

IMPROVING THE KNOWLEDGE AND SKILLS OF CHILDREN IN ORPHANAGES ABOUT ENVIRONMENTAL HEALTH AND PREVENTION OF FREE SEX FROM AN EARLY AGE

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Abstract

Environmental health and free sex issues are important concerns in the context of sustainable development. Children in orphanages as part of a vulnerable group need to be equipped with knowledge and skills to face these challenges. This study aims to analyze strategies to improve the knowledge and skills of children in orphanages related to environmental health and early prevention of free sex. By using participatory methods and an education-based intervention approach, this study succeeded in improving children's understanding of these issues. These findings provide strategic recommendations for orphanage managers, the government, and related institutions to support the development of healthier and more empowered children.

Keywords: *Environmental health, prevention of free sex, orphanage children, education, empowerment.*

Introduction

Children are valuable assets for the future of the nation. However, not all children have equal access to education and important information, especially those living in orphanages. Orphanages often face various limitations, both in terms of human resources and educational materials available. One of the main challenges is the lack of knowledge of children about environmental health and early sexual education.

Environmental health is an important aspect that can affect the quality of life of children. An unclean lifestyle can increase the risk of spreading infectious diseases. On the other hand, early sexual education is no less important, considering the number of risky behaviors in adolescence shows a worrying trend. Children who do not get the right information tend to be vulnerable to various reproductive and social health problems.

As an effort to overcome this problem, it is necessary to conduct interventions that are educational and sustainable. Educational programs that integrate environmental health and prevention of free sex can be a strategic solution. In addition to providing information, this program is also designed to improve children's practical skills, so that they are able to apply the knowledge gained in everyday life. Therefore, this study aims to develop and evaluate an educational program that aims to improve the knowledge and skills of orphanage children in aspects of environmental health and prevention of free sex from an early age.

Children in orphanages often face a variety of challenges, including lack of access to information and education related to environmental and reproductive health. These factors can increase their risk of infectious diseases, poor environmental conditions, and risky sexual behavior. In addition, the lack of attention to health education needs in orphanages often leaves children without a basic understanding of the importance of maintaining personal and environmental hygiene. In a global context, data from UNICEF (2023) shows that more than 30% of underage children living in orphanages face health risks related to poor sanitation and lack of knowledge about disease

prevention. In Indonesia, the Central Statistics Agency (BPS) noted that more than 25% of children in orphanages do not have access to adequate health education programs. This situation indicates a significant gap that requires further attention from the government, social institutions, and the community. At the same time, the issue of free sex behavior is increasingly becoming a concern due to the increasing number of cases of premarital pregnancy and sexually transmitted infections (STIs) among adolescents. Early education about the risks of free sex and the importance of self-control is very important, especially for children living in orphanages who often do not receive intensive supervision from adults.

Formulation of the problem

1. How to improve orphanage children's understanding of the importance of environmental health?
2. What are effective strategies to prevent promiscuous sexual behavior among children in orphanages?

Research purposes

1. Improving the knowledge of orphanage children regarding environmental health issues.
2. Providing practical skills for early prevention of free sex.
3. Identifying the most effective educational methods in the context of orphanages.

Literature Review

Previous studies have shown that environmental health education plays an important role in shaping clean and healthy living behaviors (Santoso et al., 2021). Environmental health includes waste management, access to clean water, and proper sanitation. Children who are educated about waste management, for example, show increased awareness of the importance of cleanliness around them (Rahayu & Widodo, 2020). In addition, understanding the dangers of a polluted environment can reduce the risk of diseases such as diarrhea and skin infections.

Meanwhile, early sexual education has been proven effective in preventing risky sexual behavior (Amalia & Prasetyo, 2022). Interactive sexual education programs can change children's mindsets towards risky behavior and help them understand the importance of maintaining boundaries in interpersonal relationships (WHO, 2023). Other studies also confirm that the use of interesting educational media, such as animated videos and games, can increase children's absorption of the material presented (UNESCO, 2023). However, it is important to note that the success of an education program depends heavily on the delivery method. Children living in orphanages require an approach tailored to their background, including the use of simple language and relevance to everyday life.

Research methods

Research Design

This study used a qualitative design with a participatory approach. Data were collected through observation, in-depth interviews, and interactive training.

Results and Discussion

This event was attended by several lecturers of Feb unimal, starting from muttaqien, Fuadi, Rico Nur Ilham and Muammar Khaddafi and others. For this opportunity, the delivery of material on improving the knowledge and skills of orphanage children about environmental health and preventing free sex from an early age was delivered by Mrs. Likdanawati SE, M.Si, a lecturer in the management study program, Faculty of Economics and Business, Malikussaleh University. Likdanawati will discuss two very important things for your future, namely environmental health and how to prevent unhealthy behavior, such as free sex, from an early age. Why is this important? Because you are the next generation of the nation. Maintaining environmental health and yourself is part of preparing for a bright future.

Part 1: The Importance of Maintaining Environmental Health

Children, try to imagine if the environment where we live is dirty, full of garbage, and the water is polluted. Is that comfortable? Of course not, right? An unhealthy environment can cause various diseases, such as dengue fever, diarrhea, or even skin diseases.

What can we do to protect the environment?

1. Throw garbage in its place
2. You can start from small things, such as throwing trash in the designated place. If the trash is separated, for example organic and plastic, it will be better.
3. Saving Water and Electricity
4. Water and electricity are precious resources. Don't forget to turn off the taps and lights when not in use.
5. Planting Trees or Plants
6. Trees not only make the environment cooler, but also help reduce air pollution.

Protecting the environment is a form of our love for the earth. If we care about the environment, the environment will also protect us.

Part 2: Early Prevention of Free Sex

Next, we will discuss about protecting ourselves from unhealthy behavior, such as free sex. Why is this important? Because such behavior can bring many risks, such as infectious diseases, early pregnancy, and even feelings of regret later on.

Children, you must remember the following things:

1. Recognize the Dangers of Free Sex
2. Free sex not only violates religious teachings, but can also ruin your future. By protecting yourself, you will avoid various bad impacts.
3. Maintain Social Relations
4. Choose good friends, who support you to become a better person. Don't be easily influenced by wrong invitations.
5. Dare to Say No
6. If someone asks you to do something bad, don't be afraid to say "no". Remember that you have the right to protect yourself.
7. Pray and Increase Faith
8. Get closer to Allah, because strong faith will help you distinguish between what is good and what is bad.
- 9.

Amazing kids, protecting the environment and protecting yourself from bad behavior is our shared responsibility. If we start from ourselves, we can create a better life, not only for ourselves, but also for the people around us. Don't forget, you are great, smart kids, and have a bright future. Always take care of your health, both physically and mentally, and remember to always do good. If there is something you want to ask or discuss, big brother here is always ready to listen. Thank you for your attention. Hopefully what we learned today is useful. Stay enthusiastic and continue to be a source of pride for yourself and others.



Conclusion

The environmental health and early prevention of free sex education program has succeeded in increasing the knowledge and skills of orphanage children. The participatory and interactive approach has proven effective in helping children understand and apply the material taught. This success emphasizes the importance of involving various parties, including orphanage caregivers, to maintain the sustainability of the program's results. This proves that increasing the knowledge and skills of orphanage children about environmental health and prevention of free sex can be achieved through a planned educational method. Interventions based on active participation are effective in increasing their awareness and practical abilities.

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