



The Influence of Domestic Violence from a Psychological Perspective and Efforts to Overcome Crime Against Domestic Violence in Indonesia

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Abstract

Efforts to break the chain of domestic violence for parents must eliminate the element of domestic violence. Domestic Violence (KDRT) is an act committed in the household either by a husband, wife or child which has an adverse impact on the physical, psychological and harmonious relations according to what is stated in Article 1 of Law Number 23 of 2004 concerning the Elimination of Internal Violence. In this writing, several questions are raised which will focus on the problems of what causes domestic violence, how domestic violence (KDRT) affects women and children from a psychological perspective and how to deal with crimes against domestic violence. The research method used is empirical legal research, namely studying the implementation of legal products with what happens in reality in society as the object of regulation. The approach method used in this research is juridical-normative, this type of research is descriptive research. This research concludes that the causes of domestic violence are internal factors and external factors and efforts that can be made to deal with domestic violence need help from professionals.

Keywords: *Domestic Violence Crime; Psychology; Crime Control*

Introduction

Domestic Violence (KDRT) is an act committed in the household either by a husband, wife or child which has an adverse impact on the physical, psychological and harmonious relations according to what is stated in Article 1 of Law Number 23 of 2004 concerning the Elimination of Internal Violence. Household. The scope of acts of domestic violence are acts against a person, especially women, which result in physical, sexual, psychological misery or suffering, and/or neglect of the household including threats to commit acts, coercion, or unlawful deprivation of liberty within the household sphere.

Most of the victims of domestic violence are women (wives) and the perpetrators are husbands, although there are also victims on the contrary, or people who are subordinated in the household.¹ Perpetrators or victims of domestic violence are people who have blood relations, marriage,

¹Yoyon M Darusman, Susanto, RR Dewi Anggraeni, Bachtar, Bastinaon, Literature Review Socialization of the Law on Child Protection and Domestic Violence, Panggang Island Village, Seribu Islands Regency, Journal of Creative Lokabmas, Vol. 01, No. 01, Pg. 76-82

breastfeeding, parenting, guardianship with husbands, and children and even household helpers who live in a household.

Most of their husbands do not know that what they have done is an act of domestic violence. Husbands consider these actions normal and need to be done so that wives respect them as husbands. The form of violence in the form of not fulfilling household needs is carried out because of difficult economic conditions, not because they want to do it. The heavy demands of life make them unable to meet their daily needs.²

In fact, it is very difficult to measure and know with certainty domestic violence. This is because perpetrators and victims do not really know what forms of domestic violence and the impacts that arise from this violence. However, legal protection can still be upheld as stated in the Law on the Elimination of Domestic Violence Number 23 of 2004 which regulates the provision of sanctions and protection for victims of domestic violence.

The dissemination of the PKDRT Law Number 24 of 2004 should be followed up by sub-districts and sectors such as the police, health workers, village officials, community leaders, to KUA officers. Socialization that is carried out on an ongoing basis can be in the form of counseling for husbands and wives about domestic violence. Provide information about forms of violence that can occur in the household as well as legal protection for witnesses and victims.

The KUA provides education to husbands and wives in living a harmonious household life and respecting each other without elements of violence. Sometimes the perpetrators of domestic violence are caused by those who have a history of violence in the past, both as victims and witnesses. Past history of violence experienced by respondents contributed to their attitudes and behavior in the future. Boys who grow up in families that experience violence are three times more likely to become perpetrators of violence against their wives and families in the future. Meanwhile, daughters who witness domestic violence will develop into adult women who tend to be passive and have a high risk of becoming victims of violence in their families. Some individuals can overcome the experience of violence and have no impact on their interaction with other people. But for those who can't handle it, they will tend to be aggressive later³.

Forms of domestic violence according to Article 5 of RI Law No. 23 of 2004 as follows:

- a. Physical violence, namely actions that cause pain, fall sick, or seriously injured (Article 5 in conjunction with Article 6). Physical violence can be exemplified by kicking, slapping, hitting, bumping, biting and so on. Actions that cause pain, of course, must receive medical treatment according to the violence they experienced
- b. Psychological violence, namely actions that cause fear, loss of self-confidence, loss of ability to act, feelings of helplessness, and/or severe psychological suffering to someone (Article 5 in conjunction with Article 7). Can be exemplified as threatening behavior, intimidating, berating, humiliating, bullying and so on. If this psychological violence occurs in children, it will certainly have an impact on the development and psyche of children, so they tend to experience prolonged trauma. This can also happen to women
- c. forcing sexual relations in an inappropriate and/or unwanted manner, forcing sexual relations with other people for commercial purposes and/or certain purposes (Article 5 in conjunction with Article 8), which includes forcing sexual relations against people who live within the scope of the household mentioned, forcing sexual relations with one person within the scope of the household with another person for commercial purposes and/or certain purposes. This form of sexual violence is common to women, because women are classified as vulnerable

