



# The Influence of Undru Pitu Training on Reducing Anxiety of Sexual Harassment Among Speech Impairment Young Woman at SLBN 1 Makassar

Merianti Ansar<sup>1\*</sup>, Besse Djannatul Imma<sup>2</sup>, Aski Tenri Pakkua<sup>1</sup>, and Hezron Alhim Dos Santos<sup>1</sup>

<sup>1</sup> Department of Physical, Health and Recreation Education, Faculty of Sports and Health Science, Universitas Negeri Makassar, Makassar, Indonesia

<sup>2</sup> Department of Psychology, Faculty of Psychology, Universitas Negeri Makassar, Makassar, Indonesia

meriantiansarido@gmail.com

**Abstract.** The educational environment has no longer been a safe place for students because it is often the educational environment that becomes the location for various forms of harassment, including sexual harassment. Women are very vulnerable to sexual harassment, especially young women with speech impairment who cannot communicate well verbally. This research aimed to introduce the local martial art "Undru Pitu" as a means of self-protection and to train movement skills when sexual harassment occurred. Purposive sampling technique was applied in this research. Speech impairment young women aged 12-21 years had been the criteria, and there are 15 respondents who are eligible for this research. The intervention done was "Undru Pitu" self-defense training. The variable measured was the anxiety of speech impairment young woman before the intervention was given. The results showed that "Undru Pitu" martial arts had an impact on speech impairment among young women, since there had been a change in anxiety level before and after the intervention had done.

**Keywords:** Undru Pitu · Anxiety · Sexual Harassment · Impairment Young Women.

## 1 Introduction

SLBN or Sekolah Luar Biasa Negeri is a special school where children and teenager with disability get education. According to the interview and observation results at SLBN 1 Makassar that sexual harassment is still the problem experienced by some teenage girls. The results of an interview with one of the teaching staffs, she stated that young women with speech impairments often receive despicable treatment both in the classroom and outside the classroom. They are becoming easy targets because they cannot communicate very well. For instance, there was a report that a student suddenly touched at some parts of their body that were not allowed to touch by the opposite sex.

There was also a case between an alumnus and a student with a disability. The alumnus employed a student who was still studying at SLBN 1 Makassar, as a prostitute.

The primary reason why sexual harassment is still the case is because of the victim's anxiety and helplessness regarding sexual harassment which is seen as a huge opportunity by the perpetrator. The helplessness of a girl with a disability is due to a lack of understanding about sex education or sexual harassment so she is unable to defend herself [1]. Sexual harassment of disabled children at SLBN 1 Makassar turns out to still be a serious problem. This occurs because of the limitations disabled children that make them more likely to get abused. Sexual harassment cases are a form of behavior that is sexual in nature or unwanted and undesirable which results in disturbing the victim or recipient of harassment, using sexual words, coercion, or requests to carry out sexual acts that the perpetrator likes, all of which can be classified as sexual harassment [2]. This weakness and helplessness can be overcome by mastering self-defense so that young women with speech impairments are able to avoid cases of sexual harassment.

Self-defense is a solution to avoid sexual harassment by providing parrying and attacking movements to avoid certain threats. Mastering self-defense for women is very critical, since self-defense appears as a person's last defense when pressed in an unfavorable condition [3], apart from that, by mastering self-defense skills we are able to anticipate attacks that could be dangerous [4]. Undru Pitu is a martial art originating from the Bugis which is still applied in the social life of the Bugis and Makassar tribes. Undru Pitu martial arts contains elements of practical self-defense that are very easy to understand and can be used as a form of self-protection. This efficiency and effectiveness can be learned and taught to the speech impaired person.

Undru Pitu martial arts with all its potential in application has not been taught at SLBN 1 Makassar. This is because there are no trainers or physical education teacher at this school who master this self-defense movement. The urgency of understanding Undru Pitu Martial Arts will have an impact on students' mastery which can later be used to avoid sexual harassment. Limited information dissemination means that this martial art is less known to the public. Therefore, the Community Service Team provided a service activity "The Influence of Undru Pitu Training on Reducing Anxiety of Sexual Harassment Deaf Young Women in SLBN 1 Makassar".

