

The Analysis of Assessment and Psychological Assistance Services to Find Out the Causes and Impacts of Violence Against Women and Children

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Abstract: Violence against women and children is becoming increasingly widespread and rising each year, severely impacting their psychological well-being. Victims can experience severe psychological disorders such as depression and anxiety if they don't receive effective interventions. Institutions like the Unit Pelaksana Teknis Perlindungan Perempuan dan Anak (UPT PPA) in East Java provide protection and a sense of security for victims until their psychological condition recovers. This study combines documentary research with interviews and field observations to examine the psychological dynamics and common causes of violence against women and children. It also reviews the effectiveness of psychological interventions provided by UPT PPA in East Java. Findings indicate that violence is often caused by low self-control and influenced by factors such as frustration and deep-rooted patriarchal culture in society. The most dominant impact of violence is psychological, including anxiety, depression, and prolonged deep fear. However, psychological disorders in victims have been successfully stabilized through a series of assessments and psychological interventions conducted by UPT PPA in East Java. This reveals that the assessment process and psychological support provide positive impacts and direct social support for the recovery process from the trauma of victims.

Keywords: *Children; Psychological Intervention; Violence; Women*

1. INTRODUCTION

Violence has become an increasingly pervasive issue as social values evolve within communities. For instance, in East Java Province, 777 cases against women and 1,232 cases against children were recorded in 2023 (KEMENPPPA, 2024). With various types of violence emerging, this inevitably results in numerous negative impacts, both psychologically and physically, particularly on women and children who often become victims. Psychologically, women who experience violence often suffer from depression, anxiety, Post-Traumatic Stress Disorder (PTSD), and decreased self-esteem. The trauma caused by violence can last long-term, disrupting women's ability to lead their daily lives and form healthy relationships. This aligns with the findings of Anggadewi (2020), which state that physical and sexual violence is frequently associated with depression, anxiety, behavioral problems, sexual behavior issues, and PTSD. Additionally, research by Kusristanti et al. (2021) indicated signs of depression and suicidal ideation in women who are victims of sexual violence. These studies found that physical and sexual violence are the most common causes of trauma. Furthermore, negative impacts are also evident in children who witness or experience violence. Research conducted by Waluyo et al. (2022) shows that psychologically, children who experience physical and/or sexual violence tend to suffer from serious emotional and behavioral disorders, including depression, anxiety, and behavioral problems. They are also at high risk of developing mental health issues later in life, such as Post-Traumatic Stress Disorder (PTSD) and personality disorders. This is consistent with the findings of Arcani & Ambarini (2022), which state that victims of sexual violence endure intense suffering and long-term effects that damage their lives, including post-traumatic stress disorder.

To address the long-term risks that endanger the psychological condition of victims, a series of intensive interventions is necessary to restore their psychological well-being. When considering the various impacts of violence, the psychological impact is the most crucial. Previous research indicates that violence can result in severe psychological disorders and physical injuries that may lead to death. Therefore, protection agencies are needed to provide safety and help victims recover both physically and psychologically. One related institution is called the Unit Pelaksana Teknis Perlindungan Perempuan dan Anak (UPT PPA) in East Java. This government agency focuses on handling cases of violence against women and children within the in East Java region. As a central referral service between districts and cities, UPT PPA is responsible for addressing various cases of violence across the province. Through a series of practices and observations of cases handled over four months at UPT PPA in East Java, the author has compiled this article to analyze the causes and impacts of violence through the lens of social psychology theories, linked to cases encountered at UPT PPA in East Java. The article also aims to assess the effectiveness of psychological assessment and

assistance interventions for victims of violence against women and children handled by UPT PPA in East Java. This is supported by data on violence occurring in the East Java region.

2. MATERIALS AND METHODS

This study employs qualitative methods, including documentary research, interviews, and observations conducted at the Unit Pelaksana Teknis Perlindungan Perempuan dan Anak (UPT PPA) in East Java. The documentary research method involves collecting data or cases from secondary sources, such as previous studies and relevant databases through official websites (KEMENPPPA, 2024). This method entails in-depth analysis of existing data to understand specific phenomena, identify interrelated issues, and draw conclusions based on the gathered information. Observations and interviews are conducted in the field, collecting real-time data during the client assessment process to obtain an accurate picture of the phenomenon being studied. This process involves observing clients as they recount the chronology of events, body gestures, and changes that occur during the assessment process. By combining these two methods, the research can provide more comprehensive and in-depth results on the topic under study.