²Soeroso, Domestic Violence in a Juridical-Victimological Perspective, Surabaya: Sinar Graphic, 2011

³Margareta, Trauma to Childhood Violence and Violence in Social Intimate Relationships, 2013, Pg. 17

- d. Household neglect, namely the act of neglecting a person within the scope of the household, even though according to the law that applies to the person concerned or because of an agreement or agreement he is obliged to provide life, care and maintenance for that person. Abandonment also applies to anyone who causes economic dependence by limiting and/or prohibiting proper work inside or outside the home so that the victim is under the control of that person (Article 5 in conjunction with Article 9). Domestic neglect is not only referred to as economic violence, but also as complex violence meaning that it is not only financial neglect (not providing a living,

Generally, someone who has a history of past violence considers acts of violence to be normal so they tend to do the same thing. They think that violence is a way to solve problems and control others. Everyone who has had a history of past violence is expected to be able to get rid of the bad images of his past so that he does not imitate the violent behavior he has experienced. Able to control oneself and avoid conditions that can trigger emotions that lead to acts of violence. If necessary, you can ask for help from a psychologist or psychiatrist to get rid of bad past trauma.

Efforts to break the chain of domestic violence for parents must eliminate the element of domestic violence. Exposure to domestic violence can cause various problems in children. In the short term, such as threats to the safety of children's lives, damaging the family structure, the emergence of various mental disorders. Meanwhile, in the long term, it raises the potential for children to be involved in violent and abusive behavior in the future, either as perpetrators or as victims.

Formulation of the Problem

Based on the description of the problem, in this writing several questions are raised which will focus on the formulation of the problem as follows:

1. What Causes Domestic Violence?
2. How Does Domestic Violence (KDRT) Affect Women and Children From a Psychological Perspective?
3. What are the Efforts to Overcome Crime Against Crimes in Domestic Violence?

Research Methods

This study uses empirical legal research, namely examining the implementation of legal products with what happens in reality in society as the object of regulation. The approach method used in this research is juridical-normative, this type of research is descriptive research. Researchers try to reveal the full facts and what they are. This descriptive method collects actual detailed information to describe existing symptoms, identify problems or examine prevailing conditions and practices, make comparisons and determine what others have done in dealing with the same problems and learn from experience.⁴According to its form, this research is a diagnostic research, namely obtaining and analyzing the causes of symptoms.⁵The data analysis uses a qualitative approach. The definition of qualitative research according to Syaodih Sukmadinata is research aimed at describing and analyzing phenomena, events, social activities, events, beliefs, attitudes, perceptions, and thoughts of people individually and in groups.⁶

⁴Suteki, Galang Taufani, *Legal Research Methodology (Philosophy, Theory and Practice)*, Depok: PT Rajagrafindo Persada, Third printing, 2020, Pg. 133

⁵Ibid, p.137

⁶Ibid., p.139

Discussion

1. Causes of Domestic Violence

Victims of domestic violence are often referred to as hidden crimes or domestic violence because both perpetrators and victims hide or keep these actions secret from the public, and they also occur in the domestic sphere. Victims are those who suffer physically and spiritually as a result of the actions of other people who seek to fulfill their own interests or those of others that conflict with the interests and human rights of those who suffer.

Victims are divided into two, namely direct and indirect victims. A direct victim if the victim experiences acts of violence perpetrated by parents, uncles, grandfathers or other family members directly gets the result of the violence, whereas indirectly if the victim only becomes a witness in acts of violence perpetrated by fathers against mothers, or vice versa .

Violence can be interpreted as bullying, threats, or other acts of harassment, both psychologically and psychologically, including physical, sexual, or emotional violence. Violence can be in the form of physical violence such as slaps, kicks and punches. Sexual violence (sexual abuse) such as having forced sex, groping that is not pleasing, sexual harassment, or sexual humiliation. Emotional abuse (emotional abuse) such as jealousy or excessive possession, damaging personal property, and insults.⁷

Violence is an attack on the physical and psychological integrity of a person so that it can harm one of the weak parties. Violence is an attack on a person's physical or psychological nature so that as a result an act of oppression appears against one of the parties which causes a person's physical or psychological harm to one of the parties. Philosophically, the phenomenon of violence is a symptom of decline in interpersonal relations, where people can no longer sit together to solve a problem.

