

# Increasing Life Satisfaction of Domestic Violence Victims through the Role of Supporting Group Therapy on Social Media

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*Abstract*-Women victims of domestic violence can experience dissatisfaction in their lives. This condition is in dire need of help and support from the closest people, such as family, friends, and the living environment and outermost environment that also experience similar conditions either through direct or indirect meetings. This support can be done by Support Group Therapy through social media applications to improve life satisfaction guided by counselors. This article discusses matters relating to victims of domestic violence and the role of Support Group Therapy through social media applications to help improve life satisfaction for victims of domestic violence. Therapy support group activities through four stages, namely the escort, formation, discussion and termination / evaluation stages.

*Keywords:* Support Group Therapy, Domestic Violence, Life Satisfaction

## I. INTRODUCTION

Law Number 23 of 2004 Articles 1 concerning the Elimination of Domestic Violence states that domestic violence is any behavior towards someone, especially women, which results in physical, sexual, psychological, and/or neglectful misery in suffering households include threats to carry out acts, coercion or deprivation of liberty against the law in the household sphere (Mudjiati, 2008). While domestic violence is also defined as an act of domestic violence that can adversely affect the integrity and physical, psychological comfort and harmony of family relations.(Wikipedia2019).

Recent domestic violence issues are so worrying. Recorded 1 in 3 women in the world has experienced physical violence and sexual violence by their partners (WHO, 2017). Statistics in America revealed that in every 9 minutes, there was persecution in the form of physical violence against women as victims and ironically as many as 25% of women died by their male partners (Ramadani & Yuliani, 2017). In Indonesia, as many as 259,150 domestic violence cases against women in 2016 have increased to 348,446 domestic violence cases in 201(Komnas Perempuan, 2019).

Violence against women in West Sumatra is still high (Arya, 2017). As stated by Nurani Perempuan's Director of Women' Crisis Center Yafri Afriani in 2014, there were 81 cases of violence against women consisting of 38 cases of sexual violence, 40 cases of domestic violence and 9 other cases. In 2015, there was an increase of 85 cases, 45 cases were sexual violence, 35 cases of domestic violence, 4 cases of human trafficking, 1 case of dating violence, and 1 case of gender-based violence. Furthermore, 2016 increased to 109 cases, 54 cases of sexual violence, 43 cases of domestic violence, 6 cases of human trafficking, 2 cases of violence in courtship, and 4 cases of non-gender based violence. In 2017 until mid-November, 90 cases of gender-based violence recorded 46 cases of sexual violence.

Domestic violence that occurs in West Sumatra in victims of changes in tendency from physical violence, leads to psychological violence, neglect of victims and sexual violence. Besides there are significant differences in the violence experienced by female victims in terms of marriage age, it turns out that women of lower marriages tend to experience higher violence than women who suffer from domestic violence in higher marriages (Afdal, Alizamar, Ifdil, Erlamsyah, & Taufik, 2017). Meanwhile, the city of Padang was recorded as the city with the highest number of women victims of domestic violence in West Sumatra. 151 cases were consisting of 135 cases of physical violence, 2 cases of psychological violence, 3 sexual violence and 11 cases of neglect (Dinas Pemberdayaan Perempuan, 2017).

Many victims of domestic violence experience psychological impacts, one of which is the problem of life satisfaction. It is proven that victims of domestic violence can experience low life satisfaction in undergoing marriage and life satisfaction with their partners (Nockita, 2016). Meanwhile, life satisfaction in marriage refers to the partner's assessment of the marriage relationship, whether it is good or bad. On the other hand, in various studies, it was revealed that life satisfaction in marriage to victims tends to decrease due to the aggression of physical violence against victims (Stith, Green, Smith, & Ward, 2008). Life satisfaction of victims of domestic violence has a significant impact on their mental health, which is

characterized by the emergence of anxiety, depression, fear and despair in undergoing marriage relations (Fergusson et al., 2015).

Domestic violence victims desperately need help and support from various parties. One of them is the role of professional counselors to provide counseling. The existence of counselors in the community generally has begun to receive attention, and the benefits have been felt (Prayitno, 2018). The role of counselors, specifically to help improve life satisfaction for victims of domestic violence is urgently needed. One of the efforts made by the counselor is optimizing the role of Support Group Therapy through the use of Social Media conducted through social media to victims of domestic violence can develop the usefulness of technology in counseling while upholding the principle of confidentiality.

