

# SEX EDUCATION FOR ADOLESCENTS IN ISLAMIC VIEW: A SYSTEMATIC LITERATURE REVIEW

## Abstract

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The problem of adolescents is increasing every year. There are various kinds of adolescent problems, but this article specifically aims to describe sex education from an Islamic perspective. The conclusion of this study is that sex education for adolescents in an Islamic perspective is very important to be implemented and implemented by parents, teachers, and other educators both at home and at school. Because with sex education, teenagers will be able to reduce the occurrence of sexual deviations that often occur among teenagers. This sex education does not teach about how to have sex between the opposite sex, especially to teenagers, but is part of preventive efforts in preventing deviations that occur among teenagers, including sexual deviations.

**Keywords:** *Sex Education, Islamic Perspective, Adolescents.*

## INTRODUCTION

Free promiscuity among teenagers nowadays has become a culture and habit for teenagers, almost every teenager who does it has no shame anymore towards other people who witness it, even some of them feel proud to do the act. Adolescent life with its various problems is interesting to talk about, because adolescence is a transition period between childhood and adulthood.<sup>1</sup> There are many problems faced by the younger generation, especially those related to sex. There is an assumption that sex is a taboo and dirty issue to be discussed and not worthy to be taught to children and adolescents, causing teenagers to know it naturally, even though the information they get is often wrong or incorrect sex information.

Society in general feels taboo to talk about matters relating to sexuality. This is because it is based on cultural and social factors of heterogeneous society, thus prohibiting talking about sexuality in public. This sex issue is

considered as something pornographic and disgraceful, its very personal nature (privacy) does not need to be disclosed to others. In addition, the understanding of sexuality that develops in society is still very narrow, the discussion about sexuality seems to only be interpreted in husband and wife sex. Whereas etymologically, sex means gender and is not porn at all because everyone has genitals. Sexuality itself means everything related to gender, including how it works and how to take care of its health so that it can function properly.<sup>2</sup>

The previous scholars have actually outlined the issue of sex education since the beginning of a child studying religion. As in the discussion of the fiqh chapter on taharah, here we discuss the procedures for bath of junub, even studies up to the problem of wet dreams, marital relations and menstruation.<sup>3</sup> This shows that from an early age children have known these terms correctly, and that is what is called Islamic sex education.

<sup>1</sup> Moh. Nawafil, *Cornerstone of Education : Landasan-Landasan Pendidikan* (Yogyakarta: Absolute Media, 2018), 24.

<sup>2</sup> Amy Bleakley, Michael Hennessy, and Martin Fishbein, "Public Opinion on Sex Education in US Schools," *Archives*

*of Pediatrics and Adolescent Medicine* 160, no. 11 (2006): 1151–1156.

<sup>3</sup> Syarifah Gustiawati Mukri, "Pendidikan Seks Usia Dini Dalam Perspektif Hukum Islam," *Mizan: Journal of Islamic Law* 3, no. 1 (2018): 1–20.

As a result, people do not understand the issue of sex, especially parents to their children, resulting in various sexual deviations, both free sex, pregnancy before marriage, homosexuality and rape. Sexual deviations are currently happening in the midst of society. This phenomenon is automatically very worrying for various parties, be it teachers, government, community leaders, especially parents. Almost every time and every night erotic scenes almost become a daily menu, on television, magazines, tabloids, even on the streets, you can directly see people wearing clothes that indulge in genitalia and invite lust by reason of following fashion and the times. Not to mention that technological advances also play a role in exploiting sex to penetrate the world of children and adolescents, most teenagers gain knowledge about sex from cinema films, pornographic VCDs, comics, and the internet.<sup>4</sup>

Academically, sex education for teenagers is not a lesson for how teenagers can vent their sexual desires, but rather to provide correct lessons and information about sexuality issues, including adolescent reproductive health. Sex education is important for adolescents, because psychologically adolescence is a vulnerable and unstable period to make a decision, a period of transition from children to adults, while at this time the turmoil of adolescent sexuality is getting higher.<sup>5</sup>

Sex problems in adolescents often worry parents, government, experts and so on. Because if they don't get enough attention and education either by their parents directly, their teachers, or the government, it will cause adolescent sexual behavior that leads to promiscuity and sexual deviation. The rise of promiscuity, in this case free sex among teenagers, is mostly caused by several factors.<sup>6</sup> Factors that play a very important role in this case are family environmental factors that pay less attention to their children and environmental factors that support this problem.

