

THE IMPACT OF ISLAMIC PSYCHOTHERAPY ON THE PSYCHOLOGY OF WOMEN VICTIMS OF DOMESTIC VIOLENCE IN PURWAKARTA

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ABSTRAK

Penelitian ini bertujuan untuk melihat dinamika psikologis perempuan korban kekerasan dalam rumah tangga (KDRT) dan dampak Psikoterapi Islam untuk menghilangkan pengalaman traumatik pada wanita korban kekerasan dalam rumah tangga. Penelitian ini menggunakan penelitian kualitatif deskriptif. Sampel dalam penelitian ini adalah wanita yang menjadi korban kekerasan dalam rumah tangga yang melakukan pengaduan ke P2TP2A Purwakarta sebanyak 3 orang. Sumber data yang digunakan menggunakan data primer dan sekunder dengan pengumpulan data menggunakan metode observasi dan wawancara mendalam. Hasil penelitian menunjukkan korban kekerasan dalam rumah tangga mengalami tekanan psikologis dimana korban merasa tidak dihargai, disakiti, dibohongi, dibenci dan hal tersebut menimbulkan gangguan psikologis pada korban yang menyebabkan gejala depresi. Gejala depresi yang muncul diantaranya korban menjadi overthinking, lebih emosional, tidak bisa berfikir dengan baik, was-was, menjadi tremor, menjadi pribadi yang tertutup, tidak mampu bekerja dengan baik, tidak mampu mengasuh anak dengan baik, merasa terpuruk, lelah dan cape menjalani semuanya sehingga ada keinginan untuk mengakhiri hidup. Korban diberikan Psikoterapi Islam untuk mengurangi tekanan psikologis dan pengalaman traumatiknya. Dan hasil setelah korban diberikan Psikoterapi Islam, tekanan psikologis korban menjadi berkurang, emosi negatif menurun dan pengalaman traumatik juga berkurang dimana korban merasa lebih tenang, lebih ringan, lebih lega dan lebih nyaman dari kondisi sebelumnya, dan korban merasa lebih ikhlash dengan takdir yang dialaminya serta mampu mengambil solusi yang terbaik untuk kondisi rumah tangganya. Dengan demikian psikoterapi Islam menjadi solusi alternatif yang efektif untuk menurunkan tekanan psikologis dan pengalaman traumatik korban kekerasan dalam rumah tangga.

Kata kunci : Wanita Korban Kekerasan Rumah Tangga, Psikoterapi Islam

ABSTRACT

This research aims to look at the psychological dynamics of women victims of domestic violence (KDRT) and the impact of Islamic Psychotherapy to eliminate traumatic experiences in women victims of domestic violence. This research uses descriptive qualitative research. The sample in this study was 3 women who were victims of domestic violence who made complaints to P2TP2A Purwakarta. The data sources used use primary and secondary data with data collection using observation

and in-depth interview methods. The results of the research show that victims of domestic violence experience psychological pressure where the victim feels disrespected, hurt, lied to, hated and this causes psychological disorders in the victim which causes symptoms of depression. Symptoms of depression that appear include the victim becoming overthinking, more emotional, unable to think well, anxious, having tremors, becoming a closed person, not being able to work well, not being able to care for children well, feeling down, tired and tired of living. everything so that there is a desire to end life. The victim was given Islamic Psychotherapy to reduce psychological pressure and traumatic experiences. And the results after the victim was given Islamic Psychotherapy, the victim's psychological pressure was reduced, negative emotions decreased and the traumatic experience also reduced where the victim felt calmer, lighter, more relieved and more comfortable than before, and the victim felt more sincere with the fate he experienced and able to take the best solution for their household conditions. Thus, Islamic psychotherapy is an effective alternative solution for reducing the psychological pressure and traumatic experiences of victims of domestic violence.

Keywords : *Women Victims of Domestic Violence, Islamic Psychotherapy*

INTRODUCTION

Domestic violence (KDRT) is any act against someone, especially women, which results in physical, sexual, psychological misery or suffering, and/or domestic neglect including threats to commit acts, coercion, or unlawful deprivation of liberty within the scope of household. (KPAI, 2018).