This paper is a study of literature studies that discusses the optimization of the role of support group therapy to help improve the life satisfaction of victims of domestic violence. The purpose of writing this paper discusses domestic violence accompanied by the causes and psychological effects of domestic violence against victims. Then this paper also describes the support group therapy through social media with the stages of its activities.

The method used in this paper is the literature study approach. A literature study is a way of collecting data by studying and studying literature, guidebooks, textbooks, modules and other library books that can help and support scientific article writing (Arif, Nur Saiful; Wanda, 2013). First, in the study method, the library is collecting literature and reading books relating to the issues discussed in the study (Mahdiana, 2016). So in the literature study method, the writer should be able to process and analyze the literature source data that has been collected so that it can explain the expected writing.

## II. DISCUSSION

### The concept of domestic violence

Violence is one manifestation of pent-up aggressive behavior from individuals, especially from those who are stronger against the weaker parties (Rahardjo, 2007). Domestic violence or termed domestic violence is an act of violence that occurs in the household either by the husband or by the wife (Afdal, 2015). Domestic violence occurs in the form of physical violence, psychological violence, neglect, threats and seizures committed by the perpetrator against the victim that happens in the household. Forms of physical violence such as beating, slapping, kicking, strangling, pushing, throwing things, confining women from outside the room and other actions causing injury and threatening the safety of the victim. Domestic violence victims who experience psychological violence such as verbal violence in the form of harsh words, are easily suspected and feel too limited in their lives (Made, Ariyanti, & Valentina, 2016).

### Factors Causing Domestic Violence

Some of the triggers for domestic violence are economic factors, patriarchal generous culture, the decline of social care and solidarity, the poor of empathy and not the Popularization Of The Law on the Elimination of Domestic Violence (Hanifah, 2007). Economic factors are caused by difficulties in meeting the needs so that the offender is easily offended, angry and stressed because of his inability to increase his income. Also, patriarchal culture that justifies the perpetrator closes the space for women's rights to take a position and express the inconvenience experienced due to cultural reasons that the wife must be under the control of the husband. Phenomenality can be seen from the community's indifference to domestic violence cases. The community considers the case to be a normal thing and should not be handled. This causes the decline of community empathy for domestic violence (Dinas Pemberdayaan Perempuan, 2017). Besides, the causes of violent behavior occur because of the lack of practice of the religious values adopted so that they do not feel guilty in acting (Kantor Urusan Agama Kecamatan Padang Barat, 2019).

In general, victims of domestic violence occur in women as wives (Ramadani & Yuliani, 2017). The wife as a victim experiences doubts about reporting criminal acts of domestic violence. Therefore, juridically victims of domestic violence need fair legal protection (Abdurrachman, 2016). Women victims of domestic violence play a role as housewives who do not work outside it is difficult to take an attitude as if they are powerless to be free from domestic violence by staying on the grounds of economic dependence on their husbands and childcare.

### *Psychological Impact of Victims of Domestic Violence*

Some of the impacts experienced by victims of KDRT result in the emergence of misery or suffering physically, sexually, psychologically, and/or neglect of the household, including threats to commit acts, coercion or deprivation of liberty illegally within the household (Made et al., 2016). The psychological impact of victims of domestic violence results in fear, loss of self-confidence, loss of ability to act, a sense of

helplessness, and/or severe psychological suffering in someone (Law No.23 of 2004). In addition, it results in situations of socio-emotional conditions. Unhealthy, for example, imitation of boys who are rude and violent because they witness their father acting in domestic violence against his mother. Another thing for girls will be the potential trauma that will arise in the future to settle down because to get married the fear arises that the husband will act as his father did to his mother.

Some psychological impacts experienced can affect life satisfaction victims of domestic violence. Victims of domestic violence experience low life satisfaction in terms of satisfaction with marriage and their partners (Nockita, 2016).

#### Life Satisfaction

Life Satisfaction is the evaluation of overall feelings and attitudes, ranging from negative to positive, about the lives of individuals at a certain point. Both positive and negative refer to the emotional aspects of welfare construction refers to the cognitive-assessment aspect (Matt Vassar, 2012). Life satisfaction is defined as a cognitive evaluation of individuals who consider their lives as a whole or in certain areas of life, such as relationships, environment, or self (Diener, Lucas, & Oishi, 2012). Individual life satisfaction can be measured in aspects of past life, current or expected life satisfaction. This is the same as measuring the Subject of Well-Being and Life Satisfaction (Maddux, 2018). So it can be concluded that life satisfaction is a cognitive and reflective evaluation or evaluation of individuals about how well and fulfilled in their lives.

