



Self-Esteem Enhancement of Client "ADV": A Child Victim of Violence at Sentra Phalamartha Sukabumi

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Abstract. This study aims to explore the application of cognitive and behavioral change therapy in enhancing self-esteem in client "ADV," a child victim of violence at Sentra Phalamartha Sukabumi. Children subjected to violence often exhibit negative self-perceptions, low self-worth, and diminished confidence. The study is grounded in Carl Rogers' and Morris Rosenberg's theories on self-esteem, employing the Rosenberg Self-Esteem Scale (RSES) and the Coopersmith Self-Esteem Inventory (CSEI) as measurement tools. A mixed-method approach integrating qualitative and quantitative methods was used, including case work, group work, self-administered questionnaires, interviews, and observation. The interventions involved Gestalt therapy, self-talk techniques, positive reinforcement, and recreational skill groups. Findings indicate a significant improvement in self-esteem levels in client "ADV" as measured through RSES and CSEI scores.

Keywords: Self-Esteem, Child Victims of Violence, Cognitive and Behavioral Therapy, Sentra Phalamartha

1 Introduction

Violence against children remains a critical issue worldwide. According to Indonesian Law No. 35 of 2014 (amendment to Law No. 23 of 2002 on Child Protection), every child is entitled to protection regardless of gender, ethnicity, or social background. However, various studies indicate that many children experience physical, emotional, and sexual violence, which severely impacts their psychological well-being (Finkelhor, 2014).

The adverse effects of childhood violence include depression, anxiety, and, most notably, low self-esteem (Ross & Heath, 2002). Bandura's (1997) self-efficacy theory suggests that prolonged exposure to violence can weaken a child's confidence in their ability to influence their environment. In response, psychological interventions such as cognitive-behavioral therapy (CBT) have been developed to restore self-esteem in child victims (Cohen et al., 2016). This study examines the effectiveness of cognitive and behavioral change interventions in improving self-esteem in child victims of violence, focusing on client "ADV" at Sentra Phalamartha Sukabumi.

Based on various definitions, the author concludes that self-esteem is fundamentally an individual's cognitive evaluation of their own worth, encompassing both positive and negative perspectives. It relates to an individual's sense of value, belief in their abilities, and their capacity to accept themselves as complete human beings. Self-esteem influences an individual's emotional well-being, social interactions, and overall mental health. A positive self-assessment fosters resilience, confidence, and motivation, while a negative self-view can lead to self-doubt and psychological distress. Understanding and enhancing self-esteem is crucial in supporting individuals, particularly victims of violence, in regaining confidence and improving their quality of life.

2 Methodology

This study employs a mixed-method approach, integrating both qualitative and quantitative research methods. The research design includes:

- a. Case Work Approach: Structured social work intervention focusing on individual therapeutic assistance.
- b. Group Work Approach: Utilizing group dynamics for emotional support and skill development.
- c. Measurement Instruments: Self-esteem levels were assessed using RSES and CSEI, which provide numerical self-esteem indicators ranging from low to high.
- d. Data Collection: Observations, semi-structured interviews, and documentation analysis were conducted to gather comprehensive insights into client "ADV's" condition.
- e. Data Analysis: A combination of thematic qualitative analysis and statistical comparison of pre- and post-intervention self-esteem scores was used.

3 Characteristics of Institutions

Sentra Phalamartha in Sukabumi is one of the Technical Implementation Units of the Ministry of Social Affairs of the Republic of Indonesia which provides social rehabilitation assistance services for Social Welfare Service Recipients (PPKS) and one of them is People with Mental Disabilities (PDM) by referring to the Regulation of the Director General of Social Rehabilitation Number 4 of 2020 concerning Operational Guidelines for Social Rehabilitation Assistance (ATENSI) for People with Disabilities. In "ATENSI (Social Rehabilitation Assistance)". The substance of social rehabilitation services for people with disabilities is carried out systematically, holistically, and standardized.

