








# Higher Education Female Students Thinking Enlightenment in Avoiding Digital Sexual Abuses; Achieving a Better Mental Health

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**Abstract.** This study is motivated by the phenomenon about the rise of sexual digital crime for students in Indonesia. It is undeniable that not a few higher students in Indonesia experience sexual harassment through digital pages, either through WhatsApp, Instagram, Twitter, Facebook, or LINE. This is due to the increasingly free, uncontrolled use of social media and the lack of understanding of social media network users. Sexual digital crime has a very heavy impact on the mental health of victims, whether they are male or female, so that traumatic feelings always arise when they must meet new people in the real world or on social media. This is considered important to be studied more deeply to provide solutions to the problems that often give the students a feeling of trauma. This study uses a qualitative approach with data collection techniques such as observation, documentation, questionnaires and interviews with the research sample, namely higher education students in the city of Bandung. This research is expected to provide views to many parties, both the Indonesian government, Bandung city government, institutions, parents, and families that this problem is a substantial problem that must be solved and given a solution, so that there are no more victims of higher education students. And his mental health slumped, and his future could no longer be helped because he often received sexual crimes from his surroundings. The result of this research is that not every institute/campus that has a lot of students conduct an education to their students to prevent these sexual digital abuses to enlightenment thinking of their students even though there's a lot of victims for this case who has a deep mental health such as depression, trauma, or even feel isolated to socialize with others.

**Keywords:** Higher Education Students · Thinking Enlightenment · Sexual Digital Crime · Mental Health

## 1 Introduction

The current digital era brings the rapid development of social media. The development of social media also influences people's social experiences because social media has the power to influence people and even dominate it, thus influencing emotions and

considerations in making decisions [1]. It is undeniable that the internet has become one of the most popular medium for the publication of pornography. Even though I got a lot of criticism until there is a ban on access to sites that are considered to have pornography, does not necessarily eliminate pornography on the internet media.

The internet is like a double-edged sword today where there are both positive and negative sides. If the positive side has been expressed as above, then the negative side of using the internet is widely and freely diverse. Starting from the effect of familiarizing the community behave dishonestly in the use of social media, until changes occur behavior such as sexual deviation as a form of pornography [2]. Content creators are becoming more and more creative in creating new displays and sites which cannot be blocked. These forms can be in the form of comics, stories, videos games, even the one that is currently developing is pornography with the theme of violence sexual abuse of minors, which is rife on social sites such as Twitter, Facebook, *Tiktok*, Instagram, LINE or even WhatsApp.

In Indonesia, various cases of sexual violence against children through the social media. Now, the internet is increasing every year. A small part has been revealed and suspected there are many more such cases which are still unknown for various reasons. This development is obviously very troubling because it reaches children as a victim. Misuse of internet media as a creative form of violence sexual abuse on children clearly has a negative impact not only physically, but also psychological or psychological development of children who are victims. It is clear that's a shame because children are the next generation who shouldn't become a common consumption for perpetrators of sexual violence abuse in the media [3].

Based on data obtained there has been internet-based sexual violence (online/online) which from year to year the number is increasing, in 2017 there were 65 complaints, 2018 there were 97 complaints, in 2019 there were 281 complaints, in 2020 it was recorded, 940 cases and this figure has increased almost 4 (four) times from 2017 [4]. The types of sexual violence cases encountered through digital media in the form of threats to spread videos or photos personal (370 cases), sexual harassment through social media (307 cases), shooting intercourse without consent (71 cases), bullying sexually transmitted messages (16 cases), stalking, threatening, and harassing. The number of sexual violence against women and adolescents is quite high considering that internet users in Indonesia are almost 202 million people with an average user age of 20–30 years. Most of the sexual violence is perpetrated by men. Based on the data obtained, 61% of perpetrators of sexual violence/crimes is a boyfriend or husband while 39% is done by someone else [5]. This shows that adolescents and women are the most vulnerable to being victims of sexual violence that occurs through digital media online/online).

The patriarchal social construction that develops in society requires men to be masculine. There are differences between women and men in assessing risk and consequences that will be accepted for disclosure, especially teenagers. In this case, family becomes a place to transfer social values in terms of disclosure male and female sexual violence. The violence is an attack on one's body, sexuality, and gender identity facilitated by digital technology.

