

Legal Aid and Healing Therapy for Sexual Violence Victims In Puguh Village-Kendal

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Info Artikel

Article History:

Received: February 18, 2023

Revision: July 28, 2023

Accepted: August 15, 2023

Published: August 30, 2023

Kata Kunci:

Bantuan Hukum; Psikologi;

Kekerasan Seksual

Keywords:

Legal Aid; Psychology; Sexual

Violence

Abstrak

Kasus kekerasan seksual di Desa Puguh, Kecamatan Boja, Kendal, terhadap perempuan dan anak merupakan masalah serius. Kekerasan ini dipicu oleh lingkungan dengan pengawasan rendah terhadap perempuan dan anak, terutama saat suami bekerja di luar kota/negara. Kekerasan ini tak hanya melibatkan korban dan pelaku, tetapi juga orang-orang terdekat dalam lingkungan tersebut. Masyarakat di Desa Puguh masih cenderung menyelesaikan kasus kekerasan seksual secara internal, yang sering kali berujung pada berulangnya kejadian tersebut. Padahal, dampaknya sangat merugikan terutama bagi anak-anak yang masih dalam masa pertumbuhan. Dalam mengatasi masalah ini, diperlukan pendampingan hukum dan psikologis kepada korban kekerasan seksual dan pemberdayaan masyarakat di Desa Puguh. Program ini melibatkan beberapa langkah, seperti survei kebutuhan mitra, sosialisasi, dan evaluasi. Program ini berlangsung selama 8 bulan dengan tahapan yang meliputi analisis permasalahan, koordinasi dengan mitra, sosialisasi, pendampingan, dan evaluasi. Sasaran utama program ini adalah masyarakat umum, terutama perangkat desa, PKK, dan karang taruna yang belum memahami dampak kekerasan seksual serta perlindungan hukum bagi perempuan dan anak. Melalui program ini, diharapkan masyarakat dapat lebih sadar akan pentingnya penanganan kasus kekerasan seksual secara hukum dan psikologis untuk melindungi perempuan dan anak-anak.

Abstract

Legal Aid and Healing Therapy for Sexual Violence Victims in Puguh Village, District Boja, Kendal

In Puguh Village, Boja District, Kendal, cases of sexual violence against women and children are a serious problem. This violence is triggered by an environment with low supervision of women and



children, especially when husbands work outside the city/state. This violence not only involves victims and perpetrators, but also the closest people in the neighborhood. People in Puguh Village still tend to solve cases of sexual violence internally, which often leads to recurrence of these incidents. In fact, the impact is very detrimental, especially for children who are still in their infancy. In overcoming this problem, legal and psychological assistance to victims of sexual violence and community empowerment in Puguh Village is needed. This program involves several steps, such as partner needs surveys, socialization, and evaluation. This program lasts for 8 months with stages that include problem analysis, coordination with partners, socialization, mentoring, and evaluation. The main target of this program is the general public, especially village officials, PKK, and cadets who do not yet understand the impact of sexual violence and legal protection for women and children. Through this program, it is hoped that the community can be more aware of the importance of handling cases of sexual violence legally and psychologically to protect women and children.



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INTRODUCTION

This Community Service activity was proposed as a form of unrest over the occurrence of sexual violence that never ends and even increases cases. Laws and regulations related to the protection of women and children have been widely issued, but in their implementation in the field still shows various violence that befalls children, including sexual violence (Sugiarto, Talib, & Pawernei, 2023). Cases of violence against women and children during 2022 according to the Head of the Women's Empowerment, Child Protection, Population Control and Family Planning (DP3AP2KB) Office of Central Java (Anonim, 2023) were dominated by sexual violence, of which 53.7% were sexual violence and the rest were violence in other forms such as physical, psychological, exploitation, and neglect. Head of Kendal DP2KBP2PA, Asrifah said, violence data in 2019 were mostly 20 cases of sexual violence, namely 10 cases of sexual harassment and 10 cases of rape. There were 19 cases of domestic violence and 37 cases of other violence. It is said that many perpetrators of sexual abuse cases against children are carried out by the closest people (Marria Saimima, Liminanto, & Wasia, 2022).

