

Dhikr as a preventive attempt of sexual abuse of a child at school

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Abstract

Students should gain comfort and safety while at school to make the learning process optimally. It's continuous with the groundbreaking friendly child programme. The program designed to prevent violence and sexual abuse of children. But not a few case of sexual abuse that are found at the school for example, sexual abuse conducted by a friend, citizen schools, even predators who deliberately target children to become victims of sexual abuse. This can make the trauma even allow victims to become principals in the future if it doesn't get the handling. The efforts that can be done to prevent acts of sexual abuse of children at the schools is by applying Dhikr. Dhikr applied before KBM begins. One of the benefits of Dhikr is to strengthen the heart and body from any kind of negative behavior e.g. from sexual abuse. As for the subject matter presented in this article covers a few things, this form of sexual abuse that can occur at school, due to sexual abuse, Dhikr as preventive therapy of sexual abuse. Conclusion the author in this article so that the child is able to fortify themselves by way of morning Dhikr before KBM started for the prevention of sexual abuse.

Keywords: Dhikr, sexual abuse

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Introduction

The family is the first social environment that gives enormous influence in the physical and spiritual development of children. Without family education an impossible human groups can flourish and live a happy life according to the concept of worldview. In a very influential family education is the parents. Parents are able to provide an optimal family education, will facilitate the child in the spheres of education further. But not all parents are able to provide family education optimally and in accordance with needs. Home environment lacking affection, giving low standards,

it can not explain a behavior is right or wrong, can not enforce the rules consistently is a family education is not optimal.

How parents in educating children, maintain and care is also called parenting. According Wibowo (2012: 112) says that: This parenting style can be defined as a pattern of interaction between children and parents that includes physical needs (eating, drinking, etc.) and non-physical needs such as attention, empathy, compassion and so on.

Not only the physical needs that must be met parents but attention, affection must be given to their children. Most parents are only concerned with the physical needs but not matched with the needs of non-physical. Kids are given gadgets (electronic device) to your preferred school pocket money is more than enough, but the shape of the child pay attention to psychological conditions are very rarely granted. Interaction between children and parents become unqualified because only physical needs. Awareness of parents about low family educational cause the child is conditioned in many ways.

Knowledge of parents in educating children is indispensable in the family education. The level of parental education are much more likely to have less knowledge. Examples do not know the phases of child development, understanding the characteristics of the child is less.

Research conducted by Zulnuraini, et al. 2014: On the effect of parental education on student achievement in SDN Inpres 1 Birobudi showed that a significant difference between the level of parental education on learning achievement. This means shows that the higher the education level of parents will be followed by the higher learning achievement. The problem that arises is the inability of parents in assisting the development of children both in the areas of personal, social, learning and career.

Along the role of families in helping children achieve developmental tasks. Schools are parties that contribute to children's development. Family and school is a unity that can not be separated in educating children. In the family there are parents who act as educators while in school there are teachers who act as educators. According to Saud (2011: 41) the duties and responsibilities of teachers teaching more emphasis on duties in planning and implementing instruction. The fact that not all teachers performing their duties and responsibilities in accordance with the rules.

Teachers are often absent and did not do the job as a teacher is a teacher who is not a professional. Teacher competence as the knowledge, skills and behavior is a must-have as a professional teacher. In the present situation not all teachers have the competence, the impact of influential teachers are not able to provide assistance in solving the problems faced by students. Teachers focus only on duties and responsibilities as a teacher and administrator class. Duties as a guide to help the problems of children are still not many teachers do. The problems experienced by students in school is not just about the difficulties concerning students learn academic but personal problems should have more teachers help students solve problems.

When children require information that is not obtained from parents or teachers, children tend to seek information from peers or from the media. The development of modern times with various technologies supporting it easy for everyone to access information. Media information provided is not all educational for children. Eg internet media gives misinformation. Goals are not selective, Internet no limitation for the access to that information for adults can be accessed by children. In addition to internet media, television media program provides the film contains violence that is easily imitated by children. The media has a role negative resulting children can fall into bad behavior.

Presentation is free in the mass media with information should be balanced with a strong self-control child. Children should make an assessment by taking into account the merits and negative to anticipate unpleasant circumstances of the existing information. When a media misinformation serves children tend to imitate and result in a child's behavior is wrong. Based on research conducted by Aprillita 2012, about the factors - factors causing sexual harassment behavior in adolescents indicate that the perpetrators often watch porn that makes actors practice the scenes in the video.