Although the laws and regulations and government policies have provided arrangements regarding forms of legal protection for women and youth from online sexual

violence but still there are other external factors that become problematic in tackling gender-based violence on social media, such as the lack of awareness and knowledge of what and how the motives for violence are based gender, ignorance of access services and difficulties in accessing complaint services to report cases [6]. In another hand, In the context of legal protection for women and youth from violence sexual activities that occur online, the Government has an obligation to protect the public interest from any kind of disturbance as a result misuse of Electronic Information and disturbing electronic transactions public order, in accordance with the provisions of the legislation. Meanwhile, the community can participate through institutions engaged in the field of information technology and electronic transactions formed by the community independently to carry out the function of consultation and mediation.

Data obtained from Statista 2019, clearly mentions that it is dominated by activities at home, the same as teenagers getting entertainment through social media. Social media user data in Indonesia in 2020 shows that ages 18–24 years are second at most using social media. Details, user men and women were 16.1% and 14.2%, respectively. The number one ranking is users aged 25–34 years. It is undeniable that social media does have a positive effect on children and adolescents, either by teaching social skills, strengthening relationships, or just having fun. However, the continuous use of this platform can also have a negative impact, especially on mental health and well-being of young users.

According to the Global Health Data survey data exchange 2017, there are 27.3 million people in Indonesia experiencing mental health problems. That is, one out of ten people in this country have a mental health disorder. For adolescent mental health data in Indonesia alone in 2018, there were as many as 9.8% is the prevalence of mental disorders emotional with symptoms of depression and anxiety for adolescents aged > 15 years, an increase compared to in 2013, only 6% for the prevalence of the disorder mental emotional with symptoms of depression and anxiety for adolescents aged > 15 years. Meanwhile, the prevalence of severe mental disorders such as schizophrenia in 2013 reached 1.2 per thousand resident people. To address mental health issues, several universities in Indonesia have provided mental health services such as psychological counseling for students. Then, this study aims to see the impacts of sexual abuses in digital to female students' mental health, and how they enlighten their minds, their thoughts to ward off this sexual abuses for maintaining their mental health.

## **2 Literature Review**

### **2.1 Digital Sexual Abuses**

Sexual violence is a type of violence that can occur both indoors and outdoors public and domestic. The legal subjects of sexual violence perpetrators are usually suffered by women and children who are often considered weak victims. Furthermore, sexual violence against women is a universal crime. Not only endemic but repeatedly occurs everywhere in a long period. Sexual violence is an act that involves values of honor and self-esteem of women. Dimensions of actions are not always regulated in the legality of a law.

Meanwhile, gender violence carried out online through digital media can have many impacts such as: 1) psychological harm (where the victim experiences depression, anxiety, and fear, including expressing suicidal thoughts as a result they face); 2) social alienation (where victims withdraw from public life, including family and friends out of fear, humiliated, and/or ridicule, 3) economic loss (where victims become unemployed and lose their income); d) limited mobility of victims with loss of ability to move freely and participate in online and/or offline spaces; e) self-censorship (out of fear of further victimization, and because loss of confidence in security using digital technology). Removing oneself from the internet has further implications beyond self-censorship, such as cut off access to information, electronic services, and social communications or professionals [7].

Sexual harassment as an act of violence against women as a need to be sued because it is a manifestation of injustice in relation to gender roles and differences, in addition to other manifestations such as marginalization, sub-ordination, negative labeling/stereotype of women [8]. Sexual harassment is not just an individual problem but goes beyond is a crime problem rooted in cultural, social, economics, and politics in that society [9]. The act of violence termed as gender-related violence), and by the United Nations it is classified as gender-based abuse, namely "... any act of gender-based violence that results, in physical, sexual, or psychological harm or suffering to women including threats of such acts, coercion, or arbitrary deprivation of liberty, whether occurring in public or private life".[10].

