

EFFECTIVENESS OF PATIENT-BASED GROUP THERAPY DESIGN ON THE ADOLESCENT ANXIETY OF VICTIMS OF HOMOSEXUAL PEDOPHILIA

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Abstrak: The Victims of pedophilia gain a painful emotional experience of the act of pedophilia and cause victims to experience anxiety. It is necessary to develop new interventions in overcoming such anxiety through patient-based group therapy. This study aims to look at the effectiveness of patient-based group therapy for the anxiety of adolescent victims of homosexual pedophilia. This type of research is a quantitative experiment using a pretest-posttest group design. The participants consisted of 5 boys aged 10-17 years who were victims of sexual violence. Data was collected through the BAI Anxiety measuring instrument (Beck Anxiety Inventory). Then the data was in the analysis using nonparametric techniques with Wilcoxon. The results showed that there was an effect of patient-based group therapy on reducing anxiety among adolescent victims of homosexual pedophilia.

Keywords: *Interpretative Phenomenology Analysis*, victims of homosexual pedophilia

I. INTRODUCTION

Children are the nation's next-generation who should get an education, parenting, and good treatment. But today there are still many children who get unkind treatment such as sexual violence. Sexual violence committed by adults against children to gain sexual satisfaction is known as pedophilia. Pedophilia may occur heterosexually or homosexually. Homosexual pedophilia is the sexual attraction of adult males towards male children.

The Victims of pedophilia obtain sexual intimacy through manipulation of the children's genitals, penile penetration in part or in full of the child's genital organs (Sadarjoen, 2005). It can have a negative impact for a long time. Noviana (2015) suggests that victims of pedophilia have an emotional negative impacts (including stress, depression, mental shock, fear, post-traumatic disaster (PTSD), self-esteem problems) and physical (such as physical injuries in the genital area, decreased appetite for sleeplessness, headaches, and risk of contracting infectious diseases). Besides, victims of pedophilia also experience pathological risks, one of which is anxiety disorders (Stuart, 2016). This is due to the inappropriate and painful treatment of pedophilia, so victims get certain emotional experiences and end up with excessive fear or anxiety.

According to Beck (2004), anxiety is the same continuum line with other emotional experiences and is associated with the theme of threat, danger, or vulnerability. So anxiety is the result of an excessive interpretation of a danger or a belief that is too low in coping or ability. Beck also suggested that anxiety is a form of physical reaction to danger. The physical reaction is characterized by palpitations, the body feels hot/cold, easily strained, worry, headaches, shortness of breath, feeling uncertain, difficult to concentrate, and so on. If this is not considered, it will disrupt the survival and development of the victims of pedophilia. Glasser et al (2001) also explained that children who are the victim of pedophilia, especially if the victim is boys at risk of being a pedophile in the future. Therefore, it is necessary to handle the victims of pedophilia.

According to Dochterman (2008), efforts that can be done to cope with anxiety especially emotional problems is a supportive therapy that can be done in a group. Support group therapy is a group therapy that is useful in dealing with problems of emotional difficulties, problems in interpersonal functions, and problems related to existential (Overholser, 2005). In group therapy, individuals get positive social support so that it can reduce tension and gain the trust of others. In addition, group support can enhance psychological functions through the sharing of experiences, so that each individual can help each other and develop knowledge.

Patient-based group therapy can be used as an alternative to new therapies as a strategy to reduce tension in the self. Patience in psychological studies is interpreted as a means of accepting difficulties, be able to control themselves, and be able to forgive (Subandi, 2011). In the presence of patience, individuals will develop an attitude of calm, unhurried, unreactive, and able to establish good social relationships. When an individual can obtain physical and mental calm then he can reduce the tension of the physical reactions that cause anxiety. Hafiz et al (2012) also explained that patiently has psychological attributes, one of the attributes of emotion is the response in holding emotions for the goodness that therein related optimism, never give up, the spirit of looking for alternative solutions, and not easy to complain.

Based on the above phenomenon then this study examines more in how the "effectiveness of patient-based group therapy in reducing the anxiety of adolescent victims of homosexual pedophilia".

II. METHOD

Participant

This type of research is a quantitative research experiment using a pretest-posttest group design. The subjects in the study were five boys. The sampling technique used was purposive sampling with the criteria of pedophilia victims aged 10-17 years, the category of subject anxiety level at mild to severe levels. The subject has experienced sexual violence for at least the last 2 years.

Procedure

The subject of the research is recommended by P2TP2A in Tanah Datar District based on the history of reports of cases of homosexual pedophilia that occurred in Batu Sangkar. In the P2TP2A Office children of victims of homosexual pedophilia and parents who are interested in participating in patient-based-group therapy meet with researchers to explain the purpose of implementing therapy and an overview of the therapeutic process and sign an informed consent. This meeting is held 2 weeks before the implementation of the first group therapy meeting.

