

Personal Safety Skills as a Prevention of Sexual Violence in Adolescent Women

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ABSTRACT

Sexual violence has become a global concern. The number of sexual violence is statistically more dominantly experienced by women. Young women need to have the ability to prevent sexual violence. The purpose of this study was to identify the personal safety skills of young women. This research is a quantitative descriptive study with a survey approach. This research used a sampling quota of 150 respondents and the sample selection was based on stratified random sampling. Research respondents were divided based on educational strata, ranging from junior high school, high school, and college. Each stratum is represented by 50 young women. The research was conducted at SMPN 1 Kalisat, SMK Bangsalsari, and dr. Soebandi. The three research sites are located in Jember Regency. Collecting data using a research instrument in the form of a personal safety skill questionnaire. The results showed that in personal safety skills, some of the recognized indicators were lacking (53.3%), the resist indicators were partly good (56.0%), and the report indicators were partly lacking (55.3%). Personal safety skills in young women can be taught by involving various parties, such as teachers and parents. Personal safety skills if developed properly can keep young women away from perpetrators of sexual violence.

Keyword: sexual violence, adolescent girls, personal safety skills

ABSTRAK

Kekerasan seksual telah menjadi perhatian global. Jumlah kekerasan seksual secara statistik lebih dominan dialami oleh perempuan. Remaja putri perlu memiliki kemampuan untuk mencegah kekerasan seksual. Tujuan: Tujuan dari penelitian ini adalah untuk mengidentifikasi personal safety skill pada remaja putri. Metode: Penelitian ini merupakan penelitian deskriptif kuantitatif dengan pendekatan survey. Penelitian ini menggunakan kuota sampling sebanyak 150 responden dan pemilihan sampel berdasarkan stratified random sampling. Responden penelitian dibagi berdasarkan strata pendidikan, mulai dari SMP, SMA, dan perguruan tinggi. Setiap strata diwakili oleh 50 remaja putri. Penelitian dilakukan di SMPN 1 Kalisat, SMK Bangsalsari, dan Universitas dr. Soebandi. Ketiga lokasi penelitian berada di Kabupaten Jember. Pengumpulan data menggunakan instrumen penelitian berupa kuesioner personal safety skill. Hasil: Hasil penelitian menunjukkan bahwa personal safety skill pada indikator recognize mayoritas pada kategori kurang (53,3%), indikator resist berada pada kategori baik (56,0%), dan indikator report berapa pada kategori kurang (55,3%). Kesimpulan: Personal safety skill pada remaja putri dapat diajarkan dengan melibatkan berbagai pihak seperti guru dan orang tua. Personal safety skill jika dikembangkan dengan baik dapat menjauhkan remaja putri dari pelaku kekerasan seksual

Kata Kunci: kekerasan seksual, remaja putri, personal safety skill

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Introduction:

Sexual violence has become a global concern. Sexual violence is coercion received by individuals in sexual activities that do not give the individual the opportunity to think about the consequences of the actions received (Khoori et al., 2020). The number of sexual violence is statistically more dominant experienced by women. The majority of sexual violence has experienced by women within the age range of 13-18 years (Ministry of Women's Empowerment and Child Protection, 2017). The perpetrators of sexual violence have been carried by the closest people such as friends, family, and teachers (Komnas Perempuan, 2021). Young women need to be able to prevent sexual violence (Astuti et al., 2018).

The prevalence of sexual violence globally is experienced by 18-19.7% of women and is more common in developing countries than in developed countries (Khoori et al., 2020). The Indonesian Women's National Commission received as many as 1983 reports of sexual violence cases in 2020. In 2022 from January to May, the Commission for Women's Empowerment and Child Protection of the Republic of Indonesia recorded 10,592 cases of sexual violence. The majority of victims were women and a total of 9,826 people. Mostly, the victims of sexual violence were students about 36.6%, and aged 13-17 years about 29.6%. East Java Province is the province with the second highest number of sexual violence after Central Java Province. Sexual violence in East Java Province as many as 842 cases from January to May 2022 (Commission for Women's Empowerment and Child Protection of the Republic of Indonesia, 2022).