Some of the factors that influence perpetrators of sexual violence wanting to satisfy sexual desires and relationship gaps. The culprit knows that women and youth are weak, so they have easy access to victims. In cases of sexual harassment men are more likely to be perpetrators while women are more likely to be positioned as victims. [11] Therefore, as a non-penal effort to prevent the occurrence of sexual violence committed online (online) can efforts are made: 1) to increase awareness and knowledge about gender-based violence on social media through the anti- campaign movement gender-based violence through social media; and 2) to provide access to complaints and reporting services (hotlines) that are easily accessible and respond quickly.[12].

With the increase in cases of sexual crimes against women and youth through digital media, it is necessary to follow up legally to eradicating technology-based sexual crimes that occur online(online). In relation to the law regarding sexual harassment and its work. There are several things that need to be considered in law enforcement, namely: 1) reviewing and updating existing laws and regulations, which discriminatory against women, which reduces the freedom of women victims to report, and which hinder the execution of punishment for the perpetrator violence; 2) if the problem lies in the content of the legal material, then the right strategy is advocacy to change the law, accompanied by behavior change legal administrator by conducting campaigns and education to law enforcement; 3) to fight the crime of sexual violence against women too requires the dissemination of a culture of gender equality, values of justice, and human rights, 4) strategies that can be done by increasing the awareness of the enforcers law to act quickly in overcoming it with a global spirit, improvement of the criminal justice system, and conductive reforms to occurrence of violence.[13].

## 2.2 Mental Health

Mental health of university students during the pandemic has received considerable attention in research and studies have been reported from across the world on various aspects of mental health among different groups of students [14]. These studies have reported varying levels of mental health (mainly anxiety, stress, and depression) among college and university students.

For instance, Ma et al.'s questionnaire study of more than 700,000 Chinese students in early 2020 found that nearly 45% of their cohort had experienced mental health problems, with anxiety being the most experienced symptom [15]. Similarly, another multinational study conducted among university students in nine countries between May–July 2020 found prevalence of high levels of stress (61.3%), depression (40.3%) and anxiety (30%). Alarming levels of stress and anxiety (71%) were also reported by Wang et al. among students in a Texas university in the United States (US) [16]. Large-scale surveys on mental health of university students conducted in the UK revealed high levels of anxiety and depression, rise in sedentary behavior and poor sleep quality [17]. Chen and Lucock's study involving 1173 undergraduate and postgraduate students in a UK university found more than 50% of respondents having anxiety and depression levels above clinical cut-off.

Additionally, some studies have also reported students' use of media and access to information to have an influence on their mental health, with more exposure to media coverage associated with greater chances of poor mental health outcomes [18]. Other factors which contributed to the risk or influenced students' mental health but were not commonly identified included: course/program of study; year of study and belief in conspiracy theories [19].

Although interpersonal violence also has many negative physical impacts on mental health of students [20] that cannot be separated from mental trauma, that linked into their negative experiences of sexual intercourse; also, it allows additional linkages to be made, as it considers other traumas that may influence mental health. Although this is a limitation of the study, it does help to complement the study on physical trauma [21].

Sexual violence against victims can have physical and psychological impacts, as explained by WHO in [22] that psychologically, victims who experience violence will experience various mental disorders such as depression, loss of confidence, shame, trauma, stress, feeling isolated, angry, lonely, and feeling useless or hopeless in life. This is in line with research [23] on three early adult victims who have experienced sexual violence, the result is that the three victims experienced trauma and shocks which then led to the emergence of a cognitive process in which nearly three victims experienced it, namely, regret for the incident that had occurred. Happening, blaming, or judging yourself, fear of the reaction of others, and fear of the perpetrator. Significant differences in the group of victims of sexual violence in functions psychological, namely, Irritability and aggressive behavior. Then because this happens in the environment family, it triggers a sense of insecurity, helplessness, and fear of the perpetrator [24], women have internal impacts such as disturbances emotional, and men have external impacts such as sexual violence behavior [25], is anxiety, dropout, drop in academic performance, pessimism, do not trust others, feeling aggrieved, powerlessness, substance abuse and behaviors self-injurious. [26].

