



**THE 2<sup>nd</sup> INTERNATIONAL CONFERENCE ON GUIDANCE AND COUNSELING**  
**“COUNSELING RESONANCES ON**  
**MENTAL HEALTH EMERGENCIES AND AWARENESS”**

**FEMINIST COUNSELING IN OVERCOMING VIOLENCE WOMEN IN EAST**  
**JAVA'S PATRIARCHAL CULTURE**

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**ABSTRACT**

*Violence against women in patriarchal cultures is a complex and widespread problem around the world. East Javanese folktales that carry patriarchal cultural patterns are still visible in several stories where men are considered stronger and have the right to occupy important positions, while women are often only seen in domestic roles. Factors in the formation of patriarchal patterns include (1) economic factors, (2) cultural factors and (3) community mindset factors. Patriarchal culture can create a supportive environment for domestic violence perpetrated by husbands against wives by reinforcing unequal power structures, justifying violence as a way to resolve conflicts, and creating a stigma for not reporting violence. This article uses the literature study method to explore the role of feminist counseling as an important first step in addressing violence against women, especially in East Java. The feminist counseling approach emphasizes understanding the gender power structures that underlie violence, as well as empowering women to understand and navigate their experiences. Through a holistic and woman-centered approach, feminist counseling can help women build independence, improve emotional well-being, and break the cycle of violence. The article also highlights the challenges and opportunities in implementing feminist counseling in the context of patriarchal culture in East Java, as well as the importance of interdisciplinary support and community collaboration in efforts to prevent and respond to violence against women. Feminist counseling can be used as a first step to prevent violence against women due to patriarchal culture in East Java.*

**Keywords:** Feminist counseling, domestic violence, women, patriarchy, multicultural

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### **INTRODUCTION**

Folklore becomes a space for gender construction to take place from the perspective of Indonesian society. Folklore contains values that become ideologies in conveying messages to society. East Javanese folklore presents stories and the presence of characters who have various roles. The story reveals full power and decisions, the majority of which are the responsibility of men. This leads to a patriarchal culture that ignores the female gender. Examples of East Javanese folklore such as the Legend of Telaga Pasir, Aryo Menak, the Legend of Mount Arjuna, the Origin of Banyuwangi, Ajisaka, the Origin of Javanese Letters, the Origin of the Name Surabaya, Joko Budug and Putri Kemuning, Sumur Lembu Sura, Cindelaras, Keong Emas, which places men as rulers who have full power, strength, courage, power, leadership, prowess and intelligence. (Sugiarti, 2021) Gender construction in folklore is influenced by economic factors, culture and society's mindset, where women are often seen as feminine and being under the shadow of men. Even though there are stories that show the greatness of women, patriarchal cultural patterns are still visible in several stories where men are considered stronger and have the right to occupy important positions, while women are often only seen in domestic roles. East Javanese folklore which emphasizes patriarchal values has been an integral part of the culture of East Javanese society for centuries. This will shape perceptions, values and thought patterns that strengthen the patriarchal social structure that still exists today.

This also applies to a man who has become a husband. The inherent patriarchal culture means that husbands have dominance and control in the household. This often justifies excessive control and entitlement over his wife or female partner. Husbands who may have lived and been raised in a patriarchal culture will justify acts of violence as a way of educating and enforcing their authority as leaders of the household. This view will strengthen the stigma that husbands who use violence are not very serious or even legitimate. Things like this are what give rise to domestic violence. Domestic violence is a serious problem that is still rampant in society, especially in East Java. Based on data from 2022 by the Ministry of Women's Empowerment and Child Protection, East Java has the highest number with 1,381 cases of violence against women (Hakim, 2022). In addition, based on data recap conducted by the East Java provincial team which was also taken from SIMFONI-PPA of the Ministry of Women's Empowerment and Child Protection, there were 129 cases of violence against women in the first 3 months of 2024. According to data recorded by the East Java Statistics Center which is derived from the Indonesian Ministry of Religious Affairs, Director General of Islamic Guidance, there were 1,577 cases of domestic violence in East Java from 2022 to July 25, 2023 (statistik, 2022). The patriarchal culture that is still strong in East Java society is one of the main factors causing the persistence of domestic violence against women. Women are often marginalized victims and do not have adequate access to assistance and protection. In an environment where domestic violence often occurs and is accepted as a part of everyday life. It will be more difficult for wives to find access to help. The immediate family will consider violence to be normal and it is possible that people will be afraid to act if violence occurs because of the stigma they have of thinking that other people's households are not something they have to take care of, including if it is domestic violence.

