

The Role of Counselors in Handling Traumatic Victims of Sexual Violence

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ABSTRACT

This research was conducted to determine how counselors handle traumatic victims of violence in Sukoharjo Regency. This phenomenon is of particular concern to government agencies, namely DPPKBP3A Sukoharjo Regency. The government agency has a counselor who is required to be able to meet the needs of today's society. Namely in the process of mentoring victims of sexual violence. This is because sexual violence that occurs to children will have a bad impact. Children who experience sexual violence will be psychologically disturbed, and can interfere with their growth and development process. The purpose of this study is so that counselors can provide psychological assistance but also their role during the counseling process and carry out the functions of a counselor. The focus of this research is the role of counselors in handling traumatic victims of sexual violence. The method used in the study is qualitative, carried out by means of in-depth interviews with informants who really understand the problems to be studied and conveying the data obtained in stages and continuing descriptively by exploring and photographing the social situation being studied as a whole. The conclusion in this study is that the role of counselors is very important in handling traumatic victims of sexual violence. The programs provided by DPPKBP3A Sukoharjo Regency are very helpful in handling victims of sexual violence. Inhibiting and supporting factors are obstacles and opportunities for DPPKBP3A Sukoharjo Regency in helping to handle victims of sexual violence. The results of this study are expected that Counselors play a role in approaching and creating comfortable conditions for victims. Gradually, counselors restore victims' self-confidence to be able to communicate and explore their problems. Counselors play a role in knowing the feelings and conditions of victims in order to map the potentials in the victim, so that it is hoped that they can restore the spirit of victims to continue their lives with confidence.

Keywords: *Counselor Role, Traumatic, Violence*



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INTRODUCTION

Violence is a form of action carried out by someone on another person with the aim of causing misery, acting inhumanely both physically and psychologically (Aisyah, 2018). Sexual violence is sexual violence, in the form of rape, sexual harassment and obscenity. The rise in cases of sexual violence against children and women has become a sharp concern for society and social institutions (Firdausi, 2020).

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Children who experience sexual violence will have a negative impact on the child's physical and psychological condition (Zahirah et al., 2019). The Ministry of Women's Empowerment and Child Protection (KemenPPPA) declared Indonesia an emergency regarding sexual violence against children. Based on KemenPPPA records, cases of sexual violence against children reached 9,588 cases in 2022. This number has increased from the previous year, namely 4,162 cases (KemenPPPA: Republic of Indonesia Child Sexual Violence Emergency. 9,588 Cases During 2022, 2023).

According to WHO (in Kurniawan et al., 2019), sexual violence against children will have an impact on their mental health. Children will experience mental problems in the form of trauma or psychological disorders such as depression, phobias, suspicion of other people for quite a long time. (Syafitri & Khoirunnisa, 2023) said that children who are victims of sexual violence really need help and support from adults so that these children are still able to grow up with their development tasks and live better lives to achieve their dreams and aspirations. Apart from that, Naqiyah (Munir, 2018) conveyed that the situation in society where sexual violence against children occurs requires counselors. So counselors are now not only active in the world of education but are also required to meet the needs of society (Fitri et al., 2018).

According to (Fajri, 2017), his research concluded that the role of counselors in the traumatic healing process of children who are victims of sexual violence is by providing good guidance and preventive measures. The role of government and society cannot be ignored in overcoming this problem, eradicating perpetrators must also be carried out by providing a deterrent effect. Victims of sexual violence need serious assistance in the healing process by agricultural staff, including a counselor. Continuous assistance is provided to children who are victims of sexual violence in the hope that the child will be able to find happiness in the process of psychological healing. (Setyawan, 2023)

A counselor himself is someone who has expertise in his field such as guiding and counseling. A counselor needs to provide guidance and counseling with an agreement with the client who will be assisted in solving their problems. Counseling is also carried out with the principle of confidentiality so that no one else should know. When conducting counseling, a counselor needs to have the right strategies to solve it (Wulandari & Suteja, 2019).

The Department of Population Control, Family Planning, Women's Empowerment and Child Protection (DPPKBP3A) in Sukoharjo Regency itself has work units with their respective fields. One of them is in the field of child protection, which has professional experts, namely counselors. Counselors who carry out their duties at DPPKBP3A are expected to be able to help provide assistance and treatment to children who experience sexual violence. So that children who experience sexual violence in Sukoharjo Regency still have their rights to grow and develop better and receive maximum protection. This is because DPPKBP3A has a role as a protector for victims of sexual violence against children. The protective role is carried out when the environment is unable to provide psychological and spiritual support to victims of sexual violence. It is hoped that this role can be given to victims of sexual violence by providing complaint services, providing advocacy services to victims and providing psychological assistance to victims of sexual violence.