ATENSI services are implemented based on the Regulation of the Minister of Social Affairs of the Republic of Indonesia Number 7 of 2021 concerning Social Rehabilitation Assistance and Regulation of the Minister of Social Affairs Number 3 of 2022 concerning the Organization and Work Procedures of Technical Implementation Units within the Directorate General of Social Rehabilitation. The Phalamartha Center in Sukabumi is located at Jalan Perintis Kemerdekaan 130 Cibadak, Sukabumi Regency, West Java Province (43351).

4 Case Handling Practice

a. Characteristics of Informants

The following is the client's identity obtained from the results of direct interviews and documentation studies, namely:

Interview Date : August 22, 2024		Date Note created August 23, 2024	
Internship: Iis Okta Nurria Putri Bandung Polytechnic of Social Welfare			
Full name	ADV	Gender	Woman
Place and date of birth	August 13, 2009	Age	15 Years 9 Days
Address	Sukabumi City		
Religion	Islam		
Ethnic group	Sunda		
Educational background	Elementary School Grade V (Currently running Package A School)		

b. Case Overview

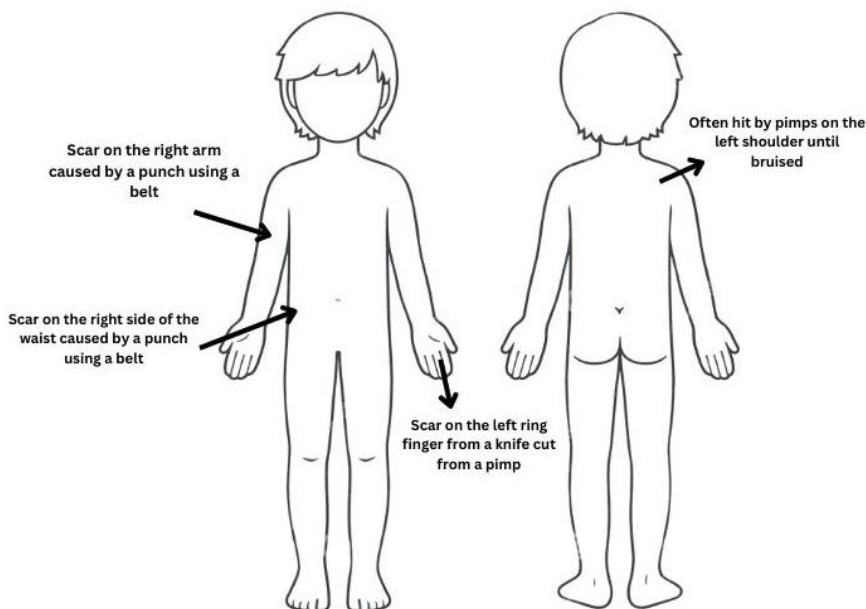
Client "ADV" is a 15-year-old female who has endured multiple forms of violence, including physical abuse by her stepfather, school bullying, and forced involvement in human trafficking. These traumatic experiences have led to severe psychological distress, including low self-esteem and moderate depression. Initial assessments revealed persistent negative thoughts, social withdrawal, and an inability to perceive self-worth.

Client "ADV" has been a beneficiary of services at Sentra Phalamartha Sukabumi since April 30, 2023, residing there for 1 year and 5 months. Throughout childhood, she experienced repeated physical violence inflicted by her stepfather. Additionally, she was subjected to physical and psychological bullying by classmates, ultimately leading her to drop out of school. In a distressing turn of events, she was deceived by an acquaintance, identified as "A," who lured her under the pretense of a vacation but instead coerced her into working at a massage in Bekasi. Unbeknownst to her, she became a victim of human trafficking, forced to provide sexual services to three to four clients per night while being under the influence of substances that impaired her consciousness. The sustained abuse resulted in both physical pain and severe emotional trauma.