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Afterwards, the patriarchal pattern in East Java which reflects the dominance and control of husbands, allows domestic violence to occur against wives. This research is relevant to (Sugiarti, 2021) "Patriarchal Culture of East Javanese Folklore" revealing the important and dominant role of men in causing patriarchy. Feminist counseling can be an effective first step in handling cases of domestic violence against women in East Java. With an approach that focuses on understanding patriarchal structures and emphasizes women's independence and strength, feminist counseling is expected to be able to provide more effective support and empower women to overcome domestic violence situations that they experienced. This research is also relevant to (Firdawati Sanger & Sa, 2023) "The role of feminist counseling in handling the process of cases of violence against women" which explains that feminist counseling focuses on gender issues and power to provide empowerment education, as well as respect for change, equality and self-care. The aim of this research is to evaluate the effectiveness of feminist counseling as a first step in handling domestic violence cases against women in East Java. By gaining a better understanding of the extent to which feminist counseling can help victims of domestic violence, it is hoped that this research can make an important contribution to efforts to prevent and handle cases of domestic violence in a society based on a patriarchal culture. Feminist counseling is also expected to be able to make clients independent in the future in making decisions if further problems arise. (Firdawati Sanger & Sa, 2023)

The main difference between this study and other studies is its approach which uses feminist counseling as an intervention strategy. Previous studies may be more inclined [Dr1] towards conventional approaches that pay less attention to gender aspects and power structures that exist in domestic violence cases. Thus, this research seeks to broaden insight and enrich methods for handling domestic violence cases by introducing an approach that is more focused on women's empowerment and a deeper understanding of the patriarchal cultural context in East Java.

### **RESEARCH METHOD**

This type of research is a literature study with descriptive qualitative research with the type of library research. That is, collecting data or scientific papers related to the object of research or collecting data that is literature or a study carried out to solve a problem which basically rests on a critical and in-depth study of relevant library materials. Zed (2014:3) "literature study is a series of activities related to library data collection methods, reading and recording and processing research materials. (Yana et al., 2022)

This type of literature study research examines journals, especially journals related to the formulation of the problem. This research collects data in the form of journals, especially journals published in the last 10 years by searching Google Scholar. Embun (2012) "explains that the literature study method and literature study are carried out based on written works including research results that have or have not been published." Furthermore, he revealed that literature research limits its activities only to library collection materials without imposing field research (Yana et al., 2022). In this study, researchers tried to

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see and reveal the influence of feminist counseling in overcoming women's violence in a patriarchal culture in East Java

No	Data	Information
1.	PATRIARCHAL CULTURE OF EAST JAVA	Text data on Patriarchal Culture in East Java folklore by Sugiarti in 2021
		Text data on the Role of Feminist Counseling in Handling the Process of Violence Cases (violence) against Women by Ika Firdawati Sanger, Nurus Sa'adah, Casmini in 2023
2.	FEMINISME THEORY	Text data of Feminism Theory: History of Development and Its Relevance to Contemporary Islamic Studies by Nuril Hidayati in 2018
		Text data of <i>the book Feminist Theory</i> by R. Tong in 2001
3.	THE CONTRIBUTION OF FEMINIST THEORY IN FEMINIST THERAPY	Data teks <i>theory and practice of counselling psychotherapy</i> oleh Gerald Corey tahun 2016
		Text data Application of Feminist Therapy in Counseling for Female Victims of Domestic Violence by Sigit Sayanta in 2010
		Data teks <i>Theories of psychotherapy and counseling : concepts and cases</i> oleh Richard S. Sharf tahun 2012
4.	APPLICATION OF FEMINIST COUNSELING TO WOMEN VICTIMS OF DOMESTIC VIOLENCE	Text data of Multicultural Counseling with Feminist Therapy in Domestic Violence in Women by Haryati and Sekar Ayu Aryani in 2022
		Data teks <i>Theory And Practice Of Counseling And Psychotherapy</i> oleh Gerald Corey tahun 2017

### **Feminist Theory**

Feminism theory encompasses a variety of approaches that highlight the inequality of power between women and men. Feminism theory also emphasizes the importance of gender equality in various aspects of life, including in the political, economic, social and cultural fields. In addition, feminist theory fights for women's rights, criticizes patriarchal social structures, and promotes change towards a more just and inclusive society for all individuals. Feminism theory also fights for women's rights, criticizes patriarchal social structures, and promotes change towards a more just and inclusive society for all individuals. (Hidayati, 2018)