METHODS

Qualitative approach research is research carried out by means of in-depth interviews with informants who really understand the problems to be researched and convey the data obtained in stages and continuously descriptively, which is a research method for exploring and photographing the social situation being researched thoroughly (Edmawati, 2022). Meanwhile, according to (Rukin, 2019:6), qualitative research is research with the aim of understanding the phenomena experienced by the object of research. In its operations, the qualitative descriptive method is used as a research process that produces data in the form of writing or expressions obtained directly from the field related to the research theme.

The data in this research focuses on the role of counselors in dealing with traumatic victims of sexual violence in DPPKBP3A Kab. Sukoharjo. The phenomenon of sexual violence in Kab. Sukoharjo and the role of counselors in dealing with it will be empirical material in this research in the form of personal experience, observation, interviews, or documentation studies. The source of data taken in this research is the role of counselors in dealing with traumatic victims of sexual violence in DPPKBP3A Kab. Sukoharjo.

The data sources collected in the research come from primary data and secondary data. Primary data is data taken directly without intermediaries. Primary data in this research are observations and interviews of counselors at DPPKBP3A Kab. Sukoharjo. Meanwhile, secondary data is data obtained by reading, viewing, or listening. The secondary data for this research comes from the records and documentation of DPPKBP3A Kab. Sukoharjo in dealing with victims of sexual violence.

RESULTS AND DISCUSSION

Results

Counselors have an important role in overcoming sexual violence against children, namely preventing similar incidents from happening again to other victims and non-victims. The most important thing to prevent sexual violence against children is to give them maximum freedom to tell their stories. Counselors must be friends who make children feel comfortable and can share anything. Ultimately, children will trust their counselors with the problems they face and will believe that the counselor will take real action to solve their problems, not just words. In this way, children can always express their problems to counselors without fear of criticism or punishment. Counselors must also provide counseling services to all students so that they can be firm with those who behave rudely or inappropriately. School counselors can use appropriate and polite language to inform students about common inappropriate touching of others, including relatives, non-relatives, other adults, children, and adolescents.

Counselors must also teach how to recognize nurturing behavior. In other words, this is a gradual process in which perpetrators of sexual violence identify children and involve them in sexual acts. This does not include coercion, but includes seduction, coercion, and manipulation with the motive of sexual exploitation of children. Examples include increasing physical contact with children, pretending to accidentally touch children, and physically placing themselves near the victim at all times.

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The first attempt made by perpetrators of sexual violence against children is certainly known and anticipated as early as possible. In general, perpetrators of sexual violence do not necessarily commit sexual violence against children. Initial efforts are usually in the form of building trust in children, giving gifts, behaving well, and building good relationships with parents, then trying to convince the victim that the perpetrator wants to persuade someone to engage in sexual activity.

Counselors should also provide counseling services to all students so that they can be assertive with those who engage in abusive or inappropriate behavior. School counselors can use appropriate and respectful language to educate students about common inappropriate touching of others, including relatives, non-relatives, other adults, children, and adolescents. School counselors should also teach students how to recognize nurturing behavior. In other words, it is a gradual process by which a sexual abuser identifies children and engages them in sexual acts. It does not include coercion, but it does include enticement, coercion, and manipulation with the motive of sexually exploiting the child. Examples include increasing physical contact with children, pretending to accidentally touch children, and physically remaining near the victim at all times.

Sexual violence tends to have a traumatic impact on both children and adults. When this sexual violence occurs to children, the situation is worse because children who are victims of sexual violence do not understand that they are victims. Victims keep the sexual abuse a secret because they find it difficult to trust others. In addition, children tend to be afraid to report it because they are threatened with facing worse consequences if they report it. Children are embarrassed to talk about incidents of sexual violence. Feelings of guilt and incidents of sexual violence make children feel like they have tarnished the family name. The impact of sexual harassment that occurs is characterized by a sense of helplessness, where victims feel helpless and depressed when revealing incidents of sexual harassment.

