

THE ROLE OF COUNSELORS IN DEALING WITH VICTIM STUDENT OF SEXUAL VIOLENCE

Jamilatul Zahra¹, Meliati Nur Utami², Vivi Rahmawati³, Welni Eka Putri⁴

¹Universitas Islam Negeri UIN Sjech M DJamil Djambek Bukittinggi, Jamilatulzabrah0108@gmail.com

²Universitas Islam Negeri UIN Sjech M DJamil Djambek Bukittinggi, meliatinurutami9@gmail.com

³Universitas Islam Negeri UIN Sjech M DJamil Djambek Bukittinggi, vivirahmawati999@gmail.com

⁴Universitas Islam Negeri UIN Sjech M DJamil Djambek Bukittinggi, vivirahmawati999@gmail.com

Submission : Mei 06, 2023

Revised : June 14, 2023

Accepted : June 28, 2023

Published : June 30, 2023

Abstract

This research is motivated by the rampant sexual violence that occurs among minors among students at school. This is a serious problem and needs follow-up. In this case, not only the school, but the role of the counselor is also very necessary. The purpose of this study was to determine the role of counselors in dealing with child victims of sexual violence. The method used in this research is descriptive qualitative. The results of the study show that counselors have a very important role in dealing with child victims of sexual violence. The role of the counselor in dealing with students who are victims of sexual violence is that the counselor acts as a consultant, the counselor acts as an agent of change, and the counselor acts as a manager. With the help of counselors can help child victims of sexual violence to be able to continue an effective daily life.

Keywords: counselor, child, sexual abuse.

1. Introduction

Nowadays we can see and hear directly or through electronic media about the rampant sexual violence that occurs in minors. This problem does not only occur in big cities but has occurred in many rural areas. Sexual violence does not only occur starting from coercion even with persuasion or conditions given by the perpetrator.

Perpetrators of sexual violence against minors are often peers, adults, and even the victim's closest family. The perpetrators of the case were a pair of medical faculty students at one of the universities in West Sumatra. In this case, the girl sent pictures of her friend's body parts to her boyfriend (the boy). In Batu City-Kediri, a mother also reported her husband for sexual violence against her stepdaughter who is now 16 years old. The victim admitted that this sexual violence had occurred since she was 12 years old and was finally able to tell her mother about it. Apart from this case, there are still many cases of sexual violence that occur with different motives of the perpetrators

Violence is a form of behavior that harms or causes physical, psychological, and financial losses experienced by individuals or groups. One form of violence that occurs in children is sexual violence. Sexual violence is the behavior of inviting children to engage in sexual activities that violate social norms that apply in society, even though children do not understand and are not willing. This violence can be in the form of pre-social contact (social and visual images) and direct sexual contact with children (Ikha Ardianti, et al. 2022: 8).

Sexual violence occurs because of the lack of sex education in children. This is because there is still a taboo view in society when talking about something related to sex with children. On the contrary, with this sex education, children will more quickly understand the parts of their body that no one else should touch, including their father

This sexual violence certainly hurts children. Among them, children will experience nightmares, excessive fear of others, and psychological disorders such as anxiety and post-traumatic stress disorder. So it is not unusual for children who are victims of sexual violence to experience mental or psychological damage where victims feel helpless and tormented when revealing the events of sexual violence to others.

In Indonesia alone, cases of sexual violence continue to increase every year. According to the Indonesian Child Protection Commission (KPAI) in 2022 there were 2,133 cases of violence against children and as many as 834 cases occurred due to sexual violence against children (Republika.co.id, 22/1/2023). Meanwhile, in 2023, KPAI reported 119 complaints, of which more than 50 percent were acts of sexual violence against children (Voi. id, 22/2/2023). The rise of sexual violence cases that occur is a slap in the face for all members of society, especially parents, the government, and professionals such as psychologists and counselors. However, in this study, the professionals that will be discussed are counselors. It is very important to conduct further research related to the role of counselors in dealing with child victims of sexual violence to produce valid findings and results related to the problem under study.

2. Method

The approach used in this research is library research (literature study) with a method of examining more broadly the role of counselors in dealing with child victims of sexual violence. Library or literature study can be defined as a series of activities related to library data collection methods, reading and recording, and processing research materials (Zed in Supriyadi, 2016: 85). Based on the above, data collection in the study was carried out by reviewing and/or exploring several journals, books, and documents (both printed and electronic) as well as other sources of data and or information deemed relevant to the research or study (Supriyadi, 2016: 85).

3. Results and Discussion

3.1 Sexual Violence

Sexual violence is any form of behavior that harms or causes harm physically, psychologically, or sexually experienced by individuals or groups ((Ikha Ardianti, et al. 2022: 11). Forms of sexual behavior can be in the form of contact or non-contact sex against children which can be carried out by people who are older or closest to the victim such as older siblings and step / biological fathers.