The biggest type of violence against women is violence in the personal realm. Records of personal violence (KDRT/Personal Relations) in 2016 were 321,752 cases. Meanwhile, the greatest form of violence is physical and sexual violence. These data show that the majority of victims of violence in the personal (domestic/household) sphere are women. It cannot be denied that women are a group vulnerable to violence, especially domestic violence. So far, violence occurs due to a lack of communication and commitment within a family to respond to life dynamics/problems, so that women and children are often the victims (Santoso, 2019).

Factors that cause domestic violence. There are at least two factors that cause domestic violence, namely internal factors and external factors. First, internal factors resulting from the weakening of each family member's ability to adapt to each other, so they tend to act discriminatory and exploitative towards weak family members. Second, external factors resulting from environmental interventions outside the family which directly or indirectly influence the attitudes of family members, which manifest in exploitative attitudes towards other family members, especially towards women and children.

Apart from that, Rocmat Wahab concluded that domestic violence is not just a problem of gender inequality. This often occurs due to lack of communication, disharmony, economic reasons, inability to control emotions, inability to find solutions to any household problems, as well as drunkenness from drinking. Extra-familial sexual violence is violence committed by other people who are not members of the victim's family, or one could say someone else.

In many cases, husbands sometimes commit violence against their wives because they feel frustrated at not being able to do something that should be their responsibility. This usually happens to couples who are not ready to get married (young marriage), the husband does not have a job and a steady income to meet their needs, and there is limited freedom because he is still living with his parents/in-laws. From this condition, husbands/men often seek escape with negative things (drunkenness, gambling, drugs, sex) which ends up taking revenge on their wives in various forms, whether physical, psychological, sexual violence or even neglect.

In summary, it can be explained that the causes of domestic violence against women can occur due to many factors. The factors above are not the only causes, but are one of the triggers for domestic violence against women which continues to increase. However, regardless of the cause, all forms of violence that occur against women are serious crimes against humanity. If this is left unchecked and continues continuously, it can result in various new problems in the future.

Emi Sutrisminah in her research revealed that the impact of domestic violence also affects reproductive health. Women's reproductive health is disrupted if they experience menstrual disorders when they are not pregnant, they can experience a decrease in libido and an inability to have an orgasm. Meanwhile, during pregnancy, miscarriage/abortion, formative labor and the baby may die in the womb. Other impacts that also affect the health of the wife's reproductive organs in the household include changes in the family's thinking, emotional and economic patterns.

Therefore, from an Islamic perspective, efforts are needed to help/assist the recovery of victims which tends to have a psychological impact which of course causes traumatic experiences and also hinders relationships and social functioning, so that psychotherapy becomes an alternative that can be used in the recovery of women who are victims of domestic violence.

Islamic psychotherapy is an effort to overcome several mental problems based on Islamic religious views which are a very significant force for a person's mental problems involving the interaction of 2 or more people. In this interaction there is someone who is called the helper (therapist) and there is someone who is helped (the client). The aim of interaction between

therapy and clients in psychotherapy is to seek change or healing. The change in question is a change in thoughts, feelings and behavior. There is a habit, the result of professional actions carried out by helpers with a background in behavioral science and the techniques they have developed.

Therapy Goals in the therapy process, there are goals that will be achieved by therapy in the process with clients, including, strengthening motivation to do the right thing, reducing emotions by expressing feelings (catharsis); clients are invited to re-experience, not just talk about, develop potential, change habits, change cognitive structures, increase knowledge and capacity to make the right decisions (such as counseling), increase self-knowledge (insight), improve interpersonal relationships, change the individual's social environment, change somatic processes (pain) and increasing body awareness (relaxation, physical exercise, etc.), changing the state of consciousness to develop self-awareness, control and creativity (meditation, interpreting dreams, etc.).

The research method is qualitative research in the form of case studies. Research was conducted on 3 women victims of domestic violence in Purwakarta City who received Islamic psychotherapy as an effort to provide psychological assistance and social rehabilitation in P2TP2A Purwakarta. The research from February - November 2023. with documents, archival recordings, interviews, observation and documentation.

