

Psychological Impact On Victims of Sexual Violence: Literature Review

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ABSTRACT

Sexual violence has become the center of attention in almost all countries, because it happens not only in developing countries but also in developed countries. Sexual violence is an act that leads to sexuality towards someone that is carried out by force, by anyone regardless of the relationship with the victim both in the family and work environment which can have a psychological impact on the victim. The literature study aims to determine the psychological impact experienced by each victim of sexual violence. In this literature study using five databases (Scient Direct, Pubmed, Proquest, Sinta, Google Scholar) with the majority of research designs using case-control and qualitative. Prisms are used to select studies which include journals for the last five years and in English and Indonesian, titles, and abstracts. From the search results, eleven journals that match the inclusion criteria were obtained and the average number of participants was more than one hundred in each study. The psychological impact of sexual violence obtained from the summary of several studies is anxiety, withdrawal behavior, trauma, depression, and suicidal ideation.

Keywords: Psychological Impact, Sexual Violence Sexual, Literature Review

Received March 27, 2021; Revised April 10, 2021; Accepted April 29, 2021



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BACKGROUND

Violence has become the center of attention in almost various countries, because it occurs not only in developing countries but also in developed countries. WHO in (Hilmi & Airlangga, 2019) explains that sexual violence is an act that leads to sexuality against someone that is carried out by force, by anyone regardless of the relationship with the victim both in the family and work environment. It has received legal protection in both developing and developed countries. In developing countries such as Indonesia, cases of sexual violence have been regulated in several laws, one of which is Law Number 13 of 2006 concerning Protection of Witnesses and Victims related to sexual harassment, sexual exploitation, rape, marriage, sexual torture and sexual slavery. Then in developed countries such as the United States it has also been regulated in Title VII of the Civil Right Act 1964 concerning Sexual Harassment that occurs to workers and students.

Even though it has received legal protection, cases of sexual violence are still rampant, this can be seen from the results of a study conducted in Lubumbashi (Africa) urban areas where 94% of sexual violence occurred between 14 and 17 years of age (Fagbamigbe et al., 2019). Then in the United States 550 teenagers who were treated in Mental Hospitals from 2010 to 2015, half of them have a history of childhood sexual violence. The psychological impact they experience is related to trauma, depression, and suicidal ideation (DeCou & Lynch, 2019). Meanwhile in Indonesia, violence increased by 65% with 2,341 cases and in the previous year 1,417 cases. The forms of violence include; physical (43%), then sexual (25%). This is the same as the previous year, sexual violence was still the second most reported. The highest percentage of perpetrators of sexual violence are boyfriends who have been consistently reported since 3 years ago, then other perpetrators are biological fathers, step fathers, and uncles (National Committee on Violence Against Women, 2020).

According to Hosking in (Thematic et al., 2017), the factors that cause sexual violence against victims in general can be grouped into two, namely the individual factors related to the tendency of individuals to commit violence, for example from a psychological side, the main motivation for committing acts of violence is not being able to withstand the lust, even the expression of one's feelings. Then second, socio-cultural factors related to environmental conditions to encourage someone to commit acts of violence.

Sexual violence against victims can have physical and psychological impacts, as explained by WHO in (Thematic et al., 2017) that psychologically, victims who experience violence will experience various mental disorders such as depression, loss of confidence, shame, trauma, stress, feeling isolated, angry, lonely, and feeling useless or hopeless in life. This is in line with research (Wardhana & Kurniawan, 2018) on three early adult victims who have experienced sexual violence, the result is that the three victims experienced trauma and shocks which then led to the emergence of a cognitive process in which nearly three victims experienced it, namely, regret for the incident that had occurred. Happening, blaming or judging yourself, fear of the reaction of others, and fear of the perpetrator.

There are several articles that research the psychological impact of sexual violence. Therefore, a summary is carried out to identify the associated psychological impact on each victim.

METHODS

Literature review is a summary of several research studies that were determined based on a specific theme. The literature search was conducted in May-June 2020. The data used in this study were secondary data obtained not from direct research but from previous research results. The secondary data sources used were in the form of articles or journals

with national and international reputation with predetermined themes. The literature search in *review literature* issues five databases with high, medium, low quality criteria, namely Sinta, *Scient Direct*, *Pubmed*, *Proquest*, *Google Scholar*. Search for articles or journals using keywords and boolean operators (AND, OR NOT or AND NOT) which are used to expand the search so that it can make it easier to determine which articles or journals to use. The protocol and evaluation of this review literature use PRISMA to find a selection of studies that have been found and adjusted to the objectives of *the literature review*.

