

NARRATIVE THERAPY TRAINING TO IMPROVE THE SKILLS OF COMPANIONS IN HANDLING VICTIMS OF VIOLENCE AGAINST WOMEN

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ABSTRACT

Narrative therapy is a method in the world of counseling that can be carried out individually or in groups by inviting clients to tell stories and convey their experiences related to the problems they are facing. This narrative therapy focuses on depicting the most dominant narrative or story so that it is able to reveal the client's task towards his problem. The aim of this training activity is to improve the skills of accompanying victims of violence against women. The method used is qualitative with a case study design. Research subjects are those who are involved in the activities studied, understand and know information related to this research. Based on this, the research subjects in this study were selected using the following criteria: (1) Narrative therapy training participants. (2) Participants who take part in narrative training from start to finish and are willing to be interviewed. The data collection techniques used in this research are observation, interviews and documentation. The results obtained are that there are 9 stages in narrative therapy which include: (1) delivery of material; (2) participant grouping; (3) participants discuss the review of narrative therapy and the cases they each bring; (4) group members discuss the review of narrative therapy material that will be presented. Then the results of the discussion are written on flipchart paper to be presented later; (5) participants are asked to dissect the initial manuscript. The initial manuscript was dissected and the root of the problem was looked for; (6) narrative therapy training participants were asked to deconstruct the initial script that they had analyzed on the first day; (7) participants are directed to discuss unique outcomes and reconstruct competing narratives; (8) outcomes, assembling unique outcomes into new narratives, and strengthening new narratives; (9) The presenter interrupted the participants to express their impressions during the narrative therapy training.



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Introduction

In modern times Still lively happen case partial violence big the victim is girl. this happen almost every day in various cleavage earth and those who experience it are also from

various circles start from toddlers, children, teenagers, adults and the elderly. In Indonesia itself there are cases of violence be one a crucial and necessary problem effort hard in repair by all one party example the violence that occurred is violence to girl. (Amalia, 2011) .

Violence to Woman is all something acts imposed on people only Because her women and resulted suffering or misery in a manner physical, psychological or sexual. Violence against women This No easy for disclosed, this because a number of reasons among them are: (1) violence that occurs against women considered as the problem is not need expressed Because problem the No There is the solution and women as a victim always blamed. (2) Accompanying institutions women who experience it violence in Police Stations, institutions government and non- government Not yet Can Work optimally . (3) Socialization about violence not done yet in a manner thorough in layers and builders' policy so that Not yet There is effective action for women who experience it violence.

In essence, women are victims of violence and crime need for quick get accompaniment specifically from aspect psychological as something very important need. In case this, attempt empowerment women victims of violence, must done in a manner holistic, that is service about return psychological, medical, legal, and social economy. In case These are victims of violence against women should get accompaniment from those who have expert in the field that .

Narrative therapy can made as A assistance provided to women victims of violence. Narrative therapy (therapy narrative) is one method in the world of guidance counseling. Therapy This developed by several counselors in the United States and can done in a manner individual nor group with invite client tell and convey related experience with moderate problem He face. Therapy narrative This focuses on depiction narrative or the most dominant story so that capable reveal task client to the problem . In giving help, companion must own skills already special should owned by one companion. A number of Skills the among them are : (1) attending skills , skills This used For build connection beginning with with others for involve family , community , and victims within circumstances help victims. (2) Skills communicate, one a companion is also a must own ability good communicate. (3) Skills do intervention, companions should also own Skills give intervention with Good Because intervention This will used for help victims of violence in finish the problem he faced.

For increase skills, companion can follow various type possible activities increase the abilities he has like related training, workshops, and so on with desired skills mastered. One of them narrative therapy training. With exists training therapy narrative This It is hoped that the companions of victims of violence who follow it will experience it enhancement Skills in dealing with victims of violence to Woman especially with use narrative therapy and can apply therapy narrative This to client with ok.

Method

Study This use method study qualitative which method This used for describe and analyze phenomenon, event, attitude, activity social, perception, and thinking of good people in a manner individual nor group. Researcher use approach qualitative because of the data obtained is data in the form of words or writing, no shaped numbers and for know as well as understand phenomenon in a manner detailed, in depth, and thorough. Researcher use method This Because For obtain data more accurate and deep without There is manipulation.

As for types research used in study This is studies case. Case study is typing focused research in One matter certain good individual nor group for look for trend or conclusion in answer problems that occur. Researcher use type study studies case Because in accordance with the problems that exist in which field matter This researcher No test hypothesis but look for conclusion from some data and information obtained related narrative therapy training for increase Skills companion to victims of violence to girl .

subject study is informant meaning insider study utilized for give information related with the problems studied. The criteria used by researchers as subject study is those involved in activities studied, understand and know information related study this. Based on matter the, subject study in study This chosen with criteria as following: (1) Participants narrative therapy training (2) Participants who take part narrative training from beginning until final and ready for interviewed.