Adolescence is a period of transition between childhood and adulthood. Individuals will experience psychosocial changes when entering the adolescent phase. They begin to form relationships with the environment and an attraction to the opposite sex. Great curiosity about sexuality that has not accompanied by great responsibility causes adolescents to have a greater risk of experiencing sexual violence (Legatii & Indrayani, 2021). A study showed that 4 out of 5 teenage girls with dating status

have the potential to experience sexual violence by their partners (Mannika, 2018). The impacts of sexual violence experienced by women include depression, anxiety, cognitive decline, to the risk of suicide. The long-term impact of sexual violence can be in the form of mental health problems that make it hard to identify roles in childcare, education, work, and other social activities (Russell et al., 2020).

Personal safety skills are self-protection abilities that need to be possessed by young women to prevent sexual violence. Personal safety skills consist of the ability of adolescents to recognize, resist and report sexual violence that threatens them. The phenomenon was that adolescent women still lack personal safety skills so that adolescent women did not have a good defense against sexual violence around them (Yasherli Bachri, 2022). From the research that has been done, the results showed that personal safety skills effectively increased women's ability to prevent sexual violence (Umar et al., 2018). The purpose of this study was to identify the personal safety skills of adolescent women.

Methods:

This research was a quantitative descriptive research with a survey approach, that aims to describe a situation based on the data. The population in this study was young women aged 13-18 years di Kabupaten Jember as much as 203.846. This research used a sampling quota of 150 respondents and the sample selection was based on stratified random sampling. Research respondents were divided based on educational strata, ranging from junior high school, high school, and college. Each stratum is represented by 50 young women. The research was conducted at SMPN 1 Kalisat, SMK Bangsalsari, and dr. Soebandi University selama bulan Juni-Juli 2022. The three research sites are located in Jember Regency.

The research instrument was developed from a personal safety skill questionnaire. The indicators of personal safety skills that are measured are recognized, resist, and report. The questions for the recognized variable consist of 6 questions. The questions for the resist variable

consist of 5 questions, and the questions for the report variable consist of 4 questions. The answer choices used a Likert scale, that is strongly agree, agree, disagree and strongly disagree. The categorization for these 3 variables was poor and good. The questionnaire has been tested for validity and reliability with a cronbach alpha value of 0.769.

Data collected to the respondent directly after the respondent filled out the provided informed consent. Data were analyzed using a frequency distribution. This research has also received ethical approval from KEPK University dr. Soebandi Number: 231/KEPK/UDS/VI/2022 on June 9, 2022.

Results:

The distribution of respondents' characteristics among young women to be seen in the following table: The frequency distribution of personal safety skills to be seen in the following table

Table 1. Frequency distribution of respondent characteristics

Characteristics of Respondents	Frequency	Percentage
Age		
13-15 years old	73	48,7
16-17 years old	43	28,7
18 years old	34	22,6
Live with		
Family	93	62,0
Alone (homestay/boarding)	57	38,0
Father's occupation		
PNS/POLRI	25	16,7
Own business	73	49,0
Private employess	52	34,3
Father's education		
Bachelor	52	34,7
Senior High	27	18,0
Junior High	33	22,0
Elementary	21	14,0
No school	17	11,3
Total	150	100,0

Data source: Primary, 2022

Table 1 explains that some of the teenage girls are in the range of 13-15 years (48.7%), live with their family (62%), some of their fathers have their own business (49%), and

some of their fathers have a bachelor's degree last education (34. 7%).

Table 2. Frequency distribution of personal safety skills

Personal safety skill	Frequency	Percentage	Mean	SD
Recognize				
Less	80	53,3	19,9	2,2
Good	70	46,7		
Resist				
Less	66	44,0	17,8	2,5
Good	84	56,0		
Report				
Less	83	55,3	14,1	1,7
Good	67	44,7		
Total	150	100,0		

Data source: Primary, 2022

Table 2 explains that in personal safety skills, some of the recognize indicators are lacking (53.3%), the resist indicators are partly good (56.0%), and the report indicators are partly lacking (55.3%).

