

Original Research**Parental Support in Psychological Rehabilitation of Child Victims of Sexual Violence: A Qualitative Study****Regita Eka Ayu Syahfitri¹, Dewi Rokhmah^{2*}, Iken Nafikadini³**^{1,2,3} Faculty of Public Health, Jember University, Indonesia**ABSTRACT**

Background: Sexual violence was the most common, Data from the Regional Technical Services Unit for the Protection of Women and Children (UPTD PPA) of Jember Regency showed that there were 75 cases of sexual violence against children in 2022 and 73 cases of sexual violence against children in 2023. This research aimed to analyse aspects of parental social support in the psychological rehabilitation of child victims of sexual violence in the Jember Regency.

Methods: This research was qualitative research with a case study approach. Data were collected through in-depth interviews with 3 main informants, which are parents of child victims of sexual violence with the age criteria of 7-18 years, 2 additional informants, which are family members or closest people from the victim's parents and 1 key informant, which the Regional Technical Services Unit for the Protection of Women and Children (UPTD PPA) of Jember Regency. Informants of this research are based on the willingness of informants to be interviewed in accordance with an ethical review of the confidentiality of informant information.

Results: The results showed that parents had provided emotional support to child victims of sexual violence by reporting to the police; providing affection, instrumental support by fulfilling daily needs, informative support by giving advice to children, and providing appreciation support by accepting the child's condition, providing support to children to undergo rehabilitation so as not to experience prolonged trauma.

Conclusion: Providing aspects of parental social support has been given to their children who are victims of sexual violence.

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child, sexual violence, social support;

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INTRODUCTION

Child sexual abuse is one of the most common problems in Indonesia. According to Indonesian Law Number 35/2014 on Child Protection, violence against children includes various forms that cause physical, psychological, and sexual suffering (Ministry of Law and Human Rights of the Republic of Indonesia, 2014). Cases of child

sexual abuse in Indonesia continue to increase every year. One of the areas with the highest cases of child sexual abuse in East Java is Jember Regency.

Based on data from the Regional Technical Services Unit for the Protection of Women and Children (UPTD PPA) of Jember Regency, there were 75 cases in 2022 and 73 cases in 2023 with cases of sexual violence against children (Regional Technical Services Unit for the Protection of Women and Children (UPTD PPA) of Jember Regency, 2023). Sexual violence against children can be in the form of catcalling, touching sensitive body parts, pornography, and rape (Suyanto, 2016). There are several factors that can cause sexual violence against children, namely due to parental negligence, low morality and mentality of the perpetrator, and economic factors (Fuadi, 2011).

Child sexual abuse has a psychological impact on children. The psychological impact experienced by victims can be in the form of short-term and long-term negative psychological impacts. Short-term negative psychological impacts include depression, emotional disturbance, anxiety, and moodiness, while long-term negative psychological impacts can include sexual dysfunction, sexual deviance, excessive fear and suspicion, antisocial behaviour, suicidal ideation, or becoming a perpetrator of sexual violence (Rini, 2020). Efforts that can be made in dealing with sexual violence against children are to provide protection.

Efforts to deal with child victims of sexual violence have been regulated in Article 69A of Indonesian Law Number 35 of 2014, the Amendment to Indonesian Law Number 23 of 2002 concerning Child Protection, which reads special protection efforts for child victims of sexual crimes, namely educating children related to reproductive health, religious values, and moral values; undergoing social rehabilitation; providing psychosocial assistance during treatment to recovery; and providing assistance and protection at every level of examination from investigation, prosecution, to examination in court (Ministry of Law and Human Rights of the Republic of Indonesia, 2014).

Psychological rehabilitation is also one of the processes of recovery efforts for child victims of sexual violence who experience psychological disorders based on the results of the post-mortem that has been carried out by the victim. Psychological rehabilitation is carried out to improve and prepare mental and psychological victims to be more confident and responsible for themselves so that victims can socialise again in the community (Nugraheni *et al.*, 2018). Psychological rehabilitation needs to be carried out thoroughly by victims of sexual violence, and during the psychological rehabilitation process, there needs to be assistance and support from the family, one of which is support from parents in order to minimise the impact of sexual violence.

