EMPOWER (Empowerment and Protection Women Right) Community as Individual Approach Method to Rebuild Women's Mentality from Sexual Violence's Trauma in Indonesia

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Abstract—**Nowadays, sexual violence is the highest case of woman's violence in the world with 150 million cases in each year. Sexual violence toward woman is going to create a terrible effect, not only for victim's health but also for their psychological condition. But it's really contradictive when known that in Indonesia, most of suspected are jailed in 10 years or less only, therefore Indonesia's law never capable to decrease the number of sexual violence. Handling and healing psychological trauma as a result of sexual abuse should get serious attention from any related parties, such as family, society and country. So that's why, in order to cure and rebuild the mentality of sexual violence's victim from trauma, authors proposes a program named EMPOWER (Empowerment and Protection of Women Right). This community is open for every woman in Indonesia who wants to share their problem with others as healer for them and learning for others. In further prospect, this program can be enjoyed by every woman in global scale.**

Index Terms—**Women, sexual violence, trauma, empower.**

I. INTRODUCTION

Violence against Women, adopted by the United Nations General Assembly in 1993, defines violence against women as "any act of gender based violence that results in, or is likely to result in, physical, sexual, or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or private life" [1]. Nowadays, violence often happens toward woman as inferior in society.

In patriarchal society, like Indonesia, woman always be seen as second class gender. Cultural structure, paradigm, and wrong interpretation of religion perception are assumed as factor that decreasing the confession of women rights. Therefore, gender discrimination been happened toward women all over the world. As simple example, in Middle East countries, women are not allowed to leave home without her *muhrim* and banned to drive a car. While in USA, as the father of human rights, women still have limited right in parliamentary cause women always be seen as someone with lack career orientation, lack leadership potential, and lack of emotional stability[2]. Moreover, women roles in society as mother and wife who are normally being leaded by husband (man), unequivocally clarify women position as second class or the"powerless" one.

Violence is the one of million cases caused by this inferiority perception of women, especially sexual violence. Like what have been reported in European Union Agency for Fundamental Right (2014), according to available country data, between 15 and 76 percent of women are targeted for physical and/or sexual violence in their lifetime. Most of this violence take place within intimate relationships, with many women (ranging from 9 to 70 percent) reporting their husbands or partners as the perpetrator. Across the 28 States of the European Union, a little over one in five woman has experienced physical and/or sexual violence from a partner [3].

In the other hand, Indonesia have critical stage of women violence; 321.572 cases are reported in 2015 with details 305.535 cases been handled by Religion Jurisdiction (PA-BADILAG) and 16.217 covered by National Committee of Women (KOMNAS). Sexual violence exists in the highest place with 61% consist of 1.657 cases for raping, 286 cases of sexual abuse and 49 cases of girl abduction/ women trafficking in 2015 [4]. The increasing numbers of sexual violence toward women from 2008-2014 are shown in graphic bellow:
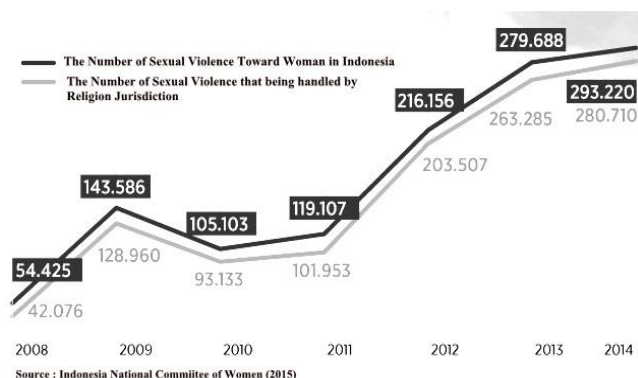

Fig. 1. The number of sexual violence toward women in Indonesia from 2008-2014 [5].

