

Individual Counselling Rational Emotive Behavior Therapy to Overcome Anxiety in Adolescent Victims of Sexual Violence

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ABSTRAK

Penelitian ini dilatarbelakangi terjadinya kekerasan seksual pada remaja perempuan saat ini yang dilakukan secara paksa oleh pelaku. Keterpaksaan itu berdampak negatif yang menimbulkan gangguan kecemasan baik gejala kecemasan aspek fisiologis, dan gejala kognitif. Dengan konseling individual rational emotive behavior therapy dapat mengubah kepercayaan dan tindakan irasional menjadi rasional menggunakan teori ABCDE. Tujuan penelitian ini dengan menerapkan intervensi konseling individual rational emotive behavior therapy dapat memberikan efek positif dan efektif untuk mengatasi kecemasan remaja korban kekerasan seksual. Jenis penelitian ini kuantitatif metode eksperimen menggunakan desain single subject research (Rancangan penelitian subjek tunggal). Subjek dalam penelitian yaitu 1 orang dengan pengambilan subjek secara purposive random sampling yaitu remaja korban kekerasan seksual yang teridentifikasi kecemasan, untuk menganalisis subjek dengan pelaksanaan treatment secara berulang kali pada waktu yang ditentukan. Metode yang digunakan dalam mengumpulkan data yaitu observasi dan pengadministrasian skala kecemasan. Teknik analisis data pada penelitian ini menggunakan statistik kuantitatif dengan analisis deskriptif dan analisis dalam kondisi dan antar kondisi. Hasil penelitian ini berdasarkan analisis dalam kondisi dan antar kondisi subjek pada kondisi baseline dan intervensi memberikan efek positif sehingga temuan pada penelitian ini dengan menerapkan intervensi konseling individual rational emotive behavior therapy efektif untuk mengatasi kecemasan remaja korban kekerasan seksual.

ABSTRACT

This study is motivated by the occurrence of sexual violence against young women today which is carried out by force by the perpetrator. The compulsion has a negative impact that causes anxiety disorders, both physiological anxiety symptoms and cognitive symptoms. With individual rational emotive behavior therapy counseling, irrational beliefs and actions can be changed into rational ones using the ABCDE theory. The purpose of this study is to apply individual rational emotive behavior therapy counseling interventions to provide positive and effective effects to overcome the anxiety of young victims of sexual violence. This type of research is quantitative experimental method using a single subject research design. The subject in the study was 1 person with purposive random sampling, namely young victims of sexual violence who were identified as anxious, to analyze the subject with repeated treatment implementation at a specified time. The method used in collecting data is observation and administration of the anxiety scale. The data analysis technique in this study uses quantitative statistics with descriptive analysis and analysis in conditions and between conditions. The results of this study are based on analysis in conditions and between conditions of the subject at baseline and intervention conditions giving a positive effect so that the findings in this study by applying individual rational emotive behavior therapy counseling interventions are effective in overcoming the anxiety of young victims of sexual violence.

1. INTRODUCTION

Adolescence is a stage of development that brings individuals towards physical, emotional, social and mental maturity (Khairat, Imalatul, Firman & Neviyarni, 2018). Sexual problems at this time are very important for teenagers in Indonesia, so that the news has spread in the media, this is serious because the

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number of teenagers is relatively large compared to the population, this sexual problem does not only occur in various big cities but has also reached various small cities such as Indonesia which is also influenced by the increasingly rapid development of the internet among teenagers, thus creating many problems regarding sexual violence against teenage girls (Nirvana & Rahman, 2022). The occurrence of cases of violence in Indonesia continues to increase every year and occurs not only among adults but also among teenagers, children and toddlers. Cases of violence until now often occur in almost various countries, the increase in cases is not only in terms of the number of cases but also in terms of quality where the perpetrators of sexual violence are many from the family, the environment around their residence, educational institutions and their social environment (Agustina & Noviasari, 2022; Humaira B et al., 2015).

The increase in cases of sexual violence is a form of crime that will have a negative impact on the victim, some forms of sexual violence against young women include rape, sexual exploitation, sexual torture, sexual slavery and intimidation or attacks that lead to attempted rape and acts of sexual harassment. This form of violence comes from various groups such as family, neighbors and strangers (Agustina & Noviasari, 2022; Novrianza & Santoso, 2022).