Things that can reduce the psychological impact of sexual violence are counseling therapy, a therapy that is very effective in reducing depression, especially for victims of sexual violence who have an introverted personality because this activity uses a depression scale and an introvert personality scale [27]. The result is that the victim experiences change in the emotional, cognitive, and hope aspects. The emotions of the victim, which were initially filled with anger, annoyance, deep sadness and confusion, gradual change, where the victim appears to be a person who smiles, laughs, is full of jokes and appears cheerful even though it has not completely eliminated the sadness that is felt [28].

### 3 Methods

This study uses a qualitative approach with data collection techniques such as observation, documentation, questionnaires, and interviews. For the respondents are 572 respondents from UNISBA, UNISA, UPI, Telkom University and ITB.

### 4 Findings and Discussions

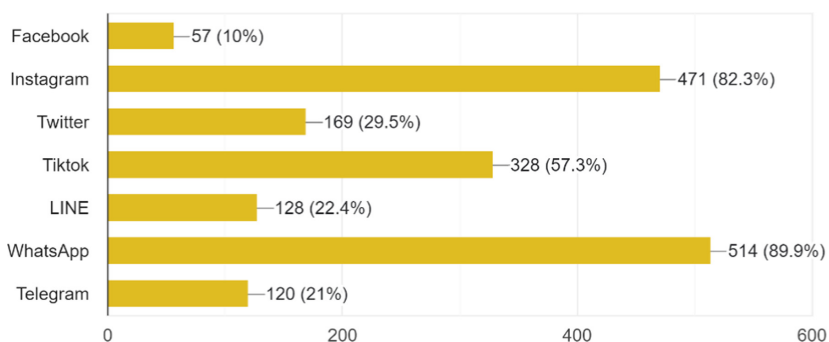
In the Table 1, we can see the characteristics of respondents (Fig. 1 and Table 2).

Based on the data from the questionnaire above, female students often use social media. They can even use it a minimum of 5 h per day and a maximum of more than 9 h per day. The types of social media they use most often include Instagram, WhatsApp and Tik Tok.

Not a few of them use their social media to upload their personal photos which will later become public consumption of social media users. The main reason they upload it is to share the moments to their followers in their social media. However, the intensity of using social media even at least has an impact to attract and take them into a sexual crimes/sexual abuses even more than 50% of the respondents know about this issue.

**Table 1.** Respondent Characteristics

<b>Respondent Characteristics</b>	<b>Quantity</b>	<b>Percentage</b>
<b>Ages</b>		
< 20	357	62.4
> 20	215	37.6
<b>Campus</b>		
UNISBA	282	49,3
UNISA	141	24,7
UPI	29	5,1
Telkom University	37	6,5
ITB	83	14,5



**Fig. 1.** The most used social media

**Table 2.** Questionnaire Results

Questions	Optional Answers	%	Total
Do you often use social media?	Very Often	53	303
	Often	46,6	255
	Once	1,9	11
	Seldom	0,3	2
	Never	-	-
How long do you usually spend surfing on your social media?	> 5 h/day	54,2	310
	> 7 h/day	29,2	167
	> 9 h/day	16,6	95
Do you often upload your personal photos on your social media accounts?	Very Often	1	6
	Often	13,6	78
	Once	19,6	112
	Seldom	60,3	345
	Never	5,4	31
What is your purpose in uploading your personal photos to your social media accounts?	For private collection	27,6	158
	For your own satisfaction	16,6	95
	To get the attention of others	0,9	5
	To share the moments	54,9	314
Are your social media accounts 'private' to certain people or can everyone see your social media accounts?	Private	69,6	398
	Public	30,4	174

(continued)