Some aspects of individual life satisfaction according to Hurlock (2004), namely: 1) Receiving; It refers to good adjustment and social adjustment. Individual happiness lies in the attitude of accepting and enjoying the conditions experienced by other people with what they have. 2) affective; the result of the normal attitude of being accepted by others can be love. It means that the better people are accepted, the more love will be expected from others. 3) Achievement; in the form of achieving individual goals in the form of all competencies, hard work, and self-sacrifice, such as being able to obtain money and power (Linsiya, 2015).

A study revealed that life satisfaction affects mental disorders, and so mental disorders affect life satisfaction (Fergusson et al., 2015). This means that a study revealed a significant reciprocal relationship between mental health and life satisfaction. A person who experiences depression, anxiety, fear and despair in life such as his marriage, his life satisfaction is also a problem with a low level of life.

#### Counselor Role

The main role of the counselor is to create a comfortable atmosphere and maintain the confidentiality of individuals who experience domestic violence so that they can speak openly, be heard and get support (Corey Gerald, 2013). Counselors in their roles should be present to build the importance of empathic psychological contact and individuals feel cared for and valued for their existence (Brammer, L.M & Shostrom, 1982). The essential empathic counselor must act as a person who is loved and trusted by counselees (Nirwana, 2012). Moreover, the psychological impact felt by counselees of victims of domestic violence who experience low life satisfaction requires intensive therapy so that their psychological condition can be restored.

#### Support Group Therapy

Support Group Therapy is therapy by using peer groups that experience problems that are relatively the same as sharing information about the problems experienced and discussing the resolution of problems that need to be done after therapy, as well as strengthening each other's processes, with the most important goal of achieving coping capabilities effective at problems or trauma experienced (Yuniardi, 2011). Support group therapy is therapy carried out with peer groups, have relatively the same problems by communicating or sharing information about the problems experienced and needs solutions to be done as well as the process of mutual learning and strengthening, with the main goal of achieving coping capabilities that are effective at problems or trauma experienced (Salamah, 2015). Support group therapy can be shared to overcome various kinds of problems, such as family/ household, drug abuse, juvenile delinquency victims of disaster trauma, patients suffering from diseases and other cases (Sri Wahyuni, RB. Soemanto, 2013). Support Group Therapy takes the form of social learning, which is also referred to as Therapeutic Community, which aims to jointly build self-awareness so that group participants can rise and be able to solve their problems (Windyaningrum, 2014). For example, the implementation of Support Group Therapy for patients with diabetes is held so that patients can exchange their experiences, feelings, and efforts to get up to recover from their illness (Siregar & Hidajat, 2017). So it can be summarized that Support Group Therapy is a therapy carried out by several people who experience problems that are relatively the same by

sharing the perceived problems and discussing problem-solving efforts carried out with a spirit of togetherness, self-awareness, the strength of self and group commitment to rise in problem-solving.

The counselor's main role in Support Group Therapy is to create a comfortable atmosphere and maintain the confidentiality of its members so that they have the opportunity to get acquainted, talk openly, be heard and get support. Counselors in their roles should be present during the group by establishing the importance of empathic psychological contact (Corey Gerald, 2013). The effort to build empathic psychological contact cannot be separated from the counselor's skills in communication. Especially in support group therapy activities through social media, it is necessary to have effective and empathic communication skills in activities. Besides, the counselor's competence does through information technology such as social media is a requirement that must be met (Ardi, Yendi, & Ifdil, 2013).

#### *Procedures for Implementing Support Group Therapy through Social Media*

The procedure for implementing this Support Group therapy consists of 5-10 people who have similar problems experienced accompanied by a facilitator as a group leader who comes from a counselor or psychologist profession that can be a mentor who helps strengthen and motivate participants to rise from problems that experienced. Support group therapy can be done face to face or by utilizing social media. Utilization through social networking media, in essence, can have a positive impact to build interaction relationships without limits and easily accessible (Situmorang, 2012). Following the discussion of this paper, the procedures for support group therapy are carried out, namely through social media online with one application, namely WhatsApp. The purpose of implementing Support Group Therapy through social media can overcome the limitations of face-to-face meetings with group leaders and fellow participants by always adhering to the commitment to confidentiality. Besides support group therapy through social media is also a bridge intermediary for face-to-face meeting group support therapy.

