

Resilience of Adolescent Victims of Sexual Violence in View of Family Support and Gender

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ABSTRAK

Meningkatnya kasus kekerasan seksual yang terjadi pada remaja menimbulkan kekhawatiran terhadap dampak psikologis yang mereka alami. Untuk menghadapi dampak tersebut, remaja memerlukan resiliensi yaitu bagaimana mereka dapat merespon masalah yang dialaminya secara lebih positif, bertahan dengan kondisi sulit, dan bangkit kembali. Penelitian ini bertujuan untuk menganalisis tingkat resiliensi remaja korban kekerasan seksual ditinjau dari dukungan keluarga dan jenis kelamin serta perbedaannya. Penelitian menggunakan pendekatan kuantitatif menggunakan deskriptif komparatif dan didalami dengan wawancara. Hasil temuan pada penelitian memperlihatkan bahwa 1) secara keseluruhan tingkat resiliensi remaja korban kekerasan seksual telah baik, berarti remaja mampu bertahan meskipun mengalami trauma, 2) terdapat perbedaan yang signifikan resiliensi remaja korban kekerasan seksual ditinjau dari dukungan keluarga; semakin baik dukungan keluarga, semakin baik resiliensi, 3) terdapat perbedaan yang signifikan resiliensi remaja korban kekerasan seksual ditinjau dari jenis kelamin; laki-laki memiliki resiliensi lebih baik dibandingkan perempuan, 4) tidak terdapat interaksi antara dukungan keluarga dan jenis kelamin dalam menjelaskan resiliensi remaja korban kekerasan seksual.

ABSTRACT

The increase in cases of sexual violence occurring among teenagers raises concerns about the psychological impact they experience. To face the impact, teenagers need resilience, which is how they can respond to the problems they experience more positively, endure difficult conditions, and bounce back. This research aims to analyze the resilience levels of adolescent victims of sexual violence in terms of family support and gender, as well as the differences. The research uses a quantitative approach with descriptive comparative methods and is deepened with interviews. The findings of the research show that 1) overall, the resilience level of adolescent victims of sexual violence is good, meaning they can endure despite experiencing trauma, 2) there is a significant difference in the resilience of adolescent victims of sexual violence when viewed from family support; the better the family support, the better the resilience, 3) there is a significant difference in the resilience of adolescent victims of sexual violence when viewed from gender; males have better resilience compared to females, 4) there is no interaction between family support and gender in explaining the resilience of adolescent victims of sexual violence.

1. INTRODUCTION

Sexual violence in Indonesia is not new, but it is becoming more frequent and widespread, with annual increases. The existence of these crimes is increasing in various places, regardless of age, status, education, or gender (Bleeker & Van Der Staal, 2017; Niraula, 2021). The perpetrator can be anyone, including close friends, strangers, or family members. Many incidents have come to light, but they do not represent all cases of sexual violence that occur because like an iceberg, the actual cases are far more than they appear (Dewi et al., 2022; Salam et al., 2016). Sexual violence includes any form of sexual threat or coercion. According to previous study sexual violence is a severe type of gender-based violence and is often accompanied by other forms of violence. According to SIMFONI-PPA (Online Information System for the Protection of Women and Children) (Salam et al., 2016), incidents of sexual violence have become the most common from year to year. According to the Online Information System for the Protection of Women and Children, there were 7,925 cases of sexual violence against children in 2018, 7,752 in 2019, 8,214 in 2020, 10,328 in 2021, 11,686 in 2022, and 9,755 in 2023, from January to date (Onodipe et al., 2020;

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Rosman et al., 2021). According to the global data, it is clear that the number of sexual violence cases is increasing from year to year. The number of sexual violence cases in West Sumatra is quite high. Data on sexual violence cases from 2015 to 2017 documented by the Padang City Social Service shows an increase. In 2015 there were 12 cases of sexual violence, in 2016 there were 95 cases, in 2017 there were 115 cases, and in 2018 there were 105 cases (Bleeker & Van Der Staal, 2017). The results of research conducted by the Ministry of Women's Empowerment and Child Protection (KPPPA) also show that one in 17 boys and one in 11 girls have experienced sexual violence, and this number does not include cases that are not reported or not detected (Bleeker & Van Der Staal, 2017). Although based on these data, women are more vulnerable to sexual violence, it does not mean that men do not experience it.