The child should filter out yourself and understand that sexual harassment meruapakan immoral acts, in order to get information just as it is necessary to educate the media's mouth. As a result of media that does not educate teens on the behavior will cause uncontrolled. For example, become a victim of robbery, murder, kidnapping, sexual abuse. Based (m.republika.co.id/berita/nasional/umum/13/04/18/mlg1wr-peningkatan-pelecehan-seiring-maraknya-media-sosial downloaded on 30 March). According Ariyanto Indonesian Child Protection Foundation (YLPAI) DIY "since the advent of social media such as Facebook and mobile phone to easily access pornographic images, the more sexual abuse experienced by children".

Cases of sexual abuse in Indonesia is increasing every year www.metronews.com/metronews/read/2013/07/18/3/169347/Kejahatan-Seksual-terhadap- Children Marak-on-Year-2013 in chomaria (2014: 20). Cases of sexual abuse in 2010 reached 2,046, an increase in 2011 to 2509 and 2012 there padatahun 2637. The reason is the mass media today presents sexual information openly and freely to children. Eg soap opera contained scenes of hugging, arm in arm with the opposite sex that display when the late afternoon so that the child can see freely.

Research conducted by Alfianto 2012: About sexual harassment among students as a form of violence gander showed that sexual abuse occurs among many FIS UNY students both male and female, the dominant type of sexual harassment occurs is dirty jokes jokes pinch. Cases of sexual abuse should be dealt with ways to prevent is always increasing. Associated with the prevention of guidance and counseling services have a preventive function, namely one teacher guidance and counseling efforts to overcome the various problems that occur and seek to prevent experienced by counselee. Through preventive function information guidance and counseling services are indispensable terkiat with the problem of sexual harassment. Businesses that can be done to prevent sexual harassment by the media is dhikr therapy for students who are Moslem.

Discussion

Youth and sexuality are two things that are closely related so it can not be separated. In the adolescent phase has a very strong sexual urges, while the risks associated with sexual activity that leads to sexual relations with a teenager is not yet fully know. Sexual harassment is one result of low self-control sexual behavior in adolescents. According Muslihah (2013: 24) states that: general sexual abuse is the involvement of children in all forms of sexual activity that occurred before the child reaches the age limit imposed by the law of the country concerned where an adult or another child who is older or who are considered to have more knowledge of the children to use to kesenangan sex or sexual activity.

Meanwhile, according to Rubenstern (Hanafi: 2012: 24) that "the nature of unwanted sexual behavior or actions based on sex offending the recipient".

Based on the description, according to experts, it can be concluded that sexual harassment was a child's involvement in all forms of sexual activity then the child is used for sexual stimulation unwanted by the offender or others and offend children. An act can be regarded as sexual harassment if one party feels aggrieved related to sexual problems. Not all actions relating to sexual can fall into the category of sexual harassment, and therefore there should be a characteristic that can identify whether an action can be regarded as sexual harassment.

According Ginuffre & Williams (Farida, 1995: 12) expresses the characteristics of sexual harassment as follows:

- a. If the act was committed by exploiting a position higher to acquire private sexual decisions.
- b. If the perpetrator to the victim has a different ethnic background, especially men of ethnic minority women's groups to harass the majority.
- c. If between the perpetrator and the victim have a different sexual orientation. For example, someone who has a sexual disorder harassing normal in sexual presentation.
- d. If in an interaction is accompanied by violence or threat of violence.

Based on the description can be concluded that if a sexual interaction there is one or more of the characteristics mentioned, the act can be identified as the behavior of sexual abuse. Some characteristics that show sexual harassment, there are also some forms belonging to sexual harassment. Sexual harassment can be verbal and physical shape.

Sexual harassment can be experienced by everyone, the following are characteristics of victims of sexual abuse. According Chomaria (2014: 62) the characteristics of victims of sexual abuse as follows:

- a. Teens are not popular.
- b. Lack of affection.
- c. Like seek attention outside.
- d. Not confident.
- e. Loner.
- f. Isolated from his friends.
- g. Having a family matter.
- h. Teenagers who are displaced.
- i. Teenagers who are physically or mentally disabled.

According to Lyness (Maslihah 2006) "sexual harassment includes the act of touching or kissing a child's sexual organs, sexual acts or rape of a child, exposing the media / objects Purno, showing the genitals to a child".

Meanwhile, according to Chomaria (2014: 19) expresses the form of sexual harassment as follows:

- a. Odd glances and passionate.
- b. Giving tantalizing whistle.
- c. Commenting on the obscene words that can embarrass / upset and lowered self-esteem.
- d. Mencowel, holding, hugging, or a member of inappropriate physical contact.
- e. Invited to watch porn / forced to watch pornographic scenes.
- f. Requested plays a porn scene
- g. Showing genitals or forcing offenders see the genitals of the victim.
- h. Used as an outlet for lust, either by penetration or not.