Based on the problems above, this study aims to describe what teenagers are and the problems of sex, the basics of sex education from

an Islamic legal perspective, and the sex education characteristics based on the Islamic law.

## DISCUSSION

### Sex Problems in the Surrounding Environment

Most teenagers when they become sexually active are at risk for experiencing sexual problems and other problems. One study found that alcohol and drug use, as well as lower academic performance, were associated with sexual initiative in early adolescence. Adolescent sexual problems can include teenage pregnancy, sexually transmitted infections, sexually violent behavior, and sexual harassment.

#### Pregnancy Teenage

Pregnancy Teenage carries risks to the health of both the baby and the mother. Babies born to teenage mothers tend to have low body weight, a major factor in infant mortality, as well as neurological problems and childhood illnesses. Teen mothers often drop out of school. Although many teenage mothers continue their education later in life, they generally do not achieve the same level of economic life as women who delay childbearing until their twenties. One study found that children of women who gave birth for the first time as teenagers scored lower on tests and exhibited more problem behaviors than mothers who had their first child as adults.<sup>7</sup>

Discussions about teenage pregnancy and its prevention should ideally not just provide information about contraceptives. However, it is accompanied by encouraging adolescents to grow a sense of acceptance of themselves and their sexuality. This acceptance requires not only emotional maturity but also cognitive maturity. This can be done by encouraging youth's ability to anticipate consequences, consider the impacts of their behavior, and project into the future what will happen if adolescents take certain actions, such as having sexual relations.

<sup>4</sup> Amy Bleakley, Michael Hennessy, and Martin Fishbein, "Public Opinion on Sex Education in US Schools," *Archives of Pediatrics and Adolescent Medicine* 160, no. 11 (2006): 1151–1156

<sup>5</sup> Minhaji, Moh Nawafil, and Abd Muqit, "Implementation of the Islamic Religious Education Learning Methods Innovation in the New Normal Era," *Al-Ishlah: Jurnal Pendidikan* 14, no. 2 (2022): 2107–2118.

<sup>6</sup> Laura Duberstein Lindberg, John S. Santelli, and Susheela Singh, "Changes in Formal Sex Education: 1995–2002," *Perspectives on Sexual and Reproductive Health* 38, no. 4 (2006): 182–189.

<sup>7</sup> Kelli Stidham Hall et al., "The State of Sex Education in the United States," *Journal of Adolescent Health* 58, no. 6 (2016): 595–597,  
<http://dx.doi.org/10.1016/j.jadohealth.2016.03.032>.

### *Sexually Transmitted Infections*

Acquired Immunodeficiency Syndrome (AIDS) is caused by the Human Immunodeficiency Virus (HIV). This virus attacks the body's immune system. Over time, HIV makes the infected person unable to fight off the disease. HIV is spread through the exchange of vaginal fluids, semen, blood, breast milk, and other body fluids that contain blood. Just one contact with infected body fluids can cause the infection to spread to others. However, regular contact such as drinking from the same glass, hugging a friend, shaking hands, kissing the cheek, or sitting on the toilet seat, as well as from mosquitoes that have bitten an HIV patient did not cause infection.

Things that can cause HIV infection are through sexual contact (vaginal, oral, or anal) with someone who is infected, through various needles or injections that are shared with someone who is infected, through blood transfusions, and babies born to women with HIV. can become infected before or during birth or through breast feeding.<sup>8</sup>

### *Sexual Harassment*

Harassment is unwelcome and unwanted sexual behavior. Harassment usually occurs in one person who is more powerful than another. This power can be formal, such as the power a teacher has over his students, superiors over their employees, or religious leaders over their congregations. It can also be informal, such as popular child power over other children in a group or one group over an individual.<sup>9</sup>

Explain that sexual matters may include talking about sex over lunch, intentional touching or rubbing, or comments about her clothes or body. When the teenager warns the abuser that the teenager is uncomfortable with the abuser's behavior, the teenager should make notes of what the abuser said and when the abuser did, asking the teenager to write down the offender's reactions as well. If someone else hears the conversation, the youth should include their name. If the incident continues, this could go into legal action.