Sexual Violence is an act that degrades, insults, harasses, and/or attacks a person's body, and/or reproductive function, due to imbalances in power relations and/or gender, which results or can result in psychological and/or physical suffering including those that interfere with a person's reproductive health and lose the opportunity to carry out education safely and optimally (Marria Saimima et al., 2022). Women and children are often victims of sexual violence because they are seen as having a weaker physique than men. Based on data from the 2022 PPA Symphony, it shows that numbers of Violence against Women (KtP) are 3,131 cases with 3,238 victims. Victims of Sexual Violence (KS)



against women as many as 542 people or 16.7% of KTP victims are KS victims. As for Violence against Children (KtA) as many as 4,148 cases with 4,526 victims. There were 2,436 victims of KS against children, this means that 53.8% of KTA victims were victims of sexual violence (Rifa'at & Farid, 2019). Sexual violence tends to have a traumatic impact on both women and children. Cases of sexual assault often go uncovered due to denial to sexual violence incidents that occur. Even more difficult, if this sexual violence occurs in children, because childrens victims of sexual violence do not understand that they are victims. Victims find it difficult to trust others so that they keep their sexual violence events secret, children tend to be afraid to report because they feel threatened with worse consequences if they report, feel ashamed to tell their sexual violence events (Widyawati, Pujiyono, & Rochaeti, 2021). The impact of sexual harassment that occurs is marked by powerlessness, where victims feel helpless and tormented when revealing the sexual harassment event.

Sexual violence against women has an emotional and physical impact on its victims. Emotionally, experiencing stress, depression, mental shock, feelings of guilt and self-blame, fear of relating to others, shadows of events when experiencing sexual violence, nightmares, insomnia, fear of abuse-related things including objects, smells, places, doctor visits, self-esteem problems, sexual dysfunction, chronic pain, addictions, suicidal ideation, somatic complaints, and unwanted pregnancy. In addition, psychological disorders such as post-traumatic stress disorder, anxiety, other mental illnesses including personality disorders and dissociative identity disorder, tendency to revictimization in the future, bulimia nervosa, and even physical injury. Physically, the victim experiences a decrease in appetite, difficulty sleeping, headaches, discomfort around the vagina or genitals, at risk of contracting sexually transmitted diseases, injuries on the body due to violent rape, unwanted pregnancy and others.

Sexual violence committed by family members in the form of incest, can produce serious impacts and long-term psychological trauma, especially in cases of parental sexual violence (Marria Saimima et al., 2022). Trauma due to sexual violence in children will be difficult to eliminate if not immediately handled by experts. Children who get sexual violence, the short-term impact will experience nightmares, excessive fear of others, and decreased concentration which will eventually have an impact on health. In the long run, when he grows up he will experience a phobia of sex or even worse he will get used to violence before having sexual intercourse. It could also be that after becoming an adult, the child will follow what was done to him during his childhood. Weber and Smith (2010), revealed the long-term impact of sexual violence on children, namely children who are victims of sexual violence in childhood have the potential to become perpetrators of sexual violence later in life (Weber & Smith, 2010). The helplessness of victims when facing acts of sexual violence in childhood, unwittingly generalized in their perception that sexual acts or behaviors can be done to weak or helpless figures.

In addition, most children who experience sexual violence experience a criterion psychological disorder called post-traumatic stress disorder (PTSD), with symptoms such

as intense fear, high anxiety, and stiff emotions after the traumatic event. Beitch-man et.al states that children who experience sexual violence take one to three years to open up to others. Children as victims often feel different from others, and some victims are angry with their bodies as a result of the abuse. Other victims use drugs and alcohol to punish their bodies, dull their senses, or try to avoid the memory of the event (Widayawati, 2019).