The best treatment for family problems is to provide positive support as a form of promotion and prevention of the mental health of family members (Notosoedirdjo & Latipun, 2014). Based on the ABC (Antecedent, Behaviour, Consequences) theory proposed by Graeff, the trigger for a behavior in a person resulted from natural antecedents in the form of high cases of sexual violence in Jember Regency and planned antecedents in the form of parental knowledge related to sexual violence and the existence of socialisation from the government in preventing sexual violence in children. These antecedents can cause parents to behave in providing social support to children. Some aspects of social support consist of emotional support, instrumental support, informative support, and appreciative support from parents to child victims of sexual violence (J. Graeff, J. Elder, 1997).

Social support provided by parents also helps victims to be able to relive their daily lives without fear and worry (Sukma *et al.*, 2022). The role of the family in child victims of sexual violence is very important to help children recover after the incident of sexual violence (Iswara, 2017). In theory, children who are victims of sexual violence will experience severe psychological trauma and need assistance in restoring their psychology. However, the fact was that in our society, victims of sexual violence are stigmatised and discriminated against and hidden by their families as a disgrace. Consequently, they were unable to receive appropriate assistance for their psychological and social recovery.

Based on the above facts, this research aimed to analyse aspects of emotional, instrumental, informative, and appreciative support from parents in the psychological rehabilitation of child victims of sexual violence in Jember Regency. That was done to help overcome the trauma to children physically and psychologically due to sexual violence.

MATERIALS AND METHOD

The method used in this research was qualitative research with a case study approach. Informants in this research were 3 main informants, 2 additional informants, and 1 key informant. The main informants (MI) were parents of child victims of sexual violence with the age criteria of 7-18 years old; additional informants (AI) are family members or people closest to the victim's parents, and key informants (KI) are child victims of sexual violence from UPTD PPA Jember Regency.

The research focus in this research was related to child sexual abuse, psychological rehabilitation, and aspects of social support, which include emotional support, instrumental support, informative support, and appreciation support. The data sources of this research were primary data in the form of information from informants through in-depth interviews and secondary data in the form of data from UPTD PPA Jember Regency, data on cases of violence reporting from the SIMFONI-PPA website, as well as journals, books, and news relevant to the topic of child sexual abuse are used to strengthen the primary data. The data collection technique used was an in-depth interview with informants.

The data collection instrument in qualitative research was the researcher himself, determining the focus of the research, selecting research informants as data sources, collecting data, assessing data quality, analyzing data, interpreting data, and making conclusions (Sugiyono, 2019). The technique of presenting data in qualitative research was in the form of descriptive sentences and direct quotes from informants based on the language and perspectives of informants written in informal language and adapted to the informants' choice of words. Data analysis in this research used the content analysis method.

Data analysis in this research was carried out by interviewing informants using a voice recorder and transcribing interviews using Microsoft Word to focus information in accordance with the research objectives. The credibility test in this research used source triangulation by comparing information from the main informant with information from additional informants and key informants (Sugiyono, 2019). The dependability test in this research was carried out by auditing the overall activities of researchers when conducting research by the supervisor (Rokhmah *et al.*, 2019).

There was an ethical test through the research ethics commission, which was carried out at the Ethics Commission at the Faculty of Dentistry, University of Jember,

with letter number: No.2287/UN25.8/KEPK/DL/2023. There was also an informed consent sheet, and during interviews with victims or their families, we were assisted by a companion officer from the Regional Technical Services Unit for the Protection of Women and Children (UPTD PPA) in the Jember Region.

RESULTS

An overview of the location of this research is located in Jember District. Jember Regency is one of the areas in East Java that has the highest number of cases of sexual violence against children, namely 75 cases in 2022 and 73 cases in 2023. This research contained 4 cases of sexual violence against children with the age range of the victims being 15 - 16 years old. Characteristics of Child Victims of Sexual Violence based on gender, age, form of sexual violence, relationship with perpetrator, time of sexual violence, repoting time, education, and impact of sexual violence.

Table 1. Characteristics of Child Victims of Sexual Violence

Victims	Gender	Age	Form of sexual violence	Relationship with perpetrator	Time of sexual violence	Reporting time	Education	Impact of sexual violence
Victim 1	Female	15	Intercourse and dissemination of vulgar photos	Victim's ex boyfriend	May 2023	February 2024	Senior High School	Not pregnant
Victim 2	Female	15	Rape	Victim's uncle	2023	2023	Senior High School	Pregnant
Victim 3	Female	15	Beating and rape	Unknown person	March 2024	March 2024	Senior High School	Not pregnant
Victim 4	Female	16	Rape	Victim's grandfather	February 2024	March 2024	Not Attending School	Not pregnant

Victim 1 is a 15-year-old girl who was a victim of sexual violence by her ex-boyfriend. The forms of sexual violence experienced were intercourse and dissemination of vulgar photos. Victim 2 is a 15-year-old female child who was sexually assaulted by her uncle. The form of sexual violence experienced by the victim was rape until she became pregnant. Victim 3 is a 15-year-old child of the female gender who was a victim of sexual violence by an unknown person.

