

Resilience Efforts for Girls Victims of Sexual Violence

Nur Aisyah Jamil, Nadya Yulianty
nuraisahjamil61@gmail.com, yuliantynadya@gmail.com
Sekolah Tinggi Agama Islam KHEZ Muttaqien Purwakarta

Abstract :Resilience is the ability to cope with and adapt to severe events or problems that occur in life. The purposes of this study are 1) to see how the traumatic experiences experienced by children who are victims of sexual violence, 2) the efforts that are expected by children who are victims of violence against perpetrators of sexual violence and the events they have experienced, and 3) the efforts made to eliminate traumatic experiences in children. victims of sexual violence. This research uses qualitative research with a case study approach. Meanwhile, in collecting data using the method of observation and in-depth interviews. The data in this study were sourced from children who were victims of sexual violence who had been reported by their families and were under the handling of P2TP2A Purwakarta Regency. P2TP2A is an Integrated Service Center for the Protection of Women and Children who experience violence, whether physical, psychological or sexual violence in the Purwakarta Regency area. The data used are primary and secondary data. The implications of this research are expected to be able to contribute to all parties, both victims, families of victims, perpetrators of sexual violence, the community or parties related to sexual violence against children. In addition, this research is expected to be input for P2TP2A Purwakarta Regency and also related agencies in handling cases of sexual violence or traumatic recovery experienced by girls who are victims of sexual violence.

Keywords: Resilience, sexual violence, P2TP2A Kabupaten Purwakarta

Introduction

Based on the 1945 Constitution article 28B paragraph 2, it is stated that every child has the right to protection from acts of violence and discrimination and has the right to survival, growth and development. In addition, in 1996 Indonesia has also ratified the Convention on the Rights of the Child through Presidential Decree Number 36 of 1996, and in 2002 Law Number 3 of 2002 concerning Child Protection has been ratified (amendments have been made through Law Number 35 of 2014). However, although the state and government have issued regulations to protect children from acts of violence, in reality cases of child violence, especially sexual violence, are increasing every year.

Children, especially girls, are one of the groups that are very vulnerable to being victims of acts of sexual violence, sexual harassment or rape. Children are often weak and helpless and have dependence on adults around them, so that children are always helpless when threatened or forced, even lured with pocket money, food or gifts for sexual intercourse. Sexual violence against children is a violation of law and morals, because the impacts arising from sexual violence that will be experienced by children not only have an impact on social, psychological and physical aspects, but also damage the future of children as the next generation of families, communities and even a nation.

The phenomenon of sexual violence against women and children is increasing day by day like an iceberg. The iceberg when viewed from the surface looks small, but deep inside it is very large. Like wise cases of sexual violence that are seen and reported are only a small part, but far from that many cases of sexual violence are not exposed and are not reported. Even this phenomenon of sexual violence has now become a national issue, meaning that cases of sexual violence against children and women almost occur in all regions.

Based on Komnas Perempuan data, in 2014 there were 4,475 cases of sexual violence, and this data continues to increase in 2015 there were 6,499 cases, while in 2016 the number of sexual violence cases was 5,785 cases. Meanwhile, cases of sexual violence against children according to the Child Protection Commission data recorded in 2015 amounted to 218 cases, in 2016 there were 120 cases, and in 2017 there were 116 cases and a significant increase in 2018 reaching 206 cases.

Cases of sexual violence in areas of West Java Province are also high, including the Purwakarta area. Based on P2TP2A data from Purwakarta Regency, the number of violence in Purwakarta from January to November 2020 was 123 cases. Of all these cases, 12 cases were sexual intercourse with children, 49 cases of domestic violence, 11 cases of child abuse, 1 case of child abuse, 7 cases of child abuse, 4 cases of rape, 1 case of trafficking (trafficking in persons), 7 cases of sexual harassment, 15 cases of adult abuse, 2 cases of psychological violence, 3 cases of neglect, and 11 cases of adultery. Based on the data obtained, cases of sexual violence against children are quite high.