Moreover, she was subjected to daily physical and psychological violence by her trafficker, who also forced her to take birth control pills. She eventually managed to escape and return home. However, just four days later, she was abducted by individuals associated with her trafficker. In the process, she suffered a knife injury to her finger. She was forcibly returned to the massage, where she remained captive for another two weeks. Client "ADV" ultimately secured her freedom with the assistance of an online acquaintance who provided financial support for her escape and travel back to Sukabumi. Her case gained widespread media attention and was directly handled by the Sukabumi City Police.

The following section includes a body mapping analysis detailing the physical injuries sustained by Client "ADV" as a result of repeated abuse.

ASSESSMENT RESULTS: BODY MAPPING CLIENT ADV
August 25, 2024



Symptoms Identified:

- 1) Frequent feelings of sadness and alienation.
- 2) Persistent belief of being unappreciated and worthless.
- 3) Lack of confidence in personal abilities.
- 4) Anxiety in social interactions.

5 Intervention Program

The intervention service aimed to rebuild the client’s self-esteem using evidence-based techniques:

- a. Gestalt Therapy (Nourishment Technique): Encouraged emotional expression through written reflections, subsequently discarded as a symbolic act of letting go of negative emotions (Nevis, 2019).
- b. Self-Talk (Affirmation Technique): Guided positive self-statements to counter irrational beliefs (Seligman & Reichenberg, 2016).
- c. Positive Reinforcement: Reward-based system to encourage constructive behavior (Prochaska & DiClemente, 2013).
- d. Recreational Skill Groups: Culinary skill-building activities to foster social interaction and confidence (Cohen & Janicki, 2016).

6 Results

The practice of handling cases for ADV clients after being given intervention services that support cognitive and behavioral changes shows an increase for the better. The evaluation of the process related to the intervention services that have been carried out is as follows:

BEFORE INTERVENTION	AFTER INTERVENTION
<i>Self esteem</i> low self esteem	<i>Self esteem</i> increase
ADV often feels that he is always sad and thinks that he is different.	ADV has been able to accept his condition and feels happy without being sad anymore.
from other people so that he doesn't feel happy	will have a bad experience
Every night and morning after waking up, ADV always thinks that he is worthless.	ADV is able to think rationally that he is a valuable human being and is confident that he will have a good future.
ADV every time he does positive activities such as when he is enthusiastic about vocational, learning to write and read ADV feels that he is not given appreciation. This makes him feel worthless and useless	ADV is enthusiastic again to take part in culinary arts vocational classes and interact well with his vocational group colleagues.

The results of the case handling practice were also measured twice, namely during the assessment on August 30, 2024 and when the intervention service was completed

on September 22, 2024 at the Sukabumi Phalamartha Center. From the results obtained, it was concluded that ADV experienced an increase in self-esteem.

MEASUREMENT RESULTS			CONCLUSION
MEASURING INSTRUMENT	August 30, 2024	August 22, 2024	
RSES	Score 11 (low)	Score 26 (high)	Increase
CSEI	Score 28 (low)	Score 38 (moderate)	

7 Conclusion

In general, the main objective of the intervention that has been carried out shows good progress indicators, and is supported by an increase in self-esteem as measured by the RSES and CSEI scales. However, it should be noted that the ADV environment must also contribute to providing a positive response, namely providing appreciation to support behavioral changes and the development of ADV potential. In addition, support is needed from social workers and dormitory caretakers for ADV's interest in learning so that it remains stable and enthusiastic to continue education until completion.

Referrals are given to ADV's social worker companion at Sentra Phalamartha Sukabumi. Follow-up is needed regarding environmental stimulation which will later have a positive impact (also provide appreciation) for behavioral changes, especially in the development of ADV's learning abilities and potential. Reinforcement is needed such as parental attention for ADV, especially from the accompanying social worker and dormitory caretaker so that ADV is comfortable and feels recognized in the environment. Direction is also needed for ADV to limit playing with cell phones when they are vocational and when it is time to rest at night (sleep).

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Disclosure of Interests. Based on the results of the practice, the author states that the author has no competing interests and the results of this study are actual results in the practice of handling social work practice service cases.

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