The forms of sexual violence experienced by the victim were beating and rape. Victim 4 is a 16-year-old girl who was sexually assaulted by her grandfather. The form of sexual violence experienced by the victim was rape. Characteristics of main informants based on age, gender, occupation, additional information and region. The main informants in this research are parents of child victims of sexual violence, totalling 3 people and spread across several regions in Jember Regency.

Table 2. Characteristics of Main Informants

Informants	Age	Gender	Occupation	Additional information
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Informants	Age	Gender	Occupation	Additional information
Main Informant (MI) 1	44	Female	Housewife	Victim's Mother
Main Informant (MI) 2	40	Female	Housewife and farmer	Victim's Mother
Main Informant (MI) 3	42	Male	Self employed	Victim's Father

Main Informant 1 (MI 1) is a 44-year-old woman who lives as a housewife. IU 1 is the mother of the victim. MI 1 immediately discussed with her husband and reported the case to the police after receiving news of the sexual violence experienced by her child. Main Informant 2 (MI 2) is a 40-year-old woman who works as a farm labourer in her area. Main Informant 2 is the victim's mother. MI 2 sought information and consultation from people close to her on how to imprison the perpetrator.

MI 2 then reported the perpetrator to the police when it was discovered that the victim was pregnant. Main Informant 3 (MI 3) is a 42-year-old man who has a junior high school education and works as a self-employed person. MI 3 is the victim's father. The informant immediately reported the case of sexual violence against his child to the police the day after the incident and was directed to get assistance from the Jember District PPA to conduct a post mortem.

Characteristics of additional informants based on age, gender, occupation, additional information and region. Additional informants in this research are family members or people closest to the parents of child victims of sexual violence, consisting of 2 people.

Table 3. Characteristics of Additional Informants

Informants	Age	Gender	Occupation	Additional information
Additional Informant (AI) 1	50	Female	Trader	Victim's grandmother
Additional Informant (AI) 2	45	Female	Teacher	Close related person of Main Informant (MI) 2

Additional Informant 1 (AI 1) is a 50-year-old woman who is one of the victim's family members, namely the victim's grandmother or the sister of the victim's biological grandmother. AI 1 immediately reported the case to the local sub-village chief. The hamlet head then reported the case to the police and was directed to conduct a post-mortem with assistance from the Jember District PPA. Additional Informant 2 (AI 2) is a 45-year-old woman who is the closest and most trusted person to MI 2.

AI 2 is a teacher who owns a foundation as a learning and Quranic facility for children in the neighborhood. AI 2 and her husband were the first to assist the victim in obtaining her right to education. AI 2 also helped with the victim's daily needs by providing pocket money or goods for the needs of the victim and the victim's baby.

The key informant (KI) in this research is a companion for child victims of sexual violence from the UPTD PPA of Jember Regency. KI is a 27-year-old woman with a

Bachelor of Laws degree from the University of Jember. The tasks carried out during her time as a companion for victims of sexual violence against children at the UPTD PPA of Jember Regency included administering victims of sexual violence, assisting victims to the hospital to conduct a post-mortem; psychologist or psychiatrist, assisting the sector police or resort police or the District Court, and outreach if needed.

The results of this research show that all informants have provided emotional support in the form of concern by accompanying the child to ensure the child's safety by reporting the sexual violence case to the police, either through the local sector police or the Jember resort police. There was one informant who was still trying to solve the problem in a family manner before reporting the perpetrator to the police. This was indicated by the informant's statement throughout the interview.

"...After getting the news, my husband and I immediately followed up with the police and got a letter for the post-mortem. I keep this as much as possible closed; only my husband and I know about this incident..." (MI 1)

"...Because the perpetrators are still family, I was hesitant to report the incident. His wife is my cousin, and the motorbike driver is my nephew. Before the perpetrator was arrested, my family was ostracised by people; no one wanted to come, but after the perpetrator was arrested, many people came; all of them were nice to my family. From the time I reported it, it took four months to catch the perpetrator..." (MI 2)

The results of this research also show that all informants have provided emotional support in the form of giving affection by being more protective of children, giving more attention to children, and fighting for their children's rights to get a decent and proper life. This was shown by the informant's statements through interviews.

