

# Forgiveness Therapy to Improve Subjective Well-being of Woman Victims of Sexual Harassment

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**Keywords:** Forgiveness, Subjective, Well-being, Women, Sexual Harassment.

**Abstract:** The purpose of this study was to determine the effectiveness of forgiveness therapy to improve the subjective well-being of women victims of sexual harassment. Many effects caused by sexual harassment include decreased self-esteem, decreased self-confidence, depression, anxiety, fear of rape and revenge toward people who have committed abuse. This condition causes a person's subjective well being to be low, which tends to feel dissatisfied with his life, does not feel happy and often feels negative emotions such as anxiety and anger. Therefore, efforts are needed so that victims of sexual harassment can improve their subjective well-being. One way that can be done is to give interventions with forgiveness therapy. Forgiveness will be able to reduce negative emotions, which are characterized by the reduced desire to take revenge or avoid the offender. To forgive means to be able to accept the bitter reality that has ever happened and to make peace with it. Quantitative data analysis using the nonparametric Wilcoxon Signed Ranks Test. The results of the data analysis show that  $p = 0.013$ , this value indicates that the probability is below 0.05. It can be concluded that forgiveness therapy can improve the subjective well-being of women victims of sexual harassment.

## 1 INTRODUCTION

Cases of sexual harassment are increasing from year to year, especially in big cities. In Jakarta, sexual harassment cases always increase from year to year is the addition of an increase of almost 100% (Ruqoyah, 2016). Sexual harassment is any form of behavior that connotes or leads to sexual matters taken unilaterally and not intended by the person who becomes the target it's causing a negative reaction such as shame, anger, hate, hurt, and so the individual who are victims of abuse (BKKBN, 2012).

Many negative effects felt by victims of sexual harassment, such as felt decreased self-esteem, decreased self-confidence, depression, anxiety, fear of rape and increased fear of other criminal acts (BKKBN, 2012). In Indonesia, most victims of sexual harassment are women, while the perpetrators are men (Sapmaz, et al, 2016). Victims of sexual harassment are usually afraid to reveal the conditions that are happening to them. They tend to keep it to themselves because they feel that if known by others will cause fear of being rejected by the social environment.

Many factors cause the victim of sexual harassment to remain unwilling to reveal all the cases

that they have done, including confusion (not knowing how to describe themselves about what happened), shame, the attitude of blaming the victim by others, and positioning the victim to feel "guilty" such as attribution of dress, lifestyle and the assumption that the victim is not a "good" woman, especially if the investigation is carried out against the incident of abuse, guilt for what happened, can not accept the idea that they are a victim, or a feeling that they should be able to stop the harassment, denial (not wanting to believe that has really happened), minimizing or defense mechanism (telling yourself that "it's not a big problem," "I'm just too sensitive," or "I are shy "). The victim behaves this way because others said that they should, afraid (of the perpetrator's revenge), afraid of the offender facing problems when what they want is merely the behavior is stopped or feels responsible for the consequences of the perpetrator's behavior, adaptation to this treatment because it probably has happened repeatedly, so the victim felt either that there was nothing they could do, or they were thinking that this was a life lesson like "I will indeed experience this" and "must be able to overcome it" silently, numbness (when the victim wants to emotionally break themselves with the experience, they might also avoid

the person or place that reminds them of the very painful time), triggered (the memory that arises when talking about it again puts too much weight or anxiety/feeling sick).

Victims of sexual harassment will tend to have feelings of depression, filled with distress, anxiety, depression, and experience unpleasant feelings. This condition shows that victims of sexual harassment tend to have low subjective well-being (Samman, 2007). Subjective well-being is a person's evaluation of life including those concerning life satisfaction, pleasant feelings and low unpleasant feelings (Datu, 2014).

Seeing this condition, it is necessary to immediately take care to help so that victims of sexual harassment can uplift again. They must be able to continue their lives better. And able to learn from cases that have been experienced to improve their behavior in the future. They must be able to be optimistic, not continually suffer. They must be able to leave their past and be able to overcome the events that caused the trauma. According to Logan & Weston (2009), sexual harassment can cause Post Traumatic Stress Disorder for victims.

The low subjective well-being of victims of sexual abuse can be increased by forgiving past cases to cause positive emotions. Forgiveness is a way to accept and release negative emotions such as anger, depression, guilt due to injustice, facilitating healing, self-improvement and improving interpersonal relationships with various problem situations (Waldron, et al, 2009). Forgiveness is not only an interpersonal process but also intrapersonal. Subsequent forgiveness will directly affect physical health and endurance by reducing hostility, increasing the immune system in cells and neuro-endocrine, releasing antibodies, and influencing processes in the central nervous system (Kjell. et al, 2016).

Seeing this exposure, the researchers aimed to find out the effectiveness of forgiveness interventions to improve the subjective well-being of women who became victims of sexual abuse. In line with these objectives, the hypothesis proposed is that forgiveness therapy that can improve the subjective well-being of women who became victims of sexual abuse.

## 2 RESEARCH METHOD

### 2.1 Research Participants

#### 2.1.1 Subject

Criteria for research subjects are:

1. Women who are victims of sexual harassment, with physical abuse (who have intercourse)
2. Minimum education of junior high school or equivalent
3. Age between 19-40 years
4. Domicile in Jakarta

### 2.2 Research Design

The research method is Quasi-experimental with the design of The Dependent Pretest and Posttest Samples (Shadish, Cook, & Campbell, 2002).