**Table 2.** (continued)

<b>Questions</b>	<b>Optional Answers</b>	<b>%</b>	<b>Total</b>
Did you know that there are sexual crimes that often happen to college students in digital form?	Really know	30,6	175
	Know	51,6	295
	Neutral	6,8	39
	Don't really know	10,8	62
	Don't know at all	-	-
Have you experienced sexual abuses/ crimes in a digital context? like getting 'porn' videos or pictures through your social media networks?	Very Often	0,5	3
	Often	4,5	26
	Once	28,3	162
	Seldom	18,2	104
	Never	48,8	277
or have you ever sent a sensitive photo or video to your close friend (of the opposite sex) through your social media accounts?	Very Often	-	-
	Often	-	-
	Once	2,3	13
	Seldom	2,4	14
	Never	94,3	545
Have you ever received comments/messages (direct messages) from the opposite sex on your social media that lead to sexual harassment as a woman?	Very Often	0,3	2
	Often	0,9	5
	Once	17,7	101
	Seldom	10,1	58
	Never	71	406
Have you ever received a video call from an unknown person (of the opposite sex) through your social media accounts that led to sexual harassment as a woman?	Very Often		
	Often	0,3	2
	Once	9,4	54
	Seldom	3,3	19
	Never	86,9	497
If those two things happened to you, would you feel disturbed?	Really disturbed	90,9	520
	Disturbed	43	5,7
	Neutral	-	-
	Don't really disturbed	1	6
	Don't disturbed at all	0,5	3

(continued)



**Table 2.** (continued)

Questions	Optional Answers	%	Total
Have you ever found someone around you who was traumatized to socialize due to sexual harassment either directly (physically) or indirectly (digitally)?	Very Often	1,7	10
	Often	2,8	16
	Once	42,7	244
	Seldom	18	103
	Never	34,8	199
So, if that happened to you what would you do?	Block it from your social media	27,1	155
	Just let it go	0,7	4
	Report the account, automatically blocked from the system	413	72.2
In your opinion, is sexual abuses prevention education important for students?	Very important	84,6	484
	Important	14,3	82
	Neutral	0,7	4
	Not really important		
	Not important at all		
Do you currently have sexual crime prevention education programs on your campus as an effort to maintain the mental stability of students?	Very Often	3,8	22
	Often	12.2	70
	Once	48,3	276
	Seldom	25,2	144
	Never	20,5	60

This sexual digital abuse happens mostly to a woman, not even to adult women above 25 years old but also to the student college who are still in their 20's. 28,3% of the respondents of this research experienced about these sexual abuses in digital context, because they ever received any comments or direct messages from other people, they may don't know who he was, and those comments lead into sexual harassment as a woman.

In another case, they received a video call from unknown person that also led into a sexual harassment, this horrible thing will make its victim feel disturbed. More than 30% of respondents stated that they ever found someone who was traumatized to socialize due to sexual harassment either directly (physically) or indirectly (digitally). It seems the victim of sexual abuses will have any deep mental problem, such as depression, loss of confidence, shame, trauma, stress, feeling isolated, angry, lonely, and feeling useless or hopeless in life.

The respondents think that they need an education to sexual abuses prevention as a woman because they think it's an urgent case to be solved, but unfortunately more than 20% of the respondents stated that they never have an education related to sexual abuses prevention. Therefore, more than 19 million people over the age of 15 suffer from mental

and emotional disorders, and more than 12 million people over the age of 15 experience depression in Indonesia [29], the most common mental disorders suffered by adolescents are anxiety disorders (a combination of social phobia and generalized anxiety disorder) at 3.7%, followed by major depressive disorder (1.0%), behavioral disorders (0.9%), and mental disorders. Post-traumatic stress (PTSD) and attention deficit and hyperactivity disorder (ADHD) were 0.5% each [30].

It is necessary to realize that mental health is a condition where every individual realizes their potential by being able to cope with the pressures of life, work productively and be able to contribute to the environment. Mental health must be taken care of both physically and mentally, at this time more attention is paid, both to adults and even teenagers, including those who are prone to mental disorders or depression. There are many factors that affect mental health such as genetic factors, hormonal changes, traumatic experiences, love, friendships, family and life pressures. Symptoms that arise are irritability, feeling hopeless, low self-esteem, feeling anxious and excessively worried. Awareness of mental health needs to be realized by every individual to prevent various negative impacts that occur. [31] The role of parents and the surrounding community and even health agencies are very necessary in supporting and assisting people who have health problems. Socialization on mental health needs to be implemented in villages, schools, and public service areas. Assistance to people in need must be done maximally to reduce the number of people with health problems. With these various roles, it is hoped that adults and adolescents can understand the importance of maintaining mental health.

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