IMPLEMENTATION METHOD

The methods used to solve problems in this activity are as follows:

1. Competency improvement through counseling

Increased understanding by using counseling models and interactive dialogues so that in addition to providing information about preventive efforts and the impact of sexual violence against women and children (Bloom et al., 2022) on the people of Puguh Village, Boja District, Kendal Regency who actively participate in dialogue so as not to feel bored so that good communication is established. This Community Service activity has the following programs:

- a. Presentation of material to overcome sexual violence includes prevention, mentoring and handling programs using social recovery healing therapy (rehabilitation);
- b. Counseling on the form and impact of sexual violence on the community by the head of the service team;
- c. Counseling on cases of sexual violence and efforts to resolve and prevent it by members of the service team.

2. Training and Mentoring to the community

Assistance through education on activities that are routinely carried out according to their work programs.

3. Implementation of monitoring and evaluation

The evaluation is carried out in stages: (1) when the mentoring takes place, namely when the activity is simultaneously evaluated, (2) when the activity is over by giving online questions, so that it is stored properly in accordance with the parameters of science and technology given during counseling (Langbroek, van den Bos, Thomas, Milo, & van Rossum, 2017; Anggraeny, Lutfia, Ratna, Rachmaudina, & Author, 2021).

RESULTS AND DISCUSSION

Provision of Legal Aid to Victims of Sexual Violence

Provision of Legal Aid to Victims of Sexual Violence is a crucial initiative aimed at offering legal assistance and guidance to those who have experienced the harrowing ordeal of sexual violence. This program operates on the fundamental principle that individuals who have been subjected to such traumatic incidents deserve support not only



in terms of psychological healing but also in navigating the complex legal processes that follow. Sexual violence cases are often intricate and emotionally draining for the victims, making it imperative to have legal aid available to provide a sense of direction and empowerment (Widyawati et al., 2021). One of the primary objectives of this initiative is to ensure that victims comprehend their rights and legal options. Legal aid providers work closely with victims to explain the legal avenues available to them, the steps involved in pursuing justice, and the potential outcomes. This understanding is vital as it empowers victims to make informed decisions regarding their case, fostering a sense of control amidst the distressing situation. Moreover, legal aid offers guidance and representation, advocating for the rights of the victims and ensuring their voices are heard in the legal realm. Furthermore, legal aid is crucial in addressing the power dynamics that often play a role in sexual violence cases. Perpetrators may use their influence or position to intimidate victims, making it difficult for them to seek justice. Legal aid professionals act as a shield, providing a level playing field and combating any attempts to suppress the truth. Through legal aid, victims are encouraged to step forward and report the crime, knowing that they have support and expertise to navigate the legal intricacies (Widyawati, Pujiyono, Rochaeti, Ompoy, & Zaki, 2022).

Legal aid for sexual violence victims in Puguh Village, District Boja, Kendal, represents a crucial initiative in addressing the harrowing and pervasive issue of sexual violence within the community. The provision of legal aid encompasses a range of legal support and guidance aimed at empowering survivors to navigate the legal system effectively. In this specific context, it means offering assistance to those who have suffered from sexual violence, ensuring they understand their legal rights and options available to them. Survivors often face a daunting legal process, and legal aid aims to demystify these complexities, providing clarity and assurance during a challenging period of their lives. Moreover, legal aid offers a mechanism for survivors to seek justice against their perpetrators. By helping victims understand the legal avenues available to them, this initiative enables them to make informed decisions regarding pressing charges, pursuing legal action, or accessing necessary protective measures (Anisah, 2021). It's an essential step towards holding perpetrators accountable for their actions and fostering a safer environment within the community. Beyond legal representation, legal aid also involves emotional support and guidance to survivors. It ensures that they are not alone in their journey, providing a support system that aids in their healing and recovery. This comprehensive approach addresses the trauma and psychological impact of sexual violence, recognizing that survivors need more than just legal assistance – they require empathy, understanding, and specialized care to rebuild their lives (Sullivan & Goodman, 2019)

Healing Therapy to Support Recovery of Victims of Sexual Violence

Healing therapy is a pivotal aspect in aiding the recovery and rehabilitation of victims who have experienced the deeply traumatizing effects of sexual violence. It

encompasses a range of therapeutic interventions designed to help survivors cope with the emotional, psychological, and sometimes physical aftermath of such traumatic events. Sexual violence can have a profoundly scarring impact on an individual's mental health, often resulting in anxiety, depression, post-traumatic stress disorder (PTSD), and various other emotional and behavioral challenges (Armsworth & Holaday, 1998). Healing therapy serves as a safe and supportive space for survivors to process these emotions, memories, and traumas.

