

# Kondisi Psikososial Anak Korban Kekerasan Fisik dan Seksual Sebelum dan Sesudah Mendapatkan Layanan Rehabilitasi Sosial (Studi Deskriptif di Sentra Handayani Jakarta) = Psychosocial Conditions of Children Victims of Physical and Sexual Violence Before and After Receiving Social Rehabilitation Services (Descriptive Study at Sentra Handayani Jakarta)

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## Abstrak

Kekerasan pada anak merupakan ancaman berskala global dan jumlahnya meningkat setiap tahun di Indonesia. Kekerasan pada anak memiliki konsekuensi psikososial jangka panjang mulai dari konsekuensi fisik, psikologis, perilaku, sampai konsekuensi sosial. Kekerasan pada anak juga merupakan pengabaian terhadap hak-hak anak di mana anak berhak atas perlindungan dari kekerasan dan diskriminasi. Di Indonesia, perlindungan anak meliputi upaya rehabilitasi yang dilakukan oleh lembaga kesejahteraan sosial anak (LKSA). Rehabilitasi sosial dimaksudkan untuk memulihkan dan mengembangkan kemampuan seseorang yang mengalami disfungsi sosial agar dapat melaksanakan fungsi sosialnya secara wajar. Penelitian ini membahas mengenai kondisi psikososial anak korban kekerasan fisik dan seksual sebelum dan sesudah mendapatkan layanan rehabilitasi sosial serta faktor pendukung dan penghambat proses perubahan kondisi psikososial anak dalam masa rehabilitasi sosial di Sentra Handayani Jakarta. Penelitian ini menggunakan pendekatan kualitatif dengan jenis penelitian deskriptif. Metode pengumpulan data dalam penelitian ini dilakukan melalui studi kepustakaan, wawancara mendalam, dan observasi. Informan dalam penelitian ini berjumlah 7 orang yang terdiri dari, 2 pekerja sosial, 2 anak korban kekerasan, 2 pengasuh, dan 1 psikolog. Hasil penelitian menunjukkan terdapat beberapa gangguan psikososial yang dialami anak korban kekerasan fisik dan seksual sebelum mendapatkan layanan rehabilitasi sosial antara lain: depresi, agresif, menutup diri, tidak percaya diri, ketakutan, dan hiperseks. Namun, setelah mendapatkan layanan rehabilitasi sosial di lembaga, ada beberapa perubahan kondisi psikososial anak dilihat dari aspek psikososial serta aspek fisik. Perubahan aspek fisik seperti kenaikan berat badan dan memudarnya bekas luka anak. Perubahan aspek psikologis seperti kondisi depresi yang membaik ditandai dengan pola tidur yang kembali normal, mimpi buruk yang tidak kembali datang, hilangnya keinginan untuk menyakiti diri sendiri, dan emosi yang lebih stabil. Perubahan lainnya seperti kepercayaan diri yang meningkat dan pulihnya trauma (ketakutan) anak. Sedangkan, perubahan dari aspek perilaku seperti berkurangnya sifat agresif anak dan anak menjadi lebih terbuka. Adapun beberapa upaya yang dilakukan lembaga untuk memulihkan kondisi psikososial anak korban kekerasan adalah melalui layanan seperti konseling dan terapi. Konseling bertujuan untuk memecahkan masalah yang dimiliki anak korban kekerasan selama masa rehabilitasi. Sedangkan, terapi ditujukan kepada anak korban kekerasan yang memiliki trauma dan permasalahan psikologis tertentu yang membutuhkan penanganan lebih lanjut. Terdapat beberapa faktor pendukung proses perubahan kondisi psikososial anak korban kekerasan di antaranya: dukungan teman sebaya, dukungan keluarga dan dukungan pekerja sosial. Ketiganya telah membantu anak dengan memberikan dukungan emosional sehingga anak tidak lagi merasa sendirian dan kesepian selama menjalani proses rehabilitasi. Namun, terdapat juga faktor yang menghambat proses perubahan dari pihak anak seperti

kepribadian anak yang tertutup dan sulit diatur. Faktor penghambat lainnya berasal dari lembaga, yaitu sikap dan perilaku pengasuh dan anak-anak di asrama yang suka berbicara kasar dan kotor.

.....Violence against children is a global threat and the number increases every year in Indonesia. Violence against children has long-term psychosocial consequences ranging from physical, psychological, behavioral, to social consequences. Violence against children is also a disregard for children's rights where children have the right to protection from violence and discrimination. In Indonesia, child protection includes rehabilitation efforts carried out by child social welfare institutions (LKSA). Social rehabilitation is intended to restore and develop the ability of someone who experiences social dysfunction so that they can carry out their social functions properly. This research discusses the psychosocial conditions of children who are victims of physical and sexual violence before and after receiving social rehabilitation services as well as supporting and inhibiting factors in the process of changing children's psychosocial conditions during the social rehabilitation period at the Handayani Center in Jakarta. This research uses a qualitative approach with descriptive research type. The data collection method in this research was carried out through literature study, in-depth interviews, and observation. The informants in this study were 7 people consisting of 2 social workers, 2 child victims of violence, 2 caregivers, and 1 psychologist. The research results show that there are several psychosocial disorders experienced by children who are victims of physical and sexual violence before receiving social rehabilitation services, including: depression, aggression, withdrawal, lack of self-confidence, fear, and hypersexuality. However, after receiving social rehabilitation services at the institution, there were several changes in the child's psychosocial condition seen from the psychosocial and physical aspects. Changes in physical aspects such as weight gain and fading of children's scars. Changes in psychological aspects such as improved depression are characterized by sleep patterns returning to normal, nightmares not coming back, loss of desire to harm oneself, and more stable emotions. Other changes include increased self-confidence and recovery from children's trauma (fears). Meanwhile, changes in behavioral aspects such as reducing children's aggressive nature and children becoming more open. Some of the efforts made by institutions to restore the psychosocial condition of children who are victims of violence are through services such as counseling and therapy. Counseling aims to solve the problems that child victims of violence have during the rehabilitation period. Meanwhile, therapy is aimed at child victims of violence who have trauma and certain psychological problems that require further treatment. There are several factors that support the process of changing the psychosocial conditions of children who are victims of violence, including: peer support, family support and social worker support. The three of them have helped the child by providing emotional support so that the child no longer feels alone and alone during the rehabilitation process. However, there are also factors that hinder the process of change on the part of the child, such as the child's personality being closed and difficult to manage. Another inhibiting factor comes from the institution, namely the attitudes and behavior of caregivers and children in the dormitory who like to talk rudely and dirty.