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**HANDLING SEXUAL HARASSMENT TRAUMA PSYCHOANALYSIS
APPROACH WITH FREE ASSOCIATION TECHNIQUE**

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ABSTRACT

This research entitled Handling Sexual Harassment Trauma Psychoanalysis Approach with Free Association Technique (case study on the victim with the initials "B" in Surabaya). The purpose of this research is to find out the handling of sexual harassment trauma in victim "B" with a psychoanalytic approach of free association techniques. This research uses case study qualitative research, which is research conducted in depth on the research subject (victim "B"). Data collection techniques in this study used interviews. The location of this research is in Lidah Kulon Village, Lakarsantri District, Surabaya City. the steps in handling trauma cases in victims with the initials "B" first, the counselor forms a safe and empathic therapeutic relationship with the counselee to free the counselee to express and explore traumatic experiences, second, the counselor uses free association techniques. By understanding the conflicts and psychological defences that underlie post-traumatic symptoms, counselors can help counselees manage and change their responses to their traumatic experiences such as avoidance of the opposite sex, fear of crowds and being more open and positive changes in thinking.

Keywords: free association technique, trauma, sexual harassment.

INTRODUCTION

Sexual harassment is a never-ending issue. There are always unexpected and deliberate acts done with the aim of sexually harassing someone and sometimes accompanied by threats. Sexual harassment occurs verbally such as catcalling, making sexual comments, using rude words, telling inappropriate jokes, making sexual noises, asking about personal sex life, giving inappropriate advances or compliments, expressing a desire for sex, and non-verbally related to physical touch such as inviting intercourse.

In Indonesia itself, the word sexual harassment is no longer something new because sexual harassment occurs almost every year, the news of sexual harassment cases is getting crazier every day. Indonesian people have often heard about sexual harassment. However, Indonesian law does not fully provide strict consequences for perpetrators and protection for victims. There are still many victims who prefer to remain silent rather than speak out because there will always be a negative stigma for victims, it does not rule out the possibility that the victim will be blamed, therefore victims prefer to keep it to themselves with feelings full of fear and worry.

Victims of sexual harassment can happen to anyone regardless of gender. Men can also be subjected to sexual harassment by crazy people but many studies say that victims of sexual harassment are dominated by women. Victims of sexual harassment always find it difficult to accept the harassment they experience but on the other hand also feel confused about what to do. None other than because of the assumptions she makes herself like I should be able to stop the harassment. If the victim is male, he is afraid that people will ask about his sexual orientation (toxic masculinity) because men are always considered dominant beings in line with the assumption that women are submissive beings plus the negative stigma of society, and various myths of sexual harassment.

The free association technique is the main technique in psychoanalysis. Basically, the free association technique asks the counselee to express anything that comes to mind no matter how painful it is. Free association is a technique of recalling traumatic experiences and releasing emotions related to past traumatic experiences. Through free association techniques, it aims to help counselees understand and gain deeper insight into themselves, resolve internal conflicts, build awareness of unconscious aspects that affect daily life, and overcome psychological barriers they may experience. A painful event that is pent up long enough can affect a person physically and psychologically which will result in changes in behavior and changes in thinking, the incident is called trauma if the psychological disturbance is very severe then the person may experience post traumatic stress disorder.

The purpose of this research is to find out the handling of sexual harassment trauma on the victim initials "B" with a psychoanalytic approach with free association techniques. This research can also play a role in increasing public understanding and awareness about sexual harassment. By exploring the victim's experience in depth, this research can provide a more comprehensive picture of the impact of sexual

harassment on victims. This can help overcome the stigma and misconceptions that still exist around us, as well as increase support and protection for victims of sexual harassment.

The research method used in this research is case study qualitative research, which is research conducted in depth on the research subject (victim "B") with the data collection technique using the interview method with the victim. By understanding the conflicts and psychological defenses that underlie post-traumatic symptoms, counselors can help counselees manage and change their responses to their traumatic experiences such as avoidance with the opposite sex, fear in crowds and being more open and positive changes in thinking.

