

The Role of Playing Therapy for Trauma Recovery of Children Violence Victims

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Abstract: Child is parental support and expectations, also expected to be the successors of the nation so they must be protected and given love. Other facts speak of the increasing number of cases of violence against children over the past few years as if it has reversed the demand that children must be protected and given love. In addition, acts of violence against children will cause trauma and leave growth and development abnormalities that will affect their adult life in the future. To minimize the impact that arises due to trauma, a child needs proper treatment. Playing therapy is a counseling technique given by adults to children based on the concept of play as a way of communication between children and adults to express their natural expressions. Creating a better feeling and develop the ability to solve problems and be able to develop interpersonal processes of children. The technique used here is to use a behavioral approach or behavior using the principles of modeling, relaxation and cognitive games. The goal is to change or eliminate deviant behavior and reinstate more constructive behavior, through playing therapy, it is hoped that the trauma caused by violence will gradually decrease.

Keywords: Child, Playing therapy, Recovery, Trauma, Violent Victim

1. Introduction

The violence is generally directed at groups that are considered weak and children are one of the groups that are vulnerable to violent behavior. The phenomenon of violence against children is becoming more and more common and has become global in almost every country. Based on Law number 23 of 2004, violence against children is any act against the physical, psychological, sexual and/or neglectful, including threats to commit acts, coercion, or deprivation of liberty in an unlawful manner. The forms of violence against children can occur in the neighborhood, school or family environment itself. This is what makes children helpless when threatened not to tell what happened. In almost every case that is revealed, the perpetrator is someone who has dominance over the victim, such as parents, teachers or people they know. There are no specific characteristics or personality types that can be identified from a perpetrator of violence against children.

The impact of violence experienced by children not only causes physical trauma but also causes deep psychological trauma, such as feeling anxious from the social environment, even the worst is the tendency to commit suicide because they are unable to bear the events they experience. Among the consequences of child abuse and violence in childhood and adolescence are poor emotional regulation, attachment problems, problems in peer relations, difficulty adapting to school, and other psychological problems such as depression and delinquency (Santrock, 2011).

Children who experience violence try to hide what they are experiencing physically, psychologically and usually they are reluctant and afraid to reveal torture because of the fear of revenge that can be done by their parents who commit violence against children, usually parents who are perpetrators of violence against children will threatening the child to be hurt will be killed or abandoned if the incident is disclosed by the child to others.

The North Sumatran Public Participation Communication Forum for the Welfare of Women and Children was formed on December 27, 2017 based on the Decree of the Governor of North Sumatra No. 188.44/742/KPTS/2017. This institution is for strengthening synergies and programs for community institutions, the business world, the media, and the government to support the realization of the welfare of women and children. Three national priorities are the basis for the main objective of establishing the PUSPA Communication Forum, known as the "three Ends", namely ending violence against women and children, ending Human Trafficking, and ending the gap in women's economic access.

The fear of expressing what is experienced by the child will result in the child harboring the trauma that he experienced, eventually the trauma is buried under his consciousness and carried over to adulthood, especially the violence committed against children will be repeated not just once so that the child will harbor it. The violence he experienced repeatedly and for a long time had accumulated under his conscious mind and could explode in pathological forms of behavior, one of which was causing depression in children.

2. Literature Review

The types of violence against children according to the National Clearinghouse on Child Abuse and Neglect (Santrock, 2011): Physical abuse is characterized by the occurrence of physical injury as a result of hitting, kicking, biting, burning, shaking, or injuring a child. Child neglect is characterized by failure to meet the child's basic needs. Neglect can be physical, educational (allowing chronic truancy), or emotional (not paying attention to the child's needs). Child neglect is by far the most common form of child abuse. Sexual harassment includes petting a child's genitals, sexual intercourse, incest, rape, sodomy, exhibitionism, and commercial exploitation through prostitution or the production of pornographic material.

Emotional abuse (psychological/verbal abuse/mental injury) includes acts or omissions by parents that cause serious behavioral, cognitive, or emotional problems. The occurrence of violence experienced by a child can also lead to perpetrators of violence originating from the victim. This also causes cases of violence in Indonesia to increase every year. Meanwhile, the treatment and rehabilitation process is still disrupted due to the lack of optimal treatment and still cannot prepare children to return to their social environment as before. Where rehabilitation can prevent from getting worse or the occurrence of an increase in the injury suffered by the victim and part of the recovery from the ability for individuals who need special services. For this reason, the prevention, handling and empowerment of women and children victims of violence in North Sumatra Province in the future is expected to be more synergized in its implementation by involving the government, practitioners, community institutions, the business world, professional institutions and the mass media.