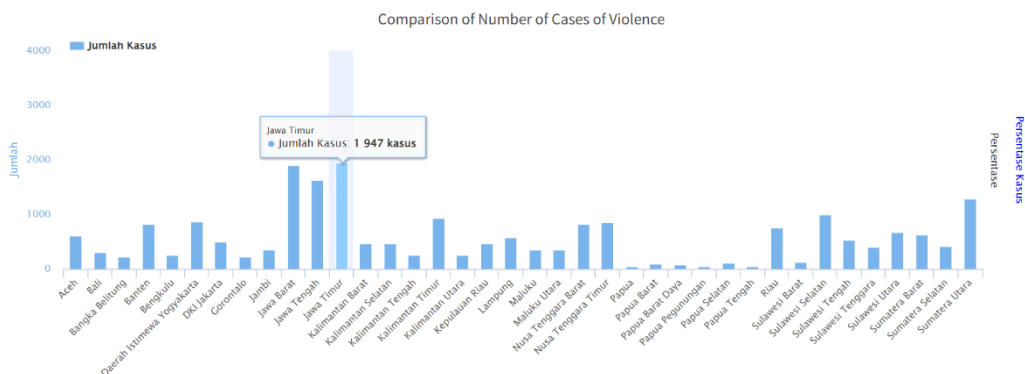
This research focuses on cases of violence against women and children that are reported to and handled by UPT PPA. In the case study method, data were collected through interviews and observations of 10 victims of violence during the assessment and psychological assistance process. Additionally, an analysis of the chronology of several cases reported to UPT PPA was conducted. Direct observations were also carried out to monitor the handling process and the services provided by UPT PPA to the victims. This observation method involved direct monitoring for 2 months through interactions between UPT PPA psychologists and the victims, as well as an evaluation of the facilities and programs provided. The case data were collected over 1 month through the number of cases handled and national case data. Subsequently, an analysis was conducted to identify the causes, impacts, and effectiveness of the interventions in addressing cases of violence against women and children in the East Java region.

3. RESULTS

The increasingly complex social dynamics have given rise to various issues related to violence and other problems that victimize women and children. These issues emerge due to various causal factors, including family conflicts, dual roles in the household, and mismatched principles between partners. In some cases, entrenched views on gender roles and family instability trigger severe stress, which is the root cause of Domestic Violence (DV). Furthermore, traits such as low self-control, a tendency toward aggression, or a lack of empathy in individuals can also increase the risk of domestic violence (Setiawan et al., 2023). When a problem arises between husband and wife that leads to domestic violence, it often impacts the children as well. This isn't only affects them physically but can also have psychological consequences post-incident. Both physical and psychological violence manifest as a form of expression of the various pressures experienced by individuals, resulting in deep and prolonged negative impacts on the victims. Women and children, who are most often the victims, frequently find themselves in vulnerable positions due to a lack of social or economic support. Social support from family is the support they most hope for (Hitijahubessy et al., 2021). This is because the family is the closest party, considered to be very aware of the issues occurring, and is expected to provide support and be able to cover their personal shame.