Table 3. Recognize indicators on personal safety skills

No	Question	Strongly Agree	Agree	Disagree	Strongly Disagree
1	I can identify situations and individuals who have the potential to abuse me	49 (33%)	96 (64%)	5 (3%)	0 (0%)
2	I can avoid communicating with people of the opposite sex I don't know.	63 (42%)	84 (56%)	3 (2%)	0 (0%)
3	I can avoid intense and unreasonable communication with the opposite sex I knew	42 (28%)	96 (64%)	12 (8%)	0
4	I can avoid intense and unreasonable communication	58 (39%)	89 (59%)	3 (2%)	0

No	Question	Strongly Agree	Agree	Disagree	Strongly Disagree
5	I can avoid being asked to watch/view scenes that have sexual content.	70 (47%)	68 (45%)	12 (8%)	0
6	I am able to avoid invitations to go out with the opposite sex without being accompanied by other female friends or family	46 (31%)	98 (65%)	6 (4%)	0

Data source: Primary, 2022

Table 3 explains that most young women agree that young women have the ability to recognize situations, avoid communicating with members of the opposite sex who are not known and beyond normal limits with known members of the opposite sex, do not allow anyone other than their mother to physically touch, and avoid invitations. Going out with the opposite sex without friends or family. Most young women strongly agree to avoid when there is an invitation to watch scenes of sexual content.

Table 4. *Resistant* indicators of personal safety skills

No	Question	Strongly Agree	Agree	Disagree	Strongly Disagree
1	I dare say "NO" if someone of the opposite sex tries to sexually assault me	91 (67%)	45 (30%)	0 (0%)	4 (3%)

No	Question	Strongly Agree	Agree	Disagree	Strongly Disagree
2	I prefer to run to a safe place if I am in an environment where I can be sexually assaulted	75 (50%)	67 (44%)	4 (3%)	4 (3%)
3	I prefer not to respond to members of the opposite sex who try to approach me by flirting	79 (53%)	68 (45%)	0 (0%)	3 (2%)
4	I prioritize defending myself and my family's honor in any situation	111 (74%)	38 (25%)	1 (1%)	0 (0%)
5	I dare to refuse orders from people I know if it leads to sexual violence	97 (64%)	49 (33%)	0 (0%)	4 (3%)

Data source: Primary, 2022

Table 4 explains that most young women strongly agree and have the ability to dare to say no if someone of the opposite sex is going to commit sexual violence, prefer to run if they are in an environment that allows sexual violence to occur, and prefer not to respond to the opposite sex who tries approach by giving seduction, prioritizing maintaining self-respect, and

daring to refuse orders from known people if it leads to sexual violence.

Table 5. Report indicator of *personal safety skill*

No	Question	Strongly Agree	Agree	Disagree	Strongly Disagree
1	I dare to tell my family if I experience sexual violence	68 (46%)	77 (51%)	5 (3%)	0 (0%)
2	I dare to tell the police if I experience sexual violence	76 (50%)	67 (45%)	7 (5%)	0 (0%)
3	If I experience sexual violence, then the perpetrators must get the punishment they deserve	120 (80%)	28 (19%)	2 (1%)	0 (0%)
4	If I experience sexual violence, I will not be afraid to report the perpetrator even if threatened	82 (55%)	61 (41%)	4 (3%)	3 (2%)

Data source: Primary, 2022

Table 5 explains that most adolescents agreed to dare to tell their families if they were young girls who experienced sexual violence. Most youths strongly agreed to have the courage and also told the police that if they experienced sexual violence, the perpetrators should receive the appropriate punishment, and will not be afraid to report the perpetrators even if they were threatened.

Discussion :

Personal safety skills are self-safety abilities that need to be possessed by young women to avoid sexual violence. Personal safety skills can be a protective factor against perpetrators of sexual violence. Personal safety skills consist of recognizing, resisting, and reporting (Mashudi, 2014).

Some of the recognized indicators in personal safety skills are lacking. Recognizing was the ability of young women to recognize situations and individuals that have the potential to commit sexual violence (Mashudi, 2014). The recognize indicator was classified as lacking in the results of this study when viewed from each question item, most of the young women agree that they can recognize situations, avoid communicating with the opposite sex who are not known and are outside the normal limits of the known opposite sex, do not allow someone other than the mother in doing physical touch, and avoiding invitations to go out with the opposite sex without being accompanied by friends or family. Most young women strongly agree to avoid when there is an invitation to watch scenes of sexual content. Researchers assume that an increase in the recognition indicator in young women is needed so that young women can distinguish perpetrators of acts of sexual violence from other people.