The procedure for implementing support group therapy through social media online with WhatsApp or telegram application begins with the formation of a group by getting to know each other who are members of the same problem experience, for example, women victims who have been recorded in one area in the City consisting of 5-10 members. Once collected and formed, the group leader, in this case, the mentor or counselor provides orientation activities in the form of intentions and goals as well as a group therapy activity program on social media. After that, commitments to an agreement on activities both in terms of time agreement, rules of communication and consultation and commitment to follow up meeting face to face. The duration of the duration activities can be agreed, for example, online on social media for two times or weeks, where one meeting is at least 60 minutes.

The initial stage of the support group therapy meeting through social media is the first stage of the Escort; It consists of an opening from the counselor, if the first meeting, then all group members and leaders introduce themselves to each other. At the follow-up meeting, there is no need for introductions in stage one, but enough opening greetings and magic words as words of encouragement and warm-up atmosphere to be more fluid in initiating therapy support group activities on social media networks. This stage is to be even more enthusiastic, so the counselor provides ice breaking, which can be in the form of guessing words or puzzles that participants are expected to answer quickly. Besides, at this stage, the counselor explains the purpose and procedure of the activity.

The second stage, the formation stage in the form of conditioning group members to be more cognitively and affectively prepared to participate in online group therapy support. Conditioning participants to prepare themselves for the next stage in an effort to build commitment to actively participate in group activities. At the end of this stage, the counselor directs group participants to get ready to convey problems and convey experiences that in this case experience as victims of domestic violence. This stage of formation should be managed more communicatively and empathically so that group participants are more confident and comfortable in expressing their problems.

The third stage is the core activity stage, namely discussion of the problem. Problems that are discussed together from problems expressed by group members. Then it was agreed to discuss one by one per group member. Counselors need full attention and appropriate response in the discussion phase of this problem because it is done online. Making this problem, participants in the group were stimulated to argue with each other and help provide feedback in the form of questions and input solutions to alleviate problems. The problem that is recommended should be until it's finished. If it is not yet complete, an advanced time can be agreed.

Termination stage and Evaluation are closing in the form of reflection of the activities that have been followed. Group members are asked to write down the things they feel and what added value they got from the activity. After that, the participants were invited to commit to each other to take steps to resolve the

problems that have been obtained. The extent to which these activities succeed depends on the practice of solutions born from the activities of support group therapy.

Implementation of online support group therapy to produce positive changes then carried out follow-up activities in the form of Support Group Therapy in personally with an agreed meeting, for example, once a month. The usefulness of the follow-up is to increase the togetherness and efforts to solve the same problems of each member.

#### Support Group Therapy to Increase Life Satisfaction

Support Group Therapy led by counselors is expected to help increase life satisfaction for victims of domestic violence. This is evidenced in the research on the role of social support in the form of support group therapy for the elderly in nursing homes proven to be able to help to increase the happiness and life satisfaction of the elderly (Zulfiana, 2014). Of course to victims of domestic violence whose life satisfaction has been improved, then being able to accept the conditions experienced and tries to rise from the psychological impact felt.

Support Group Therapy carried out through social media remains committed to the goals of therapy as well as meeting face-to-face. The use of social media technology such as WhatsApp or telegram in support group therapy is expected to answer the challenges in using counseling services.

### III. CONCLUSION

The role of support group therapy by utilizing social media can be implemented to help improve life satisfaction for women victims of domestic violence. The reasons for effective group support activities are carried out: because this therapy is flexible but has the objective of being able to mentally recover group members who have similar problems and a spirit of togetherness and mutual care among fellow members. The role of counselors in Support Group Therapy by utilizing social media is very helpful in overcoming the limitations of face-to-face meetings, but these activities still require follow-up with face-to-face group meetings. This therapy can also be done on problems such as trauma, disaster trauma, addiction to alcohol and drugs, addiction to games, child victims of divorce and others. It is suggested that support group therapy can also be carried out against domestic violence perpetrators as a vehicle for guidance that can make people aware of their growing and developing caring and affection for their partners.

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