

IMPLEMENTATION OF COMPREHENSIVE SEXUAL EDUCATION (CSE) FOR ADOLESCENTS IN THE SCHOOL EDUCATION CURRICULUM AS AN EFFORTS TO PREVENT CHILD MARRIAGE

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ABSTRACT

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Background: Adolescence is a transitional period from childhood to adulthood that is associated with various changes, including physical changes, cognitive changes, and psychosocial changes. In Bojonegoro Regency, the high rate of child marriage is caused by several factors, including economic factors, parental matchmaking, marriage by accident (pregnancy outside of marriage), educational factors, environment, and peers. **Method:** This community service activity was carried out in several stages, including: preparation, implementation, namely the implementation of Comprehensive Sexuality Education, as well as evaluation and assessment of the results of the activity. **Result:** After carrying out this community service activity, it was shown that the level of understanding of adolescents regarding Comprehensive Sexual Education (CSE) was almost half of the adolescents had a poor level of understanding, namely 14 people (46.6%), whereas after carrying out the implementation of Comprehensive Sexual Education (CSE) activities, the level of understanding of adolescents increased, namely 18 people had a good understanding (60%). **Conclusion :** After carrying out this community service activity, it was shown that the level of understanding of adolescents regarding Comprehensive Sexual Education (CSE) was almost half of the adolescents had a poor level of understanding, namely 14 people (46.6%), whereas after carrying out the implementation of Comprehensive Sexual Education (CSE) activities, the level of understanding of adolescents increased, namely 18 people had a good understanding (60%).

1. INTRODUCTION

Adolescence is a transition period from childhood to adulthood which is associated with various changes, including: physical changes, cognitive changes, and psychosocial changes.¹

Changes that occur during adolescence will impact adolescent behavior. Premarital sex is one issue that must be addressed because it is the main cause of child marriage. Child marriage is a marriage

performed by someone under the age stipulated in Law of the Republic of Indonesia No. 16 of 2019 concerning Marriage, which states that marriage is only permitted if the man and woman have reached the age of 19 (nineteen) years.

Child marriage cases are quite high. According to UNICEF data, the countries with the highest child marriage rates are India (216.65 million), Bangladesh (41.58 million), China (35.43 million), Indonesia (25.53 million), and Nigeria (24.38 million).

Meanwhile, according to the Central Statistics Agency (BPS), in 2022, the marriage rate under 19 years was 21.15%, and the number of cases is increasing. Based on this data, child marriage, both internationally and nationally, is indeed a problem that must be resolved. The number of marriage dispensations (dispensations) in East Java based on data from DP3AK experienced a significant increase from 2019 to 2021. In 2019, dispensations in East Java reached 5,766 cases, in 2020 it increased to 17,214 cases and in 2021 the number of dispensations was 17,151 cases. The East Java Ministry of Religious Affairs Regional Office stated that during 2022, dispensations issued to children under 19 years of age were 15,881, including 12,457 girls and 3,424 boys.

Based on the number of marriage age dispensations (DISCA) and child marriages recorded at the Bojonegoro Religious Court in 2020, there were 612 children, in 2021 it decreased to 608, and in 2022 it decreased again to 532. Despite the decrease in the number of DISCA, in 2022, Bojonegoro Regency still ranked 9th in East Java. The majority of DISKA applicants were elementary school graduates (104) and junior high school graduates (297). And as many as 392 applicants had the status of not having a marriage age.

In Bojonegoro district, the high rate of child marriage is caused by several factors, including economic factors, parental matchmaking, Married by Accident (pregnancy outside of marriage), educational factors, environment and peers. The existence of unwanted pregnancies / pregnancies in teenagers makes teenagers have to drop out of school so that their future is neglected, even for young women who have undergone child marriages have to start taking care of children and households so that the opportunity to achieve their dreams

is lost.

