



Individual Counseling: Solutions for Traumatized Children of Sexual Violence

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Abstract

This study aims to explore the implementation of individual counseling by the government in dealing with trauma in child victims of sexual violence. This research uses a qualitative research type with a case study approach. The informants of this study were four people, one as a counselor and three others as a companion and monitor the development of victims of sexual violence. The data analysis technique used is Miles and Huberman's interactive thematic analysis, which includes the process of data reduction, data presentation, and conclusion drawing. The research findings show that the counseling stages carried out by the counselor begin with conducting an assessment, building rapport, then asking open questions, after that providing motivation, carrying out the diagnostic stage to diagnose problems in victims, and conducting prognosis to determine the treatment steps taken. The treatment of the findings of this study is to empower victims by conducting social training. The implication of this research is the importance of a comprehensive approach in handling trauma in victims of sexual violence, with a focus on empowerment and social rehabilitation.

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INTRODUCTION

Children are a gift and a mandate from God, and because they contain human dignity and rights, they must always be cared for (Eleanora, 2020; Hendrayana, 2024; Sumantri & Arifin, 2024; Tahik, 2023). To achieve this, every child must be given ample opportunities to develop spiritually, physically and socially. However, children can also inherit potential from their parents. Parents' treatment of their children can have an impact on their development. Good treatment can lead children to grow positively, while bad treatment can cause negative impacts on child development (Sa'adah & Azis, 2018; Wijayanto, 2020; Wulandari et al., 2024).

Today, there are still many children who are neglected, because parents are not good at taking care of them such as lack of affection, lack of attention, and even supervision of the child himself. Especially girls are much less noticed, as a result the child who had a dream was dashed because of the wrong view. There are so many views to demean a girl child, not only are they seen as inferior because they are essentially meek, even that view is reinforced by the low level of education of girls which creates a bad situation for the child.

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Girls are one of the proofs that gender injustice still exists, this evidence leads to the victimization of a problem from all social aspects in society towards girls (Ayu, 2023; Masrurroh, 2022; Sulistyowati, 2021). The problems described earlier show that the environment and the role of parents have an important influence in shaping children's behavior and attitudes, where a less conducive environment can hinder positive self-development (Rasyid et al., 2020).

With parents who are not good at taking care of their children, several problems arise, such as sexual violence. Sexual violence crimes include harassment, rape, and sexual exploitation. Sexual violence against women and children usually occurs privately or personally, which indicates that the perpetrator and victim have a family relationship from the beginning of January to June alone in 2020, there were 1,848 cases of sexual violence and cases of violence against children in North Sumatra alone increased to 1,013 cases at the International Women's Day seminar dialogue at RRI Medan.

The movement that must be carried out to overcome the problem of sexual violence that often occurs in women and children states that Law Number 12 of 2022 concerning Criminal Acts of Sexual Violence and Law Number 35 of 2014 which is an amendment to Law Number 23 of 2002 concerning Child Protection, protects child victims of sexual violence (Dewi & Remaja, 2021; Purwanti & Zaliani, 2018; Sari et al., 2023; Suseni & Utara, 2020). With all explanations, it illustrates that there are still many cases that are not completed on the part of women or children who experience sexual violence. This is usually from women who are always silenced and the problem is closed tightly. Even when cases of sexual violence occur within the family, it is often in the interest of maintaining the good name of the family and sacrificing the child victim's sense of justice.

Previous research has shown that girls are discriminated against a lot, girls are considered second-class citizens. This cannot be separated from environmental factors and family factors. The lack of affection from parents and the lack of attention from parents is what leads children into environmental factors, how not, there are many cases of violence against children, especially girls, where the child experiences problems with parents and their family environment and the surrounding environment. These cases are cases of violence that lead to cases of sexual violence. These cases are often closed tightly by the woman even though Law. Article 4 of Law No. 7 of 1984 has explained that eliminating all actions that discriminate against women (Afifah, 2018; Putri & Amiruddin, 2020; Setyowati, 2021).

Individual counseling services can help the mental recovery of child victims of rape (Fitra & Karneli, 2023). Individual counseling is an encouragement given by the counselor to the counselee, creating a good self-concept for a child (Habsy et al., 2024). Individual counseling in cases of sexual violence focuses on help because the victims are children who are still in the growth stage and are not yet able to heal their own emotions without professional help and parental guidance.

Although there are many studies that discuss individual counseling for traumatized victims of sexual violence, almost the average in their research only discusses adolescents, and for implementation in their research is still less focused on the problems discussed in their research. there are only stages and explanations at that stage, however, the stages described do not refer to implementation in the research conducted. In fact, for perceptions in research, the components discussed above need to be implemented in an individual counseling service. because these components can affect the counseling services

carried out. Therefore, this study will discuss the implementation of individual counseling that leads to child victims of sexual violence that are still rampant in the community.