Sexual violence is any act of degrading, humiliating, attacking, and/or other actions, against the body related to sexual desire, sexual desire, or reproductive function of a person by force against a person's will and unable to give consent or not. Based on this, sexual violence is any form of a sexual offense committed against a young person by an adult or other person who is legally responsible for him in the form of coercion or threatening to have sexual intercourse (Kurnia Indriyanti, et al, 2022: 8)

3.2 Factors causing child sexual abuse

Child sexual abuse in terms of perpetrators and child protection is caused, namely:

- a. Perpetrators suffer from sexual perversions such as pedophilia, and some even commit mutilation (sadism).
- b. The perpetrator has a mental disorder. Some perpetrators of child sexual abuse are psychopaths, making it difficult to be cured of their violent behavior towards children, and will never regret their actions.
- c. The perpetrator is performing black magic rituals with the condition that he must have sex with minors.
- d. Weak protection of children from parents, family, environment, and government (Ikha Ardianti, et al. 2022: 22).

In addition, according to Hari (1980 in Utami Zahirah, et al, 2019: 12-13), childsexual abuse can occur from internal and external factors, namely:

- a. Internal factors, which are factors contained within the individual... several factors seen from the individual and their relationship with sexual violence, namely:
 - 1) Biological factors, humans have various needs that must be met. These needs include the need for food, sex, and protection. These needs require fulfillment on the part of the individual.
 - 2) Moral factors are factors that determine the emergence of crime because they are a filter for the emergence of deviant behavior.
 - 3) Psychiatric factors, this factor can be seen in a person's abnormal mental condition that encourages an individual to commit a crime.
- b. External factors are factors that come from outside the perpetrator's side. These factors include
 - 1) The mass media factor, mass media is a means of information in sexual life. Much of the information obtained from the media is dramatized and generally depicts the satisfaction of the perpetrator. So it stimulates media users who have bad behavior to get the idea to commit sexual violence.
 - 2) Economic factors, this factor makes someone affected because they have low education. This is because a person with a low education tends to get a job that is not feasible and then affects the basis of community life and causes crime to increase, one of which is child sexual abuse.
 - 3) Socio-cultural factors, the growing social development of socio-cultural modernization that is increasingly advanced without sorting out the culture that is followed makes a person's association more free to follow negative external cultures.

3.3 Impact of Sexual Violence

Sexual violence has a severe impact on the psychology of children. Children who experience sexual violence mostly experience serious mental disorders. According to Finkelhor and Browne (in Ivo Noviana, 2015: 19), namely:

- a. Betrayal

Trust is a key foundation for victims of sexual violence. As a child, she trusts her parents and that trust is understood. But the child's trust and parental authority become threatening to the child.

b. Traumatic sexualization

Russel (Tower, 2022) found that women who experienced sexual violence tended to reject sexual relationships in domestic life. Finkelhor (Tower, 2002) noted that victims prefer same-sex partners because they perceive men as untrustworthy.

c. Feeling powerlessness

A sense of helplessness arises due to fear in the victim's life. Nightmares, anxiety, and phobias experienced by victims are accompanied by pain. Feelings of helplessness cause individuals to feel weak and feel less effective at work. Conversely, some victims have an excessive drive in themselves.

d. Stigma (Stigmatization)

Victims of sexual violence will feel guilty, and ashamed, and have a poor self-image of themselves. Guilt and shame are formed due to helplessness and feeling that they have no power to control themselves.

In addition, the impact of sexual violence on victims of sexual violence:

a. Physical impact

Children who are sexually abused may experience delays in brain growth and damage to internal organs, increased risk of stress-related illnesses, decreased appetite, discomfort around the genitals, or unwanted pregnancy.

b. Psychological impact

According to the WHO, victims of sexual violence have a huge impact on the victim's mental health, because the victim and the perpetrator are in the same environment. Child victims of sexual violence are prone to mental problems and psychological disorders, such as depression, phobias, and suspicion of others for a long time.

c. Impact on social

The view that developed in society labeled victims of sexual violence, especially women, deliberately wearing sexy clothes and taking actions to invite the sexual appetite of male perpetrators. This further makes victims afraid to disclose the incidents of sexual violence they experience (Noviana in Rifdah Arifah, et al. 2019: 25-26).

3.4 The Counselor's Role in Handling Child Victims of Sexual Violence

Baruth and Robinson (in Namira Lumongga 2011, 31) say that the role of the counselor is what is expected from the position experienced by a counselor from the perception of others towards the counselor. The role of the counselor is a condition that causes the counselor to carry out his duties by other people's perceptions of him. The roles of the counselor include:

a. Counselor as counselor

This means that the counselor's efforts to help others are carried out through a counseling process. In this counseling process, the counselor seeks information or data as deeply as possible to solve the problems experienced by the counselee appropriately. The counselor seeks

to help the counselee achieve his goals, overcome the counselee's shortcomings, the counselee's development difficulties, and make decisions for the counselee's future changes.