Parenting patterns for children can lead to acts of domestic violence, children who are victims of bad parenting patterns will become adults and parents who are perpetrators of violence too later. They imitate the upbringing he got as a model when they became husband and wife and parents later.⁸ Parenting in the family can contribute to shaping violence. The most supportive parenting style for the occurrence of domestic violence in the future is authoritarian parenting.

Authoritarian parenting in its application is strict parenting, emphasizing high discipline, imposing the will of parents on children, always giving punishment for mistakes made. This makes children temperamental, unhappy, aimless, full of fear, easily stressed, withdrawn, and distrustful of others. Many parents think that authoritarian parenting is normal for children as a way of disciplining children. Even though children who receive harsh and affectionate treatment and care, will result in emotional wounds in children.

Lack of control from parents also makes children more vulnerable to becoming victims of violence. For example, giving care completely without supervision to helpers or other people who often hurt children. Each parent has their own way of raising their children. It is important to provide good parenting from an early age so that it helps children grow into good individuals and not as perpetrators or victims of domestic violence when they are adults.

Factors that cause domestic violence usually occur in the household where no one else is present and witnesses the incident, except for their children. Domestic violence rarely occurs in public because violence between husband and wife is still considered an aberration or taboo by the wider community. In addition, the husband (perpetrator) also does not want to be labeled as a husband who is temperamental

⁷ Traditional Masculinity Domestic Violence Encourages Its Occurrence domestic violence, *Indonesian Women's Journal Foundation*, 2012

⁸ *ibid*

and embarrassed when seen by many people. Other factors such as husband and wife trying to give the impression of being a harmonious and intimate family, customs are not involved or are afraid of being targets of violence.

The influence of domestic violence on harmony in the family is classified as very strong.⁹The issue of violence against women in the household in Indonesia is still considered normal, and considers it a dynamic of life that must be lived. So that many domestic women do not have the courage to report the violence they experience because they think it is a disgrace in the family that other people should not know about. The phenomenon of violence is like an iceberg, meaning that the cases that are exposed (publicly) are only a small part of the forms of violence against women in the household that have not been exposed to the surface. Of course this is the duty of all parties that all forms of violence must be eliminated, especially against women.

There are two factors that cause domestic violence. First, internal factors due to the weakening of the adaptability of each family member among themselves, so that they tend to act discriminatory and exploitative towards weak family members. Second, external factors result from environmental interventions outside the family which directly or indirectly affect the attitudes of family members which are manifested in exploitative attitudes towards other family members, especially in women and children.¹⁰

Domestic violence often occurs due to lack of communication, disharmony, economic reasons, inability to control emotions, inability to find solutions to any household problems, as well as intoxicated conditions due to alcohol and drugs. In many cases, sometimes husbands commit violence against their wives because they feel frustrated at not being able to do something that should be their responsibility. This usually happens to couples who are not ready for marriage (young marriage), husbands who do not have a job and steady income to meet their needs, and limited freedom because they are still living with their parents/in-laws.

From these conditions, very often husbands/men seek escape with negative things (drunkenness, gambling, drugs, sex) so that it leads to taking out the wife in various forms, both physical, psychological, sexual violence and even neglect. All forms of good violence that occur against women are serious crimes against humanity. This if left unchecked and takes place continuously can lead to various new problems in the future.

The basic theory of the occurrence of violence Zastrow & Browker states that there are three main theories that are able to explain the occurrence of violence, namely the biological theory, the frustration-aggression theory, and the control theory.¹¹First, the biological theory explains that humans, like animals, have an innate aggressive instinct. Sigmund Freud theorized that humans have a desire for death and to kill others and themselves. Robert Ardery who suggested that humans have an instinct to conquer and control territory, which often leads to violent interpersonal conflict behavior.

The purpose of this biological theory is that humans have aggressive instincts from birth, so that conflict behavior is considered natural as a form of self-defense from various pressures. This behavior can manifest as a form of violence due to various prolonged pressures (family, economic problems, etc.).