Treatment

Patient-based group therapy consisted of seven times the meeting. Each meeting contains each aspect of patience, that is: accepting the bitter reality with sincerity and gratitude, perseverance and persevering in difficult situations, perseverance, calm and not in a hurry, self-control.

The first meeting (introduction), in the first session of the introduction of group members, explaining the goals, the therapeutic agenda, determination of the norms of group therapy, sharing about ideas and feelings that arise and how to overcome the problem.

The second meeting (received a bitter reality with sincerity and gratitude), the second meeting presented the material receiving a bitter reality with sincerity and gratitude through a short film of 20 minutes duration. Participants discuss the meaning behind the film presented and reflect on their respective lives.

The third meeting (steadfastness and perseverance in difficult situations) material was given in the form of a case analysis task on bullying of small groups and discussing the results of the analysis in a larger group, reflecting the results of discussions in daily life.

The fourth meeting (persistence) this meeting about persistence is presented through the game of making towers from straws, test the power of the tower, evaluating and discussing the meaning of the game, sharing experiences related to persistence, filling out my future sheets.

The fifth meeting (calm and not in a hurry) the material remains calm and in no hurry is presented through the game of moving the ball through the yarn. All participants together to move the ball from bottle 1 to bottle 2 using yarn. Evaluating and discussing the meaning of the game, sharing about the benefits of staying calm and not in a hurry.

The sixth meeting (self-control) learns the self-control through the delivery of material and the participants are formed into 2 small groups to answer questions regarding the benefits of self-control, mentioning self-control issues in each group and how to handle it, and sharing based on the results of discussions and giving home assignments.

The seventh meeting (evaluation) relates to the evaluation of homework assignments, withdrawal of conclusions related to self-control, giving observational assignments.

Measurement

The data collection technique used was the anxiety test created by Beck, the Beck Anxiety Inventory (BAI). This tool consists of 21 item statements about an individual's physical reaction to a hazard. The collection of data in this study was obtained through the filling of the checklist sheet consisting of the response item "never, almost never, sometimes, almost always". In the collecting of data, researchers provide a checklist according to the visible aspects of the subject. Then the data is summed to see the results of each subject's score.

Analysis

Data analysis techniques using nonparametric analysis with Wilcoxon.

III. RESULTS

The results of group therapy conducted seven meetings based on the patient aspects, namely accepting the bitter reality with sincerity and gratitude, perseverance and persevere in difficult situations, persistence, calm and not in a hurry, and self-control suggests there is no influence of patient-based group therapy on the anxiety of adolescent victims of homosexual pedophilia.

Based on the Wilcoxon calculation results the Z value obtained was -0.674 with a p-value of 0.50, $p > 0.05$. Which indicates the hypothesis was rejected. That is, there is no effect of patient-based group therapy on the anxiety of adolescent victims of homosexual pedophilia.

The first meeting is an introduction and a sharing meeting. In the first session introduce group members, explain the goals, the establishment of group therapy norms. Exploration of ideas and feelings carried out by exploring the ideas and feelings that arise. 3 participants who are GL, AI, NV have forgotten past events and he tried to accept the past as part of their destiny. This is because the participant has been in a new school environment so that he can start a new life. In addition, participants who have forgiven feel will be fine if reunited with the perpetrators. But the other 2 participants AI and IH are trying to forgive the perpetrators. At this time AI still harbored anger at people who had ridiculed him. While IH does not want to meet again with the perpetrators. In addition, participants were asked to write down their hopes and put them on the hope tree.

The second meeting presents the material received a bitter reality with sincerity and gratitude through a short film duration of 20 minutes. Participants discuss the meaning behind the film presented and reflect on their respective lives. Participants expressed different opinions such as AI and IH argued to be always grateful and always help anyone, GL argues that there is no need to feel difficult because there are still many people who are more difficult and do not compare ourselves with others. Through this film, participants realized there is things to be grateful for despite being sexually abused, such as GL being grateful that the perpetrator was already in prison and he was safe, NV was grateful that he was separated from the past and felt the incident was fate, HB was grateful for the incident he can turn into a better person, for example, closer to God, AI and IH are now grateful that he can be saved from the perpetrators. AI prayed that there were no more victims.