Data collection techniques used in study This are: (1) Observation, in matter This researcher start study with observe activity narrative therapy training later note down and analyze results observation that. Furthermore researcher interesting conclusion about implementation and results from activity narrative therapy training for increase Skills

companion to victims of violence to girl . (2) Documentation, Documentation is stored facts and data in various shaped material documentation. This data collection technique not limited to space and time so that give opportunity to researcher For know things ever happen For strengthening observation data. Documentation used researcher form photos, videos and recordings voice

Results

Narrative Therapy

Narrative therapy (therapy narrative) is one method in the world of guidance possible counseling done in a manner individual nor group with invite client tell and convey related experience with moderate problem He face. Therapy This focuses on depiction narrative or the most dominant story so that capable reveal task client to the problem . Through narrative therapy, stories or the narrative that gives rise view negative about his life will capably make counselee or client organize repeat narrative or the story and create new meanin in his life.

Objective

Purpose of activity training This is For increase the skills of the participants training ie Skills do intervention with using narrative therapy to dealing with victims of violence to girl . Activity This No only for companions only, but also for interested students with issues women and who want become companion for victims of violence to girl. Participant can know how importance accompaniment for victims of violence to girl.

Time

6 hours

Tools and materials

LCD projector, laptop, paper plano, and some whiteboard marker with different colors

Method

Presentation , Q &A , and discussion together .

Process

At stage First , presenter convey material related women who experience it violence gender and concept based the basis of narrative therapy presented in the form of a power point. No only explain Of course, the presenter also does its interaction with the participants with do ask answer for participants involved active in forums. At stage second, the speaker

group participant into 4 groups each the group consists from 3-4 people. As for the grouping use system count . Then participant group in accordance with their numbers get.

At stage third, after participant Already gather with their respective groups, participants requested for discuss related to reviewing narrative therapy and their cases bring one of each.

At stage fourth, the speaker shares paper plano and markers to every group. Then all member group discuss regarding the review of narrative therapy material that will be presented. Then results from discussion written above paper plano for presented later. Participants also wrote down ever case or currently they handle above paper plano. After discuss the participants Then present material that has, they discuss together at the front in a manner take turns. Then explain narrative beginning from their case lift for discussed together. While participant do presentation, the presenter also took notes bullet points from script beginning from cases brought by participants.

At stage fifth, after gift material Then participant requested for dissect script early. Manuscript beginning dissected and searched roots that become the problem . Before that, speaker exemplify especially formerly How surgery script early. If participants Already understand, then participant requested for do surgery script early. Surgery script beginning This done in a manner group .

At stage sixth, the participants narrative therapy training is requested for deconstruct script early already they surgery on the day first. From the roots obtained moment surgery script, then come up questions.

At stage seventh , participants directed For discuss return regarding unique outcomes and reconstruction narrative rival . Participant requested For looking for unique outcomes from their victim narratives lift the case and reconstruct it narrative its counterpart . In this al the speaker also gave example to participant especially first for participants understand . After That participant explained results discussion they are in their respective places .

At stage to eight, speaker continue explain last material related method looking for unique outcomes, stringing unique outcomes into narrative new and powerful narrative new. At stage ninth, speaker interrupt to participant for disclose impression during follow this narrative therapy training. In case here , participants requested For disclose the impression through 2 words. Most participant disclose that they feel like in follow this narrative therapy training Because they get knowledge new , experience new and friends new . Besides that, they are also happy Because training This free the participants for argue. Participants also feel satisfied with training This Because the material Already Enough

complete . On the other hand, there are also some feeling participants confusions Because There is a number of difficult materials understood.

Furthermore, is stage closing. Stage This is Suite last done in activity narrative therapy training. Activities on the day final This closed with speakers and participants shaking hands and hugging. Participant say accept love to present author share his knowledge during this narrative therapy activity. Participant hope Hopefully knowledge gained during training This Can beneficial for they later. Before go home, participants are also asked fill in reflection through gform, this done for know how much Lots their knowledge get and understand from training this.

Discussion

Narrative therapy (therapy narrative) is one method in the world of guidance counseling. Therapy This developed by several counselors in the United States and can done in a manner individual nor group with invite client tell and tell related experience _ with moderate problem he faced (Permana, 2019). Therapy narrative This focus on depiction narrative or dominating story so that capable reveal task client to the problem.

This Narrative Therapy assume that every individual has story about themselves and from story they can determine method they looking self they himself, the situation, and also the world. Assumption base from narrative therapy that is client is the one who owns Lots competence , skill, value commitment, confidence, and ability For face problem in his life (Elfira, 2021) .

