

The Urgency Of Counselors In Preventing Sexual Violence In Schools

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Abstract. *Sexual violence in schools is a serious issue that negatively affects students' mental and physical health and disrupts their educational process. This article discusses the urgency of the role of school counselors in preventing and addressing sexual violence. The research method used is a literature study, involving the analysis of various literatures, including relevant journals, articles and documents that discuss forms of sexual violence and its impact. The results of the study show that sexual violence has various forms, ranging from physical to psychological violence, and children are the most vulnerable group to become victims of sexual violence. Counselors have an important role in schools to prevent and handle cases of sexual violence by implementing counseling services.*

Keywords: *Counselor; Sexual Violence, School*

Abstrak: Kekerasan seksual di sekolah merupakan isu serius yang berdampak negatif terhadap kesehatan mental dan fisik siswa, serta mengganggu proses pendidikan mereka. Artikel ini membahas urgensi peran konselor sekolah dalam mencegah dan menangani kekerasan seksual. Metode penelitian yang digunakan adalah studi kepustakaan, melibatkan analisis terhadap berbagai literatur, termasuk jurnal, artikel, dan dokumen relevan yang membahas bentuk-bentuk kekerasan seksual serta dampaknya. Hasil studi menunjukkan bahwa kekerasan seksual memiliki berbagai bentuk, mulai dari kekerasan fisik hingga psikologis, dan anak-anak menjadi kelompok yang paling rentan menjadi korban kekerasan seksual. Konselor memiliki peranan yang penting di sekolah untuk mencegah dan menangani kasus kekerasan seksual dengan melaksanakan layanan konseling.

Kata kunci: Konselor; Kekerasan Seksual, Sekolah

INTRODUCTION

Sexual violence is a form of degrading, insulting, attacking or other actions against the body, the desire of a person who causes the individual is not able to give consent in a free state that results in suffering both physically, psychologically,, damaging peace, disturbing the reproductive health of the individual and lost the opportunity to continue to higher education properly. In permendikbud number 46 of 2023 concerning the Prevention and treatment of violence within the Education Unit, it is explained that sexual violence is any act of degrading, insulting, harassing and/or giving up one's body, and / or reproductive function, due to inequality in power relations and / or gender, which results in experiencing psychological, physical suffering including reproductive and reproductive disorders eliminate opportunities in implementing education

Sexual violence committed is divided into 5 forms, including 1) physical violence such as hitting, grabbing, pinching, 2) sexual violence, including actions aimed at sexual solicitation, touching, fingering, kissing, 3) psychological violence, such as threats, jealousy, harassment, 4) violence in the economy such as money theft, always asking for treats, withholding money, 5) spiritual violence such as degrading the victim's beliefs and beliefs, forcing the victim to do things that he does not believe in (Poerwandari, 2000 in Mannika, 2018). In Indonesia, cases of sexual violence against children continue to increase every year. The situation is further aggravated when the perpetrators mostly come from the family environment or the environment around the child, such as in his own home, school, and the child's social environment (Lalor and McElvana in Maslihah, 2013).

Based on data from the Indonesian Child Protection Commission (KPAI), the number of public complaints related to special child protection cases in 2021 is 2,982 cases. The Trend of cases in the child Special Protection Cluster in 2021 is dominated by the 6 highest cases, namely first, children victims of physical and or psychological violence reached 1,138 cases; second, children victims of sexual crimes reached 859 cases; third, children victims of pornography and cybercrime totaled 345 cases; fourth, children victims of mistreatment and neglect reached 175 cases; fifth, children were economically and/or sexually exploited in 147 cases; and sixth, children faced the law as perpetrators in 126 cases.

High cases of sexual violence in children shows that children become a very vulnerable group because of the assumption that they are individuals who are weak, helpless, and have a high dependence on adults in high cases of sexual violence in children shows that children become a very vulnerable group because of the assumption that they are individuals who are weak, helpless, and weak, helpless, and have a high dependence on adults, sexual violence committed on children will have an impact on nerve damage in the cortex. Then the other most severe impact is 70% likely that children who experience sexual violence will become perpetrators in the future (Erlinda, 2014).

Victims of sexual abuse have a bad impact on the physical, psychological, and even affect social life. Physical impact can be in the form of injuries to the body, tears in the hymen for female victims, and much more. Then on the psychological impact, the victim can feel anger, stress, have the desire to commit suicide, and even fear when encountering others with the same physical characteristics as the perpetrator. The victim will also experience social impacts such as being shunned by people around, treated as a family disgrace, and so on which causes the victim to be increasingly depressed and a decrease in the victim's self-confidence. Do not we think how the victim will be and how he will live his day to day? Of course they're not okay.

