

Religious Counseling Approach in Increasing Resilience in Victims of Domestic Violence (KDRT)

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Abstract. Domestic violence (KDRT) is one of the social problems that still occurs in Indonesia. This journal will discuss the approach of religious counseling in increasing resilience in victims of domestic violence. The author will explain the types of religious approaches, resilience for victims of domestic violence, and types of domestic violence. The research method used is a literature review study by collecting data from various sources, including laws, journals, and articles. Data analysis is carried out by identifying patterns and tendencies in the data, and presenting findings related to the topics discussed. The results of the study provide new insights into the use of religious counseling as a means of recovery for victims of domestic violence. Counseling approaches include the religious. There are several types of domestic violence, namely physical, psychological, sexual, and economic violence. Lack of public understanding of various forms of violence other than physical violence. Social stigma that makes victims feel ashamed or afraid to report their cases. Legal support and services for victims of domestic violence still need to be strengthened to ensure justice and recovery for victims.

Keywords: Religious counseling, Resilience, Domestic violence (KDRT)

Abstrak : Kekerasan dalam rumah tangga (KDRT) merupakan salah satu isu sosial yang masih banyak terjadi Indonesia. Dalam jurnal ini, akan dibahas tentang pendekatan konseling religius dalam meningkatkan resiliensi pada korban kekerasan dalam rumah tangga (KDRT). Penulis akan memaparkan jenis-jenis pendekatan religius, resiliensi bagi korban KDRT, serta jenis-jenis KDRT. Metode penelitian yang digunakan adalah studi literatur review dengan mengumpulkan data dari berbagai sumber, termasuk undang-undang, jurnal, dan artikel. Analisis data dilakukan dengan cara mengidentifikasi pola-pola dan tren-tren dalam data, serta menyajikan temuan yang terkait dengan topik yang dibahas. Hasil penelitian memberikan wawasan baru tentang penggunaan konseling religius sebagai alat pemulihan bagi korban KDRT. pendekatan konseling religius meliputi pendekatan konseling religius. Terdapat beberapa jenis-jenis KDRT yaitu kekerasan fisik, psikologis, seksual dan ekonomi. Minimnya pemahaman masyarakat tentang berbagai bentuk kekerasan selain kekerasan fisik. Stigma sosial yang membuat korban merasa malu atau takut untuk melaporkan kasusnya. Dukungan hukum dan layanan bagi korban KDRT masih perlu diperkuat untuk memastikan adanya keadilan dan pemulihan bagi korban.

Kata kunci: Konseling religius, Resiliensi, Kekerasan dalam rumah tangga (KDRT)

INTRODUCTION

Domestic violence (KDRT) is one of the social issues that still occurs in various parts of the world, including in Indonesia. Based on data from Komnas Perempuan, cases of violence against women, especially in the form of domestic violence, continue to increase every year. Domestic violence can be in the form of physical, verbal, psychological, sexual, or economic violence that leaves serious impacts on the victims. This impact is not only limited to physical aspects, but also includes mental health, such as trauma, depression, anxiety, and decreased confidence. Victims of domestic violence also often have difficulty recovering from traumatic experiences, especially due to a lack of social support and understanding of how to effectively address these impacts (Aksin & Qurrota Aini, 2022).

One of the biggest challenges faced by victims of domestic violence is the ability to develop resilience, which is the ability to rise from trauma and face repeated pressure. Resilience is very important in the recovery process so that victims are able to continue their lives better. However, not all victims have strong coping mechanisms to cope with this trauma. Often, victims feel hopeless, have no motivation to recover, and feel isolated from their social environment (Alimi & Nurwati, 2021).

In addition, traditional counseling approaches that focus more on psychological and cognitive aspects are often not fully effective in meeting the spiritual needs of victims of domestic violence. In the Indonesian context, where the majority of people have strong ties to religion, a religious-based counseling approach can be one of the solutions to support the victim recovery process in a more holistic manner. However, counseling that combines religious elements is still rarely optimized in psychotherapy and counseling practices in Indonesia. In fact, spirituality or religious beliefs can be a significant source of strength in helping victims find hope, calm, and new meaning in their lives after experiencing violence (Suri et al., 2023).

The religious counseling approach involves incorporating spiritual or religious values into the counseling process. For victims of domestic violence, this approach offers more than just psychological coping techniques. This approach provides a framework for a deeper understanding of the meaning of suffering, strength, and recovery from a religious perspective. For example, religion often offers a source of hope and comfort for victims, which is not always available in conventional psychological therapy. Prayer, spiritual reflection, and strengthening a relationship with God are some forms of faith-based coping that can help victims develop resilience more quickly and effectively.