The third meeting studied Resilience and survived in difficult situations. The material provided was in the form of a case analysis task regarding bullying in small groups. The participants were divided into 2 groups. Group 1 consists of NV, HB, and GL. Group 2 consists of IH and AI. Each group divides the tasks of each member and discusses to answer questions about the case, but in carrying out this task IH is passive in giving opinions. Participants give questions to each other like AI asking group 1 about the adverse effects of bullying behavior on the victim's emotional state. This question was answered by GL and NV. GL replied that the victim would hold on to anger and he would be afraid to play with other people again. NV explained that people who have been bullied will get revenge on others. GL asked group 2 about how to encourage friends who have been bullied. These questions are answered in turn by AI and IH. AI's answer is to listen to the victim's bullying story and say stay patient. IH added that encouraging victims of bullying by inviting play. At the end of this meeting, participants took turns giving conclusions about resilience and surviving in difficult situations.

The fourth meeting of the perseverance is presented through the game of making towers of straws. The participants of the therapy divided into 2 groups. Group 1 consists of NV and HB, Group 2 consists of GL, IH, and AI. Group 1 makes the tower with a discussion first and then applies it, group 1 manages to

make a high tower with one time. Participants in group 2 debated during the discussion to build a tower so that each participant made a different tower. After pacifying themselves, group 2 participants asked for more time to discuss again finding ways to build the tower and finish the task. In the evaluation session, participants gave a conclusion related to today's activities that everyone has different ways of solving problems and resolving those problems requires persistence to keep on trying. In addition to building towers, participants were asked to write a beautiful picture of their lives in the future. At the session in AI said that he was not sure he could succeed because he was a lazy child. The other participant felt confident that he would be successful but he could not write in concrete what the success would have wanted.

The fifth meeting about calm and not in a hurry is presented through the game moving the ball through the yarn. All participants together move the ball from bottle 1 to bottle 2 using yarn. Participants choose GL as a leader to redirect group members. In the first experiment, the participants managed to move the ball but individually so the facilitator asked to repeat the game. In the second experiment, the participants managed to move the ball in groups by changing the strategy of the game. choosing HB as the leader of the group because the participants considered HB to be calmer and able to give instructions to move the ball.

The sixth meeting learns of self-control through the delivery of material, and participants are formed into 2 small groups to answer questions related to the benefits of self-control, mentioning self-control issues in each group and how to solve it. Group 1 consisted of HB and NV, group 2 consisted of IH and AI. At this meeting, GL came late so he did not participate in the group's duties. Through the results of this small group discussion participants sharing about the problem of self-control. AI has difficulty controlling his anger. If he is angry with his parents, he will leave home with the intention of not raising a bigger problem. IH is difficult to control himself to stay calm if he is in a situation that he does not like such as discussing in a group or joking with others. GL gave advice to IH that there is no need to be angry if someone jokes because jokingly is part of friendship.

HB has the habit of playing online games sometimes he forgot to do prayers because of playing. NV responded to HB's problem by saying he will invite HB to play and will supervise HB playing online games. GL often comes late at therapeutic meetings as it plays with friends. Besides, NV, GL, and AI are difficult to stop the smoking habit. NV said that it will try to reduce smoking by eating a lot of sweets and drinking water. The AI will multiply the activities at home to reduce smoking time. At the sixth meeting, the participants were given a homework to complete the way of controlling themselves according to their respective problems and report them at the next meeting.

The seventh meeting is the last meeting of group therapy. At this meeting, participants reported the assignment of the house given at the previous meeting. Participants have performed tasks but some convey that they have difficulty so that their target has not been achieved to the fullest. HB managed to reduce the time playing online games with a lot of play with friends. IH was only able to control himself at the fifth meeting, but at the sixth meeting he struggled to calm down. GL, NV and AI are difficult to reduce smoking habits because friends at home or in the area are also smoking.

At this seventh meeting the participants were asked to write down the goodnees and ugliness of other participants as an evaluation. GL assesses the strengths of other friends are AI, IH, HB, and NV are good people and forgive their mistakes while the infirmities are difficult to keep the solidarity. AI assesses the advantages of HB and IH is not smoking, the advantages of GL are not easy to get angry and NV is good at playing ball, while the disadvantages of HB, NV, and IH are teasing, and easy to get angry, GL has undisciplined shortcomings. IH assesses the strengths of GL and AI as good people while HB and NV are bad people. NV writes that the advantages of GL are that people are friendly, HB, AI, and IH have intelligence in their respective favorite areas but AI, HB, and IH like to mock and have difficulty controlling themselves. HB value He has therapeutic friend who are loyal friend but some have flaws such as easy GL and emotion and IH that behave like a child.