Sexual violence has a negative impact on its victims, both physically, socially and emotionally. They will continue to feel the trauma they experience throughout their lives, which will have a significant impact on their lives. Victims feel helpless, lose their strength, suffer from sadness and stress, fear socializing and mingling with their surroundings, feel worthless, and may even consider suicide (Carmel & Widom, 2020; Dewi et al., 2022). Then, feeling low self-esteem, low socialization (Kudinov et al., 2020), experiencing mental health problems throughout life (Baloran, 2020), self-blame, negative self-image, and low self-confidence (Hidayati & Hidayah, 2020). Victims need help and protection from the community, government, and family. Furthermore, education and socialization are needed to emphasize the importance of respecting the privacy rights and physical boundaries of others. Victims of sexual violence must also cope with stress, depression, trauma, and the consequences of sexual violence. As those who have experienced tragedies, disasters, accidents, and severe hardships are more likely to experience grief and trauma. Surviving and rising from this adversity is called resilience. Individuals who have good resilience can be successful and have good life satisfaction, affecting physical and mental health, as well as the quality of their relationships with others (Ansori, 2020; Dewi et al., 2022; S. Rohmah et al., 2020).

Furthermore, they will perform positively from time to time despite pressure, consider the condition as a stepping stone and continue to try to grow have problem-solving skills, the ability to continue life after experiencing the pressure faced so that the development of self-esteem, self-concept, and self-confidence optimally (Ansori, 2020; Nwoko et al., 2023). To perceive difficulties as a challenge rather than a threat so that they can better cope with their bad experiences. High resilience can help victims of sexual violence to bounce back from the pressures and problems they face. According to previous study resilience makes people who have experienced traumatic events, such as sexual abuse, more resilient, able to turn highly stressful and unpleasant events into something positive, and they are more optimistic and proactive (Bigras et al., 2021). Individual resilience varies. It is influenced by the age of the individual, the severity of the unpleasant situation they face, and their level of development in relation to the social support they receive. In addition, *gender* affects the level of resilience. Men have higher levels of resilience than women, as women are more vulnerable to psychological distress due to increased role demands (Darmawan et al., 2021; Latif & Amirullah, 2020).

Several factors promote resilience, one of which is family social support, which is crucial in its development. With this support, survivors believe that they can live better with social help from their closest friends and family. Family social support is an important component in building resilience. This is because social support refers to a series of social, emotional, cognitive, and behavioral processes that occur in personal relationships and assist individuals in making adaptive adjustments to the difficulties they face. Previous study argues that the availability of significant family support will help adolescent victims of sexual violence adjust to the conditions or challenges they face (Cusinato et al., 2020).

Previous study research found that communication between parents and children is very important to prevent sexual violence behaviour (Masten, 2018). Democratic parenting provides an alternative method to reduce sexual violence among adolescents. In line with this, previous study found that parental education, parental age, and parenting style were all related to the prevention of sexual violence (Balter et al., 2016). Parenting and sexual violence prevention are interrelated; if parents' parenting of their children is positive, their actions and attitudes towards sexual violence prevention will also be positive, thus protecting children from sexual violence behavior. Previous study found that with social support and psychological well-being, survivors of sexual violence can recover and return to their previous status (Virkkula, 2020). Other study found that social support from friends and family assisted female victims of sexual violence in coping with anxiety, grief, and post-traumatic stress (Bleeker & Van Der Staal, 2017). As a result, victims of sexual violence will feel respected and cared for, feel comfort from receiving help, be more effective in facing challenges, and have a positive attitude towards themselves.