RESULTS

Following eleven journals have been analyzed based on the results of literature searches through publications in Sinta, *Scient Direct*, *Pubmed*, *Proquest*, *Google Scholar* using keywords that are in accordance with MeSH and have met the inclusion criteria based on the topic of *literature review* namely sexual violence related to psychological impact:

Author	Year	Volume, Number	Title	Method (Design, Sample, Variable, Instrument, Analysis)	Research Results
Natali Maia Marques, Gabriel Okawa Belizario, Cristiana Catanho de Almeida Rocca, Fabiana Saffi, Daniel Martins de Barros, Antonio de Pauda Serafim	2020	Vol 6, No. 35-52	Psychological evaluation of children victims of sexual abuse: development of a protocol	Design: <i>Case control design</i> Sample: 49 children Variable: evaluation psychological Instruments: Demographic data, questionnaire assessing violence sexual Analysis: <i>Kolmogorov Smirnov test, Chi-square test, t -Test.</i>	The results of this study indicate that there are significant differences in the group of victims of sexual violence in functions psychological, namely, Irritability and aggressive behavior. Then because this happens in the environment family, it triggers a sense of insecurity, helplessness, and fear of the perpetrator.

Isabelle Daigneault, Pascale Vézina Gagnon, Catherine Bourgeois, Tonino Esposito, Martine Hébert	2017	Vol 66, No. 155-165	Physical and mental health of children with substantiated sexual abuse: Gender comparisons from a matched control cohort study	Design: <i>Cohort, matched control design</i> Sample: 882 children and adolescents Variable: health mental Instruments: Administrative data Analysis: regression Nonlinear	Results The research shows the impact of sexual violence according to gender differences, women have internal impacts such as disturbances emotional, and men have external impacts such as sexual violence behavior.
David Cantón Cortés, José Cantón, María Rosario Cortés	2016	Vol 51, No. 54-63	Emotional security in the family system and psychological distress in female survivors of child sexual abuse	Design: <i>Case control design</i> Sample: 167 female victims of violence sexual Variable: security emotional, of psychological the instrument pressure: questionnaire <i>Childhood sexual abuse</i> analysis: Chi square test	The results of this study show that the characteristics of CSA are a relationship with perpetrators who are affects the security emotional on CSA victims of psychological pressure

<p>Burak, Dogangün Burak M. Gönültas, Esin Uzun- Oguz, Gökhan Oral, Meral Öztürk</p>	<p>2016</p>	<p>Vol 56, No. 54- 61</p>	<p>Psychologi- cal complaints reported by sexually abused children during criminal investigatio- ns: Istanbul example</p>	<p>Design: <i>Descriptive qualitative design</i> Sample: 175 children Variable: complaints psychological Instrument: Interview Analysis: Analysis of the results of the interviews, grouping, and categorizing</p>	<p>The results of this study indicate that complaints psychological are reported by victims of CSA is anxiety, dropout, drop in academic performance, pessimism, do not trust others, feeling aggrieved, powerlessness, substance abuse and behaviors self-injurious</p>
<p>Christopher R. DeCou, Shannon M. Lynch</p>	<p>2019</p>	<p>Vol 89, No. 155- 164</p>	<p>Emotional reactivity, trauma- related distress, and suicidal ideation among adolescent inpatient survivors of sexual abuse</p>	<p>Design: <i>Case control design</i> Sample: 550 adolescents treated in a hospital mental Variable: Trauma, depression, suicidal ideation Instrument: <i>TSCC, the children's depression inventory (CDI).</i></p>	<p>The results of this study indicate that adolescents who report CSA have a significant relationship between reactivity emotional and suicidal ideation due to high trauma pressure and then a resistance deficit in emotional reactivity</p>

				<i>the resiliency scales for children and adolescents (RSCA)</i> Analysis: <i>Chi square test</i>	
Kevin Hamdullahpur, Kahá: wi J. Jacobs, Kathryn J. Gill	2018	Vol 24, No. 1-15	Mental health among help seeking urban women: the relationships between adverse childhood experience, sexual abuse, and suicidality	Design: <i>Case control design</i> Sample: 172 women aged 16 years Variable: Experience Of violence sexual, depressive symptoms Instrument: Questionnaire <i>the beck depression inventory (BDI)</i> Analysis: Anova and Manova, <i>Chi-square test.</i>	From the results of this study, it was found that childhood history living in a family that abused drugs, violence physical / sexual, and neglect in childhood, made children more vulnerable to Sexual violence. . Sexual violence impacts psychological distress into adulthood, and even attempted suicide