IV. DISCUSSION

Victims of pedophilia get sexual violence through the penetration of children's genital organs by adults. Such actions will provide a painful emotional experience for the victim and then develop into anxiety. Beck (2004) suggests that anxiety is on the same continuum as other emotional experiences and is associated

with the theme of threat, danger, or vulnerability. Emotional problems especially anxiety can be overcome through group therapy (Dochterman, 2008). Group therapy helps individuals get positive social support, thereby encouraging strong emotions among fellow group members, as well as getting new sources of support. In addition, patient-based group therapy can be used as a new alternative in reducing anxiety. Basically, patience in psychological studies is defined as a way to accept difficulties, be able to control themselves, and be able to forgive (Subandi, 2011). So that victims of pedophilia are expected to get social support, receive events related to pedophilia, be able to forgive and be able to control themselves in the community. Thus, this study expands the literature by looking at the effectiveness of patient-based group therapy in reducing anxiety among adolescent victims of homosexual pedophilia. Overall, the results showed that there were 3 subjects who experienced a decrease in anxiety, but 2 subjects experienced an increase in anxiety. The findings will be described below.

Three of the five subjects had been in a sexual harassment event as their destiny. These three subjects felt calmer after they were in the new school because they met new people who did not know their past experiences. In a wider environment there are still many people who ask the subject's condition related to sexual harassment, the subject tries to answer calmly despite feeling uncomfortable. The other two subjects have not forgiven the perpetrators and are still in the stage of trying to accept past events as part of their lives. These two subjects were worried if asked about incidents of sexual harassment. In addition, the subject is also offended and saves anger to the joking people about sexual harassment.

The anxiety scores of three subjects declined after following patient-based group therapy. However two subjects had an increase in anxiety scores after the fifth meeting. The difference in the subject's score resulted in no patient therapy influence on lowering anxiety. One of the reason research failed to reduce anxiety due to methodological problems. Each focus group therapy meeting to instill patient aspect material. The researcher's expectation is that the subject can reduce anxiety by applying patient aspects of daily life. However, the research design did not specifically target the characteristics of anxiety reduction.

It is difficult to build a discussion because of the subject's in finding solutions to solve this problem because the problems faced by the subject tend to be the same. The subject only gives one suggestion or opinion superficially to the problem presented. Sometimes only one subject submits an opinions and other subjects immediately agree without criticizing or adding opinions.

The economic background of the victim's parents affects parental care of the victim. Generally parents work from morning until afternoon so there is not enough time to give children especially religious education. The lack of religious values possessed by the subject causes the administration of patient-based group therapy to be ineffective. The concept of patience contains Islamic values in it such as accepting bitter reality with sincerity and gratitude, fortitude and persevering in difficult situations.

The obstacle in implementing this therapy is the time of therapy. When the therapy is carried out in the afternoon after school results in participants participating in therapy in a tired condition. This fatigue can cause the subject difficulty in carrying out therapy. This is also consistent with the results of Verawati's (2016) research that there is a relationship between subjective fatigue and labor productivity. This means that when the subjects is tired of already spending activity in school, it will cause less optimal subjects in the treatment activities. The different school schedules also resulted in participants arriving late to attend therapy. Sometimes participants rush in carrying out group therapy activities because if they go home too late it will be difficult to get public transportation to go home.

The improvement that the subject has after applying patient-based group therapy is that the subject can understand the importance of having patience in living life. Some of the problems given to the subject were successfully resolved by applying learning outcomes regarding aspects of patience. For example, the subject managed to set up a straw tower and managed to move the ball from the bottle after several attempts. The subject acknowledged that the key to success in completing the task was to apply what had been learned while attending group therapy: persistence, perseverance and no need to rush. At the end of each meeting the subject is able to make simple conclusions regarding what has been learned.

Furthermore, parental support and involvement is needed so that the subject can apply the values that have been received while taking patient-based group therapy to broader aspects of life. The subject also

needed a supportive play environment to transform into a better one. Like a friend who is always reminds if the subject is unable to control himself.

V. CONCLUSION

The results of this study showed that there was a patience-based group therapy influence on adolescent anxiety victims of homosexual pedophilia. Each group therapy meeting focused to embed the material aspects of patience. However, the research design did not specifically target the characteristics of anxiety reduction. After applying patient-based group therapy, the subject can understand the importance of having patience in living life. Furthermore, parental support and involvement is needed so that the subject can apply the values that have been received while following patient-based group therapy to broader aspects of life.

VI. SUGGESTIONS

Difficult to build a subject discussion due to the limited ability of the subjects in finding solutions to solve this problem because the subject has problem that tend to be the same. The lack of religious values that are instilled by families makes the provision of patient-based group therapy less effective.

The implementation time of therapy was done in the afternoon after school resulted in the participants following the therapy in a tired condition, and rushed to complete therapy meeting.

Further research needs to be done to intervene prevention programs such as: psychoeducation about pedophilia and its impact on the development of children to the community, management treatment of child pedophilia victims. A mental health service programs need to be carried out about pedophiles with relevant government agencies such as the health department and other relevant agencies.

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