### *Sexual Violence and Assault Sexual*

Violence is any form of sexual activity, including molesting, molesting, sexual intercourse, rape, perpetrated on a child by someone who is responsible for his or her care, such as a parent, stepparent, child care provider, or caregiver. Sexual assault is any form of sexual activity carried out by someone other than the caregiver. Make sure your teenager understands that using physical, emotional, and psychological pressure to get someone to have sex is unacceptable.

All forms of sexual harassment and violence are described as involving forcing one person's desires on another without regard to the rights or feelings of others. If your teen is experiencing any form of abuse or violence, try talking to them. Encourage him to share his feelings with his parents. Self-blame is common among victims of violence. Tell teens that sexual assault was never the victim's fault. As parents and teachers, we must be there for him and support him. Being open is not going to be easy for a teenager, but doing this is his best defense.

### **Sex Education Terminology**

#### *Understanding Sex and Sexuality*

The definition of sex in terms of language is gender, or more precisely the gender difference between men and women. More broadly, sex is also commonly used to refer to things related to the genitals. The word sexuality has a meaning about the overall human expression as a man or a woman, what they believe, think and feel about themselves, how they react to their environment, how they present themselves, how they are cultured and social, all of which will characterize the figure of self-identity.

Sexuality is an expansive term that relates further than human biology or sexual behavior, although the two elements are certainly an integral part of sexuality itself. Dr. Mary Calderon, co-founder of the *Sexuality Information and Education Council of The United States* (SIECUS), explains very briefly about sex and sexuality that "sex is what you do, sexuality is who you are".<sup>10</sup>

<sup>8</sup> Herman P. Schaalma et al., "Sex Education as Health Promotion: What Does It Take?," *Archives of Sexual Behavior* 33, no. 1 (2004): 259–269.

<sup>9</sup> Kelli Hall Stidham et al., "The State of Sex Education in the United States," *Journal of Adolescent Health* 58, no. 6 (2016):

595–597,  
<http://dx.doi.org/10.1016/j.jadohealth.2016.03.032>.

<sup>10</sup> Duberstein Lindberg, John S. Santelli, and Susheela Singh, "Changes in Formal Sex Education: 1995–2002," *Perspectives on Sexual and Reproductive Health* 38, no. 4 (2006): 182–189.

Talking about sexuality cannot be overlooked in terms of transactions only physical relations. Sexuality is more of a multidimensional phenomenon consisting of biological, psychosocial, behavioral, clinical, moral and cultural aspects.<sup>11</sup>

Sexuality can be fully understood as a core dimension of being human which includes: understanding, and relating to: the human body, emotional attachment and love, sex, gender, gender identity, sexual orientation, intimacy, pleasure and reproduction. Sexuality is complex and includes biological, social, psychological, spiritual, religious, political and legal dimensions. Historically, ethically, and culturally evolved throughout the ages.

#### *Definition of Sexuality Education*

Education is an activity to teach about reproductive health.<sup>15</sup> Another understanding of sexuality education is clear and correct information on the issue of human sexuality, which includes the process of conception, pregnancy, until birth, sexual behavior, sexual relations, and aspects of health, psychology and society. Information about sexuality also includes the overall expression of individuals as a man or woman about what they believe, think, and feel about themselves, how individuals react to the environment, how to present themselves, how cultured and social, all of which will characterize a person self-identity.

Sexuality Education defined as providing information on the intricacies of anatomy and the physiologic process of human reproduction alone plus prevention techniques (contraception). Sexuality education as other education in general contains the transfer of values from educators to subject-students. Information about sex is given contextually which contains norms that apply in society such as the role of men and women in society, male-female relationships in association, the role of father-mother and children in the family, etc. As for sexuality education according to Sheikh Abdullah Nashih 'Ulwan stated that<sup>12</sup>:

*Sexuality education is to provide clear teaching, understanding, and information to children when they understand things related to sex, instincts, and*

<sup>11</sup> Moh. Nawafil and Junaidi Junaidi, "Revitalisasi Paradigma Baru Dunia Pembelajaran Yang Membebaskan," *Jurnal Pendidikan Islam Indonesia* 4, no. 2 (April 15, 2020): 215–225.

<sup>12</sup> M. Indra Saputra, "Pendidikan Seks Bagi Remaja Menurut Abdullah Nasih Ulwan," *Al-Tadzkiyah: Jurnal Pendidikan Islam* 7, no. 1 (2016): 143–156.

