

ANALYSIS OF ISLAM-BASED SEX EDUCATION CONTENT ON INSTAGRAM @TAULEBIH.ID

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Abstract. This research aims to know the content of Islamic sex education on the instagram account @taulebih.id. this research uses qualitative descriptive methods with the type of content analysis study (content analysis). Data sources in this study include primary data obtained directly through the research arena and secondary data acquired indirectly through literature relevant to the context of the research. Data collection techniques in this study include observation and documentation. The implementation of research data is carried out with techniques, data reduction, data presentation, and data verification. The results of this study show that Islamic sexual education content can be an effective means to convey information and education about sexuality in Islamic views. Islam-based sex education content can help people understand and appreciate Islamic values in terms of sexuality and help avoid inappropriate and sharia-violent sexual behavior. Some sex education content based on Islam can be presented on the Instagram account @taulebih.id among others: (1) Religious marriage, is it possible? (2) Abortion Law for Victims of Rape; (3) The Effect of Masturbation. Islam-based sex education content presented on the Instagram account is informative, and useful for Instagram users for positive reasons, educating, and in accordance with values in Islamic religion.

Keywords: Sex education, Islam based, Instagram account @taulebih.id

I. INTRODUCTION

Sex education is a structured and directed learning process on topics related to sexuality and interpersonal relationships. Sex education covers various aspects such as reproductive anatomy and physiology, sexual health, contraception, consent in sexual relationships, social and cultural issues related to sexuality, sexual violence, and the formation of healthy and meaningful relationships. Through proper sex education, adolescents can build the understanding and skills needed to make healthy and responsible decisions about their sexuality and relationships. Adequate sex education can help adolescents understand the risks associated with unsafe sexual behavior, such as transmission of sexually transmitted diseases, unwanted pregnancies, or sexual violence.

According to Mary Calderone, sex education should be taught in an open and honest way so that teens can make healthy decisions about their sexual life. Calderone also stressed the importance of sex education in helping teens understand that sex is a normal aspect of human life [1]. According to John Santelli, sex education should teach adolescents about reproductive health and healthy relationships, including consent and respect for the personal boundaries of others. Sex education should also take into account the cultural diversity and experiences of adolescents [2]. Eli Coleman stated that sex education should teach about healthy sexuality, including respect for one's sexual freedom and integrity. Sex education should also help adolescents understand the difference between safe and unsafe sexual behavior [3].

In Islam, sex education is emphasized as a correct understanding of sexuality. Therefore, sex education in the Islamic perspective aims to provide an understanding of the

principles to be followed in sexual relationships [4]. Sex education in the Islamic perspective also teaches about the importance of caring for oneself and respecting others in sexual relationships, as well as using body hygiene and health. In addition, sex education in the Islamic perspective also provides an understanding of the importance of marriage and choosing the right life partner in Islam [5].

In a modern era of all-tech, it is undeniable that the media can provide rapid stimulus and often dominate the daily life of adolescents. Various types of media such as television, the internet, and social media can provide powerful visual and sensory stimuli, which can affect a person's perception, thinking, and behavior in a relatively short time. Therefore, it is important for a person to choose the right and healthy media. In addition, one is also expected to be aware and critical of the media content consumed to take wise action. When it comes to sex education, the media plays a significant role because the media can influence one's perceptions, thoughts, and behaviors about sexuality. Especially for teenagers who are often looking for information about sexuality, media can be an easily accessible and influential source of information.

In the world of adolescents, the media has a significant influence in influencing adolescent views of sexuality. Media content that depicts sex can affect adolescent perceptions of sexuality and make them prone to unhealthy behavior. To address such problems, appropriate and accurate sex education is needed, including education on consent in sexual relationships and on individual rights. Furthermore, the need for awareness and respect for human rights and dignity as an independent and autonomous individual must be instilled. Sex education is carried out with the aim of helping adolescents

avoid various risks and sexual health problems that can occur if there is no adequate sex education.

On the one hand, the media can provide accurate and useful information about sexuality, such as pregnancy prevention and transmission of sexually transmitted diseases, as well as about individual rights in sexual relationships. The media can also promote positive values such as healthy relationships, consent, and respect for individual rights. Therefore, it is important to choose the right and healthy media, as well as teaching adolescents to have a critical understanding of the media content they consume. In addition, proper and accurate sex education can help adolescents understand the importance of sexual health and healthy relationships as well as strengthen their resilience to the influence of less accurate media. On social media Instagram there are many accounts that share information.