Although sexual violence rapidly occurs; Indonesia's law only sees that case as crime against decency with maximum punishment 15 years in jail like what stated in criminal code of Indonesia (KUHP). But ironically, most of suspected are jailed in 10 years or less, so that's why Indonesia's law never capable to decrease the number of sexual violence but only going to send message toward society that sexual violence is just a morality problem. Moreover, this punishment only threatens the suspected, but never cures the victim. Some victims (women) get stress and trauma about what have been happened to them and never tell this immorality crime

because of abashment to herself, community and family. Sexual violence can also profoundly affect the social well being of victims; individuals may be stigmatized and ostracized by their families and others as a consequence [6]. So that's why, in order to cure and rebuild the mentality of sexual violence's victim from trauma, author proposes a program named EMPOWER (Empowerment and Protection of Women Right). This program and community are open for every woman in Indonesia who wants to share their problem with others as healer for them and learning for others. In further prospect, this program can be enjoyed by every woman in global scale.

II. EMPIRICAL METHODOLOGY

A. Problem Identification

The idea of proposing EMPOWER program came out after the author made problem identification in society where violence toward women rapidly happens. Sexual violence as the most often crime, has been obstructed women's development in all aspect of life, such as: social, economic, and education. Women's violence is a serious threat for women in the world. In Indonesia, law categorizes sexual violence merely as morality crime and it's supported by criminal code of Indonesia. Therefore, sexual violence is seen as morality problem only; it's never decrease the number of perpetrator or even cures the victims (women). Showing this condition, author wants to create a community as solution to heal women from trauma.

B. Fact and Data Findings

Data on sexual violence typically come from police, clinical settings, nongovernmental organizations and survey research. The relationship between these sources and the global magnitude of the problem of sexual violence may be viewed as corresponding to an iceberg floating in water [7]. The small visible tip represents cases reported to police. A larger section may be elucidated through survey research and the work of nongovernmental organizations. But beneath the surface remains a substantial although unquantified component of the problem. In general, sexual violence has been a neglected area of research. The available data are scanty and fragmented. Police data, for instance, are often incomplete and limited. Many women do not report sexual violence to police because they are ashamed, or fear being blamed, not believed or otherwise mistreated [8]. Data from medico-legal clinics, on the other hand, may be biased towards the more violent incidents of sexual abuse. The proportion of women who seek medical services for immediate problems related to sexual violence is also relatively small. Although there have been considerable advance over the past decade in measuring the phenomenon through survey research, the definitions used have varied considerably across studies. There are also significant differences across cultures in the willingness to disclose sexual violence cases. Caution is therefore needed when making global comparisons of the prevalence of sexual violence [8].

Empirical methodology of data findings that used by author

is study literature from statistic data of sexual violence in the world. In Indonesia, women's violence reaches 5.002 cases or equal with 31% in community area with sexual violence in the highest type of crime (61%), consist of rape (1.064 cases), sexual abuse (268 cases), other sexual violence (130 cases), and girl abduction/ women trafficking (49 cases). These facts are taken from statistic data in 2014 and 2015 [4]. In the world, 15% of women in Japan and 71% women in Ethiopia were reported to get physically and/or sexually abused by intimate partner in their lifetime. Moreover, WHO Multi-country study on women's health and domestic violence against women (2005) also recorded that 0.3-11.5% of women becomes the victim of sexual violence since the age of 15 years, and also the first sexual experience for many women was reported as forced; 17% in rural Tanzania, 24% in rural Peru, and 30% in rural Bangladesh [9].

C. Data Analysis

From some fact and data, author realizes that sexual violence toward women is a serious problem which can happen to whoever in everywhere and every time. Therefore, sexual violence should have more attention in the world started by legalized a heavier punishment. Give an equal punishment to the perpetrator is legality of each country but protect women as victims become the obligation of us. We can prevent, heal women and decreasing the number of sexual violence by suggested program namely EMPOWER.
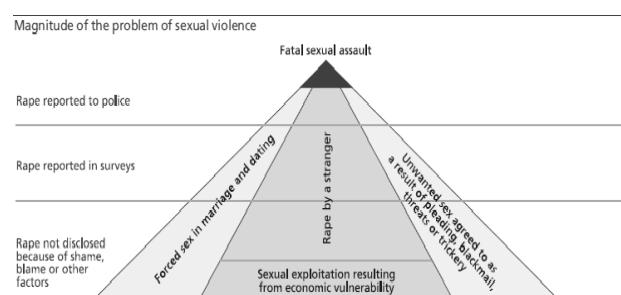

Fig. 2. The number of sexual violence is analogized as the phenomena of iceberg that floating in water [7].