## 2 Method

This research uses a quantitative approach with the type of experimental research, with a Pre-Experimental Design plan (Sugiyono, 2014: 109), namely one group pretest-posttest design. This research was conducted at SLBN 1 Makassar, with a population of 15 female students. Sampling used a purposive sampling technique where the sample was determined using criteria determined by the researcher. The following criteria are for speech impairment young women aged 12-21 years. The measuring tool used is the Depression Anxiety Stress Scale (DASS) by Clark & Watson (1991) which researchers modified from the Lovibond & Lovibond scale (1995) with components, anxiety, and depression, but in this study the researchers only used the Anxiety Scale which uses 14 items.

One group pretest-posttest design is used in this research, a pretest (Y1) has to be given before treatment is applied and a posttest (Y2) should be done after treatment (X) is being delivered. The aim is to see whether there are differences before and after giving treatment to a predetermined group.

**Table 1.** One Group Pretest-Posttest Design

Group	Pretest	Treatment	Posttest
Experiment	Y1	X	Y2

**Table 2.** Descriptive Statistics

Variable	N	Minimum	Maximum	Mean	Std Deviation
Pretest	15	28.00	38.00	33.6000	2.47271
Posttest	15	6.00	16.06	8.8000	3.00476

From the structural data above, the average value is 33.6000 with a standard deviation of 2.47271. The standard deviation value is smaller than the average value meaning that the pretest and posttest used by researchers do not vary. The minimum and maximum pretest scores are higher than the minimum and maximum posttest scores, meaning that there is a change in scores on the pretest and posttest which shows that the pretest score is greater than the posttest score.

**Table 3.** Kolmogorov-Smirnov Normality Test

Variable	Statistics	df	Sig.
Pretest	.164	15	.200*
Posttest	.221	15	.047

In the pretest, Kolmogorov-Smirnov normality test indicates that there is a significance of 0.200 and in the posttest is 0.017. If the significance value is smaller  $> 0.05$  then the data used in the research has a normal distribution (Azwar 2017). However, on the contrary, if the significance value is greater than  $< 0.05$  then the data used does not have a normal distribution. The table above shows normal data.

**Table 4.** Paired Difference

Variable	Mean	N	Std. Deviation	Std. Error Mean
Pretest	33.6000	15	2.47271	.63845
Posttest	9.4000	15	2.92282	.75467

A significance value (2-tailed)  $< 0.05$  indicates that there is a significant difference between the pretest and posttest (Azwar 2017). This shows that there is a significant influence on the treatment given to the participants. Then the significance value (2-tailed)  $0.000 < 0.05$  indicates that there is a significant difference between the initial

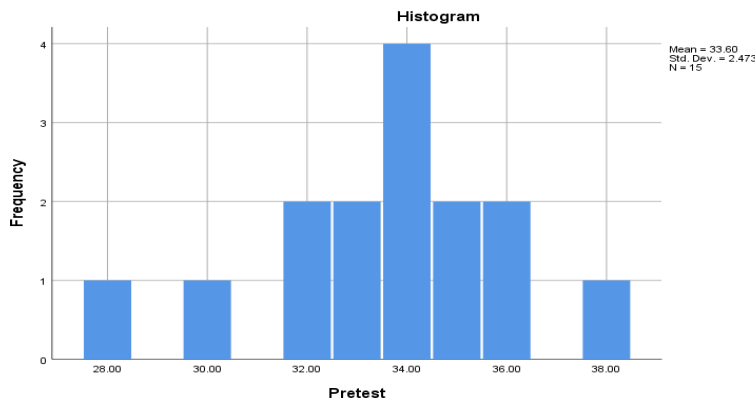
variable and the final variable. This shows that there is a significant influence on the treatment given to the group which influences the differences in pretest and posttest results.

3 RESULTS AND DISCUSSION

3.1 Description of Pre-test Data

The pretest was given before administering the treatment to see the initial data score using the Anxiety Scale in the form of a Likert scale questionnaire containing 14 statement items.

Diagram 1. Pre-test Result



Based on the diagram above, it is known that on average the subjects obtained a high score, namely in the range of 28-38, the total score results where the research indicators are as follows:

Table 6. Anxiety Assessment Indicator Table

Level	Anxiety
Normal	0-7
Light	8-9
Medium	10-14
Advanced	15-19
Very Severe	>20

Based on the table above, it can be concluded that the pretest data shows that the level of anxiety among respondents is categorized as very severe.

