

REALITY INDIVIDUAL COUNSELING FOR VICTIMS OF VERBAL SEXUAL HARASSMENT

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Abstract

Students who are bullied are often shunned and isolated, so that victims of sexual harassment tend to adopt negative coping strategies, such as skipping class, violating school rules, being individual, then falling into promiscuity to avoid sexual harassment. Sexual harassment that is considered normal will unconsciously cause negative views on child victims, including depression, lazy learning, frequent truancy, neglect and rejection by the surrounding environment. In addition, victims did not respond or take a firm stance against sexual harassment. This type of research is qualitative research using case study research methods. According to Nawawi, case study data can be obtained from all parties concerned. In other words, the data in this study was collected from various sources. Based on an analysis of the results of research conducted by researchers at SMP Negeri 1 Karangsembung regarding the implementation of individual counseling services to deal with victims of verbal sexual harassment, students at SMP Negeri 1 Karangsembung Cirebon, there are forms of verbal sexual harassment that are mild, moderate, even severe. The mild form of harassment is often teased by friends, while the moderate form of harassment is whistling and the heavy form is mocking animals. Occurred for 4 consecutive months experienced by victims of ZAB, CA and PAR. So that they experience mild harassment, namely being insecure with their peers, and moderate harassment becomes negative thinking and lack of confidence, while severe harassment is experiencing mental trauma and then the solution for the counseling teacher is to carry out individual counseling with reality techniques. Conclusion, The changes seen after individual counseling with reality techniques for victims of verbal sexual harassment at Karangsembung State Middle School,. Although individual counseling services with reality techniques carried out by researchers are good services for students. It is proven that there are changes that occur for students in class. Although these changes have not been significant for victims of verbal sexual harassment, dynamic changes have occurred. Previously, ZAB, CA and PAR were students who were traumatized by acts of verbal sexual harassment against them. ZAB, CA and PAR are now able to recover from their trauma and are willing to hang out with their friends. Even in a learning class, they have started to be active and can follow the lesson well.

Keywords: Individual Counseling, Reality, Verbal Sexual Assault

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INTRODUCTION

The problem of young people is always warm and interesting, both in developed countries and in underdeveloped countries (Harahap & Hasibuan, 2022). Because adolescence is a transitional period where a person has left childhood which is full of weakness and dependence without taking responsibility, towards adulthood, which is busy with competition and struggling for the interests of life with full responsibility (Husain, 2019). So, adolescence is a transitional period, where the age ranges from 13-16 years or commonly referred to as the unpleasant teens, where a change occurs both physically, psychologically and socially, which is marked by a tendency for the emergence of deviant behavior (Faishol & Budiyo, 2020).

In this modern era, it is often heard that many teenagers are involved in juvenile delinquency, such as fights, drugs, free sex and the worst crime, but have you ever realized that delinquency caused by teenagers, apart from being the responsibility of the teenagers themselves, it is also the responsibility of parents, educational institutions (schools) and their environment (Aulia, 2019). Acts of youth violence in Indonesia, as reported by many media outlets, have reached an alarming level (Octavia, 2020). This is a problem that must be considered by the Indonesian government. Violence has now begun to become entrenched in society. This can be seen from the increasing number, type, and quality of the violence itself (SIDIK, n.d.). Perpetrators and victims of violence also vary in terms of gender, background, and age level (Mulyana et al., 2023).

There are many types or types of violence, one of which is bullying (Utoro et al., 2020). Bullying is an act that hurts a person or group of people, either in the form of physical, verbal or psychological violence, which is often difficult to avoid in a social environment. These actions can be easily recognized, including intimidation, harassment, discrimination, exclusion,

ridicule, physical and mental violence perpetrated against others (Agustin et al., 2018).