Table 1. Data Victims of Domestic Violence

Name	Age	Address	Type of Domestic Violence
AS	42	Jatiluhur	Psychological Violence
AN	35	Karang Mukti	Physical and Psychological Violence
SN	45	Ciwangi	Physical and Psychological Violence and affair

Table 2. Psychological Dynamics Of Women Victims Of Domestic Violence

No	Name	Psychological Dynamics
1	AS	AS experiences psychological pressure where the victim feels sad, disappointed, feels unappreciated, feels hurt, and feels afraid. After experiencing domestic violence, AS became a closed person, easily emotional towards children, unable to work well, and had a desire to end his life.

2	AN	AN experiences psychological pressure where the victim feels sad, hurt, disappointed, feels unappreciated, feels hurt, feels lied to, feels irritated, angry and hateful. AN, after experiencing domestic violence, often overthinks, feels like she is struggling alone, feels that no one is helping her in economic efforts, feels that economic difficulties are getting worse, is tired and tired of doing everything and wants to divorce
3	SN	SN experienced psychological pressure where the victim felt sad, disappointed, felt unappreciated, felt hurt, felt lied to, felt irritated, angry, and also hated. After experiencing domestic violence, SN developed tremors (her hands often shook on their own), became more emotional and didn't trust her husband, caught her husband cheating on her, couldn't think properly, was anxious but couldn't do anything and didn't want to divorce because she thought about her child's condition in the future

Table 3. The Effects Of Islamic Psychotherapy To Eliminate Traumatic Experiences In Women Victims Of Domestic Violence

	Name	After Islamic Psychotherapy
1	AS	After AS received psychotherapy from the counselor, AS felt calmer, more relieved, and able to more willingly accept the fate that had happened.
2	AN	After AN received psychotherapy from the counselor, AN felt calmer, lighter and more comfortable than before and AN was able to take the best solution to the household conditions he was experiencing.
3	SN	After SN received psychotherapy from the Counselor, SN's tremors became less and less, she felt more relieved, calmer, less emotional, tried to become a better person, was sincere with what had happened and was able to face everything.

DISCUSSION

Cases of violence are a serious problem. The consequences also have far-reaching impacts. For example, disability, trauma, stress, conflict and even murder, and for children it can disrupt the growth and development process. In the author's opinion, the impact of domestic violence on women can be divided into 2, namely, short-term impacts and long-term impacts. First, short-term impacts usually have an immediate impact, such as physical injury, disability, pregnancy, loss of job, and so on. Second, long-term impacts usually have an impact later in life and even last a lifetime. Usually victims experience psychological disorders, loss of self-confidence, isolation, trauma and fear and even depression. Of these two impacts, the thing that is worrying is the emergence of further violence. This means that victims who are not handled

properly are feared to become perpetrators of violence in the future as a form of outlet for past trauma.

Islamic psychotherapy is an effort to overcome several mental problems based on Islamic religious views which are a very significant force for a person's mental problems involving the interaction the helper (therapist) and there is someone who is helped (the client) and professional actions carried out by helpers with a background in behavioral science and the techniques they have developed to increase knowledge and capacity to make the right decisions (such as counseling), increase self-knowledge (insight), improve interpersonal relationships, change the individual's social environment, change somatic processes (pain) and increasing body awareness the client of women victims of domestic violence.

CONCLUSION

The conclusion Domestic violence (KDRT) is any act against someone, especially women, which results in physical, sexual, psychological misery or suffering, and/or domestic neglect including threats to commit acts, coercion, or unlawful deprivation of liberty within the scope of household. Therefore, efforts are needed to help/assist the recovery of victims which tends to have a psychological impact which of course causes traumatic experiences and also hinders their relationships and social functioning. And Islamic Psychotherapy is an alternative that can be used in the recovery of women who are victims of domestic violence because victims who have received psychotherapy have their psychological conditions become calmer, more relieved, more comfortable, more sincere with everything that happens, able to see the solutions that must be implemented and return to being effective personality.

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