With the care, appreciation, encouragement and advice from the family, it is easier for the individual to adapt to problems or be called resilient. Social support and emotion regulation have an influence on resilience. Family social support can help improve resilience. That way, the higher the social support from the family, the higher the resilience (Masten, 2018). In addition to family support in the home environment, the role of the educational environment is also needed, namely schools in prevention

and treatment efforts at school and this can be realized by collaborating with the counseling teacher at school.

Guidance and counseling have preventive (prevention) and curative (alleviation) goals. Guidance is a relationship or relationship that aims to help individuals understand something they do not know when facing problems. Meanwhile, counseling aims to help individuals find information and orientation of the steps to be taken in facing and solving their problems (Islami, 2022). Various types of counseling services can help adolescents prevent and overcome problems that occur related to sexual violence and increase resilience. This research aims to analyze the resilience levels of adolescent victims of sexual violence in terms of family support and gender, as well as the differences. The novelty of this research reveals a new dimension in understanding the resilience of adolescent victims of sexual violence by looking at the specific role of family support and gender as factors that influence their psychological recovery process.

2. METHOD

This research uses a quantitative approach with a comparative descriptive design (Seixas et al., 2018). The analysis technique used is two-way analysis of variance (two-way ANOVA), which allows analysis of the relationship between two independent variables, namely family support and gender, on adolescent resilience in the face of sexual violence. The research design used is a 2 x 2 factorial design, which allows researchers to test the main effects of each independent variable as well as the interaction between the two. Apart from that, this research is also equipped with interviews as an exploratory approach to deepen understanding regarding quantitative findings. The data collection process involved two main methods: quantitative surveys and qualitative interviews. The main research sample consisted of 37 teenagers who had experienced sexual violence. Quantitative data was collected through instruments measuring adolescent resilience and levels of family support, which have been tested for validity and reliability. Additional data was obtained through in-depth interviews with four teenage victims of sexual violence, who were selected based on criteria: two teenage girls with high and low levels of resilience, and two teenage boys with high and low levels of resilience. Interviews were conducted in a semi-structured manner to explore subjective experiences and the influence of family support on their resilience.

The collected data was analyzed using an integrated approach between quantitative and qualitative. Quantitative data were analyzed using the two-way ANOVA technique to identify differences in resilience based on gender and family support variables, as well as the interaction between the two. The results of this analysis are used to test the research hypothesis. Next, the interview data was analyzed thematically to reveal in-depth patterns, themes and experiences relevant to adolescent resilience in the face of sexual violence. The results of this qualitative analysis are used to enrich the interpretation of quantitative results, provide context, and describe the personal perspectives of the respondents.

3. RESULTS AND DISCUSSION

Result

Based on the results of data processing that the researchers have done, the research data are presented and analyzed in accordance with the research objectives proposed earlier, namely describing and analyzing adolescent resilience in facing sexual violence in terms of family support and its differences, describing and analyzing adolescent resilience in facing sexual violence in terms of gender and its differences, and seeing the interaction between family support and gender on adolescent resilience in facing sexual violence then explored using the results of interviews. The result of descriptive is show in Table 1.

Table 1. Description of Average and Percentage of Adolescent Resilience in Facing Sexual Violence

Aspect	Score						Desc.
	Ideal	Max	Min	Sum	Mean	%	
Emotion Regulation (10)	50	50	24	1262	34.11	68.22	T
Impulse Control (6)	30	30	12	755	20.41	68.02	T
Optimistic (8)	40	40	20	1109	29.97	74.93	T
Causal Analysis (4)	20	20	9	572	15.46	77.30	T
Self-Efficacy (8)	40	36	19	1038	28.05	70.14	T
Reaching Out (5)	25	25	8	684	18.49	73.95	T
Overall (41)	205	201	99	5420	146.49	72.88	T

