The Anticipatory Guideline for Parents of Child Victims of Sexual

Triana Indrayani1,2, Sukri Palluturi3, Ridwan Amiruddin4, Agus Bintara Birawida5

1Doctoral Student of Public Health Science, Graduate School, Faculty of Public Health, Hasanuddin University, Makassar, Indonesia
2Department of Faculty of Health Science, Universitas Nasional, Jakarta, Indonesia
3Department of Health Policy and Administration, Hasanuddin University, Makassar, Indonesia
4Department of Epidemiology, Hasanuddin University, Makassar, Indonesia
5Department of Environmental Health, Hasanuddin University, Makassar, Indonesia

1E-mail Address: trianaindrayani@civitas.unas.ac.id (T. Indrayani).

ABSTRACT

Objective: Sexual abuse is a complex problem that requires comprehensive and integrated handling. Children are one of the groups vulnerable to sexual abuse. This weakness is sometimes used by irresponsible people for abuse. Aimed to explore the experiences of parents in dealing with children affected by sexual abuse using the anticipatory guidelines.

Methods: Used a qualitative research design with a phenomenological approach using the in-depth interview with seven parents of sexual abuse victims.

Results: Found seven themes, namely: the place where they reported the case for the first time, the response given by the government, choice of family solving cases (law or psychologist), discussion with children, involving the social environment and religious leaders, involving peers, sustainable and complete rehabilitation.

Conclusion: Fast response, communication, the choice of parents, the involvement of the social environment and peers, and rehabilitation are some alternatives to suppress the sexual violence cases against children.

KEYWORDS: Anticipatory guideline; Child sexual abuse; Parents.

I. INTRODUCTION

The problem of sexual abuse in Indonesia is like an iceberg phenomenon; it requires comprehensive, holistic, and integrated handling that involves cross-sectoral cooperation. Children are one of the vulnerable groups that need special protection, especially from their closest people, namely parents, family, and the environment. This vulnerability of children, both physical and psychological, often become the subject to abuse from irresponsible people. According to WHO (2008), the forms of abuse that children often accept are physical, emotional, neglect, commercial exploitation and sexual maltreatment. The highest data on sexual abuse against children that occurred in Jakarta were from East Jakarta, West Jakarta, and South Jakarta, with the highest forms of abuse being incest, sexual, physical, and psychological.

The anticipatory guideline is a technique used by parents to prepare children for situations that are considered potentially problematic. According to Hales, R., Yudofsky, S. & Roberts, L. (2014) the purpose of this anticipatory guidance is to first consider what obstacles might arise from the situation then prepare what strategies are appropriate to deal with it. Parents have a major and most important role for children's education, in terms of caring for, raising, and educating their children. Parents often mistakenly mistreat their children due to ignorance and limited information.
Midwives have an obligation to provide knowledge, guidance and direction to children about how to behave, act, and what parents should prepare when their child starts to enter. Health education is a form of intervention that can have a positive effect on health maintenance and improvement.

II. METHODS

The research design in this study was qualitative with a phenomenological approach. This approach was used so that the researcher could directly record the concept of Anticipatory guidance and based it on real experience; thus it can be used as recommendations for the anticipation of sexual abuse against children that can be applied by the community, especially families. Participants in this study were parents whose children were victims or not victims of sexual abuse with a total of 7 people which were chosen by purposive sampling in Jakarta. The study was conducted for 3 months from December 2019 to February 2020.

III. RESULTS

The presentation in this study is divided into 2 parts, namely: the first is a description of demographic characteristics participants and the second is a thematic analysis which includes descriptions of interview results, analysis of field notes, and looking for evidence that arises in connection with a problem that contains a theme.

Demographic characteristics and participants

Participants in this study were families whose children were victims of sexual abuse, families whose children had never experienced sexual abuse, and psychologists. Participants who took part in this study were 7 families consisting of six pairs of fathers and mothers and one father (the mother had passed away). The research location was in Jakarta, where most of the population works as laborers and factory employees and access to health service centers is easy to reach.

Thematic characteristics

From this research, it was found 7 themes that describe the experiences of the role of parents in the anticipatory guidance of children with sexual abuse, both of parents of victims of sexual abuse and experts/parents of non-victims. These themes are:

A place to first report the case

The place where they first reported their case was to the midwife because they felt that the midwife could keep secrets and would not interrogate them.

As soon as I reported to the midwife about the case, my child and I were not blamed, but instead, we were advised not to lose ourselves in grief and would be helped to find the best solution.

The midwives are the forefront whose presence is the closest to the community, besides the midwives also have an extensive network; they always accompany them to referral places that are appropriate to the cases in the community.

1. The response provided by the government

The rapid response from the government in handling the case makes the victim and their family feel assured, but some participants feel uncomfortable when they are referred to another place for Visum et Repertum examination needs as they will be asked to recount the chronology of the incident and this is re-traumatic because the children have to recall the incident that s/he has experienced.

After reporting the case, the government responded quickly, but it was inevitable that the surrounding environment became aware of the case

Confidentiality is something that families and victims really want because sexual abuse experienced by victims sometimes becomes a stigma for them (the children) both in the community and at school.

2. Family choice in the case of their children

The choice of a family in solving cases of problems faced by their children greatly affects children's mental development. When the parents decided to proceed with the case to the legal route some respondents said that it only wastes time and money.
When I decided to report the perpetrator who raped my child to the police, the case became bigger; my child was questioned by the police only to let the perpetrator walk free in the end because he was underage.