The phenomenon that occurred in the DP3AP2KB of the Padang City Women, Child Protection and Population Control and Family Planning Service, namely the integrated service center for women's empowerment and child protection in Padang City, is that there are teenagers who are victims of sexual violence, teenagers who are victims aged 13-17 years in the last 5 years. In 2023 there were 34 victims of sexual violence with various forms of incidents such as victims who had been raped and harassed either by strangers, boyfriends and some from their own families so that the victims will experience many negative impacts such as, there are victims who experience psychological impacts, namely anxiety experienced by victims such as withdrawing from the environment, not wanting to communicate with many people, becoming quiet, feeling depressed often blaming themselves and there are also victims who feel that their lives are no longer meaningful. When children are 6-12 years old, children will experience difficulties and disorders in learning, while at the age of 13-18 years children can act and behave in ways that can harm themselves such as self-destruction and engaging in behavior that can be high risk, more withdrawn or difficult to socialize with someone and personality changes (Saraswati & Hadiyono, 2020; Widiatmoko et al., 2021).

Anxiety experienced by victims of sexual violence is identified from the symptoms of anxiety that appear in the victim such as physiological symptoms of pain through physical responses such as increased heart rate, shortness of breath, chest pain or pressure, cognitive symptoms characterized by the victim being unable to overcome their problems so that they find it difficult to think positively and well, behavioral symptoms characterized by someone running away from reality or problems, running away, anxiety, being unable to move and having difficulty speaking. Affective symptoms that can emphasize feelings and emotions such as feeling anxious, nervous, hopeless, afraid, restless, impatient and frustrated (Haikal, 2022; Rufaidah & Karneli, 2020). A person who experiences anxiety has symptoms that are felt both physically and mentally from themselves which can be shown by physical responses from the body such as physical fingers becoming cold, heartbeat beating faster, cold sweats appearing, sudden dizziness, decreased appetite, restless sleep, chest tightness, while mental symptoms are a feeling of fear, always assuming and feeling that they will be hit by danger, unable to concentrate, restless and wanting to run away from reality or the problems they are currently experiencing (Haikal, 2022; Harefa et al., 2023).

The anxiety about the pressure that exists within victims of sexual violence becomes increasingly uncontrollable, which will make the victim even more depressed. The victim needs therapeutic assistance from an expert counselor by implementing individual rational emotive behavior therapy counseling as (Melati et al., 2022; Prabayanti et al., 2023), individual rational emotive behavior therapy counseling can help clients resolve the emotions and behaviors experienced by clients, the implementation of the counseling process is only between the counselor and the client which is confidential without being known by many people so that clients can express their problems in privacy without fear that others can use the information to harm the victim, where some clients will be anxious if other people know the problems they are experiencing such as group counseling involving many members, therefore individual counseling can help clients to be open about their problems (Nuriyah, 2023; Putri & Rosita, 2019).

This individual rational emotive behavior therapy counseling can help direct clients or victims to learn to recognize thoughts that can cause anxiety and find rational solutions to anxiety (Insani et al., 2022; Mutiara et al., 2023). By conducting individual cognitive behavioral counseling therapy, rational emotive behavioral therapy is able to help clients realize that the irrational actions they do are wrong so that anxiety can be overcome by changing irrational thoughts into rational ones and victims will be able to act rationally (Karneli, 2022; Melati et al., 2022). The purpose of this study is to apply individual counseling intervention rational emotive behavior therapy can provide positive and effective effects to overcome the anxiety of adolescent victims of sexual violence. Novelty of the study This study focuses on the application of Rational Emotive Behavior Therapy (REBT) for adolescent victims of sexual violence, an approach that is relatively unexplored in this context. The majority of previous studies have focused on

general therapies for anxiety or sexual violence victims without integrating the rational-emotional aspects that are specific to adolescence.

2. METHOD

This research is quantitative with experimental method using single subject research design, which is a research design to evaluate the effect of a treatment with a single case, single subject research is a research methodology characterized by repeated assessment of a particular phenomenon over time which is generally to see changes in behavior and evaluate an intervention. Single subject research design can be said to be an experimental research method used to evaluate an intervention carried out on a single subject or individual. Researchers use a single subject research design to see and measure treatment or intervention on a subject or individual with the AB design model which is basic research, in this design researchers collect data on subjects in two conditions or phases, the first phase is the baseline A phase which is the phase before the intervention is given during this phase the subject is measured first until several times until they are in a stable condition and so that the data is really clear, the researcher must take data at least 3-5 sessions before the intervention is given. After the intervention data is obtained, it is immediately applied to the subject identified as B after that the researcher makes continuous measurements until the data is stable, this measurement sees how the intervention affects the subject's behavior. If there is a change in the subject of the intervention phase compared to the baseline phase, it is assumed that the change is due to the influence of the intervention. The baseline phase and intervention phase are only carried out once, there is no repetition.