*marriage. So that when the child enters the age of puberty and understands things related to his life, he knows which is lawful and unlawful, and is accustomed to Islamic morals. His attitude is good, does not indulge his passions and does not allow everything.*

Based on several statements that have been presented by experts both from scientists in the field of sexuality education and Muslim scholars, it can be understood that they have the same goals and missions, namely: Providing information, enlightenment, lessons, and understanding of sexuality education.

#### *Goals of Sexuality Education*

Goals are something to be achieved or realized. In the world of education, goals are one of the factors of the educational component which is always the basis for carrying out what has been planned. The objectives of sexuality education in general, in accordance with the agreement *International Conference of Sex Education and Family Planning* in 1962, are:

*To produce adult human beings who can lead a happy life because they can adapt to society and their environment, and are responsible for themselves and for others, other people.<sup>13</sup>*

The objectives of sexuality education according to Ustadz al-Ghawsi are:

*To provide children with the right knowledge to prepare them to adapt well to sexual behaviors in the future with the aim of encouraging the child to make a logical tendency, and correct in sexual and reproductive.*

The purpose of sexuality education according to Novita Tandry are:

*To provide children and adolescents with a correct understanding of sex as a physical and psychological aspect of human beings. Sexuality education helps children and adolescents to understand the function of one of their organs so that they will take better care.*

Based everything related to self is included in information about sexuality in which children and adolescents are expected to be able to recognize and realize that they are very valuable so that children and adolescents are able to think logically and behave correctly in matters relating

<sup>13</sup> Siti Zubaedah, "Pendidikan Seks Pada Anak Usia Dini Di Taman Kanak-Kanak (TK) Islam Kota Yogyakarta," *Al Athfah: Jurnal Pendidikan Anak* 2, no. 2 (2016): 55–68, <http://ejournal.uin-suka.ac.id/tarbiyah/index.php/alathfal/article/view/1267>.

to sexual and reproductive. Thus, it will be easier for children and adolescents to fortify themselves from bad environmental influences, and not to deviate from their nature as men or women. Therefore, it is very important for teenagers to receive education about sexuality.

### **Legal Basis of Sex Education in Islam**

There is an important foundation in looking at the existence of sexuality education using the lens of Islamic law, namely the Qur'an and Hadith.

#### *Legal Basis From the Qur'an*

Allah SWT's words in Surat Al-Mu'minun 5-7 which means, *"and those who guard their private parts, except against their wives or the slaves they have; then verily they are blameless in this. Whoever seeks the opposite, then they are the ones who transgress "*.

From the verses of the Qur'an it can be understood that the Qur'an explains the teachings of sexuality in all its dimensions. This teaching needs to be understood by human beings, especially teenagers, both boys and girls, so that they know which ones are forbidden and which ones are permitted by Islamic law.<sup>14</sup>

#### *Legal Basis From Hadith*

There is a hadith of the Prophet SAW that can be used as a basis for sexuality education in adolescents, among others as follows:

*Has told us 'Abdurrahman bin Ibrahim said, has told us Ibn Abu Fudaik from Adh Dhabbak bin Uthman from Zaid bin Aslam from' Abdurrahman bin Abu Sa'id Al Khudri from his father from the Prophet Muhammad he said: "A man should not look at the aurat of another man, and a woman should not look at the aurat of another woman. A man should not sleep with another man in one blanket, and a woman should not sleep with another woman in one blanket. "*

The hadith above can be used as the basis of sexuality education, because one of the purposes of sexuality education in adolescents is the formation human beings who are of noble character, have strong rules and faith, and can prevent damage in society caused by deviations in matters of sex.<sup>15</sup>

<sup>14</sup> Mohammad Anwar Syarifuddin, *Kajian Orientalis Terhadap Alquran Dan Hadis* (Ciputat: Sekata Cendikia, 2015).

<sup>15</sup> Moh. Nawafil and Suparwany, "Revitalization of Theoretical Response Study of Ignaz Goldziher and Joseph Schacht Hadith Criticism," *Al-Bukhari: Jurnal Ilmu Hadits* 4, no. 2 (2021): 116–140.

### **The Characteristics of Islamic Sex Education**

#### *Aspects of Divinity in Sexuality*

Education Sexuality education must be rooted in divinity and based on the teachings of Allah SWT. Thus, as all Islamic teachings come from Allah SWT, so also aspects of sexuality education at various age levels are a manifestation of Allah's decree.