One of the primary objectives of healing therapy is to empower survivors by providing a sense of control and autonomy over their own healing journey (Copley & Carney, 2020). Therapists work closely with survivors, employing various evidence-based techniques such as cognitive-behavioral therapy, exposure therapy, and eye movement desensitization and reprocessing (EMDR). These techniques can assist survivors in managing their triggers, intrusive thoughts, and overwhelming emotions that are common after experiencing sexual violence. Through these therapeutic approaches, survivors can gradually regain a sense of stability and self-empowerment. Moreover, healing therapy helps survivors rebuild their sense of trust, self-esteem, and self-worth, which are often severely damaged by the trauma they endured. It assists in fostering healthy coping mechanisms and resilience, allowing survivors to reestablish a positive outlook on life. Support groups and group therapy sessions also form an integral part of healing therapy, as they provide a platform for survivors to connect with others who have shared similar experiences. This communal support can alleviate feelings of isolation and validate survivors' emotions and struggles, aiding them in understanding that they are not alone in their healing journey.

Based on the results of discussions with partners, in the environment around partners there are still women and children who experience acts of sexual violence. Therefore, there is a need for counseling and assistance to village officials, PKK mothers, cadets, children and women left behind by their husbands or families working abroad to be able to provide preventive efforts to become victims of sexual violence. The problems encountered when conducting surveys in the field, in the form of ignorance and incomprehension of the rules related to legal protection of women and children contained in Law Number 12 of 2022 concerning Criminal Acts of Sexual Violence, Law No. 23 of 2004 concerning the Elimination of Domestic Violence, Law No. 35 of 2014, Amendments to Law Number 23 of 2002 concerning Child Protection, Law No. 11 of 2012 concerning the Juvenile Criminal Justice System]. The community also does not understand (1) How the form and impact of sexual violence, (2) How efforts must be made to overcome sexual violence include prevention programs, (3) How to solve it, (4) How assistance uses healing therapy social recovery or rehabilitation (Aprilliandi, 2022).

To overcome the problems of these partners, the Service Team from the Faculty of Law will collaborate with psychology students and invite experts, namely lecturers from the Psychology Study Program FIP UNNES.

Plan steps to overcome the problem as follows:



1. Understand the forms and effects of sexual violence,

Acts that include sexual violence include:

- a. behave or utter speech that discriminates against or harasses another person's physical appearance, body or gender identity (e.g., sexist jokes, whistling, and looking at other people's body parts);
- b. touching, rubbing, touching, holding, and/or rubbing body parts on a person's private areas;
- c. send jokes, photos, videos, audio or other sexually suggestive material without the recipient's consent and/or even if the recipient of the material has reprimanded the perpetrator;
- d. stalking, harvesting, and disseminating personal information including images of a person without that person's consent;
- e. giving sexually suggestive punishments or orders to others (such as during admissions or freshmen, during classroom or distance learning, in everyday relationships, and so on);
- f. peeping at people who are getting dressed;
- g. undressing a person without that person's permission;
- h. entice, promise, offer, or threaten someone to engage in sexual transactions or activities that the person has not consented to;
- i. forcing people to engage in sexual activity or commit attempted rape; and
- j. commit other acts that degrade, insult, harass, and/or attack a person's body, and/or reproductive function, due to imbalances in power relations and/or gender, which results or can result in psychological and/or physical suffering including those that interfere with a person's reproductive health and lose the opportunity to carry out education safely and optimally.