*NR O1 X O2*

Information:

O1: Measurement before giving intervention (Pre-test)

O2: Measurement after the intervention (Post-test) X: Intervention (forgiveness therapy)

NR: None Randomized

#### 1. Intervention Manipulation:

An intervention module that will be made by the researcher is making a forgiveness therapy intervention module for victims of sexual harassment that are adapted and modified from (Rahmandani, 2010).

#### 2. Tools and Materials:

- Some tools that will be used in this research include:
- Informed consent, which is the subject's consent sheet as a participant in the study.
- Observation sheet.
- Observation sheets are used to make observations in the training process, see changes that occur in groups, observations of trainers and co-trainers.
- Subjective Welfare Scale and Forgiveness Scale (HFS).

### 2.3 Research Procedure

#### 2.3.1 Test the Validity and Reliability of Research Measuring Instruments

The Subjective Welfare Scale is based on the scaling (Wadron, 2010)

Heartland Forgiveness Scale (HFS) measuring instrument (Suleman & Sabili, 2016).

### 2.3.2 Test the Module

### 2.3.3 Conducting Research by Giving Pre-test and after the Intervention is given a Post-test

## 3 DISCUSSION

### 3.1 Stage 1: Initial Research Assessment

This initial assessment is done on 4 August 2018, at 08.00-12.00 at Esa Unggul University Campus.

At this stage, the assessment is the process of choosing a subject in accordance with predetermined criteria.

In the assessment process is done several stages:

- Briefed the participants about the research process
- Provide informed consent for participants who are willing to become study participants.
- Explore participants' problems related to psychological problems faced after becoming victims of sexual harassment.

Furthermore, on August 5, forgiveness was done before forgiveness therapy. It is hoped that participants can understand and accept their pasts related to the problem or case being faced.

### 3.2 Stage 2: Implementation of the Research Code

The research was conducted on 1st and 2nd September 2018, at Esa Unggul University, Jakarta Barat. The research was done by giving forgiveness therapy intervention to the victims of sexual abuse.

- Pre-test, each participant was asked to fill in the forgiveness therapy scale.
- There were 5 participants present and all were willing to participate in the intervention process. In this session, participants were divided into two groups, each group led by a therapist is a psychologist from Fatmawati Hospital Jakarta.

From the results of the participant's pre-test and post-test, data analysis was performed to see how the participants' levels of gratitude changed. In this data analysis test which can be further analyzed as many as 5 participants. The first data analysis was performed to see changes in subjective welfare scores

after the intervention. The results show that the value of  $t = 0.013$ ,  $p < 0.05$ . These results indicate that there were significant changes in the group before and after the intervention.

Table 1: Data of subjective welfare scores, between pre and post the intervention.

No.	Name	Pre	Post
1	w	103	128
2	d	110	115
3	e	104	112
4	ni	87	104
5	z	106	109
6	o	99	107

The second data analysis was conducted to see forgiveness score changes between before and after therapeutic intervention forgiveness. The results show that the results of data analysis show that the probability  $t = 0.014$ ,  $p < 0.05$ . These results indicate that there were significant changes in the group before and after the intervention. The results can be seen in the following table:

Table 2: Data of forgiveness score between pre and post therapeutic intervention.

No.	Name	Pre	Post
1	w	80	111
2	d	82	88
3	e	73	83
4	ni	95	99
5	z	68	85
6	o	83	86

## 4 DISCUSSION

Test analysis using a different test that is Wilcoxon Signed Ranks Test showed that there are significant differences between the pre-test and post-test, with the significance of  $p < 0.05$ . These results indicate that there was a change in the group before and after forgiveness therapy. The average score of the General Well Being scale before training was 101.5 and after training, 112.5 showed that there was a gratitude score for women who were victims of sexual harassment.

The results of this study indicate that forgiveness therapy is effective in increasing the psychological

well-being of women victims of sexual abuse. With forgiveness can be an indicator of psychological welfare in humans (Sapmaz, et.al, 2016). Forgiveness is important not just to fulfill religious teachings or moral teachings. Forgiveness becomes important especially for the victims themselves because if they do not forgive, they will forever be a victim and suffer the consequences of this painful cases, they will lose their sense of peace and can turn into a bitter and full of internal conflict (Arif, 2016 ).

Research results matching that of (Toussaint & Friedman, 2009), shows that forgiveness brings great influence to the individual's subjective well-being. Forgiveness has a very good effect on health. The stress levels of people who are able to forgive are lower and their hostility will also be reduced.

Meanwhile, if it does not forgive it will disrupt the functioning of our body's hormones, and inhibit the body's response to deal with bacteria, infections and various other types of health problems (Arif, 2016).

## 5 CONCLUSION

The results of this study indicate that forgiving therapeutic intervention can improve the well- being of women victims of sexual abuse. This is evidenced by an increase in forgiveness and welfare scores for participants.

The limitation in this study is the relatively small number of subjects so that less can be generalized to all cases.

For further research, it is recommended to add more subjects so that the results will be generalized in various cases.

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