According to Law Number 35 of 2014 violence is any act against a child that results in physical, psychological, sexual misery or suffering, and/or neglect, including threats to commit acts, coercion, or unlawful deprivation of liberty.

Sexual violence (child sexual abuse) is defined as any sexual act, attempt to perform sexual acts, comments or suggestions for unintentional sexual behavior or vice versa, acts of violation to have sexual relations with force to someone. (WHO, 2017)

Sexual violence is all activities that consist of sexual activities carried out forcibly by adults on children or by children against other children. Sexual violence includes the use or commercial involvement of children in sexual activities, persuasion, solicitation

or coercion of children to engage in sexual activities, involving children in audio-visual media and child prostitution (UNICEF, 2014).

Sexual violence (Child sexual abuse) based on the identity of the perpetrator is a type of abuse that is usually divided into two categories, first is familial abuse, which includes familial abuse, which is incest, namely sexual violence where the perpetrator is a member still in a blood relationship, being part of the victim's nuclear family. The second is extra familial abuse where violence is perpetrated by other people who are not members of the victim's family, or can be said to be someone else.

According to Resna and Dermawan (in Huraerah, 2012), there are 3 types of sexual violence, namely rape, incest and exploitation. The perpetrators of this act of rape are usually men. Occurs usually at a time where the perpetrator first threatens by showing his power to the child. If there are cases of rape with violence against children, it will be the biggest risk because abuse often has an unstable emotional impact. Furthermore, incest can be defined as a sexual relationship or sexual activity between individuals who have a close relationship, where marriage between them is prohibited by law or culture. Usually occurs in a long time and often involves a conditioned process. Meanwhile, exploitation which includes sexual violence includes prostitution and pornography, and this is quite unique because it often involves a group participating in it.

Richard (in Huraerah, 2012) suggests that violence against children (child abuse) occurs due to a combination of various factors, namely: Inheritance of Intergenerational Violence (intergenerational transmission of violence). These factors include the first that a child learns violent behavior from their parents and when they grow up they commit acts of violence to their children. second, social stress, third is stress caused by various social conditions that increase the risk of violence against children in the family. fourth, social isolation and lower community involvement, fifth because parents and substitute parents who commit acts of violence against children tend to be socially isolated. sixth because of the family structure, seventh because certain types of families have an increased risk of committing acts of violence and neglect towards children.

Resilience can be defined as a good adaptation under special circumstances (Snyder & Lopez, 2002). According to Sills and Steins (2007) resilience is a positive adaptation in dealing with stress and trauma. Resilience is a mindset that allows individuals to seek new experiences and to see life as a work that is progressing. Resilience is also a person's capacity to remain in good shape and have productive solutions when dealing with difficulties or trauma, which allows for stress in his life (Reivich & Shatte, 2002).

Resilience can be defined as the ability to bounce back or recover from stress, able to adapt to stressful situations or difficulties (Smith et al, 2008). Resilience is also seen as a measure of the success of stress coping abilities (Connor & Davidson, 2003). Based on the exposure of several figures regarding resilience, it can be concluded that resilience is an effort of the individual so that he is able to adapt well to stressful conditions, so that he is able to recover and function optimally and be able to go through adversity.

Factors that influence resilience According to Everall, Allrows and Paulson (2006) the factors that influence resilience consist of four factors, namely individual factors, family, community and risk factors. First, individual factors are factors that come from within that are able to make a person resilient, including cognitive functions or intelligence, coping strategies, locus of control, self-concept.

The second is the family factor where in several similar studies it is explained that when individuals receive direct direction and support from parents in bad

circumstances, they will feel more motivated, optimistic and believe that the individual is capable of being successful.

Third, community or external factors where when in a bad situation, resilient individuals more often seek and receive support and care from adults other than parents, such as teachers, coaches, school counselors, principals and neighbors, as well as when individuals have good relationships. positive relationship with other people, as well as a good environment, the individual will more easily face the burden.