2. Understand and sensitize the efforts that must be made to overcome sexual violence including prevention programs

Finkelhor and Browne, categorize four types of traumatized due to sexual violence experienced by children, namely: 1. Betrayal (Betrayal). Trust is the primary foundation for victims of sexual violence. As a child, having trust in parents and that trust is understood and understood. However, the child's trust and parental authority become things that threaten the child. 2. Traumatic sexualization. Russell, found that women who experience sexual violence tend to refuse sexual relations, and as a consequence become victims of domestic sexual violence. Finkelhor notes that victims prefer same-sex partners because they consider men untrustworthy. 3. Feeling powerless. Fear permeates the victim's life (Handayani, Effendi, Machmud, & Duarsa, 2018). Nightmares, phobias, and anxiety experienced by the victim are accompanied by pain. Feelings of powerlessness result in individuals feeling weak. The victim feels inadequate and less effective at work.



Some victims also felt pain in their bodies. Conversely, in other victims have excessive intensity and drive in him. 4. Stigmatization. Victims of sexual violence feel guilty, ashamed, have a bad self-image. Guilt and shame are formed by helplessness and feeling that they have no power to control themselves.

3. Understand and sensitize handling using healing therapy social recovery (rehabilitation) for victims of sexual violence.

The solution of these problems is important so that partners increase their understanding of related:

a. Prevention Is carried Out Thoroughly and Integrated

Starting from children, families, schools and communities. 1) Prevention through children by empowering children and women so that: a. Children and women are able to detect early the possibility of sexual violence b. Women and children are able to resist when sexual violence occurs in them c. Women and children are able and courageous to report to schools, parents, community leaders about sexual violence they experience. 2) Prevention through the family, by increasing family resilience and strengthening parenting patterns. Among others: a. Instilling religious values and teaching love among others b. Provide a loving environment from an early age by showing how to interact between family members. c. Build children's self-confidence, foster children's courage and assertiveness and develop children's ability to socialize d. Teach ethics to others (foster care and respect), give educational reprimands if children make mistakes e. Assisting children in absorbing information mainly from television, internet and other electronic media. 3) Prevention through school and family a. Design and design prevention programs that contain messages about the dangers of sexual violence. b. Establish effective communication between teachers and students c. Providing legal assistance to victims of sexual violence d. Creating a safe, comfortable and conducive school, family and community environment. e. Provide assistance to women and children who are victims of sexual violence. f. Conduct regular meetings with parents and the community 4) Prevention through the community by building community groups that care about the protection of women and children starting from the village / village level (Community-Based Integrated Protection of Women and Children: PAPTBM).

b. Treatment Using Healing Therapy Social Recovery (Rehabilitation)

It is a process of psychological assistance that provides a rehabilitative effect on events or actions experienced by women and children victims of sexual violence that acts of sexual violence have extraordinary effects, one of which is trauma that will affect the psychological victims, especially children. This social recovery approach program has the main values of mentoring, recovery, respect, and participation. The principles used are: 1) Psychological recovery of victims of sexual violence 2) Restore self-confidence 3) Take responsibility for what has been done 4) Care for others (Sinko & Saint Arnault, 2020).



This community service activity is carried out in stages, including 5 stages, namely:

Phase I, the Chief Executive visited the service location to carry out permits and explained about the form of activities, namely counseling on the delivery of material on preventive efforts for sexual violence against women and children, the Law on Domestic Violence Abuse, Child Protection and distributing questionnaires before the socialization activities were carried out which contained questions to measure the extent of understanding.



Figure 1. The Chief Executive and the team visited the service site for the licensing process

Phase II, The Implementation Team plays a vital role in delivering essential materials that educate the community about the impact of sexual violence and the importance of rehabilitation through healing therapy. These materials serve as a crucial tool for raising awareness and understanding within Puguh Village, District Boja, Kendal. By providing information on the devastating consequences of sexual violence, the team aims to break the silence and stigma surrounding this issue. Additionally, the team emphasizes the significance of rehabilitation and healing therapy in the recovery process for survivors. This comprehensive approach ensures that not only are the immediate needs of survivors met, but also that the community is equipped with knowledge to support and empathize with survivors, fostering a more empathetic and informed society.



