

Knowledge of Physical Education Study Program Students, National Islamic University of Indonesia Regarding Sexual Harassment

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ABSTRACT

This study aims to determine the level of knowledge of Physical Education Study Program Students, Kebangsaan Islamic University of Indonesia about Sexual Harassment. This study uses a quantitative descriptive approach using a questionnaire as its instrument. Participants in this study were 28 students who were studying at the Faculty of Teacher Training and Education, Physical Education Study Program, Kebangsaan Islamic University of Indonesia in the even semester of 2024-2025. Based on the research that has been conducted, most students of Kebangsaan Islamic University of Indonesia understand that sexual harassment can be in the form of touching, verbal, written and visual, but some students misinterpret sexual harassment and sexual violence. Students' answers vary regarding what examples of sexual harassment are influenced by what sexual harassment means to them. The most common answers from students are about sexual harassment that occurs online or digitally. Very few students have ever seen sexual harassment or even experienced it. However, according to the students' answers above, it shows that if they see sexual harassment happening, they will report it or seek help or just tell someone else.

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INTRODUCTION

Sexual harassment is unwanted sexual behavior that makes someone feel upset, scared, offended, or humiliated, or uncomfortable. Sexual harassment can take many forms, including physical, verbal, or written behavior. Sexual violence can occur anywhere, one of which is in the educational environment, especially campuses or universities (Sihombing, 2016). Data from the Online Information System (SIMFONI) of the Ministry of Women's Empowerment and Child Protection states that cases of sexual violence that occurred in Higher Education reached 940 which were recorded in 2024.

The increase in cases of sexual violence in Higher Education has caused great fear for everyone. The government, in an effort to provide protection from sexual harassment, has issued Permen Ristekdikti no. 30 of 2021 in (Ayu, 2022) concerning the prevention and

handling of sexual violence in the university environment. However, this has not been able to reduce the number of harassments that occur on campus, here are some cases that have occurred on campuses throughout Indonesia, both to students, lecturers or other campus residents; Jakarta State University (UNJ) in December 2021, Riau University (UNRI) in November 2021, Pancasila University in February 2023, Makassar State University (UNM) in May 2024 and the latest Gadjah Mada University, March 2025 (Ginanjari, 2025). Some of these cases are the tip of the iceberg, where many other cases are not reported to the authorities or are not detected by the media.

In a study conducted on sexual harassment that occurs at the university level, there was an emphasis that student insight greatly influences efforts to suppress the occurrence of these violations. Student knowledge at the university level regarding all forms of sexual harassment is very important as an effort to prevent and eradicate sexual harassment that occurs on campus (Lawalata & Lessil, 2024). Therefore, the researcher then aims to examine students' insights regarding sexual harassment in general, its definition, types, whether they have ever seen or experienced sexual harassment and what they will do when they see it.

METHOD

This study uses a quantitative descriptive approach using a questionnaire as its instrument. Participants in this study were 28 students who were studying at the Faculty of Teacher Training and Education, Physical Education Study Program, Islamic University of Kebangsaan Indonesia in the even semester of 2024-2025. Data collection in this study used a questionnaire distributed to students via Google form. The questionnaire contains a collection of questions used to obtain data in accordance with the objectives to be achieved.

RESULTS AND DISCUSSION

Table 1. Definition of Sexual Harassment

No	What is meant by sexual harassment?	Percentage (%)
1	Inappropriate and unwanted behavior involving touching of the opposite sex	46,4 %
2	Harassment is unwanted sexual action or behavior, which can be verbal, written, or visual.	35,7 %
3	Act of rape	17,8 %

Source: Research Results, 2025

Students' knowledge of the meaning of sexual harassment can be seen in table 1. Answers that focus on "Sexual harassment is unwanted touching of the opposite sex" are 46.4%. Answers that focus on "sexual harassment can occur in verbal, written and visual forms" are 35.7%. Answers that focus on "Sexual harassment is rape" are 17.8%. Here it can be seen that students have different definitions of sexual harassment, most understand that harassment can be in the form of touch, verbal, written and visual, but a small number consider that "rape" is a form of sexual harassment. This makes it difficult for students to

determine what constitutes sexual harassment and if they see and experience sexual harassment, they find it difficult to recognize it (Lubis, 2018).

Sexual harassment and sexual violence are 2 different things. According to (Mc Donald & Charles, 2021). Sexual Harassment is unwanted treatment related to sex, such as comments, touching, or other actions that can be demeaning or frightening, while sexual violence is an act of violence or coercion related to sexual activity that occurs without the consent of the victim (Breslau et al., 2019). (Suradi, 2013) divides sexual violence into physical sexual violence and non-physical sexual violence. Sexual violence includes; touching the genitals, intercourse, incest, oral sex, sodomy, forcing children to undress and even rape. While non-physical sexual violence includes; showing pictures, photos, videos and or something that contains elements of pornography or including showing sexual activity or showing genitalia.

The difference in students' understanding of the difference between sexual harassment and sexual violence here can have negative and positive sides. The negative side is if students think that all harassment that occurs, as long as there has been no rape, is something that does not have to be reported and followed up. The positive side is that students have knowledge and insight into what forms of touching and unwanted attention are and that these are criminal acts and violations of their human rights and they should be avoided. In table 1, the words "unwanted, unwanted" appear repeatedly, indicating that most students understand that sexual harassment is unwanted, and that every student has the human right to refuse, avoid, and seek help.