III. IMPACT OF SEXUAL VIOLENCE TOWARD WOMEN

Sexual violence surely will create an effect for woman. Among the more common consequences of sexual violence, there are those that related to reproductive, mental health, social relation and economical condition. But the main effect is serious trauma (psychology) which is may be different in every victim depend on the type and frequency of sexual violence [10]. Not only for the victims, sexual violence also influenced peoples around victims like their families, friends, workcolleagues, and society.

A. Psychological Effect (Mental Health)

The victims of violence tend to seal the lips and close themselves from their problem because of big abashment. The most often psychological reactions are nightmare, depression, hard to concentrate, Post Traumatic Stress Disorder (PTSD), Hypoactive Sexual Desire Disorder (HSDD), worried, phobia, abuse of drug, until self confidence descent. PTSD as serious stress is long term effect that might be occurred more than 30 days caused by victim's trauma [11].

Moreover, women who experience sexual assault in childhood or adulthood are more likely to attempt or commit suicide than other women [12]. The association remains, even after controlling for sex, age, education, symptoms of post-traumatic stress disorder and the presence of psychiatric disorders. The experience of being raped or sexually assaulted can lead to suicidal behaviour as early as adolescence. In Ethiopia, 6% of raped schoolgirls reported having attempted suicide [8].

B. Physical Effect (Reproductive)

Sexual violence brings a big effect in vital organ of women like agonies that going to be worse by the side effect of traumatic drug. Moreover, it will also influence the reproduction health where 80% of sexual violence's victims have possibility to be infected by sexual disease like HIV-AIDS Violent or forced sex can increase the risk of transmitting HIV [13]. In forced vaginal penetration, abrasions and cuts commonly occur, thus facilitating the entry of the virus when it is present through the vaginal mucosa. Adolescent girls are particularly susceptible to HIV infection through forced sex, and even through unforced sex, because their vaginal mucous membrane has not yet acquired the cellular density providing an effective barrier that develops in the later teenage years.

Other reproductive effect that might be occurred is Diabetes type II. The American Journal of Preventive Medicine found the relation of sexual violence toward teenager and Diabetes type II; reported that 34% of 67.853 participants as Diabetics had sexual violence's experience [14].

C. Socially Effect (Social Relation)

Sexual violence affects the social well being of victims; individuals may be stigmatized by their families and others as a consequence, therefore they are being isolated in society [15]. This fact believed to differ from other women in term of impulsivity and antisocial tendencies.

D. Economical Effect

Victims will do anything to cure themselves from trauma like hire psychiatrist until buy drugs to suppress stress and trauma that frequently happen [16]. That's why economical expenditure of victims will increase and potentially cause serious trauma when deficit occur.

IV. WAY TO BREAK SEXUAL VIOLENCE

Violence toward woman like sexual violence is obviously violates the Declaration of Human Right. Although the United Nations had stated that this crime is opposing law and supervised by law, those cases still rapidly happen. This immorality act harms women as victim, especially to their mental condition (psychological). Therefore, in order to help women by heal their trauma, authors propose EMPOWER program as problem solution.

A. General Description of Empower

EMPOWER is a community that targeted to violence's victim who want to rise up against their trauma. EMPOWER will be published via social media (official website of EMPOWER). Every woman who want to join should have an EMPOWER member account that placed in the website of EMPOWER. On the website there are several kinds of columns for every woman who confess as a victim of sexual violence such as the homepage, sharing application, EMPOWER's routine activities's column, and also motivation and sexual education column. The homepage describes the EMPOWER full profile and contain any information updates related to EMPOWER. Sharing application will be served by EMPOWER's independent admin who will assure the confidentiality of victim story.

Every woman who recorded as EMPOWER's official member are freely to share their experience/ problem about sexual violence in sharing columns by inputting their personal account who had been registered on the official website of EMPOWER. Furthermore, their problem will be responded by EMPOWERS's admin who'll always give advices and motivations to lighting victim's worry. Moreover, the column routines are available to facilitate victim in accessing information about activities, places and schedule of EMPOWER's routine activities. Meanwhile, motivation and education columns are made to help women rise from their trauma by realizing that there'll never walk alone.