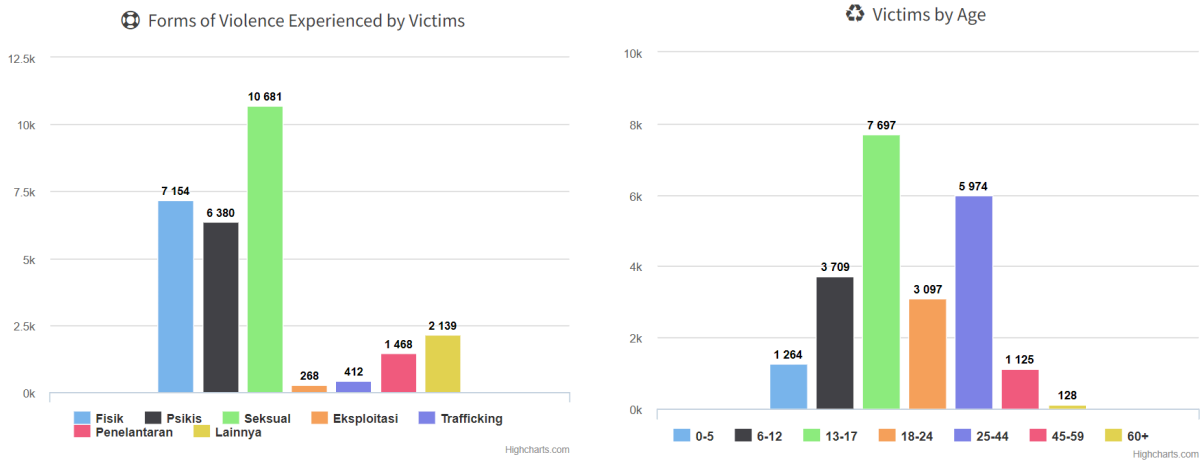
a. Case Data Description of Violence in East Java Province

According to the data summary of violence cases from KEMENPPPA (2024), 1,947 cases of violence were recorded in East Java up until 2023. As shown in the comparison graph of the number of violence cases across various provinces in Indonesia, East Java ranks first as the province with the highest number of violence cases, followed by West Java in second place.

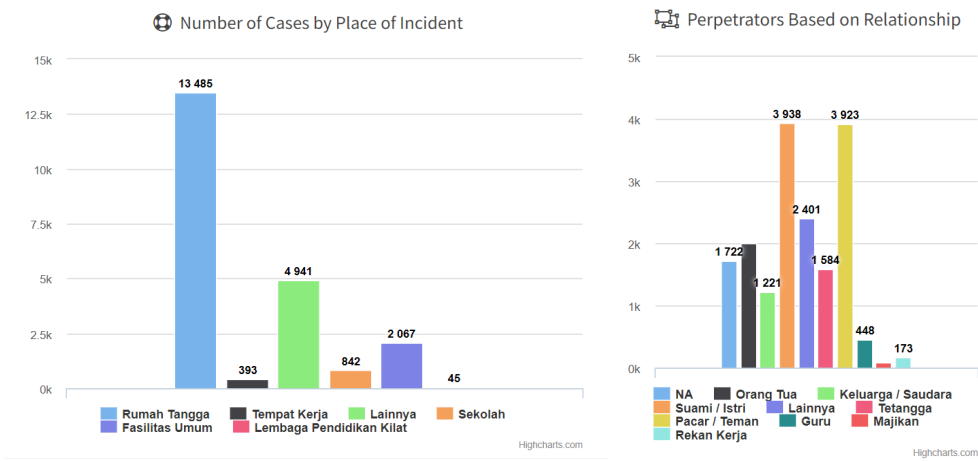


Graph 3.1 Number of Violence Cases in East Java

Violence cases encompass various forms, each with distinct impacts and causes. According to KEMENPPPA (2024) data, the national cumulative graph of violence types shows several types of violence occurring in Indonesia, such as physical, psychological, sexual violence, exploitation, trafficking, neglect, and others. The next graph reveals that the highest type of violence in Indonesia up to 2023 is sexual violence, with 10,681 cases, followed by physical violence with 7,154 cases, and psychological violence with 6,380 cases (KEMENPPPA, 2024). This indicates that sexual and physical violence are the most prevalent types of violence in Indonesia.



Among these violence cases, the most affected victims are underage children. This is often because they are powerless to resist, and sometimes perpetrators of sexual violence commit such acts as a way to vent their anger at someone related to the victim as a form of revenge. This is evident from the age-based victim graph, which shows that the most common victims are those aged 13-17 years, with 7,697 cases, followed by victims aged 25-44 years, with 5,974 cases. Furthermore, the data indicates that the majority of incidents occur within households, with 13,485 cases throughout 2023 (KEMENPPPA, 2024). This implies that a significant portion of violence cases primarily involve Domestic Violence (DV).