One of the most common problems faced by Public Participation Communication Forum for the Welfare of Women and Children of Binjai is violence against children. The victims of violence activists receive intensive assistance, because the impact experienced by victims of violence can develop fear and insecurity in children. The effects of violent behavior itself can be categorized into three, namely: the impact on the victim, the perpetrator and the environment. However, not all victims of violence dare to report what they experience due to the various pressures they get from the surrounding environment.

The violence's family that occurs in children is due to the abuse of power by the strong, namely parents, against the weak, namely children. Parents who have physical and non-physical strength (because of their high status in the family) or feel themselves superiority so they can do anything including violence against children, so that children become weak and weakened positions are also powerless to face such treatment, and the growing assumption that children are a lower class community, they are weak and small individuals who are completely under the control of adults so that children are not strong enough to resist the violence perpetrated by their parents. What parents or their families do to their children is an internal problem for each person's family, so they just stay silent and don't dare to interfere in matters of violence against children, and even among the families are reluctant to reveal what happened to their children because they are worried about it. humiliate and cause disgrace wanted by the victim's own family [3]. This is in accordance with what was conveyed by the research subjects, namely children who became victims where some remained silent and did not report what was going on because they were afraid to fight their parents who were the perpetrators.

In addition, it is also caused by their limited physical, mental and social limitations in facing the risk of danger due to violence perpetrated by their parents, because some think that they feel that it is wrong for their parents to torture themselves, so that they surrender of life is only to fulfill the wishes of their parents, the fear of telling what they experience makes them keep silent from other people and the silence taken by victims of violence is what creates new problems without realizing it, so that inner pressure for what his parents did many times in the end caused the victim to experience trauma and depression. Seeing this condition, the team felt the need for handling protection and assistance for child victims and also for perpetrators of violence which must be addressed comprehensively and using a child rights-based approach.

The acts of violence that occur have a very broad impact on the victim and also the perpetrator. For this reason, serious treatment is needed in solving this problem. For cases of violence that occurred in East Binjai District, the treatment offered is not only through counseling, but also through playing therapy. The playing therapy is a possible approach to help heal trauma experienced by early childhood. Playing therapy can make children relieve frustration and is a medium where the therapist can analyze children's conflicts and how to overcome them (Santrock, 2011). Children may feel less threatened and more likely to express their true feelings in the context of play. Maslihah (2013) explains that playing therapy can identify sexual violence experienced by children as information about the location and chronology of violence is obtained. This method is a counseling technique given by adults to children based on the concept of play as a way of communication between children and adults to express their natural expressions. So adults use this approach to intervene or engage with them to create the better feelings and develop the ability to solve problems is a model for building interpersonal processes of children (Maslihah, 2013).

This is in line with Sholihat and Nasrullah (2018) which stated that the use of playing can eliminate and forget the incidents of violence they feel, by playing children can forget the violent events they have

experienced, can trust the surrounding environment. The reason for using playing therapy is because there are many advantages to this method, including: Helping the child's development process with minimal verbal interaction. Children get a lot of freedom to choose, are able to increase children's fantasy and imagination power, can use simple tools, provide a safe place for children to express feelings, gain understanding and make various changes. It makes easier for counselors to build a therapeutic relationship with children, can also practice social skills

3. Method

The method of data collection is qualitative, which is supported by data from interviews and observations. The reason is because the qualitative method is a procedure that produces descriptive data in the form of written or spoken words from people and behaviors observed during research which aims to describe and interpret the scientific object under study according to the actual situation.

The first step is to conduct a survey in the field and submit the implementation schedule. The stages of implementation are as follows:

- 1) The servant and his team went to the service location and met the leadership of Public Participation Communication Forum for the Welfare of Women and Children of Binjai.
- 2) Meet victims of violence and provide direction on what to do. Meet perpetrators of violence and provide direction on what children should do in the field.
- 3) Provide assistance to victims of violence.
- 4) Provide counseling to victims and perpetrators of violence.
- 5) Provide evaluation and monitor the results of the exercise that has been done for 1 month.
- 6) Providing rewards for victims and perpetrators of violence who have shown progress from the material that has been given.

