



Analysis of Traumatic Conditions of Women and Children at The Women's and Children's Empowerment Office of North Labuhanbatu Regency

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Abstrak

Penelitian ini mengkaji kondisi traumatis perempuan dan anak di Kabupaten Labuhanbatu Utara, dengan fokus pada Dinas Pemberdayaan Perempuan dan Anak. Motivasi penelitian ini muncul dari meningkatnya kasus kekerasan yang memerlukan pemahaman mendalam terhadap trauma yang ditimbulkannya. Melalui pendekatan kualitatif, penelitian ini mengungkap trauma psikologis akibat kekerasan fisik, seksual, dan psikologis. Ditemukan bahwa faktor ekonomi, ketidaksetaraan gender, dan kurangnya kesadaran akan hak menjadi penyebab utama. Meskipun DPPA telah berupaya mengatasi masalah ini melalui konseling dan bantuan hukum, masih terdapat tantangan, seperti terbatasnya sumber daya dan stigma sosial. Penelitian ini menyarankan peningkatan kapasitas DPPA dan kampanye kesadaran masyarakat untuk mengatasi masalah ini dengan lebih efektif.

Kata Kunci: Trauma Psikologis, Perempuan dan Anak, Kekerasan, Penanganan Kasus.

Abstract

This research examines the traumatic conditions of women and children in North Labuhanbatu Regency, with a focus on the Women and Children Empowerment Office. The motivation for this study arises from the increase in cases of violence that require an in-depth understanding of the trauma they cause. Through a qualitative approach, this research reveals the psychological trauma caused by physical, sexual, and psychological violence. It was found that economic factors, gender inequality, and lack of awareness of rights were the leading causes. Although DPPA has attempted to address these issues with counseling and legal assistance, there are still challenges, such as limited resources and social stigma. This research suggests capacity building of DPPA and public awareness campaigns to address the issue more effectively.

Keywords: Psychological Trauma, Women and Children, Violence, Case Management

Introduction

Violence against women and children in Indonesia is a crucial and urgent social issue to be addressed (Rusyda et al., 2021). Although access to accurate data on violence against women is still limited, this phenomenon is real and often gets public attention through mass media reports (Eterna et al., 2022). Cases of violence reported to the National Commission on Women in 2018 reached an alarming number of 293,220 cases. Most of this data was obtained from cases handled by Religious Courts in

Various regions of Indonesia show that violence against women is not a marginal issue but a rampant social problem (Hidayat, 2021).

Domestic violence stands out as the most widely reported form of violence, with the majority of victims being wives (Rahmi & Kitaby A., 2023). This indicates that there is a deep gender inequality in social and cultural structures that still encourages patriarchal views where women are often positioned as the weak side. Social stigma and cultural pressure usually limit women's space to seek justice and protection (Suryamizon, 2017).

Minister of Women's Empowerment and Child Protection for the 2014-2019 period, Ari Pangesti et al. acknowledged that the rate of domestic violence in Indonesia is still very high, with women and children as the primary victims (Fahri et al., 2021). Protection laws and policies have been drafted to provide a legal framework for dealing with this violence, but its implementation on the ground still encounters various obstacles (Kurniasari, 2019).

Child protection from violence is also an important issue, considering the long-term psychological impact that can occur on victims (Bell et al., 2007). Legal and social protection efforts for children who are victims of violence must be coordinated more effectively, by involving various parties including the government, non-governmental organizations, and communities (Purwanti & Hardiyanti, 2018). In this context, North Labuhanbatu Regency is one of the areas that needs special attention. Complex social issues including domestic violence, economic disparities, and other social problems, have the potential to cause deep trauma for victims (Buaton et al., 2018). A study of efforts to empower and protect women and children in this area is essential to identify gaps in services and support for victims, as well as formulate more effective strategies in overcoming trauma and preventing violence (Sukeri & Man, 2017).

In the scope of social development and community empowerment, the issue of protection of women and children has received serious attention, especially in the face of traumatic conditions that often occur due to violence, harassment, or adverse socio-economic conditions (Nawar & Setyoko, 2019). The North Labuhanbatu Regency Women and Children Empowerment Office, as an institution responsible for the protection and empowerment of women and children, carries out an essential mission in overcoming and preventing various cases that can cause trauma to women and children (Baumeister et al., 2015). Analysis of traumatic conditions in women and children is critical to understand the dynamics that occur in society, identify specific causes of trauma, and develop effective intervention strategies.