METHODS

This research uses a qualitative method with a case study approach. This research design has a case study emphasis which is on the depth and detail of in-depth observations and interviews, detailed depiction and earnest disclosure of the case through the application of theory in a different way, namely not positioning the study within a certain theoretical basis before data collection. The data collection technique that the author did was to conduct in-depth observations by going directly to the field or research site to observe and see the victim's condition. This observation was carried out by the victim's companion to observe the victim's development and response to various interventions (Azzahra et al., 2021; Engkizar et al., 2023; Hasanah et al., 2019; Putri et al., 2022; Satrianis et al., 2021; Zen et al., 2022).

This research was conducted with the support of data from four informants as counselors in the victim's counseling process, early to late companions and as intermediaries to obtain data from victims in addition to direct observation of the victim's development, namely, companion I as a companion in the psychological field and companion II as a substitute for the same companion I in the psychological field according to the schedule within two weeks. The criteria for informants selected in this study are as follows: i) have direct experience in assisting sexual victims; ii) play a role in providing psychological and social support to sexual victims; and iii) are actively involved in the counseling and rehabilitation process of sexual victims. The data analysis technique used in the research is analysis according to Miles and Huberman (Abeid et al., 2014; Aroustamian, 2020; Engkizar et al., 2024; Ilesanmi & Eboiyehi, 2012; Rousseau et al., 2020; Ruark & Fielding-Miller, 2016; Wang, 2011).

RESULT AND DISCUSSION

Implementation of individual counseling for child victims of sexual violence

Individual counseling is a process provided by a counselor to a client by providing techniques and methods to deal with client problems in an individual or separate way from others in order to solve their problems. Individual counseling is the right counseling in handling victims of sexual violence where this counseling process is carried out intensively to build the victim's self-confidence and self-processing, namely the victim's emotions to prepare themselves to adapt back in society (Hasibuan, 2022; Siahaan, 2020).

Individual counseling is an established process to help victims of sexual violence, whether they are women, children, or families. One of the problems addressed is sexual violence. The implementation is done in a structured manner, accompanied by gradual assistance to victims. Furthermore, to provide a clearer picture of the application of individual counseling, the following flow shows the stages in the process of individual counseling for child victims of sexual violence.

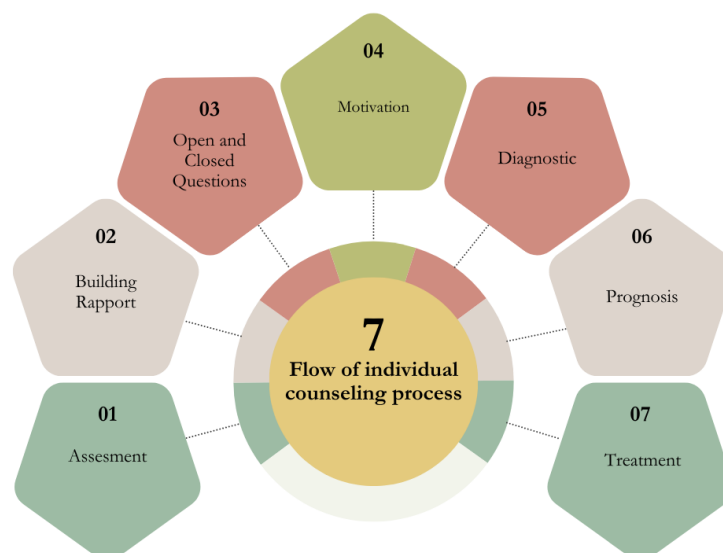


Fig 1. Flow of individual counseling process

Based on interviews conducted with counselors, that the Office of Women's Empowerment, Child Protection, and Family Planning of North Sumatra Province to help deal with problems in victims of sexual violence is carried out with assessment and individual counseling conducted by counselors and psychologists in the assessment session, then the assistant will also carry out several stages or further processes, this service is an activity of providing individual assistance to help the counselee in solving his problems and knowing the victim's condition as a whole. This counseling process is not only done once because considering that the counselee is a victim of sexual violence who has felt trauma.

The implementation of individual counseling carried out is the main point of the mentoring process, because after conducting individual counseling, the victim becomes more interactive and communicative, who was initially quiet and only answered questions with the words "yes", "no", "don't know", now starting with more words and not silent. This is in line with what was conveyed by the informant as follows.

...initially when he first entered the Office of Women's Empowerment, Child Protection, and Family Planning of North Sumatra Province he seemed indifferent to his surroundings where he only said short words such as "yes", "no", "don't know", after carrying out the handling process we provided, he has now begun to be interactive and communicative where when he is invited to talk he no longer answers with short words instead he feels comfortable here if he is told to go home he doesn't want to (informant 1)

This is in line with what was conveyed by companion I who assisted in the safe house, this was said by the informant as follows.