Whereas in (tong 2001) Feminism theory is an idea that reflects the diversity of women around the world, where feminism theory began in the late eighteenth and early nineteenth centuries along with the women's movement and the suffrage movement. So it can be said that Feminism seeks to counter traditional thinking with new ways to solve problems that affect everyone, by replacing the existing patriarchal system with a system that emphasizes equality, justice, and human rights. There are several types of feminism, such as liberal feminists who consider women's oppression to be caused by social, political, and legal barriers. There are also radical libertarian feminists who want to abolish the patriarchal system completely so that

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women are free to exercise their rights. While radical cultural feminists encourage women to free themselves from imposed norms. There are also Marxist-socialist feminists who argue that true freedom is impossible in a society based on class. And multicultural feminists explain how the idea of 'equality' can be used to oppress rather than liberate. In addition, postmodern feminists challenge dualistic Western thinking. Global feminists highlight the importance of equality for women around the world. And ecofeminists are concerned with the relationship between humans and the environment. Feminist theory has influenced almost all aspects of life, challenging traditional understandings of people and gender. Feminism has experienced three waves, with different focuses on suffrage, equal access, and global equality.

### **Contribution of Feminist Theory in Feminist Therapy**

Feminist counseling is a revolution and a new approach within the last three decades. Feminist counseling is used to explain how counseling principles and processes are applied, while the term feminist therapy is used to theoretically study the relationship with feminist theory, gender theory, and gender bias. (Sanyata, 2010). Feminist theory encourages feminist therapy, which represents the work and efforts of women who have different educational backgrounds but share the same basic belief that women are valuable and that social change benefits women is needed (Sharf, 2012). Feminist therapy base on the premise that it is important to consider the social, cultural and political contexts that contribute to a person's problems in order to understand that person. Feminist therapy was developed by several feminist therapists who all share the same goal of improving mental health treatment for women (corey, 2016).

Started with the feminist movement in 1960, where they voiced their dissatisfaction with the limitations and constraints of the nature of women's roles. This also led to the emergence of feminist groups called consciousness-raising groups, where women came together to share their experiences and perceptions, helping women become aware that they were not alone (Sharf, 2012). Early feminist therapy focused on valuing women's experiences, recognizing political realities, and understanding the unique issues women face in a patriarchal system. Traditional theories that are taught are written and developed by men. Feminist therapy criticizes traditional theories that do not accommodate the experiences, roles and needs of women. Chelser in (Sharf, 2012) says that there are many examples of sexism in psychotherapy and counseling. She also argues that women are misdiagnosed because they do not fulfill gender roles according to male therapists. Feminist therapists have challenged male-oriented assumptions about what constitutes a mentally healthy individual. Recognizing women's experiences can effectively be used to help women overcome their problems.

The main concept in feminist therapy is the importance of understanding and recognizing the psychological oppression and restrictions caused by political and social status against women and other underrepresented groups (Corey, 2016). While the main goal of feminist therapy is to assist individuals in viewing themselves as active agents on their own behalf and on behalf of others. On an individual level, feminists and other social justice therapists work to help individuals recognize, claim, and embrace their

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personal power. Through empowerment, clients can free themselves from the constraints of gender role socialization and other internal limitations and challenge ongoing institutional oppression (Corey, 2016).

Feminist counseling reflects a conceptual view in organizing assumptions about counseling and psychotherapy. An important foundation for its implementation is an understanding of the principles of feminism. Gender awareness is developed through a commitment to ending domination, oppression, and privilege associated with gender issues and gender bias, which includes issues such as racism, class systems, colonialism, heterosexism, ethnocentrism, white supremacy, and ageism (Sanyata, 2010). The diversity in feminist theories provides a variety of different but interrelated perspectives. Brown in (Sharf, 2012) defines feminist therapy as a postmodern approach that emphasizes the analysis of gender, power, and social location as strategies to facilitate change. Feminist therapists believe that understanding and confronting gender role stereotypes and power is central to therapeutic practice and that addressing client problems requires the application of a sociocultural perspective, understanding the impact of the society and culture in which the client lives (Corey, 2016).