Women who experience sexual violence are more likely to refuse sexual intercourse, and as a result, women who become victims of sexual violence in the household prefer same-sex partners because they believe men cannot be trusted. Powerlessness is a fear that covers the lives of victims. Victims experience painful nightmares, phobias, and anxiety. Powerlessness weakens individuals. Victims feel incompetent and inefficient in their work. Some victims may experience physical pain.

On the other hand, other victims have excessive intensity and drive in themselves. Stigma Victims of sexual violence feel guilty and ashamed. and Sexual Violence: Issues and Child Protection, and feelings of guilt and shame are caused by feelings of helplessness and not having the power to control themselves. Victims often feel different from others, and some feel angry with their bodies because of the abuse they experience.

1. The impact experienced by victims of sexual violence
2. The role of the DPPKBP3A Kab counselor. Sukoharjo in dealing with traumatic victims of sexual violence
3. District DPPKBP3A Program. Sukoaharjo in dealing with traumatic victims of sexual violence
4. Inhibiting and supporting factors for DPPKBP3A Kab. Sukoharjo in dealing with traumatic victims of sexual violence.

Discussion

1. The impact experienced by victims of sexual violence

The impact of victims who experience sexual violence will feel guilt, shame and self-blame. Victims will often take personal responsibility for the abuse they experience. Additionally, victims of sexual violence may experience difficulties in building interpersonal relationships. Symptoms associated with childhood sexual abuse can hinder the development and improvement of relationships. Relationship difficulties that victims commonly experience are difficulties with trust, fear of intimacy, fear of being different or strange, difficulty establishing interpersonal boundaries, passive behavior, and being involved in abusive relationships. The relationship between a person's ability to adjust to intimate relationships, depression, and the severity of childhood abuse (Hasibuan, 2022). The impact of sexual violence experienced by children who are victims of sexual violence will have an impact on personality deviations such as being a quiet person, or conversely being aggressive, having a negative self-concept, turning on oneself, being easily suspicious, withdrawing from other people, being easily angry, embarrassed, having difficulty controlling oneself, having nightmares, having difficulty sleeping, experiencing depression, anxiety disorders, panic, and loss of self-confidence (Khusnul Fadilah, 2018)

From the research results and discussion, the impacts experienced by victims of sexual violence are:

- a) Difficulty in building interpersonal relationships, namely the victim's fear that he will be confused about the situation in which he experienced sexual violence. The victim will often show a quiet attitude and feel ashamed of his condition. So it is difficult to adjust to the environment and close oneself off.
- b) Easily angry and blaming yourself, that is, victims who experience sexual violence have the impact of having difficulty controlling their emotions. The victim's feelings of shame, disapproval, fear and confusion make him emotionally unstable. The victim feels unable to take care of himself, so he has great feelings of guilt.
- c) Low concern for oneself, namely victims of sexual violence who feel ashamed and guilty will act indifferent. Not only to the environment but also to himself. Victims will experience their self-worth as meaningless, so victims of sexual violence are reluctant to take care of themselves.
- d) Decreased motivation, namely victims of sexual violence have a low enthusiasm for life. From the feelings experienced after sexual violence occurs, the victim feels that he is no longer whole. So that what you want to fight for in your life is not worth maintaining, your enthusiasm for learning and achieving your goals will decrease.

2. The role of the DPPKBP3A Kab counselor. Sukoharjo in dealing with traumatic victims of sexual violence

The counselor has a responsibility to help the counselee, his role is very important. Including dealing with traumatic victims of sexual violence. The skills and abilities of a counselor can influence the quality and success of the counseling process carried out with the counselee. The role of the counselor is needed to assist in handling victims of sexual violence. In the counseling process, the counselor plays a

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role in making the counselee have the potential to recover from their problems. The counselor's role is to help clients focus more on their potential and have motivation to learn (Helminasari et al., 2023). So that the counselee does not get caught up in the problems they are experiencing, namely incidents of sexual violence. In establishing relationships with victims of sexual violence, counselors also need to pay attention to their role. Take a good approach based on the skills and abilities they have. Because it is very important to establish a connection between the victim of sexual violence and the counselor during a communication relationship, in this case it can be called a counseling process.

The counselor's role is to approach and create comfortable conditions for the victim. Gradually the counselor restores the victim's confidence in being able to communicate and being able to explore his problems (Munir, 2018). The counselor's role is to find out the victim's feelings and condition in order to map the victim's potential, so that he hopes to be able to restore the victim's enthusiasm to continue his life with confidence (Nusantara & Hartati, 2013).