Second, the frustration-aggression theory states that violence is a way to reduce the tension that results from frustrating situations. This theory stems from the plausible notion that frustrated people often engage in aggressive behavior. For example, in the case of a husband who has been unemployed for years

⁹Rendi Amanda Ramadhan, Nurhamlin Nurhamlin, Influence (KDRT) on the Level of Harmony in the Family in Umban Sari Village, Rumbai District, Pekanbaru City, JOM FISIP, Vol. 5 No. 1, 2018, p. 1-15

¹⁰Agung Budi Santoso, Domestic Violence Against Women: Social Work Perspective, COMMUNITY Journal of Islamic Community Development, Vol. 10 No. 1, 2019, P. 39-57

¹¹Rochmat Wahab, Domestic Violence: Psychological and Educative Perspectives, 2010

and does not have a steady income to meet the needs of his family, the husband tends to commit violence against his wife and children due to the symptoms of frustration he experiences.

Third, control theory explains that people who are dissatisfied in their relationships with others will easily commit violence. In other words, people who have good relationships with other people tend to be better able to control and control aggressive behavior. Travis Hirschi, provides support for this theory. It is stated that young boys who behave aggressively tend not to have good relationships with other people. The same thing happened to former convicts in America who were also estranged from their friends and family.

2. The Influence of Domestic Violence (KDRT) Against Women and Children From a Psychological Perspective

The most common forms of violence were mild physical violence in the form of pushing the wife, minor economic violence in the form of not fulfilling household needs and minor sexual violence in the form of insulting with sexual words.¹²It is sad that there is also heavy psychological violence committed when the wife is pregnant in the household which causes psychological violence. The psychological effects of abuse are more severe than the effects of physical violence. Fear, anxiety, fatigue, stress disorders, trauma, and eating and sleeping disorders are long reactions to acts of psychological violence.

Often acts of violence against wives result in biologically disrupted reproductive health which in turn results in sociological health disturbances.¹³Viewed from the aspect of reproductive health, the incidence of domestic violence in women can result in various kinds of reproductive system disorders, either directly or indirectly. Women can experience menstrual disorders and even menopause earlier. During pregnancy, miscarriage/abortion can occur, immature labor and the baby dies in the womb. During labor, women will experience labor difficulties such as loss of uterine contractions, prolonged labor, birth with tools and even surgery. The results of pregnancy can give birth to babies with low birth weight, mentally retarded, babies born with physical defects or babies born still.¹⁴

The impact of domestic violence on women is a serious problem. The consequences are also far-reaching. For example, disability, trauma, stress, conflicts and even murder can arise, and for children it can interfere with the process of growth and development. The impact of domestic violence on women can be divided into 2 namely, short-term impacts and long-term impacts. First, the short-term impact usually has an immediate impact, such as physical injury, disability, pregnancy, job loss, and so on. Second, the long-term impact usually has an impact in the future and even lasts a lifetime. Usually victims experience psychological (psychiatric) disorders, loss of self-confidence, self-isolation, trauma and fear and depression.

From these two impacts, the thing that is feared is the emergence of further violence. This means that victims who are not handled properly are feared to become perpetrators of violence in the future as a form of outlet for past trauma. Emi Sutrisminah, in her research, revealed that the impact of domestic violence also affects reproductive health.

Women's reproductive health is disrupted if during the time they are not pregnant they experience menstrual disorders so that they can experience a decrease in libido and the inability to have an orgasm. Meanwhile, during pregnancy, miscarriages/abortions, prenatal births and babies can die in the womb. Other impacts that also affect the health of the wife's reproductive organs in the household include

¹²Mery Ramadani, Fitri Yuliani, Domestic Violence (KDRT) as a Global Public Health Issue, Journal of Public Health Andalas, Vol. 9, No. 2, 2015, p. 80-87

¹³Sutrisminah E, The Impact of Violence on Wives in the Household on Reproductive Health, Midwifery FIK Unissula, 2010

¹⁴Sonda M, The Impact of Domestic Violence on Women's Reproductive Disorders at Bhayangkara Hospital, Midwifery Poltekkes Makasar, 2010

changes in the mindset, emotions and family economy.¹⁵

Violence experienced by a person does not only bring about physical pain and injury, mental wounds caused by verbal violence can be one of none other than a member of the family. The psychological impact of victims of domestic violence is common in women and children. Men are generally physically stronger, enabling them to commit violence and also enabling them to be able to fend off violence if forced to attack, whereas women who are physically weaker are not strong enough to commit violence compared to men as their opponents, more likely to become objects of violence and not strong enough avoid violence. Opportunities for women to become perpetrators of violence are more as an effort to defend themselves or to repay the violence experienced.