Worden argued that man is beings who judge and internalize something matter or himself Alone through A story. Narration or highlight story quality negative about self individual or situation life they will be very annoying and make depression. Through this narrative therapy, stories or eliciting narrative view negative about his life will capable make counselee or client organize repeat narrative or story and create new meaning in his life (Juwita Sari et al., 2017) .

White and Denborough tell How life Humans are shaped by narrative or their story develop so that give meaning in experience. For example, like in culture we, someone who experienced difficulty sometimes considered fail or have weakness in a number of.

The goal of narrative therapy is inviting counselee for make narrative or story new positive inside his life. With new story the, client expected own new meaning in undergo life in the future and also able finish problems thoughts, behavior behavior and feelings.

Besides that, objective of narrative therapy is for inviting client to describe experience with use fresh and new language. Through new language This client can develop meaning new from problems thoughts, behavior behavior and behavior he did. With therapy narrative too, the client expected capable develop awareness that There is Lots one of the factors is culture that can influence his life (Joseph, 2016) . As for features from Narrative therapy is use questions as method for see client and facilitating client in explore self. Help client for map influence from existing problem in life them, avoiding diagnosis and labeling self client. Accept fully what is conveyed by the client based on description the problem, to help client separate self from story his life with moderate problem he faces.

Skills Companion

Dunette say that Skills is required capacity For carry out a number of the task which is development self from the results of training and experience gained (Dunette, 1976). According to Nadler, skills that is activities that require practice or can interpreted as implication from activity (Nadler, 1986). Meanwhile according to Bambang Wahyudi skills is skill or prowess For do something that job only obtained from practice (Wahyudi, 2002) . From understanding above, yes concluded that Skills is skill or prowess for do something work which is development self from results from the results of training and experience gained.

Companion is worker social who have ability or professional competence in something field. companion it is the individual who gives it accompaniment to other individuals in need. Accompaniment is something effort made by someone for help individual or group to individual or group the can finish the problem and can change and develop to more direction ok.

Assistance for victims of violence to girl, no only Can done by a psychologist course, but it can also be done by anyone with any background discipline knowledge other. However, at least companion have ability or Skills in counseling (RI, 2007). Apart from that , there is a number of other necessary skills owned by one companion to victims of violence among them are : (1) understand to stereotyped , degrading gender-biased values women (2) understand victims as marginal, discriminated and pressured groups (3) Take sides to party or weak woman (4) Sharing with the right portion and the right time (5) places the victim as parties who know best and are experts (6) Support victims to stay become himself himself (7) involved in A community or empowering activities female (8) has friendship, acceptance,

and belonging full trust against victims (Mukarnawati, 2012) Skills assistant to victims of violence can improved through related trainings with Skills companion .

Violence Against Women

In the dictionary Indonesian , violence interpreted as violence interpreted as deed or action somebody or the resulting group of people injury or the death of another person or cause damage physique nor psychic or other people's (Ahmadi, 2009), Violence to Woman is every deeds done to somebody solely Because he resultant woman or can cause misery/suffering in a manner physical, psychological or sexual. In case This threat deed particular, coercion or deprivation independence in a manner arbitrary well that happens in advance general nor in life private is also included in violence to girl.

Violence to Woman can said as human rights violations Human (HAM) to women, it says thereby Because violence to Woman can raises big impact for Woman That Alone like reduce trust self, hinder Woman in do activity social in society , disturbing health and roles Woman in scope social, economic , cultural and physical (Hikmah, 2012).

As for forms violence experienced by women is as following: (1) Violence in Family, for one form violence in family namely domestic violence (violence in House stairs), in matter This violence in form abuse by husband to wife or on the contrary in a manner physique like bruised, broken bones, skin cut) or in a manner emotional or psychic like depression, anxiety, and low efficacy self. Violence in family could also happen in form rape and violence sexual to wife and children girl. (2) Violence in space public, in matter This violence happened in the room open and fast exposed to surface. In kind violence this , the perpetrator and the victim are not own rope familiarity or connection blood . Form violence in room public This shared into two forms ie violence sexual and non- sexual . As for Lehardan sexual form touched member body, on display photos, videos, or pornographic objects, and raped. As for non sexual violence form ridicule, innuendo, slander, defamation Name OK, traded for work sex, being robbed etc. (3) Violence committed by the State. Violence to women are often carried out by the State happen in conflict armed (Kango, 2009).

Conclusions and recommendations

Violence against women is any act committed against someone solely because they are a woman which results in or can cause physical, psychological or sexual misery/suffering. Violence can have a bad impact on the victims, especially in the

psychological aspect. Women who are victims of violence and crime need to immediately receive assistance, especially from the psychological aspect, as a very important need. In providing assistance, of course the assistant must have several counseling skills, one of which is the skill of providing intervention. To improve these skills, companions can take part in training such as narrative therapy training. With this narrative therapy training, it is hoped that companions of victims of violence against women will experience an increase in their intervention skills and be able to provide the best assistance to the victims.

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