This study aims to delve deeply into the various factors that contribute to the traumatic condition of women and children in the North Labuhanbatu Regency. Using qualitative and quantitative approaches, this analysis will identify patterns of events that cause trauma,

existing institutional responses, and the long-term impact of such trauma on individuals and communities (Baumeister et al., 2015). Through this analysis, it is hoped that evidence-based recommendations can be produced to improve the effectiveness of programs and interventions implemented by the Women and Children Empowerment Office, as well as other relevant stakeholders, to reduce and prevent the occurrence of traumatic conditions in women and children in North Labuhanbatu Regency.

Therefore, the research entitled "Analysis of the traumatic condition of women and children at the Women's and Children's Empowerment Office of North Labuhanbatu Regency" is an essential step to understanding more deeply the conditions and needs of victims, as well as developing evidence-based policy recommendations to increase the effectiveness of empowerment and protection efforts. This study is expected to make a significant contribution to the understanding and handling of the issue of violence against women and children in Indonesia.

Method

This research focuses on qualitative methods to explore a deep understanding of trauma and the use of cathartic therapy techniques (Albi & Johan, 2018; Creswell, 2012; Hasibuan et al., 2022). Qualitative means that this research prioritizes the collection of descriptive data and in-depth analysis of the experiences of specific individuals, groups, or communities. Through a descriptive approach, this study aims to describe the conditions, situations, and phenomena that exist at the research site as they are, providing a clear picture of how cathartic therapy techniques are used to overcome trauma (Fadli, 2021). This research, which was carried out between June and October 2023, is located in the DPPA of North Labuhanbatu Regency.

The research subjects, or informants, are selected based on their expertise and experience relevant to the research topic. With an initial number of three people, the number of informants can increase to get broader and more in-depth data. The informants involved covered various backgrounds, ranging from village heads to trauma victims, showing a diversity of perspectives on trauma issues. Primary data were collected directly from the source through interviews with trauma victims and their parents, while secondary data were obtained from

relevant literature studies. Data collection techniques include structured interviews, observations, and documentation, to gather comprehensive information about traumatic conditions and cathartic therapy (Jailani, 2023; Khilmiyah, Akif, 2016).

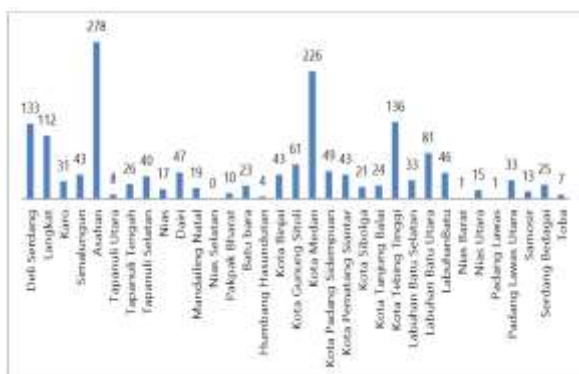
Data analysis is carried out through data reduction, data presentation, and drawing conclusions based on the model proposed by Miles and Huberman (Miles & Huberman, 1992). This involves organizing the data into categories to identify working themes and hypotheses. In ensuring the validity and objectivity of the data, this study adopts triangulation techniques and member checks, which involve cross-checking information from various sources and verifying data interpretation with participants. This approach ensures the accuracy and relevance of the data collected, as well as reinforces the findings of the research (Khilmiyah, Akif, 2016).

Result and Discussion

The traumatic condition of empowering women and children protection in North Labuhanbatu Regency.

In North Labuhanbatu Regency, in 2023, there will be 69 cases of traumatic conditions related to the empowerment and protection of women and children. These conditions include situations that can cause psychological or physical trauma, both to women and children, and that require special attention in terms of legal, psychosocial, and community support. Meanwhile, in 2023, according to data from the North Sumatra Provincial DPMDDUKCAPIL, there were 46 cases of the condition.

