sinuraya et al., 2024). The number of functions from offline to online and the development of social media features may be one of the causes of the increase in sex education through social media to attract researchers to examine this trend. Most of these studies have emerged in response to the rise in sexual violence during the pandemic. Komnas Perempuan has confirmed that cases of sexual violence have increased rapidly during COVID-19 (Anindita et al., 2022). No wonder sex education through social media has sprung up and attracted researchers to write about it in publications.

Type of Research

Overall, the analysis in Figure 6 reflects a changing preference for the research methodology used. Within the period, there are fluctuations in the selection of qualitative, quantitative, and mixed methods approaches in research. The year 2023 saw the highest number of quantitative publications during 2013-2023, signaling a possible increase in the need for empirical data that can be quantified to understand the dynamics of sex education in the increasingly complex digital space in Indonesia. Quantitative publications tend to be unstable every year, In 2017 appeared 1 publication then disappeared in 2008, appeared again in 2019 then experienced an increase in number in 2020 to 4 publications. The number dropped again in 2021 and 2023, only in 2023 then experienced its highest increase even though it was still far behind qualitative.

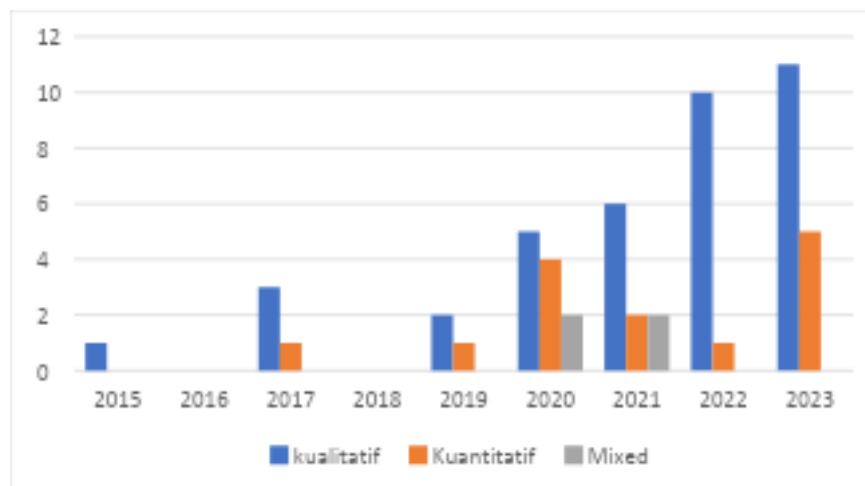


Figure 6. Distribution of articles based on the type of research

Qualitative publications have seen a steady increase since 2019. It is always superior to quantitative and mixed methods. The most qualitative publications in 2023, reaching 11 publications. Meanwhile, mixed methods or a mixture of qualitative and quantitative only appeared in 2020 and 2021, 2 publications each, although balanced in the sense that there was no increase or decrease but mixed methods did not appear at all in publications in the following years.

Qualitative publications dominate the data with a percentage of 57.95%, quantitative 32.95%, and mixed 9.09%. In qualitative research, the data collection technique is dominated by a combination of interviews, documentation, and documentation, while the data analysis is content analysis. Quantitative research is dominated by questionnaires, while the data collection is uji-T.

Object

Sex education memiliki ranah Sex education has a broad field of discussion, so the author also included this trend in the research to find out what themes are the most and least used as research on the topic of sex education in social media. There are at least 10 major themes used in the 89 data collected, the highest percentage is the theme of reproductive health which reaches 24 more than a quarter of the total themes. The second highest position is filled by the theme of sexual education in general with 20 studies, HIV / AIDS prevention campaign 16 studies, sexual harassment 6 studies, prevention of early marriage 5 studies, online-based gender violence (KBGO) 4 studies, promiscuity and pornography at the same number of 3 studies, contraception 2 studies, and body commodification 2 studies.