4. Result and Discussion

The implementation of community service (CS) using the playing therapy method for children victims of violence showed a change in the behavior of the 10 children who were victims of violence who were sampled in this activity. Those who were initially completely closed off and did not want to interact, with several approaches taken by the CS Team and also involving members of the victim's family, in the last months activity, began to show a change in attitude. The victims have started talking to some strangers and have started socializing with some of their peers.

The reason for using this playing therapy technique is because it is considered an effective method to reduce/eliminate trauma for child victims, causes and Impacts of Child Violence. The violence against children occurs due to various factors. Rusmil in Hurirah, (2012) suggested that there are several factors that cause violence against children.

1. Parental/family factors, Factors that cause parents to commit acts of violence against children, such as cultural practices that harm children, such as the culture of children's obedience to their parents and asymmetrical relationships; Raised with persecution; Mental disorders; Have not reached physical, emotional or social maturity, especially those who have children before the age of 20 years; and alcoholics and drug addicts.
2. Social/community environmental factors. Social environmental factors that can lead to violence and neglect of children include, Poverty in society and pressure from materialistic values; Low socioeconomic conditions; Value in society that children are the property of their own parents; The despised status of women; Patriarchal family system; and the values of society that are too individualistic.

In addition to these various factors, the mass media (especially electronic) which repeatedly broadcasts violent events or games is also an environmental factor that encourages acts of violence against children (Firmansyah, 2013). This means that the progress of information technology that is happening today is disturbing and even threatening the growth and development and future of children.

3. The child's own factor, the factors that come from the child, namely, 1) Patients with developmental disorders, suffering from chronic diseases due to the child's dependence on the environment. 2) Deviant behavior in children, violence against children is usually not singular. A child who is a victim of physical violence, he is also a victim of psychological violence. Usually, physical violence is preceded and followed by psychological violence. Then sexual violence, usually preceded and/or followed by physical violence and psychological violence. Child abuse has a direct impact or after the incident of violence.

The results of research in Canada show that physical violence has an impact on its victims, namely the risk of developing cancer in adulthood. Experts from the University of Toronto, Canada concluded that 49 percent of adults who develop cancer mostly experience physical violence. Physical violence does not only cause psychological trauma, but also has an impact on their health. Children who are victims of physical violence are at risk of developing cancer in adulthood (Unesa, 2012).

Furthermore, the results of research Murray Strauss a researcher from New Hampshire University, United States of America on 1,510 children, both those who received harsh treatment from their parents or not. All of the children underwent IQ tests at the start of the study and at the end of the study. Four years later or at the end of the study, Murray found that children who had not experienced domestic violence experienced an increase in IQ between 2.8 to 5 points. Meanwhile, the IQs of children who experience violence tend to be static and have difficulty following higher levels of education. Another study was conducted by Duke University, United States, which strengthens the results of previous studies.

The results of the Duke study show that children under five who are often abused tend to have low scores. Research conducted on children aged one year who experienced violence from their parents turned out to make them have lower cognitive abilities after being re-examined two years later compared to children who did not get abusive treatment. In addition to IQ, it turns out that the harsh treatment of parents in educating children also affects the behavior and development of children in the future. A study on violence against children conducted by Tulane University, United States, exposed the fact that three-year-old children who often experience physical violence from their parents will be more aggressive when the child turns five years old. This aggressive behavior will increase which in line with the more frequent violence experienced (Melindacare, 2012).

The results of another study show that a husband who was abused by his parents as a child was three times more likely to commit violence against his wife than a husband who did not receive violence as a child. Violence against children will cause emotional and behavioral problems. For example, feeling inferior to interact with the community, lack of self-confidence, blame yourself too much and it is easier to do violence to peers and damage things when angry, the violence against children causes trauma. This trauma arises because of excessive fear and threatened conditions experienced by the child.

The children in their growth period causes changes in the organization of brain function, so that in the future children will be more prone to stress. Violence against children affects children's ability to think and solve problems. This situation will be permanently attached to the adult child. Physical injuries cannot be avoided from acts of violence against children. Not even a few cases that led to the loss of life. These physical wounds are less significant than the wounds that imprint on the child's feelings. Until whenever, these wounds will be remembered and affect the character of the child.