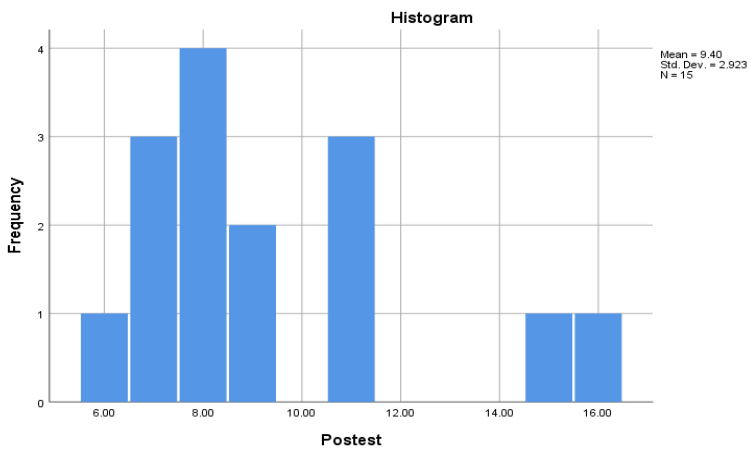
### 3.2 Implementation of Treatment (Undru Pitu Self Defense Training)

After the researcher determines the research subject, the next step is to plan treatment by providing Undru Pitu self-defense training to help reduce anxiety in the subject. The implementation was carried out in 16 meetings on July 17 – August 7, 2023. The researchers held meetings every day at 10.00 am for 1 hour per meeting.

### 3.3 Description of Posttest Data

The same posttest was given again to respondents to measure the results after administering the behavior using the Anxiety Scale. The measuring instrument used is a Likert scale questionnaire which contains 14 statement items.

**Diagram 2.** Post-test Result



Based on the diagram above, after being treated and measured again, the results show that there is a decrease in the numbers from Diagram 1.2 Pretest with a vulnerability of 28-38 to a vulnerability of 6-16, the results of Diagram 1.2 Posttest. This means that if you refer to Table 1.4, the results show that providing behavior, in this case, Undru Pitu training, helps respondents reduce the level of anxiety they feel from very severe to mild/moderate levels.

## 4 Conclusion

Based on the results of experimental research regarding the effect of Undru Pitu training on reducing anxiety about sexual harassment in young women with speech impairments in special schools, it can be concluded that:

- a) Results from the pretest using the 14-item Anxiety Scale which measures the respondent's level of anxiety before being given treatment, in this case the Undru Pitu self-defense training. The data shows that the pretest scores that

have been processed using SPSS show a vulnerable score of 28-38 which is categorized as a very severe level of anxiety.

- b) Results of the posttest using the same scale as the pretest to re-measure the respondent's anxiety level after being given treatment in the form of Undru Pitu self-defense training for 16 meetings. The data shows that the posttest score after being given treatment is in the range of 6-16 which is categorized as having a moderate/low level of anxiety. This means that there is a positive change marked by a decrease in the anxiety level score after treatment from very severe anxiety down to moderate/mild anxiety. From the results of the t test, a significance value (2-tailed) of  $0.000 < 0.05$  was obtained, indicating that there was a significant difference between the initial/pretest variable and the final/posttest variable.

## References

1. Wirayatni, S., Andini, P., Tastimin, & Riandini, V. A. 2021. Perlindungan Anak Perempuan Penyandang Disabilitas sebagai Korban Kekerasan Seksual Incest di Kota Batam, Indonesia. *Jurnal Media Komunikasi*, 3(4), 14–21.
2. Jannah, P. M. 2021. Pelecehan Seksual, Seksisme dan Pendekatan Bystander. *Psikobuletin : Buletin Ilmiah Psikologi*, 2(1): 61-70.
3. Muhtar, T., Alif, M. N., & Lengkana, A. S. 2016. Pelatihan konsep beladiri praktis untuk eksekutif wanita di kabupaten sumedang. *SpoRTIVE*, 4(1), 441-450.
4. Bai, H., Park, S., & Cohen, A. 2016. Classroom as Dojo: Contemplative Teaching and Learning as Martial Art. *The Journal of Contemplative Inquiry*, 3(1): 113– 131.

**Open Access** This chapter is licensed under the terms of the Creative Commons Attribution-NonCommercial 4.0 International License (<http://creativecommons.org/licenses/by-nc/4.0/>), which permits any noncommercial use, sharing, adaptation, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons license and indicate if changes were made.

The images or other third party material in this chapter are included in the chapter's Creative Commons license, unless indicated otherwise in a credit line to the material. If material is not included in the chapter's Creative Commons license and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder.