II. RESEARCH METHODS

This study is a qualitative descriptive study with a type of content analysis study (content analysis). According to Creswell, descriptive qualitative research is a research approach used to describe phenomena in detail and in depth. This research is carried out by collecting data in depth through interviews, observations, and document analysis. The aim is to provide a complete overview of the phenomena studied, with a focus on the collection of detailed and in-depth data [6]. Sugiyono also argues that descriptive qualitative research is one type of qualitative research used to describe phenomena in detail and in depth [7].

Content analysis is one of the qualitative research methods used to analyze messages or content from various communication media, such as text, images, audio, or video. Neuendorf says that content analysis is a research method used to analyze messages contained in texts, whether written, audio, or visual [8]. This research data source includes primary data and secondary data. Primary data is data obtained directly through the research arena, while secondary information is data that comes indirectly through literature relevant to the context of research [9]. Data collection techniques in this study include observation and documentation. In data analysis, the techniques used in this study include the Miles and Huberman scheme of reducing the data, presenting it, and then verifying the data [10].

III. RESULTS AND DISCUSSION

Sex education is still often considered a taboo thing by many people because many people think that talking about sex education is something that is not worth discussing [11]. This education about sexuality is very important to learn from an early age because children can also be the target of sexual violence such as persecution, rape, forced sex, early marriage, inappropriate touches that even it can be done by family members who should be a protector for the child [12].

A lot of literature has discussed the importance of studying sex education. Even from an early age, parents have a very important role in giving sex education to children with materials that are actually suitable for their age [13]. The aim of providing appropriate sex education is to be the capital of a person to be able to preserve themselves in their surroundings,

as well as in early childhood so that they can distinguish what is good and bad and conscious of the inappropriate sexual behavior that exists in the surroundings.

Some experts argue that the Quran provides guidance on healthy and good sexual relationships. According to Abdul Hamid Abu Sulayman that sex education according to the Qur'an emphasizes the importance of holiness, hygiene, and mutual respect between husband and wife. Sulayman said that the Qur'an emphasizes the importance of avoiding unhealthy sexual behavior, such as adultery and homosexuality, and teaches that sexual intercourse is reserved only for legitimate partners in marriage [14]. The Qur'an is one of the verses of the Quran. Al-Isra' verse 32:

وَلَا تَقْرَبُوا الزَّوْجَىٰ إِنَّهُ كَانَ فَاحِشَةً وَسَاءَ سَبِيلًا

“Do not get close to Zina. It is indeed an abomination and the worst way.” [15].

This verse shows how important it is to avoid unhealthy and unjustified sexual behavior in Islamic teachings. Therefore, this verse can be linked to the importance of providing correct and healthy sex education based on Islamic teachings. In this context, sex education is not only about providing sufficient knowledge about the anatomy and physiology of reproduction, but also about Islamic moral and ethical values related to sexual relationships. This includes keeping holiness and hygiene, respecting the spouse, and understanding that sexual intercourse is only permitted in the context of a legitimate marriage [16].

One can get a lot of information about sex education easily. Especially in the age of increasingly advanced information technology, it will be very easy for children to adults to access information via the Internet. The ease of access to information at the moment can be a container for giving and sharing science about anything [17]. One of the containers to be able to share information on the internet is social media including Instagram, Twitter, Reddit, Tiktok, and many others [18].

@taulebih.id is an Instagram account that contains a variety of information about sexual education based on the teachings of Islam. @tauleBeh.id uploaded its first content on November 1, 2021, and its last upload on April 19, 2023, @taulebih.id has uploaded 358 content with a total of 75.1 thousand followers. This account was created with the aim of normalizing sexual rights and reproductive health in Indonesia. @taulebih.id advocates the public on Instagram about the importance of Islam-based sexuality education and reproduction health.

The efforts of @taulebih.id in the Islamic-based sexuality education campaign are closely linked to the aspects of communication, because in addition to uploading their contents, there is a goal to affect the audience that is the user of Instagram. Researchers identify that @taulebih.id account activity is linked to S-O-R communication theory (Stimulus, Organisme, Response). The identification is based on the motives why the content is uploaded, who is targeted, and what the purpose is. @taulebih.id attracts the public's attention in general and in particular Instagram users who are the audience through the view on the account pages and the selection of words that can

stimulate the audience toward sex education messages so that generates the audience’s response.

Stimulus, Organism, Response (S-O-R) is a theory that describes that individual behavior is influenced by external stimuli, internal conditions, and the responses produced by individuals to such stimuli and internal conditions. According to Onong Uchjana Effendy, in the Theory of Stimulus, Organism, Response (S-O-R), the effect or response caused is a specific reaction to a specific stimulus so that one can expect and estimate the correspondence between messages from a communicative reaction [19]. According to this theory, individuals not only respond mechanically to stimuli, but they process received information, make judgments, and produce appropriate responses.

