

Patterns of Interpersonal Communication Between Parents and Children in Providing Adolescent Sex Education

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DOI: <https://doi.org/10.37531/sejaman.v5i2.2084>

Abstrak

Tujuan dari penelitian ini adalah untuk mengetahui pola komunikasi interpersonal apa yang digunakan orang tua kepada anaknya dalam memberikan pendidikan seks remaja dan untuk mengetahui bagaimana efektivitas komunikasi interpersonal yang terjalin antara orang tua dan anak dalam memberikan pendidikan seks remaja. Metode penelitian ini peneliti menggunakan pendekatan kualitatif dan penelitian ini dilakukan di Kecamatan Balikpapan Utara, Kota Balikpapan-Kalimantan Timur dimana di Kabupaten Balikpapan Utara masih terdapat kasus seks di bawah umur yang disebutkan pada bab satu dalam penelitian ini. Berdasarkan penelitian yang dilakukan, maka kesimpulan dari penelitian adalah, pola komunikasi interpersonal orang tua dengan anak dalam memberikan pendidikan seks kepada remaja di kota Balikpapan adalah orang tua menerapkan pola komunikasi yang demokratis. Caranya adalah dengan berdiskusi, disepakati bersama antara orang tua dan anak sehingga anak merasa nyaman bersikap terbuka kepada orang tua dan anak juga lebih memahami apa yang dikatakan orang tua dan komunikasi interpersonal dilakukan secara efektif oleh orang tua dan anak dengan aspek keterbukaan, empati, dukungan, positif, kesetaraan. Komunikasi interpersonal yang meliputi aspek komunikasi efektif berjalan dengan baik dan berdampak besar dalam memberikan pemahaman tentang pendidikan seks pada remaja.

Kata Kunci: Pola Komunikasi, Komunikasi Interpersonal, Orang Tua-Anak, Pendidikan Seks

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INTRODUCTION

Humans as social beings who need to communicate with other humans, to express opinions, feelings, and desires so that others can understand them, the family is a social system that exists in society, where most people grow and learn. The purpose of communication in the family in terms of the interests of parents is to provide information, educational advice, please children and other family members, children communicate with parents to get advice, advice, input or provide a response to parents' questions. communication between family members is carried out for the occurrence of harmony in the family, communication that exists between parents and children is two-way in which parents and children in one family bond are responsible for educating their children and have the right to express opinions, thoughts, information or advice. Communication that occurs in a family is not the same as communication another family. Every family has its own pattern of communication, the relationship between parents and children is influenced and determined by the attitude of parents. Communication is the main capital in managing the family, good communication between family members makes the relationship work together in the sense of reminding and

advising each other, so the level of Openness in a communication process depends on how close parents are to their children so that children feel safe when they pour out their hearts thoroughly to parents.

Children's education is the full responsibility of both parents, no one else is responsible for fulfilling their life needs (not yet mature or unable to stand alone), also in terms of education, direction to good qualities and behavior including efforts to protect and avoid them. so as not to fall into bad things as well as sex education related to adolescent developmental tasks, considering that adolescents have a very large curiosity about sex itself, many young men and women influence each other socially through their peers which he has in both formal and informal groups, through serious contact between two people of the opposite sex. Adolescence is a period of transition from childhood to adulthood, which is marked by a process of change in physical and psychological aspects (Hurlock, 1988: 261). Along with the maturity of the sexual organs in adolescents, it has an influence on the emergence of a strong sex drive, the courage to show sex appeal, and the desire to approach the opposite sex (Monks, Knoers, and Haditomo, 2000: 97). A phenomenon that worries many parties, in the current decade the pattern of courtship which should be used as a vehicle for learning to play roles according to gender and social skills that are useful for adjustment in the next phase of development, is often misunderstood.

Phenomenon negative behavior seen in everyday life by adolescents. Through internet networks, newspapers or television, cases of sexual harassment by teenagers are found, this is due to the large amount of content about pornography in various types of media, namely social networks, television media, and newspapers. The need for parental assistance to children in order to anticipate as well as educate about sex education. Because pornographic content that is currently being disseminated greatly affects a person's psychology, if it is infected by teenagers, it must be very dangerous because adolescence is where the age of an individual is full of high curiosity, the rise of free sex among adolescents can be caused by curiosity. and wanting to try new things in adolescence is very high. Sexual relations outside of marriage that occur among teenagers are very worrying for many people. This phenomenon was further exacerbated when there was a case in May 2021 which stated that promiscuity among teenagers in Balikpapan was very worrying. Reported by Koran Kaltim, in Balikpapan a 17-year-old young woman with the initials SDS experienced a bitter incident after sending a nude video to her close friend, a 16-year-old young man with the initials DR. The woman admitted to sending a short nude video to the youth via WhatsApp social media and unbeknownst to the woman, the video had been distributed to a WhatsApp group by the man. The perpetrator spreads to the WA group with the words PSK and in that group many members are common people. In fact, between the woman and the young man had never met. So far, communication has only been through WhatsApp (Hadi, 2021).