The rate of violence against women and children in Cirebon Regency is still quite high. Data recorded from January to July 2022, there were at least 20 cases of violence against women and children (SIREGAR, 2020). In previous years, he said, the highest number of cases per year occurred in 2021 with a total of 55 cases. Then, in 2020 the number of cases reached 41 people, while in 2022, the number has reached 20 cases, even though it is still in the middle of 2020. As sexual harassment occurred at Elf, majoring in Cirebon Kuningan (Rahman & Sarip, 2021). A vocational school student is treated indecently, one of which is stroking her thigh and receiving inappropriate words from an elf's grandmother. It is suspected that the perpetrator was a teenager (MULYAWAN, 2019). At first it was like being a kernel. The victim of alleged sexual harassment at Elf Cirebon Kuningan admitted that he was in shock. It was revealed that the incident of unpleasant acts and allegations of sexual harassment at Elf Cirebon Kuningan occurred on Thursday, September 8, 2022 (Nasution, 2021).

Based on pre-research data obtained from SMP Negeri 1 Karangsembung, Cirebon Regency, on November 5, 2022, there were students who were victims of verbal sexual harassment. While the implementation of individual counseling has been carried out but has not used the reality technique, so far the counselor has only called students to be counseled and advised, based on interviews with the counseling teacher at school, where there is 1 counseling teacher. That is in accordance with the results of interviews obtained from the Counseling Guidance teacher, : In this study, researchers used reality counseling techniques because counseling techniques are very suitable for reducing verbal sexual harassment behavior. Because the reality technique itself discusses behavior compared to other techniques (SIREGAR,

2020). The advantages of reality counseling techniques include: (1) assuming that behavior is a result of learning; (2) assume that personality is influenced by the environment and maturity. The reason the researcher took a sample of eleventh grade (XI) was because eleventh grade (XI) had already entered their teens, students already understood more about the behavior they had done so that it was easier for them to change bad behavior for the better, compared to tenth grade (X) (Nasution, 2021).

METHOD

This research method uses a qualitative research approach (Abdussamad, 2022). Qualitative research is research that aims to find out and understand the phenomena experienced by the subjects studied (Assyakurrohim et al., 2023). The type is a case study. Case study data can be obtained from all parties concerned. In other words, the data in this study is collected from various sources. Case study research is directed at collecting data, getting meaning, gaining understanding of a case (Sarosa, 2021). Conclusions only apply to the cases studied (Pahleviannur et al., 2022). The data collection techniques used included interviews, observation, and documentary studies, but all were focused on obtaining unity and conclusions (Kusumastuti & Khoiron, 2019).

The techniques used by researchers are interviews, observation and documentation. Interview techniques in research conducted by researchers using structured interviews and unstructured interviews. The data to be obtained from this unstructured interview method is to obtain information on the problems of the three students who were victims of school sexual harassment. While the data to be obtained from the structured interview method is to dig into deeper information about real counseling services and their application, which is carried out at SMP Negeri 1 Karangsembung to students who are victims

of verbal sexual harassment. The data analysis is carried out in three stages, including data reduction, data presentation, and drawing conclusions (KOMALASARI, 2021).

RESULTS AND DISCUSSION

1. Verbal Sexual Harassment at SMP Negeri Karangsembung Cirebon

Verbal sexual harassment that is often faced by teachers at this school is usually like students in the form of whistles, calls, and comments that are sexual in nature. (Erzad, 2018). Terkadang Sometimes it is also accompanied by harassing looks that make women uncomfortable, causing commotion in the class so that the teaching and learning process is not conducive and has a negative impact on the psychology of the victim.

The first causal factor is parents and the environment, where maybe their parents pay less attention to their children (Sholikhah, 2022), lack of communication with their children. Because most of the parents of the students here are people who have family problems, some of them have divorced parents, some of them work abroad as migrant workers and some have become orphans. Environmental factors can also be said to be the cause of them becoming victims of this verbal sexual harassment, because most students here live in the same environment, their houses are close to each other. You can say they are neighbors. So, according to them, mocking each other between friends is a natural thing. However, if this canal is allowed to continue, it can have a psychological impact on the victim and even cause a traumatic impact on the victim.