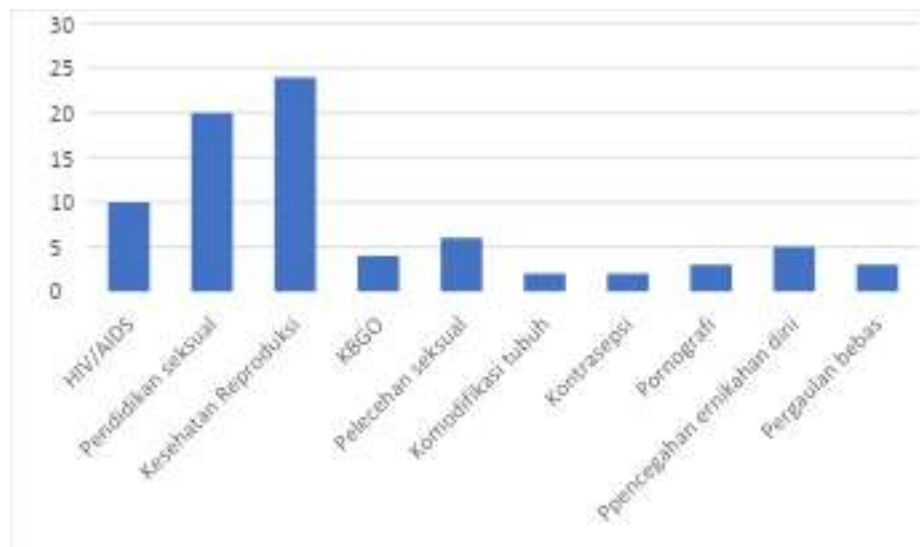


Figure 7. Distribution of articles based on the object of the research

Research Topic

Sex education is a broad field of discussion, so the author also included this trend in the research to find out what themes are the most and least used in research on the topic of sex education in social media. There are at least 10 major themes used in the 89 data collected, the highest percentage is the theme of reproductive health which reaches 24 more than a quarter of the total themes. The second highest position is filled by the theme of sexual education in general with 20 studies, HIV / AIDS prevention campaign with 16 studies, sexual harassment with 6 studies, prevention of early marriage with 5 studies, online-based gender violence (KBGO) with 4 studies, promiscuity, and pornography at the same number of 3 studies, contraception 2 studies, and body commodification 2 studies.

The topics of 'HIV/AIDS', 'GBV', 'Sexual Harassment', 'Body Commodification', 'Contraception', 'Pornography', 'Prevention of early marriage', and 'Promiscuity' appear to have received less attention, with the number of publications ranging from one to five. This relatively low quantity may reflect research gaps or may indicate potential areas for further academic exploration. This fact could be a research gap in the future as it is already known which issues are considered most pressing or interesting to researchers in the context of sex education through social media in Indonesia. The less popular themes in Figure 7 can also be used as research ideas so as not to overlap with other issues.

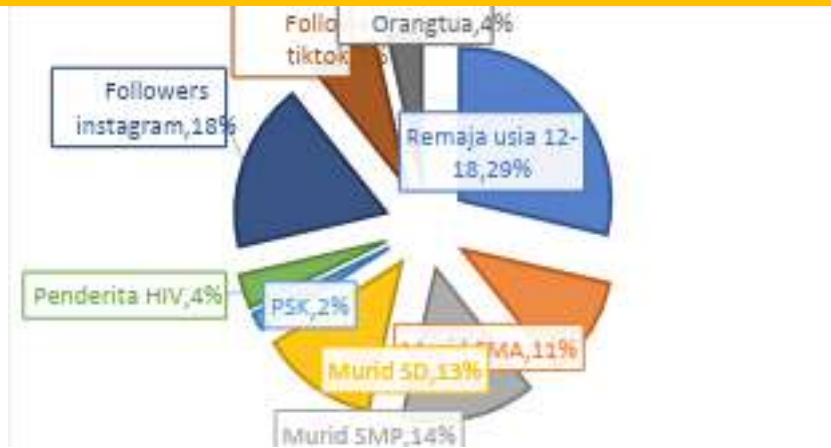


Figure 8. Distribution of articles based on the object of research

Type of Social Media Use

The second most used social media is YouTube, which is 21%, YouTube is in second place at 14%, followed by TikTok at 14%, Facebook at 11%, Twitter at 8%, blog at 7%, WhatsApp at 6%, and Telegram at the bottom. Something is interesting about the TikTok platform in this case. TikTok is the most recent social media to appear among the other 8 social media (medsos) because it was only launched in 2015, but even though it appeared last, it was able to rank third, beating Facebook, which had existed in 2005.