Table. 1 Number of Victims of Violence Against Women and Children in North Sumatra Province



Source: DPMDDUKCAPIL North Sumatra Province, 2022

Various cases of violence and discrimination against women and children show traumatic conditions that require profound and comprehensive treatment. First, cases of violence against women and children in North Labuhanbatu continue to increase. This is due to a variety of factors, ranging from gender inequality and lack of understanding of women's and children's rights to economic problems. Physical, psychological, and sexual violence is a frequent issue, leaving deep trauma for victims.

Second, efforts to empower women and protect children are still constrained by various obstacles. One of the main obstacles is the lack of resources, both in terms of budget and experts. In addition, the low public awareness of the importance of empowerment and protection is also a challenge.

Third, the existing empowerment and protection programs have not been fully effective. This is due to the lack of coordination between related institutions and the lack of monitoring and evaluation of the programs that have been implemented. As a result, many programs do not significantly impact the welfare and protection of women and children.

Fourth, the stigma and discrimination against victims of violence against women and children are obstacles to social recovery and reintegration. Stigma from society often makes victims feel isolated and afraid to report the incident experienced.

Fifth, law enforcement against perpetrators of violence against women and children is still weak. Many cases end without adequate justice for victims, thus creating a sense of distrust in the legal system.

To overcome this traumatic condition, collaborative efforts are needed between the government, non-governmental organizations, communities, and all elements of society. Increasing budgets and human resources for empowerment and protection programs are required. In addition, education and socialization about women's and children's rights and the importance of empowerment and protection must continue to be intensified. Firm and fair law enforcement must also prioritize providing victims a sense of security and justice.

In line with the findings of the research, Moriarty explained that the role of the Women's Empowerment, Child, and Community

Protection Office (DP3AM) of Binjai City in dealing with sexual violence against women and children consists of roles in the field of prevention, roles in the field of handling, and roles in the field of recovery. a). Prevention is carried out by socialization and coordination with related institutions. b). Handling is carried out by providing assistance and legal assistance to victims and health services. c). Recovery is carried out by reintegration or rehabilitation activities by providing safe houses for victims. The obstacles of the Binjai City Women's Empowerment, Child and Community Protection Office (DP3AM) in handling sexual violence are: a) Lack of public awareness, b). Lack of experts, c). Lack of operational funds. For this reason, DP3AM Binjai City further improves its duties and functions in carrying out its role comprehensively and optimally. It maintains cooperation between related institutions so that cases of sexual violence against women and children do not increase every year (Moudiarty, 2024).

Obstacles in analyzing the traumatic condition of empowering women and children protection in North Labuhanbatu Regency.

Analyzing the traumatic conditions of empowerment and protection of women and children in North Labuhanbatu Regency is not easy. Several obstacles face this analysis process, affecting the accuracy and effectiveness of the empowerment and protection efforts.

First, there are difficulties in accessing accurate data and information. Data on cases of violence and discrimination against women and children are often poorly documented, making it difficult to conduct a comprehensive analysis. In addition, there are also obstacles in obtaining information from the victim directly due to the fear and trauma experienced.

Second, the lack of competent human resources impedes conducting in-depth analysis. Experts with unique expertise in empowering and protecting women and children are still very limited in North Labuhanbatu Regency. This results in a study that is often not optimal.

Third, there are obstacles to coordination between related institutions. Ineffective cooperation between the government, non-governmental organizations, and other stakeholders in data collection and analysis of the condition of women and children has resulted in a lack of a comprehensive understanding of the problems at hand.

Fourth, the existence of social stigma against victims of violence against women and children is an obstacle in the analysis process. Many victims are reluctant to speak up and report their experiences for fear of stigma and discrimination from society. This makes it challenging to obtain accurate and comprehensive data.

Fifth, budget limitations are also one of the main obstacles. The funds allocated to analyze traumatic conditions for the empowerment of women and child protection are often insufficient. This impacts the limitations in conducting research, data collection, and more in-depth analysis.

Overcoming these obstacles requires intense cooperation and synergy between all parties involved. Increasing human resource capacity, adequate budget allocation, and the development of better data and information systems are important steps that need to be taken to ensure that the analysis of traumatic conditions for empowering women and children protection in North Labuhanbatu Regency can be carried out more effectively and efficiently.