"...Teachers from the foundation and her friends came to encourage my child and me. From that, I became more motivated for my child's sake. Now I am fighting for the court's decision. The decision in the last hearing was that the perpetrator was sentenced to 7 years in prison and fined 21 million rupiahs, but it was not the final hearing. I was accompanied by the Witness and Victim Protection Agency during the trial..." (MI 2)

"...I keep hold of her phone and only give it to her for school purposes. She was not allowed to go anywhere and had to focus on her studies. When I'm working outside, I tell my wife to take good care of our child and be stricter about permissions for going out..." (MI 3)

The results of this research show that all informants have provided instrumental support to their children. The form of instrumental support is in the form of fulfilling the daily needs of victims both financially and in the form of goods, the need for health costs including postmortem examinations, psychologists or psychiatrists, and medical examinations. The results of this research show that all informants understand how to handle and report cases of sexual violence against children. Some informants firmly reported directly to the police, and some informants first sought information from other people who were more familiar with handling child abuse. This was shown by the informant's statements through interviews.

“...When we couldn't find a middle ground, I consulted and sought information on how to catch the perpetrator. I reported it to the district police and also sent documents to Jakarta...” (MI 2)

Socialisation through the media is one way to give the community broad knowledge so that people can think and act according to the information they have obtained. This was explained by the key informant in the interview.

“...We can receive reports from victims via WhatsApp, phone calls, Instagram DMs, through an app called OTS, or in person. However, we usually get reports from the local police station or the Jember district police if there is a case. From the initial report, we conduct a victim assessment according to the reporting procedure. We inform the parents about the process for handling child sexual abuse cases, which requires accompaniment from the Women's and Children's Protection (PPA) unit. The victim can directly request help if there is trauma, but we first assess the situation. If it is deemed urgent for the victim to see a psychologist, we assist without waiting for the medical examination results. If psychiatric help is needed, we seek recommendations from the district police. For prevention, we form village and sub-district children's forums, which act as pioneers and reporters in their communities. We collaborate with NGOs. We conduct awareness campaigns in collaboration with the PA Division of the DP3AKB. Sometimes, we are invited to conduct these campaigns, which can take place in schools or communities. We also sometimes seek assistance from the local police for these campaigns. We have Instagram accounts for the DP3AKB and PPA, where we share our activities and other information...” (KI)

The results of this research also show that most informants have provided informative support in the form of giving advice to their children so that they do not repeat their actions and experience sexual violence again. This was indicated by informants' statements through interviews.

“...Don't do such things again; it's not good. I have been reminded not to scold my child so that if anything happens, my child will feel comfortable talking to me directly...” (MI 1)

The results of this research indicate that all informants have accepted the condition of their children, who are victims of sexual violence, because these problems have occurred, and they hope that the children will not repeat their actions and become victims of sexual violence again. This was indicated by the informants' statements through interviews.

“...What has happened not be repeated; and, I have accepted it as it was. It has already happened, so what can we do? I hope it won't happen again to my child. Whatever the result of my child's medical examination, I accept it. Now the doctor has given her birth control pills...” (MI 3)

The results of this research also show that most informants have provided appreciation support by supporting the child to regain enthusiasm for their learning

activities, and the child is willing to carry out rehabilitation after sexual violence. This is indicated by the informant's statements through interviews.

"...Yes, I encourage her and accompany her to the psychiatrist and during the court sessions. This child used to excel at school, so I encouraged her to want to go to school again. After the case became public, my child was expelled from school, but now, thank goodness, she was attending school again. When she was at school, I looked after the baby..." (MI 2)

The results of this research also show that there is one informant who stated that the positive aspects of the child after getting psychological rehabilitation are that the child has returned to socialising, has enthusiasm for school, and is not feeling afraid. Meanwhile, the other informants still had no further notification of the results of the post-mortem that had been carried out previously. This was shown by the informant's statement through the interview.

"...Alhamdulillah, now she was willing to go to school again, miss. She was no longer afraid since the perpetrator was caught..." (MI 2)

DISCUSSION

Reporting the perpetrator to the police is a form of parental support in showing concern for their children who are victims of sexual violence so that the problems experienced by children can be resolved immediately. This can make children feel safe, and children do not experience a sense of ongoing trauma. The responsive role of mothers affects the factors that prevent children from sexual violence (Rokhmah *et al.*, 2023). Criminal law handling is one of the policies that imposes criminal sanctions on the perpetrators. Legal handling can be done after the crime or during the crime.