As religious beings who obey God and have been taught to seanantiasa dhikr to God, it can serve as a concrete step to minimize acts of sexual abuse to children in schools. Prophet has taught his people to always dhikr either morning or evening. Dhikr khusyu and sincerely will bring tranquility and peace of heart. With berdzikir also unable to escape from the evil spirits.

In the Qur'an Surah Ar-Ra'd (13) verse 28 says:

"Remember, only the remembrance of Allah do hearts find satisfaction".

Dhikr is the worship performed by Muslims. Dhikr means to purify, praise and remembrance of Allah. Dhikr is also a practical deed but have a high religious value, because it can be done anytime and anywhere so that the human spirit always remember to Allah the Creator (Supardjo, 1999). Basis for dhikr listed in paragraph A1 Quran, among others:

QS. Al-Ahzab (33) verse 41 which means:

"O ye who believe, berdzikirlah (by name) of God, remembering that as much as possible".

QS. Ali Imran (3) paragraph 190-191, which means:

"Verily in the creation of the heavens and the earth, and penance bergantinyn nialam and day, there are signs trnda for people who understands," (It is) those who remember Allah, standing, sitting and lying on their sides and reflect on the creation of the heavens and the earth (saying): "our Lord, You have not created this in vain,

Glory to Thee, then pdiharalah us from the torment of hell ".

The verse shows that as a creature in God Create the man should always be to always remember God. So with human dhikr will get protection from the dangers that threaten the safety of soul and body.

In an effort to prevent acts of sexual abuse on children at school, dhikr can be used as an effective measure. Given that Dhikr is able to make the heart calm and refrain from evil spirits. Dhikr is intended in this study is habituation do dhikr morning before teaching and learning activities in the classroom. With the allocation of more or less 15 minutes.

Adapaun dzikir yang digunakan adalah Dzikir pagi, sebagai berikut:

Adapaun dhikr used is Dhikr morning, as follows:

1. Surah Al-Ikhlas (Read Morning 3x):

الله بسم الرحمن الرحيم
أحد كفو له يكن ولم يولد ولم يلد لم >>> لاصمد الله أحد الله هو قل
الله بسم الرحمن الرحيم
أحد كفو له يكن ولم يولد ولم يلد لم لاصمد الله أحد الله هو قل
الله بسم الرحمن الرحيم
أحد كفو له يكن ولم يولد ولم يلد لم لاصمد الله أحد الله هو قل

Qul huwallaahu ahad. Allaahusshamad. Lam yalid walam yuulad. Walam yakullahu kufuhan Munday.

Say: "He is Allah, the Almighty. God depend upon Him everything. He is no birth nor begotten, and no one equal to him".

2. Surat Al-Falaq (Read Morning 3x):

الله بسم الرحمن الرحيم
هـ حاسد شر وـن >> لعـد فـي لـفـاظـاتـ شـرـ وـن >> وـقـبـ إـنـ غـاسـقـ شـرـ وـن >> خـلـقـاـشـرـ وـن >> لـفـاظـ بـرـبـ أـعـوذـ قـلـ >> حـسـدـ
الله بسم الرحمن الرحيم
حـسـدـ إـنـ حـاسـدـ شـرـ وـنـ لـعـدـ فـي لـفـاظـاتـ شـرـ وـنـ وـقـبـ إـنـ غـاسـقـ شـرـ وـنـ خـلـقـاـشـرـ وـنـ لـفـاظـ بـرـبـ أـعـوذـ قـلـ

Qul a'oodhu birabbil falaq. Min syarri maa khalaq. Wamin syarri ghaasiqin idzaa waqaba. Wamin syarrin naffaatsaati FII al'uqadi. Wamin syarri haasidin idzaa hasada.

Say: "I seek refuge in Robb The Master of dawn, from the evil of anything (being) created by Him. And from the evil of the night when it was pitch black, and from the evil of the women witches who blow on knots-knot, and from the evil of those who envy when he envy ".

3. The Surat Al-Nas (Read Morning 3x):

الله بـسـمـ الرـحـمـنـ الرـحـيـمـ
إـنـ لـنـاسـ صـدـورـ فـيـ يـوـسـوـسـ لـذـيـ >> لـخـنـاسـ لـوـسـوـسـ شـرـ وـنـ لـنـاسـ إـلـهـ >>> >> لـنـاسـ لـكـ لـنـاسـ بـرـبـ أـعـوذـ قـلـ >>> لـنـاسـ وـ لـجـنـةـ

Qul a'oodhu birabbin unlucky. Malikin unlucky. Ilahin unlucky. Min syarril waswaasil khannaas. Alladzii yuwaswisu fii shuduurin unlucky. Minal jinnati wannaas.