Sirojul Hikmah Islamic high school is located in Dukuh Pesantren, Bendo Village, Kapas District, Bojonegoro Regency. This school is a pesantren-based high school under the auspices of the Ministry of Religion, which since 2014 has begun implementing its educational process with the establishment permit number Kd.15.16 / 2 / PP.00.6 / 3175 / 2014. Sirojul Hikmah Islamic high school in 2024 has a total of almost 125 students. This school is a pesantren-based school that applies a facultative education curriculum that collaborates with pesantren learning. Some alumni from Sirojul Hikmah Islamic high school rarely continue their education to higher education, this is due to local economic and cultural factors so that many students immediately get married after graduating, although there are some who also immediately look for work and work.

In this regard, efforts that have been made by schools include collaborating with local community health centers to provide guidance and outreach on sexuality and the impact of child marriage, but some of these activities are only carried out briefly and do not provide sufficient understanding for students about the impact of child marriage. Furthermore, the current situation is more complex, in the digital era with all its conveniences, there are many internal and external factors that can influence students' thinking patterns related to sexuality which will later have an impact on inappropriate sexual behavior and affect students' ability to determine life choices to continue studying at a higher level or get married at a young age / child marriage.

Students' sexual behavior and understanding of healthy social interactions are also factors that trigger child marriage, and there are many other factors, including external factors that influence students'

sexual behavior, namely technological factors, peer factors, family factors, and school environment factors. So there needs to be more comprehensive learning related to adolescents and all kinds of changes and problems they face.

The aim of implementing comprehensive sexual education (CSE) in the school curriculum is for students to gain comprehensive sexual education so that they not only learn about reproductive health from a physical perspective but also from many aspects and perspectives

Stigma and social norms that consider sexuality and reproductive health topics taboo hinder comprehensive sexuality education. Lack of access to reproductive health services, whether due to limited facilities, inadequate information, or financial constraints, also exacerbate the situation. Available services are often not youth-friendly or tailored to their specific needs. Peer and environmental pressures add to the complexity, as adolescents may feel pressured to engage in sexual behavior before they are emotionally or physically ready. This emotional and psychological unpreparedness can lead to feelings of guilt, anxiety, or social pressure that can lead to sexual abuse ²

Comprehensive sexuality education is needed to provide students with the knowledge, attitudes, skills, and values necessary to make informed and healthy choices in their sexual lives. This understanding will help protect them from sexually transmitted infections (STIs), such as HIV and HPV³, in addition, CSE is also designed with the aim of reducing unplanned and unwanted pregnancies, and reducing levels of domestic and sexual violence, thereby contributing to a healthier society, both physically and mentally⁴ CSE—Comprehensive Sexuality Education or comprehensive sexual education can be

integrated into the learning curriculum at school ⁵

In this activity, we will collaborate with our partner, Sirojul Hikmah Islamic high school, to ensure that students understand sexuality education in general, equipped with the knowledge, skills, and values to make responsible choices about sexual and social relationships, which will empower them, realize their health, well-being, and dignity as empowered adolescents, and develop respectful social and sexual relationships. This means that the implementation of CSE will help adolescents establish mutually respectful relationships both socially and sexually. Students also have independence, considering how their choices will affect their well-being and that of others. This is very important for them to be able to make healthy and good decisions for their lives. and understand and ensure the protection of their rights throughout their lives ⁶

2. METHODE

Health education for adolescents requires a comprehensive and adaptive approach, considering the unique challenges and needs they face. One of the most effective methods is Comprehensive Sexuality Education (CSE), which covers various aspects of reproductive health, including reproductive biology, interpersonal relationships, consent, and reproductive rights ². This community service activity was carried out in several stages, including:

1. Implementation stages: Coordination of the implementation of activities with partners, namely Sirojul Hikmah Islamic high school, regarding the implementation of Comprehensive Sexual Education (CSE) and the technical implementation of student learning activities so that activities run smoothly and in an organized manner
2. Coordination meeting and socialization of

activities

3. Implementation of the Program Activities
Implementation of Comprehensive Sexual Education (CSE) implementation activities in the school education curriculum. The implementation of Comprehensive Sexual Education (CSE) activities in the school education curriculum is carried out by including CSE material in learning activities carried out in the form of presentations and questions and answers. In addition, this implementation activity is also carried out by sharing stories and experiences related to reproductive health and the problems faced. CSE is different from the usual sexual education because its components are more than just providing information on reproductive organs but include several components that must be fulfilled, including: Gender, Reproductive Health and HIV, Sexual Rights and Human Rights, Satisfaction, Violence, Diversity and Human Relations These components are important elements in the implementation of comprehensive sexuality education

4. Evaluation

In this evaluation stage, regular monitoring is conducted to measure the success and sustainability of the implementation of this community service program. The evaluation stages include: (1) Monitoring and evaluation during preparation for program implementation and socialization related to necessary requirements. (2) Monitoring and evaluation during the implementation of activities, starting from socialization, coordination, and education regarding Comprehensive Sexual Education (CSE) and its implementation in the education curriculum. (3) Monitoring and evaluation of the various activities implemented to determine whether they have had a significant impact on students and whether they can be implemented again on an ongoing basis to help improve the understanding of Sirojul Hikmah Islamic high school students.

3. RESULTS AND DISCUSSION

Community service activities carried out in an effort to increase adolescent understanding of Comprehensive Sexual Education (CSE) are implemented in learning activities in a series of student curriculums which include discussions on: Gender, Reproductive Health and HIV, Sexual Rights and Human Rights, Satisfaction, Violence, Diversity and Human Relations which are carried out in the form of classes with the delivery of material or socialization and education which previously carried out an assessment of the knowledge and understanding of pregnant women in the form of a pre-test and questions and answers which then carried out the implementation of Comprehensive Sexual Education (CSE) in an effort to prevent child marriage and then carried out a post-test assessment

Table 1. Results of the adolescent understanding test regarding Comprehensive Sexual Education (CSE) in efforts to prevent child marriage.

No	Categories of understanding	Pre test	%	Post test	%
1	Good	6	20.0	18	60.0
2	Enough	10	33.3	7	23.3
3	Poor	14	46.6	5	16.7
Amount		30	100	20	100

Source: Primary data on community service in 2025

Based on the table above, the level of understanding of adolescents regarding Comprehensive Sexual Education (CSE) is almost half of the adolescents who have a poor level of understanding namely 14 people (46,6%), whereas after the implementing Comprehensive Sexual Education (CSE) activities the level understanding of adolescents increased namely 18 people have a good understanding (60%)

Comprehensive sexuality education is a curriculum-based process of teaching and

learning about the cognitive, emotional, physical and social aspects of sexuality.”¹ – UNESCO⁷

The implementation of Comprehensive Sexual Education (CSE) activities in the school education curriculum, where CSE is different from the usual sexual education because its components are more than just providing information on reproductive organs but include several components that must be fulfilled⁸, including:

Gender includes: gender and sex differences, gender roles and attributes, perceptions of masculinity and femininity in the family and their development in life, changing norms and values in society, manifestations and consequences of gender bias, stereotypes and inequality (including self-stigmatization)

Reproductive health and HIV, including: sexuality and the life cycle (puberty, menopause, stigma, sexual problems), anatomy of the reproductive process, contraception, pregnancy, abortion and its impact, understanding sexually transmitted infections (STIs) and HIV, virginity and social responses.

Sexual Rights and Human Rights which include: knowledge of human rights and national policies, laws related to sexuality, rights approaches in sexual and reproductive health, social, cultural and ethical boundaries in sexual and reproductive health rights and how to express sexuality safely, etc

Satisfaction includes: being positive about one's sexuality, understanding that sex should be enjoyable and not forced, that sex is more than just sexual intercourse, sexuality is part of every person, sexual well-being, etc

Violence includes: violence that occurs against men and women and how it occurs (gender-based violence), non-consensual sexual relations and the understanding that non-consensual relations are unacceptable, rights and policies, available services and seeking help, norms in society (power, gender) and myths etc.