Verbal sexual harassment that occurs is still categorized as mild, such as students at school uttering idle compliments such as whistling or immodest sounds, "praise" ("Hey,

beautiful, where are you going?"), absurd greetings ("Girl, just be alone, right? Do you want to be accompanied, don't you?"), attention that doesn't make sense ("Why don't you just frown, miss? Are you sad?") etc. Usually, if the victim is indifferent, this catcalling will develop into comments like, "Oh, you're really arrogant, aren't you?", "Don't be shy, please." But indeed, if left unchecked, it will be fatal, so it must be overcome quickly so as not to have a traumatic impact on the victim. Most of the female victims who received the treatment mentioned above only thought it was normal and only as a joke even though it made them angry and embarrassed, but there were some students, especially ZAB and CA, who considered the above to be a serious matter, so that it had a psychological impact on ZAB and CA. Minderan. has unstable attitudes and emotional behavior, despair tends to daydream more often and is closed in association and personal trauma, so he recommends ZAB and CA to get counseling services from counseling teachers.

Even though victims of verbal sexual harassment have not had a very bad impact on students, especially women, they must be given guidance and counseling services and provide individual counseling services to victims regarding their current problems so that they can overcome the trauma from the impact of this and not repeat it.

2. Stages of Individual Counseling Reality Victims of Verbal Bullying

The first subject of ZAB, the researcher made observations of a student named ZAB at school and was correct about the confession. He said that he often received verbal sexual harassment from his friends at school during class hours and during recess. Next, the researcher reflects, namely by planning to help students. From ZAB's explanation above, it can be said that he began to try more often to start

communicating with his friends, which, according to him, could take his mind off all this time. Then the researcher started the counseling process by asking whether he could get used to being insecure and moody when at school. The client was indeed very shy and insecure when he was among his friends. Even though there are still some of his male friends who still often see ZAB walking and sounding his whistle, ZAB always puts forward positive thinking because they have to pursue other more important things.

CA second subject, CA experienced verbal sexual harassment. CA had a lack of self-confidence, had unstable emotional attitudes and behavior, despair tended to daydream more often and was closed off in association (Rofiqoh & Zumrotun, 2023). CA was born to a mother and father who were divorced (Framanta, 2020). From childhood, CA was abandoned by his father until he finally turned 14 years old. He never got love from a father, attention and so on. While his mother alone raised him, this also had a bad effect on CA. CA's mother was too busy making a living, causing CA to lack love and attention from her mother, so that CA's self and psychological development were not well controlled by her mother. This results in having a lack of self-confidence, having unstable emotional attitudes and behavior, despair, tending to daydream more often and being closed off in association. Furthermore, the researcher conducted individual counseling services using reality techniques to deal with victims of verbal sexual harassment by providing understanding to CA to provide self-motivation so that she is able to rise from adversity, grow self-confidence and have the courage to be more open with her friends, CA.

The advice that the researchers gave to CA was that a strong woman must be brave and increase her self-confidence,

not to hesitate to be open to friends at school to be friends, and there is no need to feel inferior anymore. Later, you will try to call friends who are trying to tease you and advise you slowly and gradually.

CONCLUSION

The stages of providing individual guidance and counseling services using the Raelitas Technique can be seen in the description below: In this first stage the researcher creates a pattern of harmonious, open and comfortable relationships so that students feel comfortable conveying problems and feelings related to these problems. Initial acceptance is a condition that is very influential in the subsequent counseling process. In this initial acceptance, the researcher first explains the intent and purpose of this counseling to his client. Second, in identifying the problem first, what happened to the student and exploring the problem, the student is given the opportunity to issue and tell all the causes of the student committing verbal sexual harassment. The three counselors also provide opportunities for clients to tell about the feelings they are feeling at the moment. This aims to train individual victims of verbal sexual harassment to realize that the trauma they are experiencing is wrong or right. And the last step helps students choose and decide what solutions they will get.

The changes seen after individual counseling with reality techniques for victims of verbal sexual harassment at Karangsembung State Middle School, is that individual counseling services with reality techniques carried out by researchers are good services for students. It is proven that there are changes that occur among students in class, even though these changes have not been significant for victims of verbal sexual harassment, but there have been dynamic changes. Previously, ZAB and CA were students who were traumatized by acts of verbal sexual

harassment against them. ZAB and CA are now able to recover from their trauma and are willing to hang out with their friends, even in class they have started to be active and can take part in learning well.

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