The implementation of playing therapy in dealing with victims of violence will not run well without involving social workers in social intervention. Social intervention is a concept that is used and/or developed in social work practice, both in micro, mass and macro approaches. Social intervention is a series of activities carried out systematically and planned by social workers in solving social problems, increasing people's social functioning, expanding social accessibility and developing potential and sources of welfare (Adi, 2008). Based on the discussion above, social interventions in handling child violence are described as follows.

- 1) Prevention, prevention is a series of activities aimed at preventing violence against children, both within the family and outside the family, such as in the social environment and children's play. Various resource systems that can be utilized in efforts to prevent violence against children, namely: a) Family, the family referred to here is not only a family in the sense of a nuclear *family*, but also a family in the sense of an *extended family*. The family as the first environment for everyone, will provide various types of needs for a person, both psychologically and psychologically, such as emotional support, affection, advice, information and attention. In addition to meeting domestic needs, families need to choose friends for their children, and/or monitor their children's friendships. In principle, children get friends who are safe, comfortable and support growth and development. Kinship ties need to be re-actualized to institutionalize family values and norms and social care. b) Educational Institutions, the educational institutions in question include public, private and Islamic boarding schools. These institutions in accordance with their role have organized the educational process, both in relation to the cognitive, affective and psychomotor aspects of students. However, service materials or courses that contain moral and personality are still needed. The students need to be given space to discuss matters relating to conditions, problems and intricacies related to children's social welfare. c) Social Welfare Institutions, prevention efforts are carried out by local Social Welfare Institutions, both those that grow naturally at the local level (religious groups, neighborhood associations, associations and others), as well as those that grow from government initiatives (Integrated Healthcare Centre, Early Childhood Education Programs, Family Care Unit, etc). These various local Social Welfare Institutions require a media so that their potential and resources

can be synergized, so as to provide more optimal results. The local Social Welfare Institutions at the grassroots need to be given wide opportunities as a medium of help for children, adolescents and adults who have the potential to become victims, perpetrators or triggers of acts of violence. d) Judicial institutions, legal institutions are actually the third level needed in realizing the welfare of children, after families and communities. When the family and society no longer function in controlling people's behavior, a legal approach is needed through the judiciary. The problem is that punishment for perpetrators of acts of violence against children is currently considered not to have a deterrent effect on perpetrators or people who are potential perpetrators.

This is because there is a tendency for criminal penalties to be imposed on perpetrators of acts of violence against children using the KUHP reference and have not fully used the Child Protection Act. The source system is in the midst of society. The problem is how the source system can be brought closer to the world of children, so that it can become a source system for efforts to prevent acts of violence against children. Prevent means all efforts made so that a certain action or risk of an action will not occur. In connection with the discussion in this paper, preventing means optimizing the function and role of the existing resource system in society and in government agencies, so that acts of violence against children do not occur.

In addition to each source system implementing programs partially in accordance with its main duties and functions, it is necessary to develop a network between these source systems, for example using the name: working group or communication forum or community caring for children and so on. Whatever the name of the network, the most important thing is that there is joint action on the source system in a planned and sustainable manner. A) Optimization of Social Extension, Social education to prevent acts of violence against children is made a national movement. In this regard, all individuals, groups and communities have a duty to carry out such social education. Specifically within the Ministry of Social Affairs, there are work units that have activities related to social counseling for this prevention activity, namely the Social Extension Center, Directorate of Child Social Welfare, Sub-Directorate of Family Social Resilience and Sub-Directorate of Family Empowerment. In this regard, synergy is needed in these work units in an effort to optimize the prevention of violence against children. B) Optimizing the role of Institutions, Family Welfare Consultation (LK3), Family Care Unit (FCU) and local Social Welfare Institutions organized through the Community-Based Social Welfare Forum. The potential and sources of social welfare (PSKS) is a program initiated by the Indonesian Ministry of Social Affairs. LK3 has a working area at the district/city level, meanwhile FCU and WKSMB have a work area at the village level. In 2013, the Directorate of Family Empowerment and Social Institutions developed policies aimed at optimizing the role of PSKS through program management arrangements. In several FGDs (which the author participated in), this act of violence against children has not become an important issue. In fact, the position of PSKS is very high, especially FCU and WKSMB which are at the grassroots, because they are easy to reach, cheap and not bureaucratic as providers of social services for the community. Therefore, in the future it is necessary to optimize the role of PSKS.