METHODOLOGY

The approach used in this research is a descriptive qualitative approach with interview data collection instruments. Descriptive qualitative is a type of research that utilizes qualitative data which is then described descriptively or in narrative form. The interview was conducted with victim B in Lidah Kulon Village, Lakarsantri District, Surabaya City. The data obtained is then analyzed and described precisely because it has the aim of providing a clear and precise understanding.

RESULT AND DISCUSSION

Summary of Interview Results

Victim B said that he was always afraid to get out of his comfort zone. He is an overseas child from Java who is studying at the Surabaya campus. He looks more quiet and closed to the surrounding environment. He recounted an incident experienced as a teenager, used to take junior high school in one of the famous boarding schools in East Java. He said that one day it was a holiday where the students were allowed to leave the cottage to buy necessities while at the cottage. In the morning, this counselee went out with his friend to the market on foot. Well after finishing they immediately returned to the cottage. But at that time the hot afternoon suddenly there was a man who walked opposite. Suddenly the man committed a harassment by touching B's vital organs. B unconsciously screamed and cried loudly until she arrived at the hut. She stated that she cried and locked herself in her room for days. She felt hurt when the friend who was with her at the time of the incident said, "Forget about it, why do you keep crying." Because of the incident, her teacher called her and calmed her down. B said that for the time being she could calm down but would never be able to forget the incident, not even her family knew about it. When asked why she did not talk to her mother, she replied that she was very embarrassed and disgusted. The long-ago incident made her reluctant to be in crowds and fearful of seeing unfamiliar men. She is very quiet even when she is at college. She also recounted something that happened recently when she was on campus, she was

verbally harassed by her campus friend. But that incident, there was a friend who defended him so that the counselee did not feel afraid. Even though this counselor is a pondok child with very syar'i clothes, who would have thought that it did not rule out the possibility of sexual harassment cases. Once, I took a walk with B to the market to buy food. Then near the market there were men who were not like normal people, so immediately he grasped my hand tightly and his footsteps became fast. After the incident, he apologized and expressed his sudden fear.

Adaptive and Maladaptive Behavior

Adaptive behavior is a response in the form of good behavior in adjusting to environmental conditions so that it matches expectations and desires by considering existing conditions (Nahnudin et al, 2023). The results of the research on the victim that there is no adaptive behavior he has done. This is due to past trauma that is not realized. Therefore, victims need counseling with free association techniques to release unconscious thoughts and can shift their thoughts to positive behavior.

Meanwhile, maladaptive is a response in the form of harmful behavior due to the inability to respond to the environment (Mulyawan, 2022). Maladaptive behavior in a person can damage and harm themselves and even others because they feel unable to adjust to their environment. Based on this explanation in this case, the victim displayed maladaptive behavior that he was not aware of. This is because "B" feels dangerous and unable to respond to the environment. Some forms of maladaptive behavior that arise such as (1) anti-social behavior formed as a result of his trauma (2) emotional behavior in the form of low self-esteem and excessive fear in the crowd (3) does not care about his environment and withdraws from his social environment

Ego Defense Mechanisms

Sigmund Freud is a psychological figure who contributed through his psychoanalysis theory and then discovered ego defense mechanisms. A person will perform ego defense unconsciously when something unwanted happens to reduce stress on themselves and balance themselves due to conflicts that occur. This ego defense mechanism will emerge strongly due to self-drive so that it can affect personal development. However, this defense mechanism cannot infer a person's personality. The results of the researcher's case study on the victim showed that the victim displayed ego suppression or semi-conscious defense mechanisms by reflexively doing unconscious things when in a difficult situation. It appears unconsciously to calm her excessive anxiety.

Basic Use of Free Association

The Free Association Technique is one of the techniques in psychoanalytic counseling discovered by the psychologist, Sigmund Freud. Sudrajat argues about the free association technique that this counseling technique is carried out by the counselor to seek the counselee in his mind about the experience