Table 2. Types of Sexual Harassment

No	What constitutes sexual harassment?	Percentase (%)
1	Unconsented touching, such as groping, kissing, or touching someone's body without permission, looking at certain parts of a woman's body, pinching	28,57 %
2	Digital harassment, taking photos or videos without permission, spreading other people's shame/photos.	42,86 %
3	Unwanted comments of a sexual nature, whether verbal or non-verbal, Examples include comments about the body, sexually suggestive remarks, compliments on body shape, sexually suggestive text messages.	17,86 %
4	The act of rape, forcing someone to have sex.	10,71 %

Source: Research Results, 2025

Table 2 shows the students' answers regarding what constitutes sexual harassment. 28.57% answered "touch", 42.86% answered "digital harassment", 17.86% answered "speech", 10.71% answered rape. Similar to table 1, students' answers varied regarding examples of sexual harassment influenced by what sexual harassment means to them.

The most common answer from students was regarding sexual harassment that occurs online or digitally, answered by 42.86%. Over the past few years, cases of sexual harassment

that have occurred in educational environments, especially universities, have increased rapidly. Precisely after the Covid-19 pandemic hit Indonesia; during the pandemic, schools and lectures were conducted online where students had more time to use gadgets and access the internet for learning purposes. However, the negative side of high internet exposure and lack of parental supervision is that their exposure to sexually charged content is also high. (Unicef, 2023)

Table 3: Ever Seen Sexual Harassment Occur

No	Have you ever seen sexual harassment occur in your neighborhood or on your campus?	Percentase %
1	No answer	3,5 %
2	Ever seen in a public place?	3,5 %
3	Never	89 %
4	Happened near home, but heard from someone else	3,5 %

Source: Research Results, 2025

Table 4: Ever Experienced Sexual Harassment

No	Have you ever experienced sexual harassment in your residential environment or on your campus?	Percentase %
1	No answer	7 %
2	Never	93 %

Source: Research Results, 2025

Table 3 shows the number of students who have seen sexual harassment occur on campus or in their homes. Only 3.5% admitted to having seen sexual harassment occur and 3.5% of students found out from others that it happened in their homes. Meanwhile, table 4 shows that 93% of students have never experienced sexual harassment and 7% did not answer. There is no sure way to know the number of students who have seen or experienced sexual harassment, because witnesses, victims or perpetrators will try to cover it up for different reasons. Often witnesses who see it happen to victims will try to cover it up because they feel it is a shameful disgrace if it is known by others. The perpetrator will also cover up what has been done because they are afraid of punishment, either social punishment or criminal punishment.

Sexual harassment is often a hidden problem because victims are usually reluctant to report their experiences. (Ishak, 2020) The same thing was also mentioned by (Suwandi et al., 2019) calculating the exact number of sexual harassment cases is very difficult to do, considering that such cases are a disgrace to the victim and the perpetrator and will be covered up so that others do not know. A study conducted in 2021 showed that many victims do not report the incident because they are afraid of stigma or lack of support from the community (Bagenda et al., 2024). Another thing that makes it difficult to determine sexual harassment is the existence of different definitions of sexual harassment for victims (Lubis, 2018).

Table 5. What would you do if you saw sexual harassment happening

No	If you see sexual harassment happening, what will you do?	Percentase %
1	Shout	14,2 %
2	Contact the police/campus authorities	7 %
3	Tell a friend	53,5 %
4	Going viral, because I don't dare to help/take evidence such as photos or videos	25,3 %

Source: Research Results, 2025

Students who have witnessed sexual harassment or even experienced it are actually more than those recorded in tables 3 and 4, meaning that there is a possibility that they have witnessed someone being sexually harassed or assaulted at some point. And it is even more likely that they have seen or experienced sexual harassment in verbal, non-verbal and visual forms. In Table 5, 53.5% of students said they would tell a friend, 25.3% of students would go viral or take a photo or make a video, 14.2% would scream while 7% would contact the authorities or the campus when they saw sexual harassment occur.

The students' answers above show that if they see sexual harassment occurring, they will report it or seek help or simply tell someone else because they realize that it is their basic right and they will be given protection. Protection from all forms of sexual violence is part of human rights, namely the right to individual safety, the right to freedom and personal security, and self-protection of one's honor and dignity which are guaranteed by the constitution (Tantri & Made, 2021).

Knowing what to do in a situation like this can be very difficult. Often witnesses feel numb and unable to move or speak. They may worry about making the situation worse or putting themselves in danger. Or they may think they should 'mind their own business' or not 'make a scene'. Sometimes, it is not safe for witnesses to get involved themselves – especially if they are alone. However, in situations like this, there may be other ways we can help or take action. Avoiding confrontation with the perpetrator may be the best way and then reporting to other parties such as friends, parents, campus or even the authorities. This is done so that the same thing does not happen again in the future and minimizes the effects of trauma for the victim. Sexual harassment that occurs can be detrimental and have emotional impacts, the impacts can vary from low self-esteem, stress, depression and even other mental problems (Lawalata, 2024).

CONCLUSION

Based on the research that has been conducted, most students of the National Islamic University of Indonesia understand that sexual harassment can be in the form of touch, verbal, written and visual, but some students misunderstand sexual harassment and sexual violence. Students' answers vary regarding what examples of sexual harassment are influenced by what sexual harassment means to them. The most common answers from students are about sexual harassment that occurs online or digitally. Very few students have ever seen sexual

harassment or even experienced it. However, according to the students' answers above, it shows that if they see sexual harassment happening, they will report it or seek help or just tell someone else. In this case, it is necessary to provide education covering sexual harassment, so that with this education, it can increase students' insight into sexual harassment. Education on understanding sexual harassment can be provided in the Physical Education Study Program, UNIKI. Because in the Physical Education Study Program, UNIKI, there are more male students than female students,

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