In permendikbud number 46 of 2023 concerning the Prevention and treatment of violence within the Education Unit, it is explained that sexual violence is any act of

degrading, insulting, harassing and/or giving up one's body, and/or reproductive function, due to inequality in power relations and / or gender, which results in experiencing psychological, physical suffering including reproductive and reproductive disorders eliminate opportunities for education.

Teacher guidance and Counseling offers guidance and counseling services that are integral to the education system to assist learners in their journey and development. Guidance and counseling teachers have the knowledge, skills and behavior competencies set by counselors at school to achieve the goals to be achieved in order to carry out professional tasks, namely helping students in handling and solving problems and helping students to develop their potential optimally (Nasution, Henni Syarafina and Abdillah, 2019). This activity is carried out by applying group guidance as a strategy to prevent the three major sins of sexual violence.

As a coping force in the field, a counselor certainly has an important role in trying to heal the victim's psychological wounds. For this reason, counselors certainly need the right techniques and ways to help victims deal with their inner wounds, one of the techniques used is CBT (Cognitive Behavioral Therapy). Is a counseling approach designed to solve the problems of current counselors by way of cognitive restructuring and deviant behavior, so as to assist in the Prevention of PTSD (Post Traumatic Stress Disorder) in victims.

The role of counselors in assisting the handling of cases of sexual violence experienced by children and the impact of sexual violence on victims. The discussion was obtained by using literature studies related to the role of counselors, especially in the handling of sexual violence in children and the impact of sexual violence both obtained from books, journals, and other reading materials. This article is expected to provide an understanding of the impact of sexual violence and handling of sexual violence experienced by children.

METHODOLOGY

The method used in this study is the method or approach of the library (*library research*). Literature study or library is a series of activities related to the method of collecting library data, reading and recording and processing research materials. Therefore, the data collection in this study is also carried out by reviewing and/or exploring several journals, articles and documents (in electronic form) and other sources of data or information that are considered relevant to research or study.

RESULTS AND DISCUSSION

Sexual Assault

On the child and its impact Barker (in Huraerah, 2007) describes abuse as inappropriate behavior that causes harm or danger to a person physically, psychologically, or financially. However, violence against children is usually referred to as child abuse or child maltreatment. According to Gelles (2004), violence against children is an act that harms or harms children physically or emotionally. Sexual violence against children can take the form of treatment prior to sexual contact between children and adults, such as incest, rape, or sexual exploitation, or direct treatment between children and adults, such as through words, touch, visual images, or exhibitionism (Suharto in Huraerah, 2007).

According To Permendikbud No. 30 year 2021, violence is the act of throwing, insulting, harassing, or giving up one's body, and / or reproductive function, due to power and/or gender inequality, which results or can result in psychological and/or physical

suffering including disturbing the health of one's reproductive system and reducing one's ability to carry out educational activities optimally and safe

Huraerah (2007) stated that sexual violence, especially against children, is a deviant sexual practice because it is carried out in a violent way and is contrary to religious teachings and principles and violates the law. This violence shows the physical and non-physical strength of the perpetrator. And he can use that power to achieve his goals.

Factors Causing Sexual Violence In Children

Factors causing sexual violence against children because the perpetrator takes advantage of the position of a weak and innocent child. Children are at a vulnerable stage of development and often do not understand many things so they are vulnerable to violence committed by irresponsible people Sexual Violence Against Children can be caused by the perpetrator's lack of opportunities to meet his sexual needs and his inability to maintain his privacy.

When children experience sexual violence, often they do not understand the situation and do not realize that they are victims. As an object of desire of the offender, such children can be affected psychologically and psychosocially significantly. Child sexual abuse has biological and social consequences. Biologically, children can have problems with their vital organs as a result of forced sexual activity. Socially, they may feel threatened, which can lower their self-esteem.

Children who are victims of sexual violence tend to become more introverted for fear of threats from the perpetrator. They often keep the incident a secret from those around them. In addition, children are embarrassed to tell about the experience and tend to assume that what happened was their own fault.

Impact Of Sexual Violence

Sexual violence can have serious traumatic effects, both for children and adults. Many cases of sexual violence go undetected, and there are often cases that are denied. When children become victims, things get worse because they don't realize they are victims. They keep their experiences of sexual harassment a secret because they find it difficult to trust others and are afraid of facing worse consequences if they come forward. Children often feel embarrassed to talk about the incident and feel a sense of guilt that makes them feel they have tarnished the family name.