B. Program Proposing

EMPOWER is aimed to empower and protect women as the victims of sexual violence in order to heal and cure their traumatic experience by personal approach method as psychological care and support.

Counselling, therapy and support group initiatives have been found to be helpful following sexual assaults, especially where there may be complicating factors related to the violence itself or the process of recovery. There is some evidence that a brief cognitive-behavioural programme administered shortly after assault can hasten the rate of improvement of psychological damage arising from trauma [17]. As already mentioned, victims of sexual violence sometimes blame themselves for the incident, and addressing this in psychological therapy has also been shown to be important for recovery. Short-term counselling and treatment programmes after acts of sexual violence, though, require considerable further evaluation. Formal psychological support for those experiencing sexual violence has been provided largely by the nongovernmental sector, particularly rape crisis centers and various women's organizations. Inevitably, the number of victims of sexual violence with access to these services is small. One solution to extend access is through establishing telephone help lines, ideally ones that are free of charge. A ''Stop Woman Abuse'' helpline in South Africa, for example, answered 150 000 calls in the first 5 months of operation [8]. Adapting from some program that already success to solve sexual violence problem, author establish EMPOWER with personal approach as program proposing.

C. Empower Target Program

EMPOWER's program focused on preventive and curative action. Some curative programs that held are:

1) Spirituality Studies, Counseling, Therapy, dan Support.

Woman sexual violence victims sometimes blame themselves for their trauma experienced. Spirituality Studies, counseling, therapy, dan support the victims can help psychological recovery of women victims of sexual violence.

2) Skill Training Programmes

This activities in order to help victim making the best time positively, therefore victim can easily forget their problem and recover from trauma.

3) Educational programmes

Provide education on gender issues in order that paradigm of society is no longer views women as second class gender than men.

Meanwhile preventive action is made to avoid recurrent violence. Some preventive program in EMPOWER are :

a. Self-Defense Training

By mastering this technique, women are expected to be able in repulsing sexual crime.

b. Judicature and Sex Education

By give judicatur education, victims will be brave to prosecute the perpetrators. While sex education is given to the society as programs for sexual and reproductive health promotion, especially to promote HIV prevention and to introduce gender issues like violence against women.

All of routine activities in EMPOWER will be held in "EMPOWER House" that placed in Surabaya, Indonesia.

D. Empower Plus Point

EMPOWER is a community that fight for women as sexual violence victim. Some advantage by joining this community is victim can easily share their traumatic experience with others in assurance of confidentially. Moreover victim can find other woman with same experience; they can be a good friend and fight to face their traumatic experience together. By owing someone that can understand them, slowly but surely victims (women) will adapt to socialize, they'll never feel alone and gradually forget their trauma.

E. Member's Recruitment

EMPOWER can be followed easily by all women that acclaimed to be the victim of sexual violence. They can register their self in EMPOWER official account (http://empowerorg4women.wixsite.com/empower) and wait for reply message that they've been registered as official member. Users/ member shouldn't worry about the confidential of their story because admin will assure it.

V. CONCLUSION

Sexual violence is a common and serious problem affecting millions of people each year throughout the world. It is driven by many factors operating in a range of social, cultural, society's perception and economic contexts. At the heart of sexual violence directed against women is gender inequality.

Nowadays, the number of sexual violence toward women increases in each year. Of equal importance are interventions. These are of various types, but the essential ones concern the primary prevention of sexual violence, targeting women, interventions supporting the victims of sexual assault, measures to make it more likely that perpetrators of rape will be caught and punished, and strategies for changing social norms and raising the status of women. It is vital to develop interventions for help women. In order to solve the problem, authors propose EMPOWER as alternative solution. With focusing on personal approach, authors believe that EMPOWER can rebuild women's mentality from sexual violence's trauma in Indonesia.

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The four authors have the same enthusiasm about women problem in their beloved motherland, Indonesia. Together they establish EMPOWER (Empowerment and Protection of Women's Right) community to help women recover their mentality because of sexual violence's trauma. Now EMPOWER program is available in website (http://empowerorg4women.wixsite.com/empower). In further prospect, the four authors are going to found empower house as the main office of empower which placed in Surabaya.