



Reality Counseling to Reduce Anxiety in Victims of Sexual Violence

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Abstract. The increase in the number of sexual violence cases in Indonesia over time has increased significantly. There needs to be an appropriate treatment to help victims of sexual violence. This study aims to determine the effectiveness of reality counseling using the Want, Doing, Evaluate, and Planning (WDEP) technique to reduce the anxiety of adolescent victims of sexual abuse. This research was an experimental study with a single-subject design. The study uses an A-B scheme with A as the baseline phase, namely the pre-intervention phase, and B as the post-intervention phase. Data collection techniques used were observation and in-depth interviews. The counseling treatment was carried out for approximately 2 months with a total of 4 sessions in 45 min per session. The anxiety level was indicated on a scale of 1–10 where the number 1 refers to a very low level and 10 is very high anxiety. The results showed that there was a significant decrease in the subject's anxiety level which was 10 before the intervention and 4 after counseling. This showed that reality counseling with the WDEP technique significantly reduced anxiety in research subjects who experienced sexual violence. This study recommends reality counseling as an alternative intervention in helping victims of sexual violence with anxiety issues.

Keywords: Reality Counseling · Anxiety · Victims · Sexual Violence

1 Introduction

Sexual violence in Indonesia over time is increasingly alarming. Data published from the Ministry of Women's Empowerment and Child Protection (PPPA) shows that throughout 2021 there were 11,952 cases of violence against children with 7,004 cases or 58.6% being cases of sexual violence [1]. The data is only until March 16, 2021 [2]. The results of a survey from the UNFPA (United Nations Population Fund) in collaboration with the National Commission on Women in 2021 found that 91.6% of respondents aged 15–30 years had experienced, heard, seen firsthand at least one (1) type of sexual violence [3].

Sexual violence is generally influenced by certain factors such as family, environment, values and individuals. Children who come from divorce victims become more vulnerable to being victims and perpetrators of sexual violence. An unhealthy social environment has the potential to make children behave unnaturally [4]. In addition, the

use of the internet provides a new space for them to commit acts of sexual harassment as both victims and perpetrators [5]. Several studies have shown that there is a negative and significant relationship between sexual violence and anxiety [6, 7].

One form of assistance that allows to help children who experience anxiety due to sexual violence is by accessing counseling services. Counseling services are a process of providing assistance carried out by the counselor (subject) accompanying the person/individual to find a path that leads to goodness [8].

There are many studies that say that counseling can be successful in helping counselors to lower the level of anxiety they feel. The types of approaches used include using *cyber counseling-based individual counseling* [9], behavioral counseling using relaxation techniques [10], and group counseling [11] and using group counseling with a reality approach [12]. This suggests that counseling to lower anxiety levels can be done using a different approach.

Counseling is generally done not only once a session, but can last for several times and this depends a lot 'on many factors. Some of the factors that influence the counseling process include initiative, structure, quality of counseling, physical setting and quality of counselors [12].

Reality counseling emphasizes the present behavior and is a behavior modification in order for the counselor to be able to meet basic needs and take responsibility for all his behaviors. Reality counseling views humans as empty whiteboards and brain systems as controls [13].

The writing of this article aims to find out how much effectiveness individual counseling using a reality approach with WDEP (want, doing, evaluate and planning) techniques [14] on reducing the anxiety of adolescents who are victims of sexual violence by using individual counseling.

2 Method

2.1 Types of Research

The type of research raised on this topic is experimental research with single subjects (single subject designs). Borg and Gall mention that single subject designs are single-subject studies and if the subjects are more than one, then they are enacted into one group but are also considered singular [15].

The design used is A-B where A is the baseline phase, namely before the intervention and B the phase after the intervention [16].

The counseling approach used to reduce anxiety felt by the sufferer uses the approach developed by William Glasser, namely reality with the WDEP (Want, Doing, Evaluate and Planning) technique [14].

2.2 Time and Place

This research was conducted in Klaten regency with subjects domiciled in one of the sub-districts in Klaten regency. The counseling process is carried out for approximately 2 months starting from mid-August 2022 to mid-October 2022 with a total of 4 sessions with an estimated time of 45 min/session.

2.3 Subject

The subject of the study was one of the child counselors who intersected with the law (ABH) with the status of a pure victim child. Counselor is a 17-year-old teenager who is now in high school. She was sexually assaulted by her male friend and her case is currently underway in court and awaiting a prison sentence by an authorized judge.

The subject was chosen because based on need assessment has a great tendency to anxiety about what cases happen to him and is often trapped in his irrational thoughts. Since the incident, the counselor has become a person who is the opposite of his previous self. Have a great sense of sadness, feel dirty to the point of feeling despicable.