The resist indicator in personal safety skills is good. Resist is the ability to survive the acts of sexual violence experienced (Mashudi, 2014). That is seen in the answers of young women in each question item. Most young women strongly agree and have the ability to say no if someone of the opposite sex will commit sexual violence, and prefer to run if they are in an environment that allows sexual violence, more choose not to respond to the opposite sex who tries to approach by giving seduction, prioritizing maintaining self-respect, and daring to refuse orders from known people if it leads to sexual violence. The researcher's assumption on the results of this study is that young women have a good ability to survive the acts of sexual violence they experience.

Report indicators in personal safety skills are partially lacking. The report is the ability to convey acts of sexual violence experienced (Mashudi, 2014). Although the report indicators were classified as lacking in the results of this study, when viewed from each question item, most of the adolescents agreed in daring to convey to their families if the young girl experienced sexual violence. Most of the youths strongly agreed to have the courage to tell the police that if they experienced sexual violence, the perpetrators should receive the appropriate punishment, and would not be afraid to report the perpetrators even if they were threatened. The researcher's assumption regarding the results of this study is that young women still need self-strengthening to be more courageous in conveying or reporting to the authorities regarding acts of sexual violence experienced.

The best ability possessed by the respondent was the ability to recognize, while the lowest is the ability to report. This is in line with research which concludes that the ability to recognize is the component that is best owned by adolescents and overall personal safety skills are abilities that are still lacking in adolescents in preventing sexual violence (Rifka Putri Andayani, 2022).

The age of adolescent girls is mostly in the range of 13-15 years. This range includes middle-aged adolescents (Ade, 2014). That is in line with previous research that explains the majority of young women who experience dating violence, which is 81.87%, are in their middle teens. Adolescents who were at higher risk of experiencing dating violence generally occur at the age of 15-16 years (Ayu et al., 2013).

Some young women live with their families. Data related to perpetrators of cases of sexual violence against children are often the closest people such as the victim's parents/stepfather or biological father, and the closest family. Families should be able to function properly in protecting children from sexual violence (Zahirah et al., 2019). Adolescents with poor parental roles tend to have risky courtship behavior compared to adolescents with good parenting roles. Parents

have an important role in providing education and monitoring adolescent sexual behavior (Silvanasari et al., 2018).

Some fathers of young women have their businesses. Work is related to family income. Parents who have a poor economic level take longer to work, they tend to gather less often with their families at home (Anggreani et al., 2018). The researcher assumes that fathers who own their businesses also have flexibility in working hours, but often lack time to gather with their young daughters, especially in discussing matters relating to the sexual knowledge of young women.

Part of the father's last education was a bachelor's degree. The higher education, the more critical in thinking, making it easier to receive information from various directions (Tamara & Feriani, 2020). Education was the basis forming knowledge (Nurul Maurida, 2022). Parents have an important role in empowering children to protect themselves. One of these roles can be done by discussing topics related to sexual knowledge at home and forming adolescent values, attitudes, and beliefs about identity, intimacy, and relationships (Khoori et al., 2020). Dad is valuable guidance although not the first giver or source of information. Parents with low education proved unable to provide a good source of information about sexual knowledge (Silvanasari et al., 2018).

Improvement of personal safety skills from all these indicators certainly needs to be pursued. The proper development of personal skills can keep young women away from perpetrators of sexual violence. Personal safety skills can be taught by involving various parties, such as teachers and parents. Parents can take the time to provide a continuous understanding of sexual knowledge and personal safety skills to their young daughters. Teachers or teaching staff in schools should also provide continuous information to improve personal safety skills for young women. Teaching personal safety skills should be done with a positive approach so that young women can learn while still feeling comfortable with themselves and the people around them. The teaching of personal safety

skills must be avoided from the feeling of fear of young women becoming victims of sexual violence.

Conclusions:

Personal safety skills are self-safety abilities that need to be possessed by young women to avoid sexual violence. Some of the recognized indicators in personal safety skills are lacking. The ability that is best possessed by adolescent women is to recognize, while other abilities still need to be improved. Personal safety skills can be taught by involving various parties, such as teachers and parents. If Personal safety skills develop properly, they can keep children away from perpetrators of sexual violence.

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