The phenomenon of domestic violence raises a number of psychological problems other:

- a. For perpetrators, generally men feel they are not guilty of committing violence because they are seen as upholding authority in their title as the head of the family. This is an unhealthy personality and a psychological defect, which makes other people miserable, especially their own family members whose security should be protected, instead they are made miserable, sick and suffering. People who cannot control their emotions are an indication of an immature or immature personality, not only not emotionally intelligent, but also intellectually unintelligent. This means that the perpetrators of violence do not use their left or right brain to control their behavior. Whatever the reason, making mistakes but feeling right or justifying wrong behavior is tyrannical behavior.
- b. Victims of domestic violence generally feel guilty or blamed for having ignited men's emotions to commit violence, and it's even worse than that they have been sick and suffered from experiencing violence. Religious guidance suggests that a wife cannot fight or is not allowed to fight her husband.
- c. For children who witness let alone become victims of violence, they will learn to do violence that their fathers did, and for girls they will learn to avoid associating with men, phobias to marry or have sons, and forms of traumatic fear. other. Therefore,

domestic violence, for perpetrators, victims and their children leaves a number of lasting psychological problems.

Psychological violence is an act that results in fear, loss of self-confidence, loss of the ability to act, a feeling of helplessness, and/or severe psychological suffering to someone. Steps that can be faced if domestic violence is currently / has occurred, then face it and handle it with the following steps:

- 1) The wife and husband have a dialogue, both of them have to find solutions to the problems they are facing to solve the problems that are the cause of domestic violence by the father (husband).
- 2) Solve the domestic violence problem with a cool head, find the right time to convey that domestic violence is against state law, religious law, culture and social customs.
- 3) Report it to families who are considered influential who can provide a way out of solving the domestic violence problem so that it doesn't continue to recur.
- 4) If it is severe domestic violence such as the victim is injured, then a post mortem is carried out.
- 5) Report to the authorities that domestic violence has occurred, victims of domestic violence need to receive psychological and legal assistance.
- 6) An environment that cares about the situation around it makes it possible to participate in preventing acts of violence that end in fatalities. And if the psychological impact that occurs as a result of domestic violence cannot be overcome, don't hesitate to ask for the help of professionals

¹⁵Emi Sutriminah, The Impact of Violence on Wives in the Household on Reproductive Health, FIK Unissula

in the mental health sector to help.

When violence against women occurs, the first person who is most affected is the victim. Unfortunately, violence against women, both verbally, sexually and physically, is not as easy to heal as a wound from an injury. Not only physically, but his psychological life is also at stake. Every victim of violence against women reacts differently. The culture, nature, and context of life that he lived so far influenced the way he survived the violence. The time to recover for victims of violence against women also varies. The lives of people who have experienced violence against women will no longer be the same. The slightest violence will make an impression and become a part of his life.

The continued impact of domestic violence on women, namely, such as:

1) Emotional Reaction

Both violence that lasts for years or that is just about to happen will have a big impact on the emotional side of a woman. On the one hand, the victim may feel self-blame or, conversely, be enraged at the situation. Usually, these negative emotions are accompanied by fear, mistrust, sadness, vulnerability, and shame. It is very possible that people who have experienced violence will feel that they are no longer valuable. In the end, all kinds of emotional reactions due to violence against women make a person able to close himself off from those around him. Starting from family, friends, partners, even the world.

2) Psychological Impact

Not only emotions, the psychological side of victims of violence against women will also be affected. Even though the violence he experienced has long since passed. The types of impact can range from nightmares related to violence, flashbacks, difficulty concentrating, depression, to post-traumatic, stress disorder. If this condition gets worse, you should not just ignore it. It would be wrong to assume that the psychological impact on victims of violence against women will wear off over time. Along with life, there will be conditions where bad memories will reappear. It is better if the victim is given a type of psychological therapy according to the condition he is experiencing.