It is suspected that the increase in sexual behavior during courtship that grazes the dangers is because teenagers are less open in getting correct and healthy information about sex. The fact shows that parents are supposed to be the main source of information about their children's sexuality, but in providing information about sex is often inadequate, piecemeal, and sometimes even confuses teenagers. Given that only a small amount of information can be obtained from parents, while on the other hand there is a great curiosity drive, adolescents seek information that can be obtained from other sources or do it by trial and error (Hurlock, 1988: 251). Therefore, parents should play a major role in guiding the growth of healthy attitudes, including explaining adolescent curiosity about the limits of behavior that are considered good or bad in relationships with the opposite sex, so as to avoid acts that violate boundaries (Iskandar, 1997: 87). Some people think that sex education is only learning about having sex. This is why many people object to sex education being given to children from an early age. Objections also arise due to the lack of knowledge of how parents start teaching sex education. So the purpose of providing sexual education is not something taboo or something

dirty but is information about anatomy and reproduction, which must be applied in family education and adolescent knowledge in order to recognize and guide adolescents towards healthy adults and be responsible for their sexual life in the future. . So that children and adolescents can learn to understand and appreciate their sexual abilities and channel these urges to good causes and at the right time.

Reported through the Kotaku page, the most cases of sexual violence are in the South Balikpapan District. On average, sexual violence occurs between women and teenagers and the perpetrators are often the closest people to the woman or the teenager herself. However, according to Wahyuningsih (2021), there are also things that are done on a consensual basis, for example if it is his girlfriend who does it. This free sex activity is the impact of social media, many victims report being tempted to get acquainted through social media until they end up having sex prematurely. According to Wahyuningsih (2021) parents need to equip their children with an understanding of sex education, such as understanding that before marriage they are not allowed to have sex and also parents are expected to supervise their children more. The Balikpapan City Government always strives to encourage teenagers in positive activities. Like the activities carried out by the Community Empowerment, Women Empowerment and Family Planning Agency (BPMPPKB) which held a Strengthening of the Information Center and Youth and Student Counseling. The city government of Balikpapan even invites parents to participate in the empowerment program for young women, because in terms of female development, parents know and understand better.

For this reason, parents are required to have extensive knowledge and good skills in communicating in the family, to inform their children about sex itself so that the child can find his identity and they can choose the right action when entering adolescence. Parents who have full responsibility will guide and educate their children, especially during adolescence, where it is mentioned above that adolescents have great curiosity, and are also a transition period to adulthood, this adolescence is a challenge for parents to pay deep attention to control and direct his behavior. The problems faced by teenagers seem to be less able to be responded to empathetically by parents, this is what then creates a kind of 'gap' between teenagers and their parents. Parents are seen as less able to understand the soul of teenagers, on the other hand, teenagers are considered by parents to be less able to understand the condition of their parents. This can actually be overcome by creating effective interpersonal communication between adolescents and their parents.

The closeness between children and parents is essential to be able to know what is the desire and express the child's feelings as a whole in the communication process, this makes children feel more valued and feel cared for so that even children will find it easier to open up to what is happening. advise parents to him. (Hidayat 2012). Communication that needs to be conveyed in delivering sex education This is a form of interpersonal communication (interpersonal communication) is communication between people face-to-face, which allows each participant to capture other people's reactions directly, either verbally or nonverbally. "People need interpersonal relationships, especially for two things, namely feelings (attachment) and feeling dependency refer to relationships that are emotionally intensive. While dependence refers to instruments of interpersonal behavior, such as needing help, requiring approval, and seeking closeness (Sendjaja, 2004).