Figure 9. Percentage of most frequently researched social media for sex education research

The use of Blogs, WhatsApp, and Telegram, although in lower proportions, is still important as they offer an alternative medium for more private and focused discussions

and information dissemination. In conclusion, the selection of these diverse social media platforms illustrates an effort to adapt to the target demographic's preferences and learning styles, while encouraging active engagement on the topic of sexual education in Indonesia.

Keyword Analysis

VOS Viewer was used in this study to determine the interconnections between keywords in the publications used. This software is useful for illustrating bibliometric networks or mapping the publication keywords. From the figure, we can see that the main keywords such as "adolescent," "social media," "sexual education," and "Indonesia" are significantly connected to many other keywords that indicate related topics and focuses in this study. The colored network illustrates the relationships between topics, with each color representing a group of related keywords. This overview is useful for understanding how various concepts and issues are related and influence each other in the context of sex education through social media among adolescents in Indonesia.

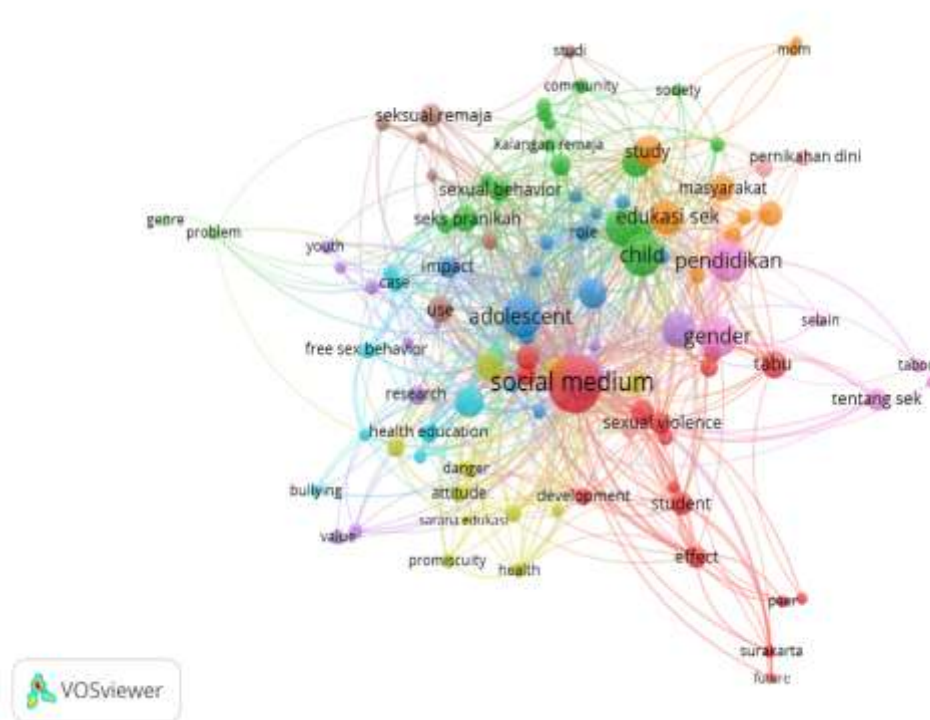


Figure 10. Interconnection keyword image by VOS Viewer

Based on the image, it is known that there are ten different colors which are a sign of similar topics between keywords. Each color group consists of keywords that have similarities, for example, keywords in the red area have a relationship with others in red, blue with blue, green with green, and so on. In the red area, it is known that the keywords social media, student, child, development, early childhood, taboo, commercial sex worker, school, sexual abuse, sexual harassment, and sexual violence, are related to each other. Blue cluster; adolescent, family, impact, knowledge, marriage, pre-marriage, pandemic, sexual behavior, HIV, contracept, green cluster; child, community, adolescent, parents, sexual education, yellow; attitude, content, free sex, health, media, prevention, promiscuity, violence, purple; bullying, counseling, Instagram, high school, brown; mass medium, pornography, pink; gender, education, sexual crime, taboo, brown; education, sexual crime, taboo. and Salem; early marriage, reproductive health, abortion, pedophilia. This overview is very useful to understand how various concepts and issues are related and influence each other in the context of sex education through social media among adolescents in Indonesia.