Figure 2. the Implementation Team provides material delivery on the impact of sexual violence and rehabilitation healing therapy

Phase III, The Implementation Team is at the forefront of providing crucial legal assistance to victims of sexual violence in Puguh Village, District Boja, Kendal. Their dedicated efforts involve guiding survivors through the legal processes, ensuring they understand their rights, and aiding them in seeking justice. This assistance is pivotal in empowering survivors, often navigating a complex and intimidating legal system. The team's role extends to advocating for survivors' rights, making certain that they are supported throughout legal proceedings. By actively engaging with the survivors and being a steadfast presence in the legal sphere, the Implementation Team plays a crucial role in facilitating access to justice and helping survivors reclaim a sense of control over their lives.



Figure 3. Implementation Team conducts Legal Assistance

Phase IV, The Implementation Team is responsible for conducting psychological assistance to aid in the recovery and well-being of sexual violence victims in Puguh Village, District Boja, Kendal. This crucial aspect of the program involves trained professionals offering therapeutic support to survivors who have experienced the profound trauma of sexual violence. Through a range of evidence-based therapeutic approaches, such as cognitive-behavioral therapy and group counseling sessions, the team assists survivors in processing their emotions, managing trauma-related symptoms, and rebuilding their mental and emotional resilience. Psychological assistance plays a pivotal role in helping survivors regain a sense of control, self-esteem, and trust, ultimately contributing to their journey towards healing and recovery. The dedication of the Implementation Team to providing this essential psychological support underscores the program's commitment to addressing the holistic needs of survivors and fostering a safer, more supportive environment within the community.



Figure 4. The Implementation Team conducts Psychological Assistance

Phase V, the Implementation Team held a final visit for program evaluation and sustainability. Measure the results of activities by distributing questionnaires, after exposure

The Implementation Team organized a concluding visit to evaluate and ensure the sustainability of the program. As a crucial step in assessing the effectiveness and impact of the undertaken activities, the team initiated a methodical approach by distributing questionnaires to the participants. These questionnaires were designed to measure the outcomes of the program's various interventions and to gather feedback from those who were exposed to the initiatives. The questions encompassed a range of topics, including the perceived benefits of legal aid and healing therapy, changes in awareness and understanding of sexual violence, and the overall impact on the community. The objective of this evaluation was to gather quantitative and qualitative data that could shed light on the program's achievements and identify areas for potential improvement. It aimed to gauge the participants' satisfaction, assess the relevance and effectiveness of the services provided, and obtain insights into any challenges or barriers faced during the implementation. By employing a structured assessment tool like questionnaires, the Implementation Team could analyze the responses systematically, allowing for a comprehensive understanding of the program's strengths and areas that required enhancement. The feedback obtained through this evaluation process was instrumental in shaping future strategies and tailoring interventions to better meet the needs of the community. It provided valuable insights that would guide the team in refining the program, making it more impactful and sustainable in addressing the critical issue of sexual violence in Puguh Village, District Boja, Kendal. Ultimately, this evaluative effort underscored the commitment of the Implementation Team to continually improve their initiatives and contribute to lasting positive change within the community.

CONCLUSION

The provision of legal aid and healing therapy for sexual violence victims in Puguh Village, District Boja, Kendal, showcases the importance of an integrated approach in supporting survivors. Legal aid ensures access to justice and accountability for the



perpetrators, while healing therapy addresses the profound emotional and psychological scars left by the traumatic experience. The combination of both services creates a comprehensive support system that not only assists in navigating legal complexities but also facilitates the healing and recovery process, promoting a more holistic rehabilitation for survivors. The initiative emphasizes the necessity of community involvement and awareness in combating sexual violence. Creating a culture that understands the importance of legal aid and healing therapy encourages a proactive response to such heinous acts. By engaging the community, educating them about the available support mechanisms, and breaking the silence surrounding sexual violence, a safer and more empathetic environment can be fostered. This initiative is a stepping stone towards building a society where survivors are supported, perpetrators are held accountable, and the overall prevalence of sexual violence is significantly reduced through collective efforts.

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