...for changes after counseling and during assistance, I see that it has begun to improve and interactive, which initially did not want to mingle now began to mingle, even those who were not close to us as assistants are now close, who initially did not dare to sleep in the room in a safe house now have the courage even if we don't talk to him, he thinks we are angry with him (informant 2)

The first counseling stage carried out by the counselor is assessment. The first stage of counseling is to conduct an assessment to assess the victim's intellect, skills, and personality. This stage is important to ensure that the victim gets services that suit their needs and conditions. In the context of victims of sexual violence, assessment also helps counselors understand the extent of the psychological impact experienced by victims, including the level of trauma and coping mechanisms used by victims. This stage is carried out by psychologists

using various psychological tests, such as graphic tests, which also facilitate the investigation of cases by law enforcement authorities.

Assessment is a process in which the counselor collects client data and studies the problem thoroughly (Wahidah et al., 2019; Yondris & Fitriani, 2022). By conducting this assessment, the counselor can understand the basis of the problem and plan an appropriate solution. In addition, it has been shown that assessment is an important part of the counseling process as it can increase the success rate of interventions in sexual violence recovery. The assessment process is an important part of individual counseling and helps to understand the unique condition of each victim. With detailed information, counselors can provide more targeted services and help the recovery process run smoothly.

The second stage is building rapport. The second stage is building rapport, which is the process of building a good relationship between the counselor and the counselee after the assessment stage (Newcomb et al., 2021). The purpose of this stage is to create a familiar and safe atmosphere for the counselee, so that the counselee feels that the counselor is a good complainant and listener and understands the problems he is facing. This rapport is characterized by the creation of an atmosphere of harmonious relationships, full of compatibility, and good cooperation. This technique is carried out by counselors to their counsees to build a good relationship. At this stage, the personal data of the counselee or victim is also recorded, so that the victim feels more free in conveying his problems. This was conveyed by the informant as follows.

For the victim, she was devastated by what happened to her. In fact, when she sees a man, she feels that he will abuse her. Just by looking at a man, even if he was not the perpetrator, she felt uncomfortable and scared. She even screamed or was hysterical when she saw a picture of the perpetrator who had abused her (informant 1)

After establishing rapport, the third stage asks open and closed questions. This technique aims to elicit information in the counseling process including the events experienced to the victim's background such as family and habits. Open-ended questions allow the victim to explain her feelings broadly, and closed-ended questions help the counselor obtain specific information. The counselor also said that during this process the victim felt very traumatized, "When I did this stage, the victim felt very devastated. I even did some relaxation to make her feel calmer during this stage". The aim of this process is to use a careful approach when asking questions so that the victim feels comfortable talking about her traumatic experiences. In this case, the counselor is careful to avoid offending the victim and ensures that the questions asked will not distress or hurt her.

The fourth stage is motivation. The counseling process continues at the fourth stage, which is providing motivation so that the victim also feels not neglected. This motivation aims to strengthen victims to believe in themselves again and reduce feelings of guilt that arise due to trauma (Garnita & Muslimah, 2024). This is in line with the informant's statement as follows.

I also provide motivation to make the victim believe in herself more. The motivation I provide is also to raise the victim's spirit to live a better life and not feel too guilty about herself because of her depression (informant 1)

Along with providing motivation to the victim, the counselor also disclosed the problems experienced by the victim, especially the trauma experienced due to the act of sexual abuse committed by the perpetrator. Moreover, the one who did this was his own father, which can have a deep psychological impact. This statement was conveyed by the informant as

follows.

I made a disclosure to the victim that she was traumatized by what her father had done. This was justified by my disclosure using pictures and dolls. This media is more effective than just asking her (informant 2)

The fifth stage is diagnostic. In the fifth stage, diagnostics are carried out to find the factors or causes of the problems experienced by the victim (Ain et al., 2022; Bayu et al., 2023). This process was carried out by the counselor, who found that the main cause of the victim's problems was a broken home or an incomplete family. The victim lives with her father, who is also the perpetrator of sexual abuse, and her younger brother. Meanwhile, the victim's mother had long left the family, so the victim did not know her whereabouts. This negligence became the root of the problems experienced by the victim and led to sexual violence. Another contributing factor is the low morality and mentality of the perpetrator. These problems often have various contributing factors. However, in the case of victims, the main underlying factor is parental negligence, especially on the part of mothers who leave their families, especially their children. In addition, the low morality and mentality of the perpetrator, who was none other than her own father, was also a major cause of the violence experienced by the victim.