Based on Table 1, it can be seen that the resilience of adolescent victims of sexual violence is in the high category with an average value of 146.49 with a percentage of 72.88%. Seen in the average value of the emotion regulation aspect 34.11 with an achievement of 68.22%. The average value of the impulse control aspect is 20.41 with an achievement of 68.02. The average value of the optimistic aspect is 29.97 with an achievement of 74.93%. The average value of the causal analysis aspect is 15.46 with an achievement of 77.30%. The average value of self-efficacy is 28.05 with an achievement of 70.14%. Then, the average value of reaching out was 18.49 with an achievement of 73.95%. From this description, the smallest achievement is in the impulse control aspect. These results are in accordance with the results of interviews by 4 adolescents, where respondents thought of hurting themselves and there were adolescents who wanted to end their lives. Respondent MFA stated "like happy because there is support mom, so the spirit of life, before that I wanted to give up on life mom, I wanted to kill myself". MFA also tends to avoid places that can revive her trauma "if you see a similar place, you often get angry, so you are afraid to pass there again". The respondent KPA stated "at first I wanted to hurt myself but I thought it shouldn't be like this, it's not good". The other two respondents did not have a tendency to self-harm or have negative impulses. However, respondents MFA and KPA did not engage in these negative behaviors, this was because MFA remembered her family and KPA tried to think positively. The adolescent resilience in dealing with sexual violence in terms of family support and its differences is show in Table 2.

Table 2. Description of Mean and Percentage of Family Support for Adolescents in Facing Sexual Violence Based on Aspects

Aspect	Score						Des.
	Ideal	Max	Min	Sum	Mean	%	
Emotional Support (12)	60	60	21	1557	42.08	70.14	T
Awards/Assessment Support (13)	65	65	25	1718	46.43	71.43	T
Informative Support (13)	65	65	24	1686	45.57	70.10	T
Instrumental Support (3)	15	15	7	386	10.43	69.55	T
Overall (41)	205	201	81	5351	144.62	71.95	T

Base on Table 2, overall, family support for adolescents in dealing with sexual violence in terms of family support is in the high category with an average value of 144.62 with a percentage of 71.95%. Seen in the average value of the emotional support aspect 42.08 with an achievement of 70.14%. The average value of appreciation / judgment support is 46.43 with an achievement of 71.43%. The average value of informative support is 45.57 with an achievement of 70.20%. And the average value of instrumental support was 10.43 with an achievement of 69.55%. However, based on the interview there are differences. Because during the interview, the respondent stated that he had never reported the incident of sexual violence to the family, while based on the results of the instrumentation, it showed that family support for adolescents in dealing with sexual violence was in the high category. Then to see the differences can be seen in the Table 3.

Table 3. Analysis of Variance Data of Resiliency Score of Adolescent Victims of Sexual Violence in Review of Family Support

Source	Type I Sum of Squares	df	Mean Square	F	Sig.	Desc.
Family Support	3.024.316	1	3.024.316	7.944	0.008	Significant

Based on Table 3, the F_{count} value is 7.944 at degree of freedom (df) 1 and a significant value (sig) of 0.008. In accordance with the criteria for hypothesis testing, if the sig. value is smaller than 0.05, it means that there is a significant difference. So it can be concluded according to the results in the table that there is a significant difference in the resilience of adolescent victims of sexual violence in terms of family support, men have a higher level of family support than women. Adolescent resilience in dealing with sexual violence in terms of gender and its differences is show in Table 4.

Table 4. Description of Data on Resilience of Adolescent Victims of Sexual Violence in Terms of Family Support and Gender

Gender (A)	Parental support (B)		Total
	High (1)	Weight (2)	
Man (1)	161.50	141.78	153.05
Woman (2)	151.75	133.25	137.88
Total	159.06	136.90	

Based on Table 4, it can be understood that the level of resilience of male adolescent victims of sexual violence in terms of high family support has an average of 161.5. The resilience of male adolescent victims of sexual violence in terms of low family support has an average of 141.78. Then, the resilience of female adolescent victims of sexual violence in terms of high family support has an average of 151.75. The resilience of female adolescent victims of sexual violence in terms of low family support has an average of 133.25. According to the data above, male adolescents have a higher level of resilience with an average value of 153.05 in facing sexual violence compared to female adolescents with an average value of 137.88 in facing sexual violence. The results of this data are in line with the results of the interviews, it appears that adolescent victims of sexual violence, both male and female, have the ability to rise from the traumatic events they experience. Then to see the differences can be seen in Table 5.