This aims to prevent the crime from recurring (Noviana, 2015). Giving attention and always accompanying victims during assistance and activities at home is a form of parental love for their children (Amalia, 2022). One of the roles of the government in dealing with sexual violence against children is to provide funding assistance for victims of sexual violence. Funding starts from the central and regional governments and can collaborate with social workers, psychologists or psychiatrists, legal experts, doctors, and the police (Noviana, 2015).

The importance of parents' understanding of sexual violence is the first step so that parents can protect children from victims of sexual violence (Probosiwi & Bahransyaf, 2015). One way that parents can prevent sexual violence in children is by improving behaviour in the form of knowledge, attitudes, and actions to children related to reproductive health so that children can resist sexual violence (Rokhmah *et al.*, 2017). The existence of knowledge, perceptions, attitudes, doubts, responsibilities, experiences, and behaviour of parents are supporting factors to prevent sexual violence from occurring or recurring in children (Solehati *et al.*, 2022).

The way that can be done in preventing sexual violence in children is by providing a gradual understanding of sex to children according to child development (Handayani, 2017). Parents also need to monitor information related to sexuality obtained by children through social media because this information is very easily obtained by children. In addition, parents also need to monitor children's socialisation on social media (Syah & Hermawati, 2018).

Community involvement, especially in children, aims to provide information and make children the first step to detect all forms of violence experienced. Children will be taught how to understand, recognise, reject, and report if they feel they are getting threats of violence (Rizqian, 2021). Socialisation related to sex education psychoeducation for teachers and parents has proven effective in increasing parents' and teachers' understanding of sexual violence.

This can be seen from an increase in parents' and teachers' understanding of the types of sexual violence, the potential for sexual violence, the impact of sexual violence, information on sexuality given to children, and the main handling of sexual violence that occurs in children (Joni & Surjaningrum, 2020). Program implementation can also be supported by using educational media and collaborating with educational institutions in conveying information to the community, especially parents, in introducing and teaching sexual education to children (Affiarni *et al.*, 2020). Providing advice and motivation is a form of family support for child victims of sexual violence (Rizqian, 2021).

Giving advice to children needs to be done so that children understand the impact of sexual violence so that children are more careful to act in the future. The advice given by parents is a form of effort so that children avoid all forms of violence and children do not repeat the same mistakes (Solehati *et al.*, 2022). Parents who have a good attitude of self-acceptance will affect the rehabilitation process and the development of children in overcoming their problems (Hermayeni & Aviani, 2016). Family members feel they must always be ready to provide support, help, and assistance. This is because the family is a supporter who can provide guidance related to mental, physical, and emotional health (Maulidah & Handayani, 2020).

Handling sexual violence requires support from various parties, starting with the closest people, one of whom is parents. Sexual violence that is not taken seriously will have an impact on the child's mentality, so parents have an important role in protecting their children, and parents must be sensitive to changes in children's behaviour (Noviana, 2015). Parents need to show a supportive attitude towards children in communication so that children are open to telling stories, so that children know what is right and wrong, and increase children's self-confidence (Handayani, 2017).

Children who become victims of sexual violence must receive immediate intervention and support from those around them. This is essential so that the child can recover both physically and mentally, enabling them to grow and develop without serious behavioural disturbances following the sexual violence experienced (Probosiwi & Bahransyaf, 2015). Family support can also accelerate the recovery process for victims of sexual violence (Soimah *et al.*, 2019). The provision of support helps children regain confidence and overcome post-sexual violence trauma. Additionally, rehabilitation centres assist sexual violence victims in reintegrating socially and overcoming trauma associated with sexual violence (Mei & Kharismawan, 2020).

CONCLUSION

From the results of the research, it can be concluded that all informants have provided emotional support in the form of showing a sense of concern by accompanying the victim to ensure the safety of the victim by reporting the case to the police and providing compassion for their children, who are victims of sexual violence, and providing instrumental support by fulfilling their daily needs. Most informants stated that they have provided informative support by giving advice to children who are

victims of sexual violence so that they do not repeat their actions or become victims of sexual violence again and are not easily persuaded by strangers. Informants' understanding of reporting and handling cases of sexual violence against children was quite good.

Most informants stated that they have provided appreciation support to victims by accepting the condition of their children, who are victims of sexual violence, and accompanying children during the psychological rehabilitation process until it is complete. The support provided will help the child regain their spirit and reduce the psychological trauma caused by the sexual violence.

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