The sixth stage is prognosis. At the sixth stage, the counselor carries out prognosis, which is the steps designed for handling the victim's problems. This prognosis includes determining the type of assistance that is in accordance with various considerations that exist and will be carried out by the counselor (Hendrayana, 2024). The prognosis determined by the counselor is to provide assistance in a safe house. This was done because the victim experienced disturbances due to traumatic effects, especially in the cognitive aspect. The victim felt constantly terrorized by the perpetrator who molested her. In addition, the victim also felt that all men have the potential to do the same thing to her and have the desire to abuse her. This fear of anxiety made the victim feel uncomfortable sleeping in her room, often having nightmares, and talking to herself while sleeping, because the victim was abused by the perpetrator at her house at that time.

The seventh stage is treatment. After prognosis is carried out by the counselor, treatment is the next stage. This process involves three assistants, with one main assistant acting as an intermediary to obtain data from the victim. Data collection is also done by direct observation by monitoring the victim's development. This observation is done carefully and keeping a distance so that the victim does not realize it, to avoid the risk of her cognitive trauma returning to its initial condition. The assistance carried out in this safe house is carried out gradually and regularly. The assistants provide comprehensive assistance until the afternoon, while the main assistants who also act as intermediaries continue at night (Yudistirani et al., 2018).

While at home, the victim's development showed significant progress in overcoming trauma caused by her own family, called familial abuse. This was conveyed by the informant as follows.

For her development is quite good. Initially, from the trauma he did not talk much, while now it is better not to be as quiet as before, then for now he is also more familiar with us as his companion in the safe house. Previously, not only was she quiet, she also did not dare to look at the door dividing her bedroom in the safe house even though the door was properly sealed. Even the liaison from his room or next to his room was also empty, there was no one but he was afraid when sleeping in the room. However, for now he is able and willing to sleep in the room even though no one

accompanies him to sleep in the room, I see it is quite good because he understands what is his responsibility, such as preparing breakfast for himself without being helped by others (informant 1)

The assistant who supervises the victim from start to finish, as well as acting as an intermediary in collecting data from the victim, this was conveyed by the informant as follows.

The victim was always alone when she first entered the office and safe house. However, after doing counseling she was no longer alone, being invited to talk was also not as short as when she first came. The victim also when she first entered the safe house did not want to leave the room, after the counseling and treatment process had been carried out the victim was able to mingle, especially since she had friends, and the emotional state of the victim was more stable and like other children. However, when conducting the initial trial he had seen his father and cried because of the sudden emotional surge because he saw the perpetrator who was none other than his own father (informant 2)

Based on the steps taken by the North Sumatra Office of Women's Empowerment, Child Protection and Family Planning in handling cases of sexual violence against victims, it shows a comprehensive approach, with the main focus on empowerment and physical and psychological protection of victims. The main facilitator explained that the services provided by the office include not only legal assistance, such as attending court with the victim, but also physical protection through assistance at home. This assistance is designed to provide a sense of security for victims while training them to be able to empower themselves in dealing with the impact of the sexual violence they experience. In other words, home mentoring is also training to overcome the victim's cognitive irrationality. The training is social skills training, which trains the victim to be able to adjust to her social environment, even though it is small in scope, but it will have a good impact on her cognitive development.

Social skills training is an important aspect of victim rehabilitation as it involves direct interaction with the social environment, which can help overcome the fear and mistrust that often arise as a result of sexual violence. In this context, the importance of social skills, such as self-confidence and self-help strategies to protect oneself from various problems, including child abuse. In addition, family assistance is very important in handling cases of violence, both curatively and preventively. Therefore, this method helps victims proactively and reactively in living their daily lives (Erhamwilda, 2018).

In line with that, previous research by Yang mentioned that handling child victims of sexual violence requires psychological observation to restore social and psychological conditions, supported by the provision of shelter as a place of protection. Rehabilitation focuses on the refunctionalization and social and mental development of children to help them return to living a normal life. The study by also supports these findings, stating that the application of the healing environment concept can encourage interactions and activities that support the healing process of victims or survivors. This concept is very important to help victims overcome trauma and return to socializing with their community.

CONCLUSION

Based on this research, it can be concluded that individual counseling is an effective method to help people who have experienced sexual violence. An intensive and structured counseling process, through stages such as assessment, rapport building, open and closed questions, motivation,

diagnosis, prognosis, and treatment, is proven to help victims overcome trauma and prepare themselves to re-interact with society. To protect and support victims' psychological recovery, assistance in safe houses is also very important. The implication of these findings is that treating victims of sexual violence requires a holistic approach that includes social skills training, family assistance, and psychological counseling. In addition, the findings of this study can be useful for relevant institutions in developing more comprehensive rehabilitation programs for victims of sexual violence so that they can return to function optimally in their social lives.

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