There are several impacts felt by victims of sexual violence, namely:

1. Impact On The Physical

The experience of sexual violence can result in a significant physical impact on the child. They may have a delay in brain development, damage to internal organs, as well as an increased risk of developing diseases associated with stress. Children may also experience decreased appetite, discomfort in the genital area, the risk of contracting sexually transmitted infections, wounds from rape, bleeding in the vaginal or anal area, as well as the possibility of unwanted pregnancy (Sulistyaningsih & Faturochman, 2002).

2. Impact On Psychological

According to the World Health Organization (WHO), victims of sexual violence, in particular incest, experience a serious impact on their mental health. Because victims and perpetrators are in the same environment, children who experience incest are particularly vulnerable to psychological problems, including depression, phobias, and distrust of others. They can develop post-traumatic stress disorder (PTSD), which is characterized by symptoms such as suicidal ideation, increased anxiety,

restlessness, and concern for the future. In the case of incest, this psychological impact can be prolonged and more serious (Messman-Moore, 2000; Dinwiddie et al., 2000 in Noviana, 2015).

3. Impact On Social

Sexual violence, especially incest, is a taboo topic in society, so stigma often arises against victims. Many people view rape victims as individuals who are humiliated, and give a negative label, especially to women, that they invite sexual appetite with their appearance (Taslim, 1995). This Stigma makes victims even more reluctant to express their experiences. They tend to be introverted individuals and have difficulty interacting with others, especially with peers. As a result, children of victims are often excluded from their social environment (Noviana, 2015).

The role of counselors in preventing and dealing with sexual violence

According To Kartika Fathiyah N. (2010), the role of counselors in schools is to provide guidance to all students so that they dare to face disrespectful people. School counselors can also teach students about the natural and unnatural touching of adults, children, and adolescents, and teach recognize grooming behavior is the process of identifying and engaging children in sexual activity gradually by sexual abusers.

According to Basile (Kendall-Tackett, 2005), trauma due to sexual violence often involves a feeling of loss of strength and connection with others. Therefore, trauma recovery in victims focuses on the concept of empowerment. Herman (1992) in his *book Trauma and Recovery* explains that there are three stages in the process of trauma recovery for survivors of sexual violence:

1. Establishing Safety

This stage aims to create a safe and comfortable environment for individuals, so that they can lead a better life. Examples of steps taken at this stage include teaching individuals to recognize a safe environment, helping them regain a sense of self, and providing control over their lives as well as stress management.

2. Remembrance and Mourning

At this stage, individuals are encouraged to express their entire story and feelings regarding the sexual violence experienced, understand its meaning, and feel deep sadness. After recognizing and releasing these burdens, the individual is directed to be able to manage the negative feelings that arise as a result of sexual violence.

3. Reconnection

This stage of Reconnection aims to give new meaning to individuals after they share false beliefs resulting from sexual violence. Individuals are expected to establish new interactions and create new identities and futures. Herman emphasizes that trauma recovery is strongly influenced by interaction with supportive people, so support from people nearby is very important in the recovery process (Ageng, 2010).

In order for children to no longer experience sexual violence, there is a need for prevention efforts, namely :

1. Provide Sexual Education From An Early Age

Low understanding of children about sexuality is one of the factors that lead to sexual violence. Menurut Briggs dan Hawkins (Margaretta S. S. And Christian, P., 2021), children who are still innocent tend to trust adults easily and are unable to detect their intentions. They are also taught to always obey adults. In addition, children's curiosity about their bodies is often avoided by the taboo environment of discussing sexuality. As a result, knowledge of child sexuality tends to be low, which potentially increases the risk of sexual violence. Therefore, it is important to improve children's

understanding of this through early sexual education. Many parents are of the view that sexual education is inappropriate for children or consider it taboo.

In general, sexual education (Susanti, 2020) includes clear and accurate information about human sexuality, from the process of conception to birth, sexual behavior, sexual relations, as well as health, psychological, and social aspects. Sexual education must be adapted to the norms in force in society, including things that are prohibited or mandatory, and how to do it without breaking the rules.