Interpersonal communication here is not just about the quantity of communication made by teenagers and parents, but communication is more focused on understanding based on an attitude of openness, empathy,

positivity, and a supportive attitude from both parties. Parents are expected to always be able to follow the development of their children and vice versa children will understand what their parents want. This means that children do not have doubts about their parents and on the other hand, parents want to be supportive. This is where the role of parents is felt to be important, because parents are obliged to wisely direct correct and appropriate information

according to the needs of teenagers. The permissive attitude of adolescents towards sexual relations is caused by many factors, including the lack of information about healthy dating, so that not a few when young people dating are not able to control their lust so they are involved in sexual relations.

Parents should have effective communication skills when introducing moral values to children. According to Hawari (2004) the condition of family harmony and communication can help form negative attitudes among adolescents towards premarital sex. Communication causes various consequences of community social relations consisting of two or more people who are interconnected, resulting in interaction in society. Parental communication with adolescents is effective when both parties are close to each other, like each other and communication between the two is fun and there is openness so that an attitude of trust grows. Effective communication is based on trust, openness, and positive support for children so that children can properly accept what parents say (Rakhmat, 2004). According to Yusuf (in Gunawan 2013: 226) parental communication patterns are categorized into 3, namely permissive communication patterns, authoritarian communication patterns and authoritative communication patterns. Based on this background, it is important to give sex education to adolescents, so that children can know what to do to protect themselves from others and effective interpersonal communication in the delivery of effective sex education by parents to teenagers is considered important so that children can fully understand sex education. Thus the title that the author proposes is: The Role Of Parent Interpersonal Communication To Adolescents in Sexual Education (Case Study in Balikpapan City).

RESEARCH METHOD

The paradigm used in this research is constructivism research because the researcher tries to get the results of the interaction between the researcher and the party being studied, namely the community group, namely the family, where the researcher interacts with the community who have roles as parents, children and other community members as informants who can provide information on the theme of this research. It aims to determine the pattern of interpersonal communication carried out by parents to their children in providing sex education to adolescents in the city of Balikpapan. The use of the constructivism paradigm is also to construct or arrange how the communication pattern between parents and children in providing sex education takes place. In the pattern of communication there is a language that contains meaning in every act of communication carried out with the perpetrators of communication. In this research, the method used is descriptive study method, this research method the researcher uses a qualitative approach, which aims to understand the phenomenon of what is experienced by the research subject, namely the interpersonal communication pattern between parents and children in providing adolescent sex education in the form of words and language which will be explained in depth. The subject of research is the pattern of interpersonal communication between parents and children in providing adolescent sex education and the objects are parents and children in the community in Balikpapan City who will be research informants. This research was conducted in North Balikpapan District, Balikpapan City-East Kalimantan where in North Balikpapan district there are still cases of underage sex mentioned in chapter one in this study.

RESEARCH RESULTS AND DISCUSSION

Interpersonal Communication Patterns Are Used By Parents To Their Children In Providing Adolescent Sex Education

The results of the research on the pattern of interpersonal communication between parents and children in providing sex education to adolescents in the city of Balikpapan showed that the communication pattern of parents is a democratic pattern and is combined with a authoritarian communication pattern when the child is still small. This is done by parents by making decisions about things that exist together. parents also discuss in determining the choice of the family. Parents always communicate with their children when they come home from school or when they are relaxing at the end of the week because it can bring children closer to their parents to be open and discuss with them.

Parents choose to use democratic communication patterns when their children grow up and apply authoritarian communication patterns when children are young because when children are still small they cannot express their thoughts and opinions a lot. However, when children grow up, parents prefer democratic communication patterns because children have explored a lot in the outside world and have been able to express their thoughts. And parents assume that if the child takes part in the communication process of sexual education at home, the child will have openness to his family. The results of the research above are in line with the understanding of the theory of the form of parent-child communication patterns said by Yusuf in Gunawan (2013:226) who states that parental communication patterns with democracy are generally characterized by an open attitude between parents and children. They make some sort of mutually agreed upon rules. These democratic parents are parents who try to value their children's abilities directly. Parents with this communication pattern will prioritize the interests of their children, but will not hesitate to control them. Parents who apply democratic communication patterns will behave rationally, always base their actions on ratios or thoughts and parents are realistic about children's abilities, give freedom to children to choose and take actions and approaches to children are warm. This explains that there is a good perception in a child about the democratic communication pattern of parents which can shorten the distance between parents and children so that children will be more open to parents or the establishment of interpersonal communication between children and parents. There is a very significant positive relationship between parents' perceptions of democratic parenting and children's interpersonal communication. This shows that the high perception of parents' democratic communication patterns affects the high interpersonal communication of children. The results of the research above are in line with the understanding of communication patterns stated by Djamarah (2004:1) which states that a communication pattern can be interpreted as a pattern of relationships between two or more people in sending and receiving messages in the right way so that the intended message can be understood. Where in this study it was found that the way parents communicate sex education to their children is to use democratic communication patterns and produce good understanding from children. This also in line with research conducted by Wiendijarti (2011) which state that democratic communication patterns in family communication are often chosen by parents today with the aim of involving children in thinking and discussing with parents, so that later children will not feel awkward and embarrassed. in asking and discussing everything with his parents. Also in line with research conducted by Nurwaidah, Boham, and Tulung (2014) which state that the role of parents provides clear and correct information regarding issues of human sexuality, which includes the process of conception, pregnancy to birth, sexual behavior, sexual relations, and aspects of health, psychology and society is important.