Islam-based sex education on the Instagram account @taulebih.id can help increase awareness and understanding of teenagers about sexual relationships in the context of Islamic religion. Some topics discussed in Islamic sex education on the Instagram account @taulebih.id include: (1) Religious Marriage, Is It Possible? (2) Abortion Law For Rape Victims; (3) Effects of Masturbation. With Islam-based sex education on the Instagram account @taulebih.id, it is hoped that individuals can understand religious values and have sexual relationships as best as possible. In addition, individuals can feel more comfortable opening up dialogue and obtaining support from the community and family to lead a healthy and respectful sexual life. The researchers summarized a number of content @taulebih.id in blanko coding as follows:

TABLE 1
BLANCO CODING

Dimensions	Title of Contents	Message	Time Up
Sexual Education Based on Islam	Religious marriage, is it possible?	Marriage is a worship of the Prophet Muhammad (peace be upon him). In addition to being able to control the desires and avoid various kinds of spouses, marriage also perfected half the religion. This can be seen in the Hadith of Al-Baihaqi, in which the Prophet (peace be upon him) said, “If a slave marries, he has perfected half the religion...” The law of	24 February 2023

		marriage to a Muslim/non-Islamic according to the teaching of Islam is haram, with reference to the Qur’an surah al-Baqarah verse 221. It has also been regulated by the Indonesian Parliament (MUI) that the law of marriage between religions is illegal, because there will be more harm (bad consequences) caused than good [20].	
	Abortion law for rape victims	Rape is different from Zina, where Zina is based on equal will and the presence of discord between the two sides. The rape took place without the consent of the victim. In Islam, there are several laws on abortion. According to Muhammadiyah, abortion can be done if there are medical indications. According to Nahdatul Ulama (NU) and the Indonesian Parliament (MUI), abortion can be done if the fetus is not 40 days old. This is due to the age of the first 40 days of pregnancy, the fetus is still a	9 August 2022

	drop of semen, referring to the Bukhari No. 6594 and Muslim No. by 2643. However, the choice to have an abortion is not only based on believed opinions, but must be consulted with the expert [21].	
Effects of Masturbation	Masturbation is an effort to sexual satisfaction by giving stimulation to the genitals. When you masturbate, you experience an increase in the level of the dopamine hormone. (hormon kebahagiaan). These hormones can encourage a person to behave addicted or motivated to do the same for satisfaction. In Islam, sexual behavior can only be done by and to a halal partner. Masturbation in Islam is illegal. Then the behavior of masturbation will only make a person increasingly entangled into things that God has forbidden [21].	5 August 2022

Islamic Sex Education on the Instagram account @taulebih.id is one of the forms of effort to provide sex education that corresponds to Islamic teachings. In Islam, sex

education is essential to provide an understanding of healthy and good sex as well as to prevent unhealthy or deviant sexual behavior. Islamic sex education content on the Instagram account @taulebih.id can be an effective means to convey information and education about sexuality in Islamic views. Islam-based sex education content can help people understand and appreciate Islamic values in terms of sexuality and help to avoid inappropriate sexual behavior and violating the Sharia.

Islamic-based sex education content on Instagram accounts can also help Instagram users, especially teenagers and young people, deal with frequent sexual issues, such as first sexual experiences, sexual orientation, and self-control in sexual intercourse. Not only in the sphere of sexual education, the account @taulebih associates sexual education with the rules that exist in Islamic religion with sources in the Qur'an and Hadith. In addition, parents and families should still play an active role in providing sexual education to their children and use these Instagram accounts as reference or complementary materials for the sexual education they provide.

IV. CONCLUSIONS

Based on the analysis of Islamic sex education content on the Instagram account @taulebih.id, it can be concluded that Islamic sexual education content can be an effective means to convey information and education about sexuality in Islamic views. Islam-based sex education content can help people understand and appreciate Islamic values in terms of sexuality and help to avoid inappropriate sexual behavior and violating Sharia. Some sex education content based on Islam can be presented in the Instagram account @taulebih.id among others: (1) Religious Marriage, Is It Possible? (2) Abortion Law For Rape Victims; (3) Effects of Masturbation. The Islamic-based sex education content presented on the Instagram account @taulebih.id is informative, and useful for Instagram users for positive reasons, educating, and in accordance with values in Islamic religion.

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