Table 5. Analysis of Variance of Data on Resilience Score of Adolescent Victims of Sexual Violence by Gender

Source	Type I Sum of Squares	df	Mean Square	F	Sig.	Desc.
Gender	796.047.298	2	398.023.649	1.045.467	0.000	Significant

From Table 5, the F_{count} value is 1,045,467 at degree of freedom (df) 2 and a significant value (sig) of 0.000. In accordance with the hypothesis testing criteria, if the sig. value is smaller than 0.05, it means that there is a significant difference. So it can be concluded according to the results in the table that there is a significant difference in the resilience of adolescent victims of sexual violence in terms of gender, men have higher resilience than women. Interaction between family support and gender on adolescents' resilience in facing sexual violence is show in Table 6.

Table 6. Summary of 2-way ANOVA

Source	Type I Sum of Squares	df	Mean square	F	Sig.	Description
Model	799074.444	4	199.768.611	524.721	0.00	
Gender	796.047.298	2	398.023.649	1.045.467	0.00	Significant
Support	3.024.316	1	3.024.316	7.944	0.08	Significant
Support*	2.830	1	2.830	0.007	0.932	Not
Gender						Significant
Error	12.563.556	33	380.714			
Total	811.638.000	37				

Based on Table 6, the F_{count} value is 0.007 at degree of freedom (df) 1 with sig. 0,932. Based on hypothesis testing criteria, if the sig. value is greater than 0.05, it means that there is no interaction. In accordance with the results in the table, it can be concluded that there is no interaction between the resilience of adolescent victims of sexual violence based on family support and gender. Based on the results of the data analysis described above, it can be seen that there are significant differences in adolescent resilience in facing sexual violence in terms of family support and gender. However, there is no interaction between family support and gender in influencing adolescents' resilience in facing sexual violence. Then based on gender, men have a higher level of resilience compared to women. In accordance with the results of interviews supporting these findings, it was found that male adolescents were easier to adapt after experiencing traumatic events than female adolescents.

Discussion

The findings of this study are supported by research which show that men are more resilient than women (Iflaifel et al., 2020). Men can adapt to changing conditions and solve problems in flexible ways, while women have minimal adaptive flexibility, are unable to react to changing environments, become disorganized when faced with change or stress, and have difficulty adjusting after experiencing traumatic events. In line with this, men tend to benefit more by mastering their environment, which results in higher levels of resilience (Masten, 2018). Based on the results of the analysis of adolescent resilience in dealing with sexual violence in terms of family support, it shows that adolescent resilience is in the high category as well as when viewed based on aspects of resilience and family support. This means that high family support will create high adolescent resilience in dealing with sexual violence (Bleeker & Van Der Staal, 2017; Dewi et al., 2022). And conversely, low family support will create low adolescent resilience in the face of sexual violence. However, the interview findings are not in line with the data from the instrumentation. As previously explained, the respondents in this study did not report the incidents experienced to the family, so there was no support received (Balter et al., 2016; Mehmood & Li, 2018).

All four respondents stated that they did not have the courage to tell their families. This finding is in accordance with the research findings stated that the three subjects expressed fear of blame, regret,

shame, anger, and guilt to parents which caused the third subject not to dare to tell the incident of sexual violence experienced (Carmel & Widom, 2020; DeGue et al., 2021). The findings of the researcher's research and the results of previous studies are in accordance with the opinion expressed which states that victims of sexual violence will have difficulty conveying or expressing what they have experienced, will feel they have no place to tell, will lose self-confidence, and will feel helpless so they will choose to cover up the events that occur (Adnyani, 2022; Dewi et al., 2022). However, the family provides information to prevent sexual violence. So in general, respondents considered this as support.