In cases of sexual violence that occur in children, the counselor as a counselor tries to extract as much information as possible from the counselee to find a way out of the problems experienced by the counselee. Previously, the counselor must be able to provide a sense of security and trust from the counselee that the counselor can be trusted to be a place to tell the problems experienced.

b. Counselor as consultant

This means that the counselor cooperates with various parties in helping to alleviate the counselee's problems. Counselors are expected to have expertise in counseling involving parties such as parents, teachers, and close relatives of the counselee who influence the counselee's life. In cases of sexual violence, counselors help victims by involving cooperation with parents or people closest to them who can help counselees run their lives.

c. Counselor as an agent of change

This means that the counselor seeks to strengthen the counselee's environment for the better and the counselee can be accepted in the environment. For this reason, the counselor must be able to understand the social environmental system that affects the counselee.

Victims of sexual violence need support from various parties to return to normal life as usual. Mental disorders such as anxiety and depression can occur due to a lack of community support and the negative stigma attached to them.

d. Counselors as primary prevention agents

The counselor tries to prevent or inhibit the wrong development of the counselee. Counselors can make efforts or preventive activities to support the development of the counselee.

In cases of sexual violence, counselors help bad things happen if victims of sexual violence are not treated quickly. Victims of sexual violence usually experience fear and trauma over what happened to them. If this is left unchecked, victims can experience severe depression and even commit suicide.

Ardiyanto Hadi Widodo in Al Fajri (2017: 18) entitled "The Role of Child Protection Institutions in Efforts to Provide Legal Protection for Children of Criminal Offenders". The results of his research state that the role of the institution is of 2 kinds, namely: a) carrying out the main activity, namely assistance, b) assistance does not stop until the court decision but also still monitors the child before being returned to the parent/guardian.

Based on the theory that has been explained, the role of the counselor in dealing with students who are victims of sexual violence is:

First, the counselor acts as a consultant. This means that the counselor has a role in providing guidance and counseling services in the form of consultation for students who are victims of sexual violence. This consultation service is carried out so that students who are victims of sexual violence have an understanding and knowledge of the actions they must take in dealing with their problems. Consultation services that counselors can provide to victims of sexual violence can be in the form of legal and psychological consultations.

Second, the counselor is an agent of change. This means that the counselor has the role of being a role model and figure for victims of sexual violence. Where the counselor has the

characteristics of a bearer of change and certainly a role model in the activities carried out by victims of sexual violence. Counselors must be able to provide positive activities so that these activities will bring changes to victims of sexual violence. Positive activities that can be carried out can be in the form of physical and spiritual guidance, vocational guidance, and social guidance.

Third, the counselor is a manager. This means that the counselor has a role to be responsible for managing all activities that must be carried out by the victim from the beginning of the activity to the end. In addition, the counselor is also responsible for managing data about the victim and storing it properly so that the victim's data is not known by unauthorized parties.

4. Conclusion

The many cases of sexual violence against children are a slap in the face to every element of society. Incidents of sexual violence continue to haunt victims, causing physical, psychological, and social disorders. For this reason, the role of counselors is very important in dealing with child victims of sexual violence. Counselors try to help child victims of sexual violence to get out of the fear of traumatic events in their lives and help victims of sexual violence to return to living an effective daily life. Based on the results of the research that has been conducted, the researcher recommends further research on the role of the community in preventing child victims of sexual violence.

References

Journal

- Fajri, Januar Al. 2017. The role of counselors in the traumatic healing process of child victims of sexual violence. Semarang: Proceedings, International Conference. 18
- Ratih P & Daud B. 2015. Pedophilia and Sexual Violence: Problems and Protection of Children. *Journal of Socio Information*, 1(1):32
- Ivo Noviana. 2015. Sexual Violence Against Children: Impact and Handling. *Jurnal sosio Informa*, 1(1):19-20
- Noviana in Rifdah Arifah, et al. 2019. The Role of Social Workers in Handling Child Victims of Sexual Violence. *Journal of Research & Community Service Proceedings*. 6(1): 25-26
- Utami Zahirah. 2019. The Impact and Handling of Child Sexual Abuse in the Family. *Journal of Research & Community Service Proceedings*. 6(1): 12-13
- Supriyadi, 2016. Community Of Practitioners: An Alternative Solution for Knowledge Sharing Among Librarians. *Journal of Lentera Pustaka*, 2(2), 85

Book

- Namira Lumongga. 2011. Understanding the Basics of Counseling in Theory and Practice. Jakarta: Kencana
- Ikha Ardianti, et al. 2022. Sexual Violence. Jakarta: Guepedia
- Kurnia Indriyanti, et al, 2022. Sexual Violence. Bandung: Media Sains Indonesia