- 2) Rehabilitation, Basic System of Change There are several parties that cannot be separated from social intervention in handling child abuse, which is the basic system of change. These parties are children, family, close friends, community and state/government as well as social workers, psychologists and social service institutions. These parties also become elements in the basic system of changes in social work practice (Suradi, 2005), namely: the beneficiary system (*client system*), namely children who are victims of violence; The target system (*target system*), namely parents/family, close friends and people who are socio-psychologically able to provide support in the social rehabilitation process; The system of activities (*action system*), namely the community, sectoral government agencies, social service institutions; The system of implementing activities (*change agent system*), namely professional social workers, psychologists, and psychiatrists. The basic system of such changes must be identified correctly and appropriately. Their presence and involvement in the social rehabilitation process greatly determines the goals of recovery for victims. In this case, professional social workers are the parties who have the main role to determine the basic system. Social workers with their competence map the elements that enter into the basic system. Inaccuracy in determining the elements in the basic system, it is very potential that the recovery goals will not be achieved, and even have the potential to create new problems that further worsen the mental situation of the victim.

Social rehabilitation is a series of activities carried out to restore or re-functionalize the physical and psychological conditions of children who are victims of violence. The targets of rehabilitation are children who are victims of violence, their parents and families and the social and school environment. Meanwhile, the target for prosecution is the person who commits child abuse. The action is processed according to the applicable

law. If the presence of a child victim of violence is required in the judicial process as a witness, then he/she must be accompanied by a social worker. Activities carried out in social rehabilitation are counseling and social assistance. This activity is carried out by professional social workers and child psychologists and psychiatrists.

The parties involved are the Ministry of Education and Culture, professional organizations (professional social work and child psychology) and institutions that provide protection and social services for children, both managed by the government and managed by the community. During the social rehabilitation process, the victims of violence can be placed in special institutions with assistance. Parents are periodically given the opportunity to meet with their children, in order to provide mental support, provided that the perpetrators of violence are not their own parents.

Apart from parents, people who are psychologically close can also be brought to meet children to provide mental support. This social rehabilitation process takes a long time, depending on the severity of the consequences suffered by the child, both physically and mentally. It is known that as a result of acts of violence, children can experience excessive fear and anxiety (traumatic). This kind of situation takes months, and even years to recover, so that the victim is already in a strong mental state to carry out life's tasks.

The policy development referred to here is an effort to include the problem of violence against children as an inseparable part of national development. At this time, elements of society should give appreciation to the government for including acts of violence against children in the 2010-2014. This requires the commitment and attitude of all parties and all elements of the nation to take action against the occurrence of violence against children anywhere and anytime, as well as provide service centers to carry out medical and psychosocial rehabilitation for children. In this regard, apart from socialization by utilizing various media, both traditional and modern, other efforts that can be taken of overcoming violence against children are, 1). Incorporate "Protection of Children from Violence" into the curriculum starting at the elementary school level. It is hoped that children, parents and teachers will understand various aspects (social, health, legal, mental) related to violence against children. 2). As described earlier, the occurrence of violence against children is driven by various reasons. From these various reasons, poverty is one of the factors that contributes to the occurrence of violence against children. In this regard, poverty alleviation efforts should be understood within the framework of eliminating acts of violence against children. Poverty programs not only increase household income, but also increase social harmonization within the family. In this regard, the poverty alleviation scheme requires a social guidance activity that is linked to issues of child violence. 3). The government and the Indonesian Broadcasting Commission (IBC) are the parties that have the duty and authority to control the impressions in the mass media. However, until now there are still frequent broadcasts of events or games that show acts of violence. As an effort to optimize the duties and authorities of IBC, it is necessary to take steps, namely, structuring IBC institutions as an independent organization; management arrangement and; there is control from the community over the tasks of IBC. The principle that needs to be held is that any information that is broadcast through the mass media must be oriented and in favor of "the best for".

5. Conclusion

The phenomenon of violence against children is increasingly worrying. Quantitatively and qualitatively there is a tendency to increase. The perpetrators are not only adults, but also fellow children. The family, which is the main and first environment for children to grow and develop, becomes an environment that has the potential to commit violence. Then, the school as a place for the development of knowledge and social behavior of children, also has the potential to become an unsafe environment for children.

The government has indeed issued a number of regulations for children to remain high. So the offer of a solution requires the involvement of all elements of society starting at the grassroots level. The social institutions that naturally grow in society, as well as grow from the results of government initiatives, need to be facilitated to optimize their role in protecting against acts of violence against children.

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