Based on the type of data required in this study, the data collection used to obtain a picture of the anxiety of adolescent victims of sexual violence before and after the intervention of individual rational emotive behavior therapy counseling was carried out by collecting data by developing an anxiety scale for adolescent victims of sexual violence. To measure the anxiety of female adolescent victims of sexual violence, the researcher administered the scale through a list of statements with a scaling given using the Likert scale model, meaning the scale uses a response distribution as a determination of its scale value, in the Likert scale model there are five alternative answers, namely: Very Appropriate (SS), Appropriate (SI), Quite Appropriate (CS), Not Appropriate (TS) and Very Not Appropriate (STS). Data analysis in the study using statistics in the form of graphs using analysis within conditions and analysis between conditions to analyze

3. RESULTS AND DISCUSSION

Result

Baseline Condition Anxiety Overview

The findings obtained in the initial conditions or before intervention was given to the subject of sexual violence victims showed that the subject was in the high category, these results were obtained through measurements by administering anxiety instruments given to victims of sexual violence continuously five times in a row with the aim of getting a picture that the subject or victim is in a stable condition which means that the anxiety in the subject can be seen at the level of measurement so that the subject can be given intervention with individual rational emotive behavior therapy counseling services.

Anxiety Picture of Intervention Conditions

Based on the results of the baseline conditions, the symptoms of anxiety experienced by the subject will be visible so that before the intervention was given, the researcher had prepared aspects of the discussion of the problem to overcome the anxiety experienced by the subject with a discussion of the problem according to what the subject experienced in terms of physical spec disorders, cognitive aspects, behavioral aspects and emotional aspects that will be given intervention through the implementation of individual rational emotive behavior therapy counseling, the intervention process was carried out in 6 sessions and ended with intervention measurements of 6 sessions starting from August 2024 to October 2024. The results of the analysis in conditions and between conditions are shown in [Table 1](#) and a summary of the analysis between conditions is shown in [Table 2](#).

Table 1. The Analysis Results in Condition

No.	Condition	BaselineA	Intervention B
1.	Condition length	5	6
2.	Directional tendency	(=)	(+)
3.	Tendency towards stability	Stable (100%)	Stable (100%)
4.	Trace tendency data	(-)	(+)
5.	Stability levels and ranges	<u>Stable</u>	<u>Stable</u>

No.	Condition	BaselineA	Intervention B
		78.64%-79.09%	40.45% - 27.73%
6.	Level changes	<u>79.09 - 77.27</u> (+1.82)	<u>40.45 - 27.73</u> (+12.73)

Table 2. The Summary of Inter-Conditional Analysis

No.	Comparison of conditions	B:A (2:1)
1	Number of variables	1
2	Change of direction tendency	(-) (+)
3	Change in stability tendency	Stable to stable
4	Level changes	(77.27-40.45) +36.8212
5	Overlap percentage	0 %

Results [Table 1](#), and [Table 2](#), the data obtained in the image below illustrates the anxiety condition of victims of sexual violence in the subject AD before being given intervention and after being given intervention with individual rational emotive behavior therapy counseling. The conditions before and after the intervention. The results of data acquisition based on the graph above illustrate that the conditions before the intervention or baseline conditions given as many as 5 sessions, namely the acquisition in the first baseline session obtained a value of 78.64, the second session 78.64, the third session 78.64, the fourth session 79.09 and the last session was 77.27 from the results of the baseline data the subjects who experienced anxiety were in a stable condition so that new interventions could be given to the subjects, namely individual rational emotive behavior therapy counseling. The results of data acquisition from the first intervention to the sixth intervention were measured in sessions 1 to 6 with data acquisition, namely the first measurement of 40.45, the second measurement of 39.55, the third measurement data acquisition of 33.18, the fourth measurement obtained data of 32.27, the fifth measurement obtained data of 27.73 and the sixth measurement obtained data of 27.73.