Samatha L. Pittenger, Alayna Schreier, Katie Meidlinger, Jessica K. Pogue, Kate Theimer, Mary Fran Flood, David J. Hansen	2016	Vol 34, No. 1-30	Psychological distress and revictimization risk in youth victims of sexual abuse	Design: <i>Quasi experimental design</i> Sample: 166 (101 children in the therapy group, 65 adolescents in the group focus) Variables: stress psychological, risk of revitalization Instrument: <i>SAFE Project</i> Analysis: Linear regression has a	The results of this study indicate the therapy <i>SAFE Project</i> at difficulties Interpersonal, anxiety, cognition, maladaptive, and stress disorder post-traumatic (PTSD) symptoms in children rapidly. Meanwhile, adolescents only have Slight change
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Ratih Wahyu Saputri, Noviekayati, Sahat Saragih	2018	Vol. 7, No. 1	counseling Group to reduce depression in adolescents, introverted victims of violence sexual	Design: <i>One group pretest posttest design</i> Sample: 5 introverted adolescents Variable: Depression, counseling intervention Instruments: <i>Depression scale, introvert personality type scale</i> Analysis: <i>Wilcoxon, correlation</i>	The results of this study indicate counseling group can reduce depression in victims of sexual violence because respondents benefit from activities these
Utami Zahirah, Nunung Nurwati, Hetty Krisnani	2019	Vol. 6, No. 1	The impact and handling of violence child sexual in the family	Design: <i>Literature review design</i> Sample: 4 studies Variable: The impact of violence sexual	The results of this study indicate that the impact psychological of victims of sexual violence is in the form of silence at home because they feel embarrassed to meet their friends
Yogatama Wisnu Wardhana, Kurniawan	2018	Vol 23, No. 1	<i>Post traumatic growth</i> in early adult women victims of violence sexual	Design: <i>Qualitative design</i> Sample: 3 women Variable: <i>Post traumatic growth</i> Instrument:	The results of this study indicate that trauma and shocks due to sexual violence drive the process cognitive in victims such as

				<i>Interview Analysis: Theory driven, analysis of the results of the interview, grouped and categorized</i>	self-blame, fear of reactions by others.
Ermaya Sari Bayu Ningsih, Sri Hennyati	2018	Vol 4, No. 2	violence Sexual against children in district Karawang	Design: <i>Qualitative design</i> Sample: 21 children Variable: violence sexual Instrument: <i>Interview, observation, documentation</i> study Analysis: <i>Content analysis</i>	The results of this study found that the psychological effects of sexual violence are depression, phobia, nightmares, fear the emergence of pregnancy due to sexual violence, and victims of sexual violence who have experienced severe psychological trauma will feel a strong urge to attempt suicide

Based on the table above, the research design used in each study that has a psychological impact is mostly *case-control* and *qualitative*. With an average of more than one hundred participants. Studies in accordance with this systematic review are on average conducted in Indonesia with four studies (Zahirah et al., 2019, Saputri et al., 2018, Wardhana & Kurniawan, 2018, Sari et al., 2018), and the other two studies in the USA (Pittenger et al., 2019, DeCou & Lynch, 2019) two studies in Canada (Hamdullahpur et al., 2018, Daigneault et al., 2017) one study in Turkey (Doğangün et al., 2016), in Brazil (Marques et al., 2020) and in Spain (Cantón-Cortés et al., 2016). Eleven studies on sexual violence found signs and

symptoms, namely irritability, fear, nightmares, decreased academic performance, pessimism, distrust of others, substance abuse. Then the psychological impact experienced is anxiety, withdrawal behavior, trauma, depression, and suicidal ideation. In addition, there is also counseling and therapy *SAFE Project* which is used to reduce the psychological impact of sexual violence.

Respondents in this study were people who had a history of sexual violence with the majority of respondents being more than 100 people. Gender characteristics of respondents are male and female from children to adults. Most of the education level when sexual violence occurs is in primary school.