2.4 Data Collection Technique

The data collection technique in this study used observation, in-depth interviews to find out how much the treatment had an effect on individual self-change.

3 Result and Discussion

3.1 Research Results

The results achieved in this study include:

Phase A (before the intervention) i.e., the condition of the counselee experiencing severe anxiety. The level of anxiety that he shows if analogous to using a scale of 1–10 is 10. This condition shows very high anxiety. Before being given treatment, the counselee felt that after the incident of sexual violence that happened to him, he became a dirty, unholy person and considered that he had no future like other children. He felt different and thought everyone would insult him. It caused him to cry frequently, emotions explosive, agitated, hopeless, insomnia and withdrawal from his surroundings.

Phase B is the intervention stage. The first intervention was carried out approximately 45 min using a reality approach. In the early stages, the counselor invites the counselee to identify what exactly is his will. Through in-depth interviews, the core “wants” that counselor want is love and belonging and freedom.

Phase B of the second stage of the intervention (2) is carried out one week after the first intervention. During the week-long break after the first counseling, the counselee sensed that he already had what direction he really wanted. The 2nd intervention was carried out for 45 min to get the counselor to re-identify “planning” what he had done to get the “want” that had been there. During this stage, the counselee can clearly and clearly explain what he has done to get what he wants. The counselor also invites the counselee to evaluate the effectiveness of the steps he has taken to achieve what he wants.

Phase B of the third stage of the intervention (3) was carried out a week after the first intervention, carried out for approximately 50 min at his residence. In this intervention, the counselor invites the counselee to do a “planning” again about finding an effective way to get what he really wants. At this stage, termination is carried out because the

counselee is felt to have been able to alleviate his anxiety which if analogous to using a scale from the number 10 before the intervention drops to the number 4 after the intervention. This shows that interventions to alleviate anxiety in counseling are effective.

3.2 Discussion

The counselee who has anxiety as a result of being a victim of sexual violence by a male friend raises unhealthy thoughts. Some of the thoughts that triggered the counselee anxiety to become turbulent were that he felt different from a child his age, felt hopeless and so felt unholy anymore. This causes him to withdraw from the environment, often daydreaming and crying suddenly. Prior to counseling, counselee had not been able to identify what exactly the “want” he wanted. Counselee often say that he is no longer holy and feels that his world has collapsed.

After the counseling process, the counselee finally realized that what the counselee really wants is to feel loved and free to express like other friends. Meanwhile, what the counselee did before the counseling process did not lead him to achieve the “want” he wanted. Counselee was just moody, crying and always spinning on his negative thoughts so that he seemed to have no hope of returning to live his normal world again.

During the 4th counseling, the counselor had stated that he felt threatened by the perpetrator by saying that the counselee and his family would be used because they had reported the perpetrator and said that the perpetrator had a large pet. The counselor attempts to convince the counselee to restore the counselor’s healthy thoughts by saying a few sentences such as “do you believe that in fact all the passing cars are mine?” “I at home have a tiger pet as big as a car, would you like to see it?” The counselee just laughed and showed an attitude of disbelief and said that what I said was a hoax. Based on some of those talks, counselee can finally conclude that everyone is biased to say anything in the world, it all depends on us to believe it or not. The counselor invites the counselee to evaluate what he is doing whether it is in accordance with the “want” goal to be achieved. After the evaluation, the counselor invites the counselee to “plan” again about the “want” he wants.

The counseling process is felt to reach the termination stage with indicators that the counselee has been able to think healthy again. The intensity of brooding and crying counseling that has been reduced drastically based on the observation information made by both parents, the counselor can accept his current self and feel that chastity is not only based on one aspect, the counselee rebuilds his ideals that he had buried and the anxiety of the counselee which if analogous using a scale of 1–10 has reached level 4.

4 Conclusion

Based on the results of a single-subject study conducted, the behavior of counselors who like to reflect, cry and withdraw from their environment is the impact of his thinking that he considers that he is not holy, has no hope and is not the same as other adolescents and high anxiety as a result of the sexual abuse he experienced. After reality counseling with WDEP (Want, Doing, Evaluate and Planning) techniques, the counselee was finally able

to alleviate his own anxiety and return to being an active person, the intensity of crying and pondering that dropped drastically, anxiety that decreased and became a person who had the enthusiasm to continue his life again.

Acknowledgments. Thank you and gratitude to Allah SWT who always provides convenience and smoothness. Thank you also to the husband, parents, in-laws and counselors who contributed a lot in writing this article.

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