Graph 3.3 Number of Cases By Place of Incident and Perpetrators Based on Relationship

The victims are still considered children who fundamentally don't have the strength to resist and don't fully understand the situation they are facing. In many cases, violence generally occurs within the household and is perpetrated by the husband. However, according to the KEMENPPPA (2024) data graph, the highest number of violence cases are committed by spouses, with 3,938 incidents, followed by partners/friends with 3,923 incidents. Therefore, UPT PPA plays an essential role in assisting with the follow-up process on reported cases and focusing on supporting victims both psychologically and legally. UPT PPA itself has handled approximately 176 cases throughout

2023. Based on the UPT PPA Jatim (2024) case handling data recap, there were 257 complaints with 81 cases outside the jurisdiction of UPT PPA in East Java. The following below is Table 3.1 recap of cases received and handled by UPT PPA in East Java from 2023 to May 6, 2024.

Table 3.1 Recap of the Case Handling at UPT PPA in East Java

RECAP OF CASE HANDLING THROUGH THE GREETING POST AT UPT PPA DP3AK, EAST JAVA PROVINCE IN 2023								
No	Case Types	Form	AS OF DECEMBER 31, 2023 (Update March 25, 2024)			Gender		
			Woman (Age 18 – 55 years)	Child (Age 0 Years- 18 Years old)	Accumulati on	Man	Woman	
1	Domestic Violence (DV)	Physical	23	10	33	7	26	Number of Case Complaints 257
		Psychological	8	4	12	2	10	
		Sexual	2	5	7	0	7	
		Abandonment	5	6	11	3	8	
2	NON Domestic Violence (Violence committed by perpetrators outside the household/family)	Physical	8	4	12	2	10	Number of Cases Still in Process 16
		Psychological	7	4	11	0	11	
		Sexual	6	20	26	3	23	
		Abandonment	0	0	0	0	0	
3	ESKA	0	0	0	0	0	Termination 160	
4	TPPO	5	3	8	0	8	Case Not UPT Domain 81	
5	KBGO	8	1	9	0	9		
6	ABH	0	0	0	0	0		
7	Fulfillment of Children's Rights	0	47	47	24	23		
Sum			72	104	176	41	135	
Total			176					

RECAP OF CASE HANDLING THROUGH A GREETING POST AT UPT PPA DP3AK, EAST JAVA PROVINCE IN 2024								
No	Case Types	Form	Until May 6, 2024			Gender		
			Woman (Age 18 – 55 years)	Child (Age 0 Years- 18 Years old)	Accumulati on	Man	Woman	
1	Domestic Violence (DV)	Physical	6	2	8	1	7	Number of Case Handlers 81
		Psychological	2	3	5	0	5	
		Sexual	0	3	3	0	3	
		Abandonment	2	6	8	3	5	
2	NON Domestic Violence (Violence committed by perpetrators outside the household/family)	Physical	0	2	2	2	0	Number of Cases Still in Process 35
		Psychological	3	1	4	1	3	
		Sexual	2	8	10	0	10	
		Abandonment	1	0	1	0	1	
3	ESKA	0	0	0	0	0	Termination 33	
4	TPPO	3	0	3	0	3	Case Not UPT Domain 12	
5	KBGO	6	3	9	0	9		
6	ABH	0	0	0	0	0		
7	Fulfillment of Children's Rights	0	16	16	6	10		
Sum			25	44	69	13	56	
Total			62					

According to the UPT PPA Jatim (2024) data, the majority of sexual violence victims are children, with 20 cases, and most physical domestic violence victims are adult women, with 23 cases in 2023. Staff members from the Handling, Complaints, and Emergency Division of UPT PPA (2024) confirm that child sexual violence and domestic violence are among the most prevalent cases recently.

b. Case Chronology Obtained Through Assessment and Psychological Assistance for Victims

In one domestic violence case handled by UPT PPA in East Java, a client was beaten by her husband at a gas station in the Merr Surabaya area, witnessed by their three children. The client was then forced with her children into a car and taken to Malang to visit the husband's sick relative. According to the client, she was beaten on the way, resulting in bruises on her face and back. However, upon arriving at the hospital where the husband's relative was being treated, the husband's family ignored her condition despite the visible bruises. Because the husband lost in the election, he beat her again, but their eldest child tried to protect her and was eventually beaten. On Friday, the client escaped with her eldest child with the help of her child's friend and was brought to Surabaya. Despite her husband's apologies and promises to not repeat his actions, the client no longer trusted him. The husband had been abusive since the beginning of their marriage, including when the client was seven months pregnant. The client was forbidden from working and interacting with others, including her own family. The husband often called her every hour, displayed possessive behavior, and frequently issued threats. He regularly demoralized her with his words almost daily and occasionally made death threats.