Say: "I seek refuge in Robb (raising and control of) men. The king of men. Gods of men. From the crime (whisper) regular devil hiding, who whispers (evil) into the man's chest, from the (group) jinn and humans.

4. Morning Reads 1x (one):

نفسي شر بن بك أعوذ، أنت إلا إله لا أن أشهد، كهولي شيء كل رب، ولا أرض إسماء فاطر و الشهاد لغيب عالم للهم سلم إلى أجره أو سوء نفسي على أفترف وأن، وشركه لشيطان شر ون

Allahumma 'aalmal ghaybi wasy syahaadah, faathiris samaa waati wal' ard, Rabba kulla sya-in wa maliakah, ASYHADU an-laa ilaha illa anta, a'-uudzubika min syarri nafsi, wa min syarri Shayaani syirkih wa, wa an-UQ ' tarifa 'ala nafsiy suu-an aw ajurrahu Muslim ila.

Dear Allah! Its Knower of the unseen and the real, O Rabb Creator of heaven and earth, the Lord of all things and merajainya. I bear witness that there is no god (the right to diibadahi correctly) except You. I seek refuge in Thee from the evil of myself, from the evil of Satan and his hosts, and I (refuge to Thee) from doing evil to me or push him a Muslim.

5. Morning Reads 1x (one):

عين طرفة نفسي إلى تكاني ولا كله شاني لي أصلاح، أستغث برحمتك قيوم يا حي يا

Yaa yaa hayyu qayyuum, bi Rahmatika astaghiitsu, ash-lihliy sya'niy kullahu, wa laa takilniy ila nafsiy tharafata 'ayn.

O Rabb Yang Mahahidup, O Rabb Yang Mahaberdiri Alone (do not need anything), by Thy grace I ask for help, fix all my affairs and do not you fill in (my business) to myself if only the blink of an eye (without getting help from you) . "

6. Read Morning 3x (three times):

كلماته و عدد عرشه وزنة نفسه ورضا خلقه عدد وبحمده الله سبحانه

Subhanallahi wa bihamdih 'Adada khâqih, ridhâa nafsih wa, wa zinata' arsyih, wa midaada kalimaatih.

"Glory be to God, and I praise Him as much as his creatures numbers, Glory be to God on His good pleasure, Glory be to Allah weighing scales His throne, and Glory be to Allah as much ink (writing) of his sentence."

7. Morning Reads 1x (one):

نقبلا و عملا، طيبا و رزقا، نافعا علماء أسألك إني للهم

Allahumma inniy as-Aluka 'ilman naafi'an, wa rizqon toyyiban, wa'amalan mutaqobbalan.

"O Allah, I ask Thee useful knowledge, rizki good and accepted practice."

8. 10x or 1x Morning Reads:

قدير شيء كل على وهو لحمد ولهم ملوك له، له شريك لا وحده الله إلا إله لا

Laa laa ilaha illallaah wahdahu syarikalah, lahul mulku, walahul hamdu, wahuwa 'ala kulli shay-in qādiir.

"There is no god (who is entitled diibadahi correctly) besides Allah Almighty, there is no partner for Him. For His kingdom and to Him all praise. And He is Omnipotent over all things. "

9. Read Morning 100x:

قَدِيرٌ شَيْءٌ كُلُّ عَلَىٰ وَهُوَ لَهُ حَمْدٌ وَلَهُ مَلْكُ الْأَمْرِ لَا إِلَهَ إِلَّا هُوَ

Laa laa ilaha illallaah wahdahu syarikalah, lahul mulku, walahul hamdu, wahuwa 'ala kulli shay-in qādiir.

"There is no god (who is entitled prayed correctly) besides Allah Almighty, there is no partner for Him. For His kingdom and to Him all praise. And He is Omnipotent over all things.

10. Morning Reads 100x:

وَبِحَمْدِهِ اللَّهُ سَبَّحَنَ

Subhaanallāhi wa bihamdih.

"Glory to God, I praise him."

11. Reads morning (or day-night) 100x:

إِلَيْهِ وَأَتُوَبُ اللَّهُ أَسْتَغْفِرُ

Astaghfirullāha wa atuubu ilayh

I ask for forgiveness to God and repent to Him.

Conclusions

The conclusion of this study is the use of Dhikr as a preventive measure in the sexual abuse of children in school. Readings used Dhikr is the Dhikr am committed to before the first 15 minutes of teaching and learning activities carried out in the classroom. By always dhikr and remembrance of God, then the heart will be calm and peaceful Dhikr may shy away from the dangers that threaten the safety of yourself. Through Dhikr can also be a reminder for people to always keep a good speech, and behavior as well as self fortress. That everything done by humans is always in the eyes of Allah.

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