The counselor's role in dealing with victims of sexual violence, especially children, is to provide mentoring assistance. Assistance provided as trauma recovery for victims of sexual violence. Not only that, the role that counselors need to play is as a motivator for counseling services for children who are victims of sexual violence (Aisyah, 2018). Apart from that, the role of professional counselors to help overcome the psychological disorders of children who are victims of sexual violence can be carried out by implementing counseling therapy steps. By implementing assistance measures, it is hoped that children who are victims of sexual violence will recover from their trauma and be able to move on with their lives and be able to plan their future again (Hasibuan, 2022). The role of counselors in dealing with traumatic victims of sexual violence through the stages of counseling according to the book *Individual Counseling* (Wulandari & Suteja, 2019) namely:

- a) Initial Stage of Counseling: (a) Building a counseling relationship by involving the counselee. (b) The counselor's role is to help the counselee to explain and define the problem. (c) The counselor's role is to explore alternative assistance to overcome problems. (d) Negotiating contracts with the counselee. The counselor's role is to build an agreement with the counselor.
- b) Middle Stage of Counseling: (a) The counselor's role is to explore and explore the problems and concerns of the counselee. (b) The counselor's role is to ensure that the counseling relationship is maintained. (c) The counselor's role is to ensure the counseling process runs according to the contract.
- c) Final Stage of Counseling: (a) The counselor and the counselee draw conclusions from the results of the counseling process that has been carried out. (b) Develop an action plan that will be carried out based on the agreement that has been developed from the previous counseling process. (c) The counselor's role is to evaluate the ongoing process and results of counseling. (d) The counselor makes an agreement with the counselee to make an appointment for the next meeting.

Apart from that, not only in the counseling process, counselors also play a role in always collaborating with psychologists or psychiatrists. The counselor monitors the victim's traumatic development through communication with the hospital psychologist or psychiatrist who treats the victim. So that periodically the counselor is able to see better developments in the victim. The hope is that the victim will have as little trauma as possible (Zahirah et al., 2019). In this case, the counselor also

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plays a role in providing understanding and strengthening the victim to always have the motivation to learn. The counselor's role is apart from establishing communication with psychologists or psychiatrists, counselors also play a role in educating families about the traumatic healing process experienced by victims of sexual violence. This is because the family also plays a role in healing the trauma of victims of sexual violence. The role of the counselor is to convey about the role of the family in dealing with traumatic victims of sexual violence.

Parents also play a role in dealing with sexual violence against children. Parents also play a role in preventing sexual violence. Apart from that, parents play a role as educators, encouragers, supervisors and communicators. So parents of victims of sexual violence also need to pay attention so that they can improve their role, which was initially not good enough to become better in helping deal with victims of sexual violence (Maynawati, 2023)

3. District DPPKBP3A Program. Sukoharjo in dealing with traumatic victims of sexual violence

The role of DPPKBP3A in carrying out its role is through the programs provided. By providing services to victims of violence which include community complaints, case management, and case outreach (Helminasari et al., 2023). Case outreach to victims through case visits or home visits which aims to help victims of sexual violence from verification to providing services as needed. As well as reaching victims of sexual violence who have difficulty filing case complaints. Apart from that, (Radite Nur Maynawati, 2021) also said that the implementation of the role of the DPPKBP3A counselor can also be seen from the programs provided in handling sexual violence. These programs can take the form of complaint services, legal assistance services, psychological assistance, spiritual guidance assistance services, assistance in obtaining restitution, special protection services for children, providing mediation services and services for protecting women and children from dangerous threats (Setyawan, 2021).

The researcher drew the conclusion that one of the good implementation of the role of the DPPKBP3A counselor is to carry out the programs provided. The program provided has no other aim than to help victims of sexual violence (Putra et al., 2022). Both legal assistance, psychological assistance, providing mediation services. The programs provided are also carried out through case outreach. So that the traumatic handling of victims of sexual violence that occurred in the district. Sukoharjo can be handled according to the needs and conditions of the victim. It is hoped that the program provided to treat victims of sexual violence will be able to help victims regain their rights, be able to plan their future better, and be able to return to society in general.