Sexuality education is a long process that includes the delivery of information and the formation of attitudes, beliefs and values about identity, relationships and intimate interactions. Menurut Halstead (Abduh M. & Wulandari M. D., 2016), the objectives of sex education given early are as follows:

- a. Helps children understand biological topics such as growth, puberty, and pregnancy.
 - b. Prevent children from violence.
 - c. Reduces guilt, shame, and anxiety resulting from the sexual act.
 - d. Preventing underage girls from getting pregnant.
 - e. Encourage good relationships.
 - f. Prevent minors from engaging in sexual relations.
 - g. Reduce cases of infections transmitted through sex.
 - h. Helping young people understand the role of men and women in society.
2. Instill shame in the child

Instilling shame in children can be one of the efforts to prevent sexual violence. Some ways that can be done is to emphasize the following:

- a. Don't open the hood.
 - b. Do not get along intimately with the opposite sex, including family or teachers.
 - c. Not allowing his body to be touched by others, unless it is justified.
 - d. No bathing or urinating in random places.
3. Intense communication with the child

Engaging in intense communication with children can boost their self-confidence and create strong relationships with adults. Thus, the child will be more open to sharing experiences, including unpleasant experiences or threats of sexual violence that they may face.

If the child can talk about such things with people they trust, this can serve as a preventive measure to avoid sexual violence in the future. Building a good relationship between children and parents is very important, so that children feel comfortable communicating openly about everything. According to Hudi Winarso and Roni Subagyo (Hudi Winarso, 2021), this supports healthy growth and development of children.

4. Instilling courage and independence in children

Sexual violence often occurs because the victim does not dare to report the events experienced. Fear of the abuser's threats and dependence on them, especially if the abuser is a close person such as a parent, family, or teacher, becomes a deterrent factor. Many children feel ashamed and consider that being a victim of sexual violence is a disgrace that should not be expressed.

Therefore, it is important to instill in the child courage and independence. Courage is not just about reporting violence, it is also about fighting against it. According To Pure (Putriyanti, D. et al., 2018), courage is the act of fighting for something that is considered important and facing any obstacle with confidence. Courage often has to do with the level of self-confidence, which can be influenced by motivation. The child must be taught to resist the negative, even if it comes from the closest people. Children need to understand that courage and independence are key to avoiding sexual violence.

Teaching independence from an early age helps children to take responsibility for themselves and their environment. Independence has a positive influence, seen in the way children behave in their daily activities. With independence, children do not easily trust others and can cope with the problems encountered. This is important, since dependence on the abuser is one of the reasons that children become victims of sexual violence. Independent children tend to be more confident and not afraid to take risks, so they are better able to resist unwanted actions.

5. Increase Child Supervision

To prevent children from becoming victims of sexual violence, close supervision is necessary. Supervision should be carried out not only when the child is outside the home, but also inside the home, because often sexual violence occurs in supposedly safe environments, even by the closest people. In addition, it is important to supervise the activities of the child and his social group. Without good supervision, children are more susceptible to falling into negative things, including being victims of sexual violence.

6. Provide an understanding of the impact of sexual violence

Sexual violence can affect both girls and boys, and its effects are very serious. Menurut Dube et al. (Sari, R. et al., 2015), victims of sexual violence experience prolonged physical and psychological trauma, lose their zest for life, and can develop hatred of the opposite sex as well as a desire for revenge. Perpetrators of sexual violence often realize that their actions are wrong, but still do it because of various personal motivations (Andri Priatna and Oom Somara De Uci, 2015). Therefore, children need to be given an understanding of the dangers of sexual violence and its impact, not only for the present but also for their future.

Children are the hope of the nation and will be the next generation. For this, they need to be nurtured and protected so that they can grow well and not fall into problems in the future (Harahap, A., 2018). Children need special attention and protection to ensure their physical, mental, and social development (Asmadi, E., 2020).

We all have a responsibility to protect children from crime, especially sexual violence, which can occur in their homes, schools, or social environments. Although it is impossible for parents to always be on the side of the child, they should still be taught how to protect themselves. Children need to be informed and informed about sexual violence and the steps they can take to protect themselves from potential threats. This knowledge is very important so that children can protect themselves from acts of violence that could harm them.

CONCLUSION

From the results of the discussion related to the role of counselors in dealing with cases of sexual violence, it highlights the importance of the role of guidance and counseling teachers (BK) in preventing and dealing with sexual violence against children. To protect children, it is very important to provide a safe space for them to talk about their experiences without fear of criticism or punishment. School counselors should educate students about good and bad touching and how to report inappropriate actions. Abusers often build trust and manipulate, so understanding grooming behavior is crucial. By implementing a prevention curriculum that is appropriate to the age and needs of children, as well as developing counselor competencies in cultural diversity and emotional processing, counselors are expected to create a safer and supportive environment for students. Through this comprehensive approach, students' well-being can be improved, so that they are more confident and able to deal with the problems at hand.

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