DISCUSSION

This research takes sources from previous studies on the theme of sex education using social media in Indonesia from 2015 to 2023. The author categorizes the data based on several aspects, namely: the number of studies per year, type, topic, object, variety, and type of social media used, and keyword analysis. This grouping aims to determine the development trend of research in Indonesia that conveys sex education through social media and map what social media is most often used.

The number of social media users from all walks of life and ages continues to increase every year. The pandemic has become one of the factors for the increase in the use of digital media, including social media, so it is not surprising that education using social media has also increased. Through Figure 5, it is known that publications with this theme have only experienced a routine increase in 2018 and then a significant increase only in 2021. In 2015-2017, publications with related themes experienced instability.

Sex education includes not only biological aspects of human reproduction but also psychological, social, and ethical aspects related to sexuality. The goal is to equip individuals, especially children, and adolescents, with the knowledge and skills necessary to make responsible and healthy decisions regarding their sexual behavior, as well as to respect and protect themselves and others from risky sexual behavior (Mahdalena et al., 2022). Because there are many types of sex education, the authors include data on the development of sex education topics in the selected data. There are 10 topics that the author summarizes from 89 data, reproductive health is the most discussed topic, the HIV/AIDS campaign is medium, and body commodification is the lowest.

The object of research is dominated by adolescents aged 12-18 years, this is in line with data from Komnas Perempuan which states that victims of sexual violence based on age groups are dominated by adolescents aged 12-18 years. Instagram and YouTube users ranked second in this regard. Meanwhile, the topic of reproductive health and sexual education in general is the most frequently researched topic with Instagram as the most frequently used social media, followed by YouTube and TikTok. Instagram features that are increasingly varied must be explored more optimally. Following the latest trends is also necessary to expand content algorithms so that messages can be received by more audiences. Through some of the data that the author obtained, working with public figures can be an option for the success of this movement because the algorithm will automatically include the followers of the public figures invited to collaborate (Waty et al., 2022), (Realita et al., 2022). TikTok also needs to be maximized again considering its popularity, which even though it only appeared in 2015, it can be ranked third as the most frequently used social media for sexual education.

This research is the first Systematic Literature Review (SLR) based study that analyzes the development of sex education publications in Indonesia using social media. It is important to provide an overview and gap for other researchers who want to examine similar topics. Even so, this study has limitations. This research data was taken through the publishing of perish platform which is connected to Google Scholar which is not as big as Scopus so not all data has superior quality. Initially, the researcher wanted to use Scopus but it turned out that there were only 2 publications with this theme so the author

chose Google Scholar. In addition, this research is limited to 2023 so it is not known how the development trend for this year.

CONCLUSION

Publications from 2015-2023 with the theme of sex education through social media in Indonesia have been analyzed in this study. It was found that there has been an increase in the number of publications with related topics in the last 5 years. The publications that became the data of this study totaled 89 and were mostly qualitative. Furthermore, adolescents aged 12-18 years are the most common objects with reproductive health and education topics being the most widely used. It is known that Instagram, YouTube, and TikTok are the most widely used social media in publications with related themes. In this final section, the researcher provides several recommendations for future researchers who take on similar topics, as well as for sex education educators. First, Instagram has been proven to be the most used social media to provide sex education according to existing studies, so it can be optimized to reach a wider audience so that the education delivered has more reach. Even so, other social media also need to be explored to expand the spread of education. Second, researchers should not only focus on topics that have been widely researched as shown in Figure 7 but also topics that are still minimal need to be considered. Third, qualitative research dominates while quantitative and mixed research is minimal, so researchers hope that future publications can increase the frequency of both.

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