4. Inhibiting and supporting factors for DPPKBP3A Kab. Sukoharjo in dealing with traumatic victims of sexual violence

Seeing the impact of sexual violence on children, which can cause children's growth and development to experience obstacles. Apart from that, children who are victims of sexual violence can experience psychological disorders in the form of trauma in their lives. Therefore, the role of counselors as professional stakeholders is increasingly needed by the wider community today. The role of the

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DPPKBP3A Kab counselor. Sukoharjo in dealing with traumatic victims of sexual violence in the form of maximum good assistance, especially psychological assistance. The role of counselors is very important in the process of healing the trauma of victims of sexual violence (Fitri et al., 2018). Where his role can be seen in the process of counseling services provided to victims. Not only in the process of counseling services provided, the role of the counselor is also very important to always carry out their functions as a counselor.

In carrying out its role in the counseling service process for victims of sexual violence and its functions, the role of the District DPPKBP3A counselor. Sukoharjo is also stated in the implementation of the programs provided. Both programs provided in the process of handling sexual violence cases, legal and psychological assistance programs, and preventive programs for the community. Implementing the programs provided and carrying out the role of a counselor, of course the DPPKBP3A Kab counselor. Sukoharjo has inhibiting and supporting factors (Edmawati, 2022).

Inhibiting factors DPPKBP3A Kab. Sukoharjo in dealing with traumatic victims of sexual violence is that there is no special unit or UPTD that handles cases every time there is a complaint from the public. So handling sexual violence cases experiences time constraints when it coincides with other activities. Apart from that, the lack of human resources makes the division of tasks more difficult and the burden on them increases. Where apart from focusing on assistance in handling cases of sexual violence, DPPKBP3A Kab. Sukoharjo also focuses on prevention programs in the form of outreach activities to the community about sexual violence (Mahmuddah Dewi Edmawati et al., 2021). Meanwhile, the supporting factors owned by DPPKBP3A Kab. Sukoharjo are: (1) the existence of a PPPA Task Force Team in every sub-district in Sukoharjo district; (2) A solid team between OPDs in handling sexual violence cases; (3) There is a budget for treatment with free examinations for victims; (4) Adequate facilities and infrastructure.

CONCLUSION

Based on the data collected in the field and the results of the analysis carried out by researchers, as well as discussions, the following conclusions can be drawn:

1. The role of counselors in dealing with traumatic victims of sexual violence in DPPKBP3A Kab. Sukoharjo plays a very important role because the counselor goes directly to the victim and handles their problems according to the victim's needs. The role of the DPPKBP3A counselor is carried out during the counseling process by carrying out their duties and functions at each stage of the counseling process. Where counselors play a role in carrying out understanding and preventive, development and alleviation, and advocacy functions. In the counseling process, the counselor first makes a connection with the victim. To make it easier for counselors to explore the needs of victims of sexual violence at the next stage. After that, the counselor will explore the potential within the victim to be able to become a strength for the victim of the traumatic sexual violence they experienced. Counselors carry out their functions in the counseling process in dealing with traumatic victims of sexual violence so that goals can be achieved optimally. Where the victim has little impact from the trauma he experienced, has good self-defense skills, is able to have motivation to develop his own potential.

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2. District DPPKBP3A programs. Sukoharjo's assistance in dealing with traumatic sexual violence victims includes: providing recovery packages, case outreach by providing counseling services, assistance services and free psychological examinations, and assistance to victims of sexual violence in the legal process. Apart from that, the DPPKBP3A Kab. The Sukoharjo given does not only focus on when there are complaints of sexual violence cases. However, it also focuses on preventive services. The program provided is in the form of outreach to the community. These include: Stop Violence Movement, 3rd End, outreach via Puspaga social media, road shows to villages and schools.
3. Inhibiting factors for DPPKBP3A Kab. Sukharjo in dealing with traumatic victims of sexual violence is that there is no special unit or UPTD that handles cases every time there is a complaint from the public. So handling sexual violence cases experiences time constraints when it coincides with other activities. Apart from that, the lack of human resources makes the division of tasks more difficult and the burden on them increases. Where apart from focusing on assistance in handling cases of sexual violence, DPPKBP3A Kab. Sukoharjo also focuses on prevention programs in the form of outreach activities to the community about sexual violence. Meanwhile, the supporting factors owned by DPPKBP3A Kab. Sukoharjo are: (1) the existence of a PPPA Task Force Team in every sub-district in Sukoharjo district; (2) A solid team between OPDs in handling sexual violence cases; (3) There is a budget for treatment with free examinations for victims; (4) Adequate facilities and infrastructure.

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