In financial matters, the husband was very calculating. Additionally, he hid all of the client's important documents, hindering the divorce process. Due to these incidents, the client experienced psychological impacts from the ongoing pressure. She frequently felt fear due to memories of her husband's past abuse and was anxious and uneasy, fearing her

husband would find her and take her away forcibly. Therefore, the necessary service was psychological assessment and support provided directly by the psychologist on duty at UPT PPA in East Java. In the initial stage, after understanding the chronology and the client's needs, counseling sessions were conducted, and the Depression Anxiety and Stress Scale (DASS) psychological test was administered to gauge the client's anxiety and stress levels. This process is part of the psychological support provided to the client.

Another case of domestic violence involves a client with four children. This incident of domestic violence occurred in Papua. The four children are actually from the client's first marriage with an Ambonese man. In short, the client married the perpetrator and had a daughter with him. She then lived in Papua with her four other children. However, since these four children weren't his biological children, they often received different treatment from the perpetrator. Additionally, when angry, the perpetrator frequently took out his emotions on three of the children by hitting or yelling at them. The fourth child didn't receive as much harsh treatment because the perpetrator saw him as an obedient child. However, this child still witnessed his siblings being mistreated by their stepfather. Consequently, he was indirectly affected psychologically, experiencing anxiety, a decline in academic performance, and trauma. Unable to tolerate her husband's behavior any longer, the client took her five children and returned to their original home in Surabaya. Due to this incident, the client's four children experienced trauma and resentment towards their stepfather. Therefore, in this case, the follow-up action involved an initial assessment followed by psychological support in the form of counseling for the four children. During the counseling process, the author had the opportunity to participate in sessions and observe the four children.

Although assessment and psychological support services are essential for clients, not all clients can receive them. This is because not all clients require psychological support services. Based on the chronological records and observations made during the client's assessment process, the necessary services for addressing the case can be identified. The assessment and psychological support process for clients includes a series of psychological tests (SPM, HTP Graphics, Baum Test, DAP Test, SSCT, & DASS), as well as several service mechanisms and requirements that will be explained in the following table:

Table 3.2 Client Assessment and Psychological Assistance Service Mechanism

No.	Components	Description
1.	Terms of Service	<ol style="list-style-type: none"> 1. Identify the type of case, case authority, and case risk level 2. Initial assessment results on clients. 3. Creation of a service intervention plan.
2.	Systems, Mechanisms, and Procedures	<ol style="list-style-type: none"> 1. Receive the results of the assessment and service intervention plan. 2. Review the service intervention plan created. 3. Carry out the intervention process through communication with PPA service providers to handle clients. 4. Monitor and evaluate client progress after intervention and identify the effectiveness of the results of the services provided 5. Conduct intensive follow-up with the relevant psychologist to ensure the child's readiness when living a social life and needs that haven't been met or if needed, can hold a case conference mechanism. 6. The termination stage is when the client's condition has been declared recovered and returned to its original state. So, the case will be closed when all the client's needs are met as needed. 7. Record the progress of case handling to SIMFONI PPA (Online Information System for the Protection of Women and Children).
3.	Service period	1-2 hours/meeting
4.	Fee	Free of charge (free)
5.	Service Products	Victim/client psychological assistance report
6.	Service complaints	<ol style="list-style-type: none"> 1. Come directly to the UPT PPA Prov. in East Java 2. Through the UPT PPA Prov. in East Java (+62)895-3487-71070) 3. Referrals from Regencies/Cities and Other Agencies/Community Organizations