DISCUSSION

Based on the results of the research, it was found that signs and symptoms of sexual violence are symptoms of irritability because the victim has not been able to accept the incident he has experienced (Marques et al., 2020), a symptom of fear which is a form of expression due to the incident that the perpetrator has committed against him (Wardhana & Kurniawan, 2018), the symptoms of nightmares are due to the fact that victims often remember and think about the events they experienced so that they are carried away by dreams or even disrupt the victim's sleep patterns continuously (Sari et al., 2018), a symptom of a decrease in academic performance is because the victim already feels lazy to carry out daily activities such as school or college (Doğangün et al., 2016), the symptom of pessimism is because the victim feels that he is different from his friends and feels that there will no longer be people who want to accept his existence (Doğangün et al., 2016), a symptom of distrust in others where the victim assumes that everyone is was found to be doing the same thing to him (Doğangün et al., 2016), a symptom of substance abuse, a situation where the victim can vent the emotions or pressure he experiences, such as the use of drugs or other dangerous substances (Hamdullahpur et al., 2018).

There are five psychological impacts that occur on victims of sexual violence, namely anxiety in the form of fear after sexual violence which can result in unwanted pregnancy because considering the age of the victim when the incident was too young (Sari et al., 2018), withdrawal behavior comes from feelings of Ashamed of the incident they experienced, which caused the victim to choose to stay at home (Zahirah et al., 2019), a traumatic situation in which the victim blames himself and still remembers events that occurred in the long term. Traumatic events in women victims of sexual violence will encourage cognitive processes. The initial cognitive process that arises from trauma is automatic rumination in the form of regret for events that occurred, blaming or judging oneself, fear of other people's reactions, and fear of the perpetrator. This arises because of the negative stigma regarding victims of sexual violence. Society tends to view victims of sexual violence as despicable women. In addition, automatic rumination also appears because the perpetrator is the closest person and will have the potential to experience repeated rape in the long term (Wardhana & Kurniawan, 2018), depressive situation where the victim experiences sexual violence with signs, is irritable, experiences nightmares, fear of meeting the perpetrator, feelings of being harmed. This is in line with a study of 101 children in America with a history of sexual violence showing an increase in interpersonal measures of difficulty, maladaptive cognition, and depression (Doğangün et al., 2016). Then the idea of suicide is a situation where the victim experiences high trauma pressure and the victim's ability to manage negative emotions which can result in a self-defense deficit. Thus, victims who experience sexual violence will have a vulnerability to suicidal ideation (DeCou & Lynch, 2019). This has been proven by the existence of 550 adolescents who were admitted to mental hospitals in

the United States from 2010 - 2015, half of them reported a history of childhood sexual violence and had had higher suicide attempts than their peers who had no experience of sexual violence. (Hamdullahpur et al., 2018).

Things that can reduce the psychological impact of sexual violence are counseling therapy, a therapy that is very effective in reducing depression, especially for victims of sexual violence who have an introverted personality because this activity uses a depression scale and an introvert personality scale. The result is that the victim experiences changes in the emotional, cognitive, and hope aspects. The emotions of the victim, which were initially filled with anger, annoyance, deep sadness and confusion, gradually change, where the victim appears to be a person who smiles, laughs, is full of jokes and appears cheerful even though it has not completely eliminated the sadness that is felt (Saputri et al., 2018). Then the *SAFE Project*, therapy is a cognitive behavioral program for children and adolescents who have a history of sexual violence with treatment for 12 weeks. The goals of this therapy are to minimize stigmatization, increase emotional awareness, and coping in preventing future behavioral abuse. The result of the therapy *SAFE Project* is that victims experience reduced anxiety, reduced post-traumatic stress, and have increased self-esteem (Pittenger et al., 2019).

CONCLUSION

Most of the victims of sexual violence will show signs and symptoms such as irritability, fear, nightmares, decreased academic performance, pessimism, distrust of others, substance abuse. Besides that, he will also complain about the psychological impact during his life. The psychological impact of sexual violence is anxiety, withdrawal behavior, trauma, depression, and suicidal ideation. In dealing with this, the victim can be given counseling therapy to reduce depression, especially for victims of sexual violence who have an introverted personality because this activity uses a depression scale and an introvert personality scale. In addition, it can also be with the therapy *SAFE Project* to minimize stigmatization, increase emotional awareness, and coping in preventing future behavior abuse.

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