While the risk factor consists of several factors, namely in the form of stressors or pressure. Stressors or pressures can be in the form of a state of deprivation, loss, negative events in life, war, natural disasters and so on. The same study also mentions factors that influence resilience in addition to the factors mentioned above, namely emotion regulation, positive emotions, spirituality, hope, optimism, adaptability, demographic factors (age, gender, gender, race and ethnicity) or other factors. others that are able to increase resilience such as the stages of life that have been passed as a phase of life development. (Herman, 2011)

Apart from these three factors, there is one independent variable that is quite large in influencing individuals, namely gratitude and spirituality, because grateful behavior is related to human relationships and their belief in Allah SWT, as well as spirituality which explains about beliefs more broadly. When an individual surrenders to Allah, accepts and forgives and forgives all that has happened it will make it easier for a person to heal his heart so that he becomes a better individual mentally.

On the other hand, according to Huang and Palar, a child who has experienced sexual abuse will bring on long-term trauma which is also known as Post Traumatic Stress Disorder (PTSD) or Mental Deviation Due to Traumatic Pressure (PJATT). So because of this foundation, P2TP2A Purwakarta Regency is present as a forum for resolving gender-based violence against women and children who try to provide services to clients through guidance and counseling for victims of violence both against children and women through guidance and counseling services and therapy to restore physical, psychological, and social conditions. Social activities carried out by counselors and psychologists to eliminate mental trauma and deviation.

In addition, P2TP2A in dealing with victims of sexual violence is carried out holistically with the help of multi-disciplinary integrated services (legal, medical, psychological) in collaboration with psychologists, lawyers, law, social workers, psychological counselors and spiritual counseling to children and women who are victims. sexual violence so that they get inner peace and help restore their psychological condition to a better mental health condition.

Method

The method in this study uses a qualitative research approach. The technique of determining the informants is done by using purposive sampling. Primary data is a source of information for people in the research setting which is used to provide information about the situation and condition of the research setting. Secondary data are written sources, especially in the form of documents, scientific writings, both in government agencies and in libraries that can support research on the resilience of child victims of sexual violence.

The subject is a girl who is a victim of sexual violence in Purwakarta City who has reported to P2TP2A Purwakarta in the period ranging from January 2022 to September 2022. Data collection techniques for case studies are documents, archive records, interviews, observations and physical devices. For this reason, the data

collection procedures used in this study were observation, interviews and documentation.

Results and Discussion

Based on the 14 cases analyzed, it illustrates that the potential for sexual violence can occur anywhere and can be carried out by anyone, even someone close to the victim

The analysis table shows that sexual violence is perpetrated by older perpetrators with various modes. Some use methods to persuade the victim by being promised a sum of money in return, to buy something the victim wants, or indeed by threatening or coercing. Through these modes, the perpetrator then commits the sexual violence in a place that is deemed safe. There were 8 cases of sexual violence committed at the victim's or perpetrator's house, 4 other sexual violence cases were carried out in places that the victim usually visited such as boarding houses, friends' houses, the remaining 2 cases occurred in places not normally visited by the victim such as schools, madrasas and in the forest.

Judging from the relationship between the perpetrator and the victim, it is known that out of 14 samples of cases of sexual violence that have been committed by the perpetrator, only 2 samples of cases were carried out by people only known to the victim and the remaining 14 were carried out by someone known to the victim such as close friends, girlfriends, and even some perpetrators, who are close relatives of the victim such as the victim's biological father, step-grandfather and grandfather.

As described above, children are very easy to persuade, with the lure of food or toys. In addition, children often do not have the courage to refuse, especially to people they know. This is inseparable from the way children think that tends to be pragmatic and simple in analyzing. Ofcourse with this condition the role of parents becomes very important to protect children from becoming victims of sexual violence. This vigilance is not only sufficient for strangers but also for those who are closest, such as biological parents or other people known to the child.

The environment has a very dominant influence in all individual behavior, including perpetrators of sexual violence. Surveys show that approximately three quarters of juvenile sex offenders in correctional facilities have a childhood history of poor family relationships, parental separation or loss, foster placement, physical or sexual abuse, and neglect (Boswell, 1995; Falshaw & Browne, 1997). This shows that the environment in which the individual lives and is raised greatly influences the individual's behavior in the future. The condition of community morality in an environment also significantly affects the potential for sexual violence (Hertinjung: 2009), because it is viewed from the perspective of perpetrators who commit sexual violence against children. Individuals with high moral awareness will not commit sexual violence or other crimes against children or other people around them.