So the contribution of feminist theory in feminist therapy includes an understanding of how gender, power and culture affect individual experiences in therapy. In addition it also emphasizes the importance of recognizing and understanding gender inequality and oppression experienced by women and other marginalized groups. so that it helps therapists in working to help clients against the psychological and political pressures experienced.

### **Application of Feminist Counseling for Female Victims of Domestic Violence**

Domestic violence is often victimized by the wife. Violence can occur when there is someone who feels they have more power or strength than others so that they can easily threaten, behave as they wish, and can even be violent towards others. In households, the average person who has more power or strength is the husband, therefore the chances of the husband becoming a perpetrator of domestic violence are greater than the wife.

The basic idea of feminist counseling is closely related to the idea of community counseling (Haryati & Aryani, 2022). The main principle is equality between counselors and counsees, which includes the counselor's ability to see the potential of the counselee, explain the counseling process appropriately, use diverse strategies, encourage counselee independence, and be an example of positive behavior for the counselee. According to (Corey, Gerald) there are several feminist counseling techniques and strategies that can be used, including:

1. *Empowerment.* Feminist strategies aim to empower the counselee. Feminist counselors work with the counselee equally and use empowerment strategies that suit the needs of the counselee.

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2. *Self-Disclosure*. Counselors and counsees build a good relationship through openness. The openness is not only about information but also reciprocity.
3. *Gender-Role or Social Identity Analysis*. Analyzing gender roles helps the counselee to know how gender roles affect the counselee's values, thoughts, and actions.
4. *Gender-Role Intervention*. Counselors provide counsees with an understanding of the differences in gender roles between men and women.
5. *Power Analysis*. Power analysis is the use of various techniques to help counsees understand the impact that inequalities in access to power and resources have on their lives.
6. *Bibliotherapy*. Nonfiction books, psychology and counseling textbooks, autobiographies, *self-help* books, educational videos, films, and even novels can be resources for bibliotherapy. For women with different backgrounds, reading books, biographies written by women with similar experiences can provide inspiration and help in self-development.
7. *Assertiveness Training*. By educating and encouraging assertive action, counsees can increase awareness of their rights in interpersonal relationships, exceed clichéd gender expectations, change negative thinking, and implement changes in their daily lives.
8. *Reframing and Relabeling*. The counselor guides the counselee in understanding the source of their problems, indicating that the problems faced by the counselee are influenced by social pressures, not just originating from the counselee themselves.
9. *Social Action*. The counselor may suggest to the counselee to engage in activities such as volunteering at a rape crisis center, lobbying members of parliament, or providing community education on gender issues. Participating in such activities can empower the counselee and help them see the connection between their personal experiences and the socio-political context in which they live.
10. *Group Work*. After the individual counseling session ends, the counselor invites the counselee to join the group. The purpose of this step is for the counselee to feel supported and have the opportunity to talk about his/her life experiences along with others who may be going through similar things. Thus, the counselee can feel more connected and get additional support in their journey towards recovery.

## **CONCLUSION**

From the discussion above, it can be concluded that the theory of feminism has a significant impact in the field of counseling and therapy, especially in the context of feminist therapy and its application to women who are victims of domestic violence. The application of feminist counseling to women victims of domestic violence emphasizes the importance of equality between counselors and counsees, gender role analysis, power analysis, and the use of various strategies such as bibliotherapy, assertiveness training, and participation in social action. In addition, feminist counseling also recognizes the important role of groups in providing additional support and collective understanding.

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This is also specifically for East Java women who often experience domestic violence. Feminist counseling is not only a change made in personal lives, but also in the lives of entire communities that uphold patriarchal cultural values. as mentioned by a number of feminist writers Rawlings, E. I., & Carter, D. K. (Eds.). (1977), Enns, C. Z. (2012), Brown, L. S. (2010) stated that the main step in feminist counseling as a treatment for domestic violence is to bring about change in the victim to become a better individual and dare to take steps, and not just adapt to the situation. victims must pay more attention to their own needs in terms of acting, thinking and looking the way they want, even though other people often tell them how they should behave (Sharf, 2012).

There is a need for emphasis on women to be aware of stereotypes, discrimination or norms in East Java's patriarchal culture so that they can try to change this treatment. Overall, this article demonstrates how feminist theory not only provides a conceptual framework for understanding and addressing gender inequality, but also provides a foundation for clinical practice that is more inclusive, sensitive, and empowering for women who are victims of domestic violence.

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**Table**

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