Based on the results of previous research found that resilience in dealing with sexual violence to get out of unpleasant traumatic situations is with help in the form of support from the support system consisting of family, friends and people closest to the victim (F. N. Rohmah & Bukhori, 2020; Winarno et al., 2022). In line with that, the existence of support that makes adolescent victims of violence feel not alone and have strength, they will be able to fight and survive to get through the difficult times they experience, and have hope for the future they want to achieve (Dewi et al., 2022; Pattiradjawane et al., 2019). According to data analysis and there are differences in adolescent resilience in facing sexual violence based on high and low family support and differences in resilience levels based on gender.

Various forms of counseling services are needed to address the phenomena that occur. Counselors can help adolescents by providing various psychological interventions through guidance and counseling services and approaches to overcome problems faced through counseling (Nastiti & Habibah, 2017; Rahim & Hulukati, 2021). In this case, researchers offer guidance and counseling services that can be provided to adolescent victims of sexual violence and can also be provided to people around adolescent victims of sexual violence. In implementing the service, guidance and counseling teachers can provide service materials based on aspects of low family resilience and support (Dewi et al., 2022; Maulia et al., 2022). This service is a classical format information service regarding the prevention and handling of sexual violence so that adolescents who have experienced it can understand how to deal with the impact of sexual violence they have experienced and for adolescents who have never experienced sexual violence, it can be useful information to avoid sexual violence. Then the service material is about being a good listener so that every teenager realizes the need to provide support to individuals who experience sexual violence.

Guidance and Counseling Teachers can also provide group guidance services on assignment topics regarding strategies for dealing with negative emotions so that adolescent victims of sexual violence are able to overcome, manage, and express appropriate emotions in order to achieve emotional balance due to sexual violence (Firdaus et al., 2022; Rahim & Hulukati, 2021). Then, provide material on increasing self-efficacy to increase resilience so that adolescent victims of violence have confidence in their own ability to overcome obstacles. For the family, family counseling views the family as a whole that family members are a part that cannot be separated from the child both in seeing the problems and their solutions, as a system, problems experienced by family members will be effectively resolved if they involve other family members (Irmayanti & Yuliani, 2020; Rahim & Hulukati, 2021). The implications of guidance and counseling that can be provided are training for families that focus on how to provide emotional and psychological support to adolescents. This training can include effective communication techniques, strategies for building closer relationships, and ways to create a supportive home environment. Counselors help facilitate communication between adolescents and parents, and help adolescents develop the necessary skills and understanding. With a better understanding of how to communicate with children who have experienced trauma, families will be better able to provide positive support. In addition, seminars and workshops on preventing sexual violence and its impacts can also be held.

This program aims to increase family knowledge about sexual violence, recognize signs of trauma, and understand the emotional needs of adolescent victims of sexual violence. This education can help families be more sensitive and responsive to the needs of adolescents and reduce stigma or misunderstandings that may exist. Another important program is group guidance for parents, where they can share experiences and get support from other families facing similar situations. This group guidance provides a safe space for families to discuss their challenges, exchange information about effective ways to provide support, and get encouragement from a community that understands their situation. The various information in the material can be a reference for BK Teachers/Counselors in helping to solve problems.

4. CONCLUSION

The results of this study indicate significant differences in the resilience of adolescent victims of sexual violence based on family support and gender. Male adolescents have higher levels of resilience than female adolescents, with better adaptation abilities after experiencing trauma. Family support plays an important role in increasing resilience, where high support is associated with high levels of resilience. This study also shows the importance of the role of educators, especially Guidance and Counseling (BK)

teachers, in providing appropriate psychological interventions. BK services can include information on preventing and dealing with sexual violence, as well as group guidance to overcome negative emotions and increase self-efficacy. For families, training programs and workshops on emotional support, prevention of sexual violence, and group guidance for parents can help improve their ability to provide positive support to adolescent victims of sexual violence.

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