Finkelhor (1999) shows that children from certain groups are more vulnerable to sexual abuse than others. They include children from divorced families, children living with stepparents or guardians, children from abusive families, physical disabilities such as addiction to alcohol, drugs and mental health problems (Paulauskas: 2013). A study in India also reported that there are several children who are vulnerable to being victims of sexual abuse including street children, children in child care institutions, children experiencing economic difficulties, stepchildren and poor orphans (Molyneux, et al: 2013). The research shows that children who are the object of sexual violence tend to be physically, psychologically, economically and socially weaker than the perpetrators, so they tend not to have the ability to oppose or fight the perpetrators of the crime.

Psychological impacts caused by sexual violence include depression, phobias, nightmares, suspicious of others for a long time. This study is in accordance with Moroel R (2008) After experiencing sexual violence, survivors experience PTSD (Post Traumatic Stress Disorder) some of the symptoms that appear are the desire to commit suicide, loss of anxiety including shaking, restlessness, worries about the future environment and society. The solutions discussed at the FGD (Focus Group Discussion) resulted in, among others, increasing educational information communication (KIE) programs to increase children's and parents' knowledge, increasing family participation to provide more in-depth religious education, socializing the community with a 20-minute talk program. with children (West Java Program).

The role of P2TP2A in increasing the resilience of child victims of sexual violence is carried out with guidance and counseling carried out by experts, namely psychologists and psychological counselors. Where the counselor will do therapy to regulate the victim's emotions. Victims are given the opportunity to express the events and feelings they feel by closing their eyes until the therapy session ends. By revealing the events and feelings they feel will make clients feel more stable in managing the emotions that arise and with therapy also emotions that are outside their subconscious are helped to slowly surface on the surface so they don't accumulate inside themselves at any time. will explode. Furthermore, the counselor will carry out impulse control (impulse control), in the therapy session the counselor helps the victim to be able to control all the desires he wants as well as in overcoming all the fears that come to the victim. Furthermore, in therapy sessions, the counselor will increase the victim's optimism so that they have the confidence to live a normal life and achieve success in life. Through therapy and also support from various parties, the victim is able to rise up and be able to develop the potentials that exist in the victim and the client has a high fighting spirit in achieving the victim's wishes or aspirations for a better life in the future.

In the counseling process, the counselor also conducts causal analysis (the ability to analyze problems) to the victim where the victim is able to identify the causes of the problems that come to him and make learning from the problems that have occurred to him. In addition, the counselor also fosters a sense of empathy for other people who have the same problem and also fosters high self-efficacy (self-effect) in the victim, that the victim is able to increase his confidence in solving existing problems. Next, the counselor reaches out to the victim so that the victim is able to survive and has had their own life goals and strives to achieve them.

In addition to assistance from expert psychological counselors, family support is also needed which can ultimately affect the resilience of the victim to the experience of sexual abuse that befell her, one of which is improving communication with children. Patterns of communication that are effective, open, direct, directed, congruent (verbal and nonverbal). In this way will form an attitude of openness, trust and a sense of security in children. It is hoped that children do not need to be afraid to tell about various strange actions they have experienced, such as getting lure, being invited to go with them, being threatened, even being tricked by other people.

So, if it is concluded that the process of resilience in victims of sexual violence at the P2TP2A Institution of Purwakarta Regency can be described as follows:

Conclusion

Sexual violence against children can occur anywhere and anytime and can be done by anyone, be it family members, people closest to us, or other people. Therefore, what can be done as early as possible as a preventive measure is that children need to be equipped with correct sexuality knowledge such as: recognizing personal body parts, how to dress politely, recognizing dangerous touches so that children can avoid sexual violence. Increase the quantity and quality of communication with children. Get used to the children to tell all their activities every day, with whom the child met today. Sharing knowledge with people who know more (experts) about child sexual abuse.

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