Prevention and handling of traumatic conditions of women and children in the empowerment of protection in North Labuhanbatu Regency

North Labuhanbatu Regency faces significant challenges in preventing and handling traumatic conditions experienced by women and children. Effective empowerment and protection efforts require a comprehensive and integrated strategy involving various parties and sectors. Prevention of traumatic conditions can be done through intensive education and socialization to the community about the rights of women and children, as well as the importance of protecting them. Educational programs can be integrated into school curricula, religious activities, and community forums. Raising public awareness will reduce discriminatory practices and violence against women and children.

In addition, strengthening the capacity of institutions engaged in protecting women and children is also very important. This includes training for law enforcement officials, health workers, and social workers in handling cases of violence and discrimination. They must be equipped with adequate knowledge and skills to respond quickly and appropriately to reports of violence. Regarding case handling, it is essential

to provide comprehensive support services for victims, ranging from medical, psychological, and legal to social reintegration services. Integrated service centers must be established to provide these services coordinatedly. Cooperation with civil society organizations with expertise in this field can also improve the quality of support services. Active community involvement in prevention and handling efforts is also significant. Building a network of cooperation between communities, non-governmental organizations, and local governments can increase the effectiveness of protection programs. Communities can play a role in environmental monitoring and early reporting of indications of violence or discrimination against women and children.

Strict law enforcement against perpetrators of violence and discrimination is a key factor in the prevention and handling of traumatic conditions. Fair and proportionate punishment will have a deterrent effect and demonstrate the government's commitment to protecting the rights of women and children. Through these efforts, it is hoped that the traumatic conditions experienced by women and children in North Labuhanbatu Regency can be prevented and handled effectively so that they can live safely, comfortably, and protected.

As a follow-up effort to prevent and treat the traumatic conditions of women and children in North Labuhanbatu Regency, several strategic steps can be taken:

- a. **Increased Access to Mental Health Services**
The mental health of victims of violence and discrimination is often overlooked. Improving access to mental health services, including counseling and psychological therapy, is essential. Local governments can work with mental health organizations to provide these services for free or affordably to victims.
- b. **Development of an Effective Referral System**
The referral system between law enforcement agencies, health services, and women's and child protection agencies must be well established. This ensures that victims get fast and appropriate treatment, ranging from complaints to medical treatment to psychosocial support.
- c. **Strengthening Policies and Regulations**
Reviewing and strengthening policies and regulations protecting women and children

is necessary. This includes ensuring that the policy is by international standards and meets the specific needs of the community in North Labuhanbatu Regency.

- d. **Education and Training for Professionals**
Professionals such as teachers, doctors, and law enforcement officials are essential in preventing and treating traumatic conditions. They should receive specialized education and training on how to identify signs of violence and discrimination, as well as how to respond effectively.
- e. **Public Awareness Campaign**
Intensive and sustained public awareness campaigns are essential to change societal norms and behaviors that support violence and discrimination. The campaign can involve mass media, community leaders, and religious leaders to spread positive messages about equality and human rights.
- f. **Monitoring and Evaluation**
Regular monitoring and evaluation of prevention and treatment programs is essential to ensure effectiveness and make necessary strategic adjustments. This also includes ensuring the accountability of all parties involved in protecting women and children.

Through these measures, it is hoped that efforts to empower and protect women and children in North Labuhanbatu Regency can be more effective in preventing and dealing with traumatic conditions experienced by women and children.

Conclusion

The conclusion of the analysis of traumatic conditions in women and children at the Women's and Children's Empowerment Office of North Labuhanbatu Regency shows several significant findings that require serious attention from all parties. First, it was identified that the prevalence of trauma cases in women and children in the region is still relatively high, triggered by various factors, including domestic violence, sexual harassment, and economic exploitation. Second, there is a lack of resources, both in terms of professionals and adequate handling facilities, to provide psychological support and rehabilitation for victims. In addition, public awareness of the importance of reporting and addressing trauma issues is still low, often due to social stigma and fear of further consequences.

Cooperation between government agencies and non-governmental organizations in dealing with this problem is also not optimal, which slows down the healing process and the reintegration of victims into society. Based on these findings, an integrated effort is urgently needed to increase the capacity of the North Labuhanbatu Regency Women and Children Empowerment Office to handle traumatic cases. This includes increasing budget allocation, supporting facility procurement, expert training, and public awareness campaigns. In addition, the development of a wider network of cooperation with various parties, including civil society organizations, the private sector, and the mass media, will be beneficial in efforts to prevent and handle cases of trauma to women and children in the area.

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