The integration of spiritual elements in counseling can help increase resilience, strengthen identity, and provide meaning in the face of suffering. A study conducted by Mahmood (2021) also showed that a religious approach in counseling is able to provide significant support for victims of trauma in coping with mental and emotional health disorders, as religion provides specific ways to cope with suffering through acceptance, surrender, and hope.

In the current era, the approach to religion-based counseling is increasingly relevant, especially in Indonesia which has a strong community culture in religious aspects. Religious counseling is increasingly recognized as an important approach in mental health services, given the growing awareness of the importance of mental and spiritual health simultaneously. Many victims of domestic violence rely on their spirituality to deal with trauma, so counselors who can integrate the spiritual aspect of counseling can provide more effective support.

In mental health services, this approach has also received greater attention because it is able to offer a more personalized and contextual approach, in Indonesia, counseling institutions that offer faith-based services are increasingly emerging, reflecting the need for a holistic approach. Religious-based counseling is also relevant in supporting the government's efforts in domestic violence victim empowerment programs, as this approach helps with a balanced mental and spiritual recovery.

According to a recent study by Hasanah (2022), the religious counseling approach has been proven to speed up the emotional recovery process of domestic violence victims by increasing their self-confidence and providing a more positive understanding of their lives after trauma. Thus, the research on "Religious Counseling Approaches in Increasing Resilience in Victims of Domestic Violence (KDRT)" has high relevance in the scientific context as well as in practical application in the world of counseling in Indonesia.

METHODOLOGY

In the study titled "Religious Counseling Approaches in Increasing Resilience in Victims of Domestic Violence," the authors used a literature review method to collect and analyze various relevant sources. This research began with the identification of literature sources through the Google Scholar academic database, with keywords related to religious counseling approaches, resilience, and domestic violence. Inclusion and exclusion criteria are applied to ensure that only those studies are current and relevant, with a focus on articles that explore the relationship between religious counseling and the recovery of victims of domestic violence.

This research is expected to provide new insights into the use of religious counseling as a recovery tool for victims of domestic violence and suggest further research directions that can explore this topic more deeply.

RESULTS AND DISCUSSION

According to (Religius., 2023) Religious counseling also emphasizes the importance of the relationship between the counselor and the client. In this context, counselors act as empathetic listeners and facilitators who help clients to find answers to profound questions. Counselors who have a good understanding of various religious traditions can provide valuable insights and help clients to relate their personal experiences to religious teachings. This is especially important, as many individuals feel more comfortable discussing their issues in a spiritual context, where they can share the beliefs and values they hold.

In addition, religious counseling may also include certain spiritual practices, such as prayer, meditation, or religious rituals. These practices can help clients to feel more connected to their spiritual aspects and provide a sense of calm in the face of problems. For example, a person who is experiencing severe stress may find comfort in praying or meditating, which can help them to relieve anxiety and find inner peace. By integrating these practices into counseling sessions, counselors can help clients to develop more effective coping strategies and support their mental and spiritual well-being.

According to a recent study by (Supriyadi, 2023) In practice, religious counseling can be applied in a variety of settings, including hospitals, educational institutions, and religious organizations. Counselors trained in this approach typically have a background in

psychology, counseling, or theology, and they are equipped with the skills to handle issues related to mental and spiritual health. As such, religious counseling can be a valuable resource for individuals seeking support in dealing with life's challenges, especially when they relate to spiritual and religious aspects.

Overall, religious counseling offers a holistic approach in helping individuals cope with life's problems. By integrating psychological and spiritual aspects, this counseling provides more comprehensive and meaningful support for clients. Through an empathetic relationship between counselors and clients, as well as relevant spiritual practices, religious counseling can help individuals find meaning, purpose, and serenity in their lives (Rahman, 2023). In this increasingly complex and challenging world, counseling approaches that consider the spiritual dimension are becoming increasingly important to support the mental and emotional well-being of individuals.

Religious Approach

Islamic Counseling Approach, this approach focuses on Islamic teachings which involve concepts such as tawakkal (surrender to Allah), patience (patience), and gratitude (gratitude). This therapy often involves the use of prayer, dhikr, and reflection on Qur'anic verses as a way to cope with stress and psychological problems. A study shows that Islamic-based counseling can help reduce symptoms of depression and anxiety in individuals who have strong ties to their beliefs (Rahman, 2020).