Sexuality education has a relationship with the purpose of creation, namely faith in God. In fact, the Shari'a has explained all the activities of the soul, including sexual behavior. Thus sex is seen from this side is part of worship, then the sexual activity is perfected as a spiritual and moral decoration.<sup>16</sup>

#### *Aspects of Humanity*

Islamic sexuality education has features in the form of, among others, requiring sex as part of human nature which will strengthen aspects of human dignity, honor, and holiness. In this case, Yusuf Madani compares his opinion with some of the views of Western leaders who say that sex is just entertainment and a biological outlet. They are negligent, sometimes even deliberately hiding some of the basic laws that reflect the glory of man. Islam views that it is very lacking if sexuality education is solely aimed at sex issues, without paying attention to the moral aspects that will strengthen the human existence of a child.

Western scientists have never even talked about the law of purification, or the importance of not facing the Qibla or turning your back to it when defecating or urinating. In this case, the rules and sharia law not only recommend restraining the soul or paying attention to the cleanliness and purity of the body, but also emphasizes the aspects of monotheism and purity of direction, which will encourage the creation of a peaceful mental state when one is in His presence.

#### *Integral Sexuality Education*

In fact, the rules regarding sexuality education are a unity which partially completes the other. Therefore, educators, both parents and

<sup>16</sup> Dyah Nawangsari, "Urgensi Pendidikan Seks Dalam Islam," *Tadris* 10, no. 1 (2015): 74–89, <http://ejournal.iainmadura.ac.id/index.php/tadris/article/download/639/599>.

teachers, should not underestimate this education by only teaching some of the Islamic rules that regulate sexual matters and underestimate the application of other rules. Because the method of sexuality education in Islam is a complete and inseparable unit. Even sexuality education will not produce good results, if parents or teachers do not apply it thoroughly.

For example, when a woman reaches puberty which is marked by menstruation, Western educators only teach that it is a process of biological and psychological maturity. Whereas in Islamic law, it does not only look at that, but also teaches laws related to it, such as not having to make up for missed prayers, having to make up for fasting during Ramadan, how to wash after menstruation. In the view of Islam, it will not be perfect if it only teaches some anatomical rights, but is accompanied by teaching sharia laws in detail.

#### *Islamic Sexuality Education is Real and True*

Islamic sexuality education discusses scientific phenomena about sexual desire in human organs. Islamic Shari'a has laid down its laws clearly to deal with sexual matters as well as psychological and physical changes related to sex.

For example, the Qur'an forbids a husband from having intercourse with his wife who is menstruating because this act will bring disease. This is scientifically corroborated because when a woman is menstruating, her sexual organs and mental conditions are unstable. Likewise, in terms of health, this can lead to infection with bacteria in the genitals, causing inflammation and spreading to the uterine, urinary, urinary tract, and causing other infections.<sup>17</sup>

#### *Sexuality Education Provided Gradually*

Islamic law instructs parents or teachers to provide sexuality education in stages. The education must be in accordance with the principles of the Qur'an and Hadith as well as the level of growth and development of the child's insight. Gender differences also affect the education given because they will have different maturity in sexual matters. According to researchers the maturity of the reproductive

organs and the process of puberty in girls is faster than boys.<sup>18</sup>

## **CONCUSSION**

Based on the results of the discussion on sex education for adolescents in an Islamic perspective, it can be concluded that sex education is very important and needs to be applied to teenagers, because teenagers are the nation's next generation. Therefore, Islam views that sex education is a human nature that must be respected. Sex education in Islam is different from sex education according to modern science, because sex education in Islam must all be sourced from the Qur'an and al-Hadith. Sex education in Islam aims not only to provide good and correct sex information, but also to prevent and reduce various sexual deviations that occur in society, especially those experienced by teenagers. Furthermore, an educator in providing sex education to adolescents, educators must have an effective and efficient educational strategy in its delivery, so that from what he conveys it can be accepted and implemented by students.

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<sup>18</sup> Wahyuni Nadar, "PERSEPSI ORANG TUA MENGENAI PENDIDIKAN SEKS UNTUK ANAK USIA DINI," *Yaa Bunaya: Jurnal Pendidikan Anak Usia Dini* 1, no. 2 (2017): 77–90.

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