4. DISCUSSIONS

Various cases of violence against women and children each year involve diverse forms of violence. This increases individual awareness of the importance of preventive actions and effective interventions. This phenomenon calls for collective efforts to protect vulnerable groups from various forms of violence, whether physical, emotional, or psychological. The rise in cases also highlights the need for education and public awareness about human rights and the importance of reporting and addressing incidents of violence early. With increased awareness, it is hoped that society can significantly participate in the protection and empowerment of women and children. Therefore, institutions like the Unit Pelaksana Teknis Perlindungan Perempuan dan Anak (UPT PPA) are essential in resolving violence cases, especially for the psychological recovery of victims. According to KEMENPPPA (2024), domestic violence and child sexual abuse dominated as the highest forms of violence throughout 2023, with 10,681 sexual violence cases and 7,154 physical violence cases. Child sexual abuse often occurs because perpetrators view children as weak and naive, which irresponsible individuals exploit for sexual gratification (Octaviani & Nurwati, 2021). In the case previously mentioned, domestic violence was committed by the husband against his wife (the client) and their children as a form of venting his frustrations over his failure as a legislative candidate. His possessive nature and excessive suspicion towards his wife led to physical abuse when she didn't answer his calls or engaged in activities that aroused his suspicion. Additionally, the client was forbidden from working because her husband feared she would leave him if she had financial independence. The client didn't tell anyone out of fear of being blamed and the shame if the issue spread.

This case illustrates the complex dynamics behind domestic violence. The perpetrator had a harsh and emotional character and low self-control. Self-control is the ability to adapt to impulsive urges, and poor self-control leads to deviant and harmful behavior (Marsela & Supriatna, 2019). This causes individuals to seek instant gratification without considering long-term consequences. Findings by Gottfredson & Hirschi (2017) also show that individuals with low self-control tend to behave aggressively. Thus, self-control is crucial in preventing aggression, and its absence can strengthen aggressive behavior (Hastuti, 2018). The perpetrator's harsh and possessive nature indicates a lack of self-control, manifesting in domineering and controlling behavior towards his partner. This aligns with the client's situation, where she had to follow all her husband's demands. In this case, low self-control also led to a lack of trust, causing the husband to frequently video call his wife while she worked out of town and distrust her statements. Baumeister & Tierney (2011) found that low self-control could lead to interpersonal issues, including frequent conflicts and damaged trust due to impulsive behavior disrupting healthy relationship dynamics. The client's husband previously worked in shipping, but since the Covid-19 pandemic and due to illness, he hadn't worked for several years. His failure as a 2024 legislative candidate led to selling their assets to pay for his candidacy and home renovations.

All these failures and challenges could contribute to the husband's frustration, leading to aggression. According to Baron & Branscombe (2019), the frustration-aggression hypothesis suggests that frustrated individuals often engage in some form of aggression, and all aggressive actions stem from frustration. However, frustration isn't the only reason for aggressive behavior, as individuals can channel their frustration in various ways (Baron & Branscombe, 2019). Nevertheless, frustration is a common cause in many domestic violence cases the author has encountered, whether due to bankruptcy, failure to achieve something, debt, or other underlying issues. Additionally, domestic violence often occurs due to patriarchal culture and traditional gender views still prevalent in many societies. Patriarchal culture views male violence against females as a way for men to maintain their dominance (Wardani et al., 2023). This culture positions men or husbands as the ultimate authority in the household. Therefore, men have the right to dictate as they please. In the previous case, the client was forbidden from working to ensure she was dependent on her husband. This is related to patriarchal culture, where the dominant male doesn't want to be challenged and ensures women remain submissive and weak. When women can earn and support themselves, they gain the power to leave their partners and live independently.

Despite this, most domestic violence (DV) victims, who are predominantly women, don't dare to disclose their condition to those around them. As seen in the previous case, the client was reluctant to inform anyone about her situation due to fear of being blamed. According to Social Role Theory, which is closely related to patriarchal culture, many societies still hold rigid expectations regarding the roles that men and women should play. When women act outside of these expected roles, they are often blamed and considered the cause of problems within relationships or society. This can further reinforce the stereotype that women must be submissive and obedient (Helgeson, 2016). This often leaves victims feeling cornered and without a way to speak out. Besides causing physical injuries, DV can also inflict deep trauma and disturb the psychological condition of the victims. In the previous case, the client was psychologically affected. She felt extremely pressured by her husband's treatment. Additionally, the client often experienced fear due to memories of her husband's previous violent behavior. She also felt anxious and uneasy, fearing

that her husband would find her and forcibly take her away. This is a common impact on DV victims, with potential variations depending on each individual (Maisah & Yenti, 2016).