Diversity includes: recognizing and understanding the breadth of diversity in life (beliefs, culture, ethnicity, socio-economic

status, disability, HIV status, and sexuality), positive attitudes in viewing diversity, recognizing the negative impacts of discrimination, and how to deal with it, developing values of equality, support for teenagers and young people to instill values beyond just tolerance.

Human relationships include: types of human relationships (family, friends, sexual, romantic, and others), that human relationships can change over time, feelings and closeness (physical and emotional), rights and obligations, healthy and unhealthy relationships, communication and affection and sex are not always the same

CSE provides learning to present sexuality in a positive way, encompassing aspects of love and relationships based on mutual respect and equality. CSE includes an ongoing discussion process about social and cultural factors related to broader aspects of relationships and vulnerabilities, such as gender and power gaps, socioeconomic factors, race, HIV status, disability, sexual orientation, and gender identity.⁹

Learning is not simply about receiving and processing information delivered by teachers. Students must be able to critically develop their understanding of information and material. Reproductive health education in schools will have a positive impact if there is positive teacher support, motivation, attitudes, and skills. Student-centered CSE enables students to actively participate in enhancing their personal growth.¹⁰



Figure 1 Comprehensive Sexual Education (CSE) learning activities



Figure 2 Discussion activities during the implementation of Comprehensive Sexual Education (CSE) learning



Figure 3 Implementation of Comprehensive Sexual Education (CSE) in efforts to prevent child marriage

A study in the United States found that CSE is beneficial as a primary prevention strategy for sexual violence. As is well known, sexual violence is a public health problem with increasing rates and significant consequences. This is based on research on sexual violence showing that behavioral prevention is more effective, one of which is through CSE.¹¹

Based on several existing studies, CSE has been proven effective. There is strong evidence for the positive effects of increasing adolescent knowledge and improving their attitudes regarding sexual and reproductive health. According to research by Rohmiyanti et al. (2015) and Hildie Leung (2019), adolescent sexual education should be conducted in a friendly manner and tailored to adolescent characteristics. Sexual

education for adolescents should be conducted comprehensively, involving parents, the community, schools, and the government. Furthermore, integrating sexual education into the curriculum is an effective way to ensure the program's success⁸

Comprehensive sex education in a school can enable the younger generation to have access to sexual and reproductive rights. School-based sexuality education makes teachers important guardians of students' access to information about sexual and reproductive health and rights¹²

In addition to implementing CSE, several strategies that can be implemented to create healthy and independent adolescents in reproductive health include: (1) reproductive health education: providing appropriate and comprehensive education at school and in the family environment, (2) the role of parents and the community: increasing the involvement of parents and the community in monitoring and accompanying adolescent development, (3) positive use of digital media: directing adolescents to access reproductive health information from credible sources, (4) increasing positive activities¹³

4. CONCLUSION

Conclusion: Based on the results of the implementation of community service activities that took place at Sirojul Hikmah Islamic high school, Dander District, Bojonegoro Regency, it can be concluded that the Implementation of Comprehensive Sexual Education (CSE) in an effort to prevent child marriage has succeeded in increasing adolescents' understanding of reproductive health comprehensively. This effort is very important in the implementation of Holistic Midwifery Care to increase adolescents' understanding and ultimately be able to prevent child marriage.

Suggestion: The implementation of Comprehensive Sexual Education (CSE) to prevent child marriage can be carried out sustainably and incorporated into the student curriculum, providing adolescents with the necessary tools to improve their

health. Furthermore, other schools and educational institutions should implement similar activities with a larger number of participants and increase cross-program and cross-sector involvement to ensure the program's sustainability

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