In Article 1 number 6 of Law 11/2012: Restorative Justice is the settlement of criminal cases by involving the perpetrator, victim, family of perpetrator/victim, and other related parties to jointly seek a fair solution by emphasizing restoration to its original state, and non-retaliation is regulated in Article 21. What if the parents choose to focus on restoring the psychology of their child?

3. Opening a discussion room with children

Openness and provision of time to communicate with children and families are necessary to prevent sexual abuse against children or recurrence of sexual abuse against children. It is necessary to provide an explanation of which parts of the body that should not be touched other than by their mother.

I am not open to my children, I feel awkward and embarrassed if I want to explain which parts of their body that should not be touched by other people, apart from the mother.

Personal Safety Skills are a set of skills that children need to master in order to maintain their own safety and avoid acts of sexual abuse. Personal Safety Skills consist of three skill components. The first is to recognize, The second is to resist, The third is to report.

I used to be busier with work because in my opinion, the most important thing was that my child had enough to eat and I could fulfill what s/he asked from me.

The intensity of communication that exists in the family between parents and children can affect openness in children and foster closeness to both of them.

4. Involving environment and religious leaders

The involvement of community leaders is needed to restore the self-confidence of the child victims of sexual abuse so that they are able to return and be accepted again in society.

It is necessary to involve community leaders to help clarify what happened to children so that stigma does not occur.

Community leaders are people who have influence in the society, both formally elected community leaders and informally elected community leaders and have positions and a big influence in a particular environment.

The involvement of religious leaders in overcoming stress and depression in child victims of sexual abuse is needed to rebuild the souls of the victims who begin to not believe in God and not believe in God's love.

It is necessary to involve religious leaders to solve problems in cases of sexual abuse, as they are more heard and trusted by children rather than their parents themselves.

Involving religious leaders for spiritual assistance is important for the child victims of sexual abuse so that they can get inner peace and help to accelerate the traumatic healing process.

5. Involving peers

Peers or friends often become the main place for children to tell their problems when they do not get enough attention from their parents and have limited access to meet their parents.

After the case that happened to him/her, my child chose to keep quiet and save his/her problems and I found out from a best friend.

The act of confining children as a form of punishment for what happened is done by some parents; this makes the children feel more stressed and depressed.

My child can get back up from his/her problems, one of which is because he sees the motivation of friends his/her age who have bigger problems than him – but they can keep up the spirit to go to school and do not stand idly by lamenting their fate.
Four respondents said their children become excited again and have the courage to meet other people when their friends supported them to keep their spirits up. It is important to educate parents about the importance of self-efficacy in children.

6. Complete rehabilitation

Complete medical and psychological rehabilitation can restore the child's psychology so that in the future the child will have openness to their parents.

*After reporting to P2TP2A, the officer provides a schedule for rehabilitation, after judging from the condition of the child, then it is determined how long the rehabilitation in P2TP2A will be.*

Providing protection and supervision to children is not only a domestic responsibility but also the Governments. Moreover, this has been regulated in Article 20 of Law Number 35 of 2014.

*As a parent, I only hope that rehabilitation is complete and my child can go back to school and play with hi/her friends again, however the rehabilitation is not completely finished, the P2TP2A officer said that the rehabilitation has been stopped because the cost of the rehabilitation package from the government has run out.*

Some obstacles namely: increasing the skills and abilities of employees, increasing coordination with related agencies, increasing the budget.

IV. DISCUSSION

Sexual abuse according to the Draft Criminal Code (RKUHP) and the Sexual Abuse Protection Bill (RUU PKS) is the ethics of someone with abuse using the condition of someone who is unable to give consent to have sexual relations.18 The phenomenon of sexual abuse against children shows how a safe world for children is getting narrower and harder to find.19

The role of health workers

The parental recovery process is closely related to the resilience possessed by parents, Waskito (2008) finds several factors that influence family resilience to experiences of sexual abuse, including 1. Social and emotional support; 2. Emotional attachment/bonding in the family; 3. Improve communication with children; 4. Parents' involvement in the process of handling sexual abuse; 5. Parents' understanding of incidents of sexual abuse experienced by their children; 6. Spirituality; 7. A positive attitude; 8. Skills in making decisions.20

The role of the society

In handling sexual abuse against children, there needs to be community participation by paying attention to the aspects of prevention that involve the community and also the children. At a minimum, children are taught to recognize, reject, and report potential threats of abuse. This means that in this case. The community is expected to participate in protecting the victims by not isolating them and not giving stigma to them.15,20

Friends of the same age

Peers have a strategic role in overcoming acts of abuse against children, peers are seen as having a good understanding of their friend psychology so that they are more trusted as a place to share the problem that their friends have experienced.

V. CONCLUSION

Anticipatory guidance of children is related to the culture that is around the place of residence; the feelings of shame, disgrace to be known by many people, being alienated and even blamed for not being able to look after their children when their children become the victim of sexual still exist in the society, thus an increased/improved good communication from health workers, community leaders, religious leaders, and peers and also environmental readiness is used as the most effective preventive materials in sexual abuse against children.

Ethical Aspects

The Research Ethical Committee at scientific research by the Ministry of Research, Technology and Higher Education, Hasanuddin University, Faculty of Public Health, with Ethical Approval Recommendation Number 9703 / UN4.14.7 / TP.01. 02/2019.
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