DV also has psychological impacts on children. In the case of DV involving the four children mentioned earlier, they felt anxious, experienced a decline in academic performance, and felt scared when hearing yelling. One of the four couldn't focus and only played around at school. They also felt hatred and labeled their father as a bad person because of his abusive behavior. Mardiyati (2015) revealed that such feelings are part of the children's unresolved disappointment. The turmoil they experience is expressed through hating and labeling the perpetrator as bad. Maisah & Yenti (2016) also argued that children who are DV victims might regress developmentally, such as losing courage, refusing to sleep alone, experiencing deep disappointment, lacking focus, constantly seeking attention by causing trouble, and declining academic performance. Therefore, there needs to be a series of handling processes focused on the psychological recovery and creating a sense of safety for the victims' post-incident.

To address the violence against women and children and their resulting impacts, UPT PPA (Unit Pelaksana Teknis Perlindungan Perempuan dan Anak) in East Java was established under the Provincial Government of East Java, KEMENPPPA, and Dinas Pemberdayaan Perempuan Perlindungan Anak dan Kependudukan (DP3AK) in East Java. This institution provides protection and handling services for violence cases in East Java. It offers various services useful for handling cases and the physical and psychological recovery of victims. One such service is assessment and psychological support for violence victims, focusing on the psychological recovery of victims' post-incident. Through this service, victims receive direct care from an on-duty psychologist. The aim is for the victims' psychological conditions to stabilize and for them to receive social support through positive affirmation. Most DV victims usually experience trauma, despair, and deep disappointment. Therefore, in addition to psychological recovery, they need social support to help them rise and continue their lives, facing future challenges more robustly. This aligns with Rismelina's (2020) opinion that social support is necessary for individuals to become strong and handle life's problems. If victims feel strong social support, they will be able to reduce the negative risks that can harm and affect their daily activities.

The assessment and psychological support services provided by UPT PPA East Java Province have demonstrated high quality. This can be seen from the effective benefits of counseling that can be directly felt by the victims. From the cases previously presented, the writer participated in the final counseling process and observed a stable psychological condition in the clients. For the client (wife) who was a victim of domestic violence, she is now able to work and no longer haunted by her husband's actions. She is also more focused on making her children happy. As for the four child clients, the observations conducted showed that their psychological condition has stabilized. This is evidenced by the improvement in their academic performance and their good social interactions with school friends. This indicates that the assessment process and psychological support provide positive impacts and direct social support for the trauma recovery process in victims. Additionally, the assessment process, which includes several psychological tests and observations, provides maximum efforts towards the interventions to be implemented. The efforts provided by UPT PPA East Java are not only curative but also preventive through socialization and the provision of psychoeducation to the community through regular seminars or webinars and articles on the official website of DP3AK East Java Province. Furthermore, the facilities used in handling cases are quite adequate. Starting from two permanent Clinical Psychologists who are ready to provide counseling directly or via telephone. There are also waiting rooms for new complaint clients, special rooms for counseling and psychological support, children's playrooms, protection vehicles, and other supporting facilities.

5. CONCLUSIONS

Based on the accumulated data from KEMENPPPA in 2023, the level of violence in Indonesia, particularly in East Java, is notably high. The majority of violence cases are dominated by domestic violence (DV) and child sexual abuse, with the highest incidents occurring within family environments. One of the causes of DV is the individual's low self-control. In several cases, frustration acts as a driving force for aggression. When individuals experience frustration due to low self-control, it leads to an increase in aggression, which is often taken out on their spouse or children. However, frustration alone can't be considered the primary factor in violence; financial issues and gender role inequality are also contributing factors. Additionally, the patriarchal culture and conservative Social Role Theory in society enforce that women must be obedient and capable of managing their households. As a result, women are often blamed when DV cases occur. The analysis also revealed that DV causes victims to tend to experience various psychological disorders, such as trauma and other specific psychological issues. Therefore, they require psychological support and social assistance from institutions like UPT PPA in East Java. In this regard, social support is necessary to help victims feel stronger and more resilient in facing problems. The preventive efforts made by UPT PPA in East Java towards victims have shown good and effective quality, enabling the psychological recovery of the victims. Additionally, preventive measures such as webinars and psychoeducation for the community are conducted to minimize the violence rate in East Java.

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