3) Physical Reaction

Of course the physical condition cannot lie if a woman has experienced violence. Whether violence only occurs once or continuously, as in cases of domestic violence, there will be physical impacts. Physical injuries from violence against women may subside after some time. However, the body and physical reactions cannot lie. There will be changes ranging from sleep cycles, eating patterns, to responses to threats. It makes sense that victims of violence against women become more sensitive to certain sounds or touches that remind them of the violence they have experienced

4) Confidence

Still related to the psychological side, victims of violence against women can also experience problems with self-confidence. Again, this happened because he often experienced violence so he felt he was useless. When this confidence collapses, then there is the possibility of another problem

Like excessive anxiety in certain situations, avoiding certain places or people, constantly feeling sad, it can even appear *suicidal thoughts* or the desire to end one's life.

3. Crime Control Efforts Against Crimes In Domestic Violence

The dilemma of what to do when you become a victim of violence against women still persists today. Not a few who want to report what happened to him, regardless of whether the law will be in his favor. On the other hand, many more victims choose to remain silent. Whether it's fear because of being

threatened by the perpetrator, being trapped in a difficult situation, or feeling that everything will get better someday. Indeed, deciding to remain silent gives an image as if everything is still under control. Victims can feel fine.

However, when the impact of violence on women results in physical, emotional and psychological injuries, professional assistance is needed. The importance of telling stories or seeking help from professionals when dealing with violence against women. Avoiding the root of the problem will only be a short-term strategy for self-soothing. Closing yourself in will only lead to more complicated long-term difficulties. Restraining emotions, avoiding trauma triggers, or even feeling that violence is normal is the beginning of long-term psychological suffering.

In dealing with stress in children it is very necessary to control because children are immature with their thinking patterns, therefore simply letting out emotional energy may be able to temporarily free the excessive physical energy system, but not necessarily can change the child's view or eliminate the source of stress. emotional riot.

The form of emotion can be done by raising the latent cause of emotional disturbance to the surface, analyzing it, testing it with reality, to find out how far it is true, then looking for satisfying ways to express impediments that have been blocked so that children will change their attitudes and develop a more perspective. thorough.¹⁶

Dealing with the trauma by speaking or writing and acknowledging the associated emotions is thought to reduce physiological inhibition, gradually decreasing stress on the body. Such confrontation involves translating something into words, enabling cognitive integration and understanding of it, which further contributes to a reduction in the physiological activities associated with inhibition and rumination.¹⁷

Written disclosure can reduce the physiological stress on the body caused by inhibiting emotional expenditure. The computerized analysis system of Linguistic Inquiry and Word Count (LIWC) texts found that research subjects whose health improved used more positive words, reduced negative emotion words and increased the number of cognitive mechanism words, by writing can help subjects (writers) to organize traumatic memory structures that result in more adaptive, integrated schemes about self, others and the world and expressive writing increase memory capacity which may reflect increased cognitive processing.¹⁸

Helping children to be able to release or express their negative emotions in the right way really needs to be taught from an early age, that way children will get satisfaction not only emotionally, but also in terms of social acceptance. Therefore, expressive writing can be done as a way for children aged 9-11 years to express emotional feelings.¹⁹

Conclusion

There are two factors that cause domestic violence. First, internal factors due to the weakening of the adaptability of each family member among themselves, so that they tend to act discriminatory and exploitative towards weak family members. Second, external factors result from environmental

¹⁶Hurlock, Child development volume I, Jakarta: Erlangga, 1978

¹⁷Pennebaker, Writing About Emotional Expression As A Therapeutic Process Psychological Science, 1997, Pg. 164

¹⁸Klein, & Adriel, Expressive Writing Can Increase Working Memory Capacity, Journal Of Experimental Psychology, 3, (3), 2001, p. 520-527

¹⁹Marieta Rahmawati, Expressive Writing as a Stress Reducing Strategy for Children Victims of Domestic Violence (KDRT), Scientific Journal of Applied Psychology, Vol. 02, No. 02, 2014, p. 276- 293

interventions outside the family which directly or indirectly affect the attitudes of family members which are manifested in exploitative attitudes towards other family members, especially in women and children.

The thing that is feared from the occurrence of domestic violence is the emergence of further violence. This means that victims who are not handled properly are feared to become perpetrators of violence in the future as a form of outlet for past trauma. Emi Sutrisminah, in her research, revealed that the impact of domestic violence also affects reproductive health.

Efforts that can be made to overcome domestic violence need help from professionals. The importance of telling stories or seeking help from professionals when dealing with violence against women. Avoiding the root of the problem will only be a short-term strategy for self-soothing. Closing yourself in will only lead to more complicated long-term difficulties. Restraining emotions, avoiding trauma triggers, or even feeling that violence is normal is the beginning of long-term psychological suffering.

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