Effectiveness of Interpersonal Communication that Exists between Parents And Children In Providing Adolescent Sex Education

Openness is one indicator of the effectiveness of communication, such as determining where the child goes to school, providing several school choices that parents think is good and then telling the child to go to the school he likes. Parents are open and talk and express opinions but still in a positive context, for example, it already contains elements of advice, parents take firm steps to straighten it out. In the family, having a discussion, options are discussed and mutually agreed upon between parents and children, which can lead to effective communication, namely openness. The results of the interview are in accordance with the theory regarding open attitude as effectiveness in communication which is said by Hendrick & Hendrick in Wood (2012:155) explain that self-disclosure has important values. First, sharing feelings, thoughts, and personal experiences often strengthens the closeness between people. Furthermore, when others understand us, they can respond to us more sensitively, as unique individuals. Opening up will also invite other people to open themselves up too, so that we can learn to understand them. Finally, self-disclosure can influence what we know about ourselves and how we feel about ourselves. Then the second communication effectiveness that is often emphasized by parents is the cultivation of a positive sense, where a person must have positive feelings towards himself that will encourage others to participate more actively, and create a communication situation conducive to effective interaction. Parents try to teach children to know what is right and wrong and tell children to do positive things, such as worship, don't stay, help people around them and behave well wherever they are. In the future, if the child continues to worship diligently, he will always behave well and think positively. The results of this study explain that parents communicate positive attitudes in interpersonal communication in at least two ways in which parents can express positive attitudes and positively encourage children who are communication partners. Where a positive attitude refers to at least two aspects of interpersonal communication. Third, the effectiveness of communication that exists in parent-child communication that is seen is the cultivation of a sense of equality or similarity, meaning that there is a tacit acknowledgment that both parties value, are useful, and have something important to contribute, equality asks us to give positive appreciation unconditional to other individuals. In this case, parents must be the same in educating their children and awards will be given if the child achieves the targets given by the parents, such as increasing school grades and giving prizes. In every situation, communication between parents and children is unequal. One may be smarter, more mature, older than the other, namely the child. Apart from this inequality, according to what was shown by the interviewees that interpersonal communication will be more effective if the atmosphere is equal. Next is being supportive as one of the effectiveness of communication where there is a way for parents to provide sex education for children, which is like giving more examples to children in sorting out relationships and having discussions with parents. By discussing more often, children will be more open about their problems. Parents carry out supportive communication with children by supporting children in all positive ways with the hope of creating an open situation to support effective communication between parents and children in the family. According to what the informants said above, it can be concluded that communication can run well if there is a supportive attitude or support from both parties and various aspects in it. Support is giving encouragement in an atmosphere of communication

relationships so that interpersonal communication can continue. This results is in line with research conducted by Otta, Rembang and Harilama (2015) which states that Interpersonal communication which includes openness, empathy, support, and a positive attitude goes well and effectively. Interpersonal communication between parents and teachers plays a very important role in preventing premarital sexual behavior.

CONCLUSIONS

The pattern of interpersonal communication between parents and children in providing sex education to adolescents in the city of Balikpapan is that parents apply democratic communication patterns. The way to do this is by discussing, mutually agreed between parents and children so children feel comfortable being open to their parents and children also better understand what their parents are saying. Democratic communication patterns in family communication are often chosen by parents today with the aim of involving children in thinking and discussed with parents, so that later children will not feel awkward and embarrassed in asking and discussing everything with his parents. Interpersonal communication is carried out effectively by parents and children with aspects of openness, empathy, support, positiveness, equality. Interpersonal communication which includes effective communication aspects goes well and has a big impact in providing an understanding of sex education for adolescents.

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