Discussion

Based on the results of data collection on the administration of the anxiety scale of victims of sexual violence to find 1 subject or respondent who experienced anxiety, seen from the administration of the anxiety scale given to 7 respondents who were adolescent victims of sexual violence at the DP3AP2KB or P2TP2A Office in Padang City with a very high category, of which 1 research subject was taken with the implementation of individual rational emotive behavior therapy counselling ([Casey et al., 2010](#); [Melati et al., 2022](#)). The subject with the initials AS experienced an incident of sexual violence in the form of forced sexual harassment carried out by an unknown perpetrator ([Agustina & Noviasari, 2022](#); [Ardhani & Nawangsih, 2020](#)). At first, AS when after school because the friend who usually gave AS a ride home did not go to school because he was sick, finally at that time AS went home from school by public transportation which stopped near the intersection which was still far from AS's house. Then when AS was walking towards AS's house, he was offered a Maxim motorcycle taxi which was only disguised as a Maxim ([Du et al., 2010](#); [Zhang et al., 2019](#)).

The occurrence of sexual violence on victims varies in the form of events experienced by them, such as teenage girls who are raped and forcibly abused by perpetrators of sexual violence so that the events they experience will have an impact on biological, emotional, behavioral, attitude, beliefs, values, and norms, emotionally victims of sexual violence experience feelings of guilt and blame themselves, fear of relating to other people, and the shadow of the incident of sexual violence ([Ardhani & Nawangsih, 2020](#); [Mashudi & Nur'aini, 2015](#)).

Anxiety experienced by victims of sexual violence is identified from the symptoms of anxiety that appear in the victim, such as physiological symptoms of pain through physical responses such as increased heart rate, shortness of breath, chest pain or pressure, cognitive symptoms characterized by the victim being unable to overcome their problems so that they find it difficult to think positively and well, behavioral symptoms characterized by someone running away from reality or problems, running away, anxiety, being unable to move and having difficulty speaking ([Sembiring & Wardani, 2021](#); [Wolla et al., 2019](#)). Cognitive symptoms that can emphasize feelings and emotions such as feeling anxious, nervous, hopeless, afraid, restless, impatient and frustrated. So that the anxiety disorder will make the victim's actions become inappropriate which is influenced by his irrational beliefs ([Agustina & Noviasari, 2022](#); [Oktapiani & Putri, 2018](#)).

Based on the research results, the description of AS subject anxiety in baseline conditions was in the high category with an average of 78.45. With several aspects that become anxiety disorders seen from physiological aspects, cognitive aspects, behavioral aspects and emotional aspects. Anxiety can be described as a state of excessive anxiety with negative behavioral or action urges, emotions and

physiological reactions (Lestari et al., 2021; Utami, 2016). A person who experiences anxiety disorders will show abnormal behavior such as panic without reason, fear without a clear cause based on an object or event that they experience, repeated vigilance and excessive worry (Adinda, K., & Rohman, 2015; Rufaidah & Karneli, 2020). Interventions given to AS subjects who experience anxiety with several symptoms of anxiety seen from the results of baseline conditions, AS subjects experience anxiety problems from symptoms that appear in the subject, namely the subject feels fear, worry, alertness to danger, experiences sadness, crying, lack of motivation from themselves and parents and will also affect physical conditions that tend to be nervous and trembling when in a crowded place (Dewi et al., 2018; Yanti et al., 2020).

So that individual rational emotive behavior therapy counseling intervention will be given to AS subjects to help subjects in aspects of problems related to symptoms of anxiety disorders providing a positive effect where anxiety in baseline conditions increases 5 times with individual rational emotive behavior therapy counseling, the subject's anxiety decreases so that it can be said that individual rational emotive behavior therapy counseling is effective in overcoming the anxiety of victims of sexual violence.

4. CONCLUSION

Based on the research results, it can be concluded that the service individual rational emotive behavior therapy counseling based on the results of statistical tests of visual analysis of baseline and intervention difference graphs provides a positive effect so that it is effective in overcoming anxiety in victims of sexual violence. Subjects who previously experienced symptoms of high anxiety aspects after being given rational emotive behavior therapy counseling intervention with several anxiety counseling sessions about sexual violence incidents in subjects who previously had irrational beliefs and actions now look rational both from the symptoms of physiological, cognitive, behavioral and emotional aspects. Suggestions in the study are addressed to the Women's Empowerment and Child Protection Service and further researchers who will provide assistance to counselees or victims who experience anxiety as victims of sexual violence by providing individual rational emotive behavior therapy counseling.

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