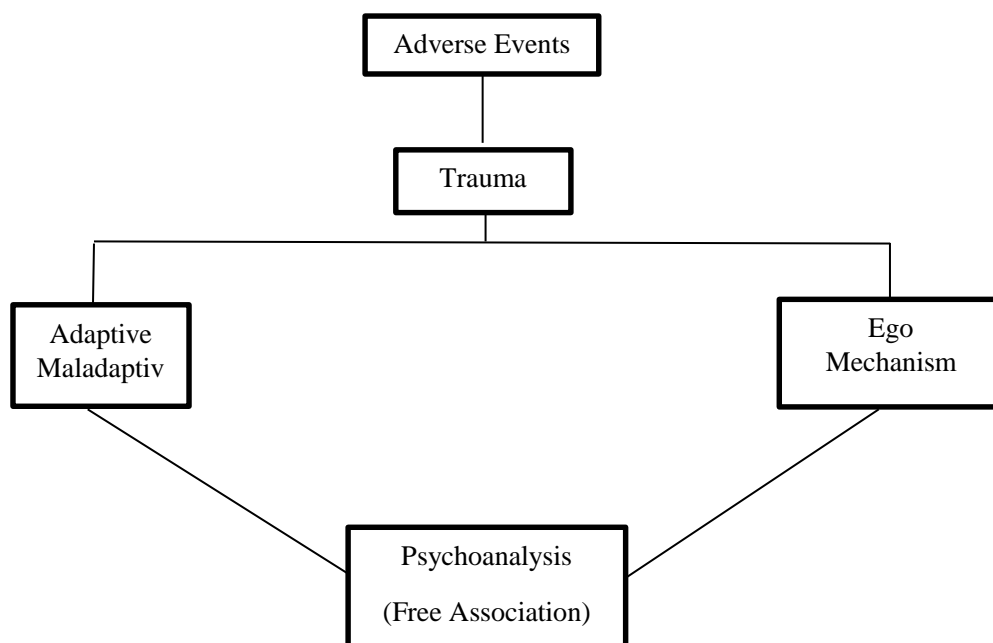
that occurred so that he can reveal his past experiences (Yunita et al 2019). This technique is used to reveal the past experiences of the counselee who traumatized him by releasing his pent-up emotions. The purpose of Free Association is to be able to restore the unconscious character structure of the counselee to become aware so that the counselee can release his traumatic feelings and stop the negative emotions of his trauma.

Related to the traumatic case experienced by the victim, the researcher chose the free association technique as a counseling technique. That is because "B" is a closed individual who prefers to stay in a zone that is considered comfortable. He is also a shy and closed individual with problems and even experiences unconsciousness with the trauma experienced, so researchers make free association techniques as a way to restore his past memories and release negative emotions consciously.

Free Association Procedure

In this study, the free association technique was carried out by conducting an interview with "B" directly. Then given a word and asked to answer directly that is in his mind, in this case the nature of the technique is passive. After that, in a comfortable state either sitting or lying down any position is allowed, for his comfort so that he can convey the things that are in his mind. When he feels comfortable with his situation, "B" will follow the flow of the counselor so that he is carried away with his feelings and reports everything he thinks about without hiding anything.

Through the free association technique in cases of sexual harassment, it is hoped that it will have a positive impact, including the victim being able to interact with the surrounding environment, being able to realize herself about the trauma she has experienced so far, being open to her past experiences so that she can eliminate the suggestion that she is alone in the world and feels that no one cares, and believes that there are good men so that she dares to start a new relationship with the opposite sex.



CONCLUSION

The free association technique is the main technique in psychoanalysis. Basically, the free association technique asks the counselee to express anything that comes to mind no matter how painful it is. Free association is a technique of recalling traumatic experiences and releasing emotions related to past traumatic experiences. Through free association techniques, it aims to help counselees understand and gain deeper insight into themselves, resolve internal conflicts, build awareness of unconscious aspects that affect daily life, and overcome psychological barriers they may experience. A painful event that is pent up long enough can affect a person physically and psychologically which will result in changes in behavior and changes in thinking, the incident is called trauma if the psychological disturbance is very severe then the person may experience post traumatic stress disorder. Through the free association technique in cases of sexual harassment, it is hoped that it will have a positive impact, including the victim being able to interact with the surrounding environment, being able to make herself aware of the trauma experienced so far, the counselor is open to her past experiences so that she can eliminate the suggestion that she is alone in the world and feels that no one cares, and the counselor believes that there are good men so that they dare to start a new relationship with the opposite sex.

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