In the current context, religious approaches are increasingly relevant in the world of counseling and psychotherapy in Indonesia. The majority of Indonesian people provide a large space for the application of religion-based counseling to deal with various life problems. In addition, the increased awareness of the importance of mental health in Indonesia encourages mental health practitioners to integrate spiritual values into their counseling practices.

The religious approach in counseling is also increasingly recognized because it can provide more personalized and in-depth solutions for individuals who feel comfortable with their religious beliefs. This is especially evident in the development of faith-based counseling centers, which are now increasingly emerging in Indonesia. Recent research by Nurhadi (2022) shows that religious counseling approaches can help improve the emotional and spiritual well-being of individuals more effectively compared to conventional therapeutic approaches.

Resilience for Victims of Domestic Violence (KDRT)

Resilience is an individual's ability to bounce back and adapt again after experiencing severe trauma or stress. Resilience is the key for victims of domestic violence to be able to continue living better despite facing various challenges, in this context, it is important to understand how victims of domestic violence build resilience.

Building resilience for victims of domestic violence is not an easy thing. The main challenge that victims often face is the lack of social support from the surrounding environment, such as family, friends, or close people. Many victims of domestic violence feel isolated and have difficulty seeking help due to social stigma or fear of reporting violence. This can worsen the victim's mental and emotional state, making the recovery process slower.

In addition, victims of domestic violence often experience psychological disorders that hinder the resilience process. Deep trauma can interfere with their ability to think

clearly, make informed decisions, or even be confident in living their daily lives. Research by (Smith & Jones, 2020) shows that long-term trauma can reduce a person's ability to cope with life's stresses and challenges, which has an impact on low levels of resilience.

Types of Domestic Violence (KDRT)

In Law No. 23 of 2004 concerning the Elimination of Domestic Violence, there are several types of domestic violence that are specifically explained, including:

1. **Physical Violence:** Acts of violence that cause injury or pain to the victim's body, such as hitting, kicking, or physically hurting.
2. **Psychological Violence:** Violence that involves insults, threats, or actions that cause mental and emotional trauma, such as degrading the victim's dignity, intimidation, or excessive emotional control.
3. **Sexual Violence:** Violence related to the coercion of sexual activity without the consent of the victim, including sexual harassment, marital rape, or degrading sexual acts.
4. **Economic Neglect:** A condition in which the perpetrator withholds or controls the victim's access to financial resources or basic needs, thus making the victim financially dependent and trapped in a violent situation.

One of the biggest challenges in dealing with domestic violence is the lack of public understanding of various forms of violence other than physical violence. Many still consider violence to be limited to physical acts, even though psychological, sexual, and economic violence has an equally bad impact on victims. For example, psychological violence is often not immediately visible, but can leave deep emotional wounds such as depression, anxiety, or prolonged trauma.

Social stigma is also a significant challenge. Many victims of domestic violence feel embarrassed or afraid to report their cases because of the stigma from the surrounding environment. This can hinder the recovery process and make the victim feel isolated, even reluctant to seek help. On the other hand, legal support and services for victims of domestic violence still need to be strengthened to ensure justice and recovery for victims.

Currently, awareness of the importance of handling domestic violence is increasing. The Indonesian government through various regulations, such as Law No. 23 of 2004, has provided a legal framework that supports the protection of victims of domestic violence. However, the challenges in implementing this policy are still large, especially in terms of public education and improving rehabilitation services for victims.

CONCLUSION

Religious counseling is an approach to counseling that considers the spiritual dimension in helping individuals cope with life's problems. Religious counseling emphasizes the importance of the relationship between the counselor and the client, as well as the relevant spiritual practices. The types of religious approaches in counseling include: Islamic counseling approach, Christian counseling approach, hindu counseling approach, buddhist counseling approach, religious counseling can help individuals find meaning, purpose, and serenity in their lives.

Resilience is an individual's ability to bounce back and adapt again after experiencing severe trauma or stress. Building resilience for victims of domestic violence is not easy, as they often face challenges such as lack of social support and social stigma. Victims of

domestic violence often experience psychological disorders that hinder the resilience process.

Types of Domestic Violence (KDRT) physical violence, psychological violence, sexual violence, economic neglect. There is a lack of public understanding of various forms of violence other than physical violence. Social stigma that makes victims feel embarrassed or afraid to report their cases. Legal support and services for victims of domestic violence still need to be strengthened to ensure justice and recovery for victims.

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