

PSYCHOLOGICAL DYNAMICS OF INCEST VICTIMS

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Abstract

Incest is any sexual activities between family members or relatives in which they are legally forbidden to marry each other. It is closely related to the experience of sexual abuse which brings psychological damage to the victim. The objective of this study was to figure out the psychological dynamics of the victims of incest, particularly in the case of daughters as the victim of incest committed by their fathers, which was represented by 2 (two) respondents.

This study used a qualitative approach with a phenomenological method which was aimed to notice the real phenomenon. The actual cases of the phenomenon were studied whereas data collection was conducted through interview and observation. The analysis of data was carried out with Interpretative Phenomenological Analysis (IPA). The results showed that psychological dynamics of the victims could be assumed as both similar and dissimilar. The factors stimulated the activity were mostly similar, which were biological factor, economic factors, education factor, social and cultural environment factor, intention and opportunity factor, and family factors including parents' characteristics. In addition, the psychological impact faced by both of the respondents was the feeling of anxiety, which was manifested in different ways. It might be caused diverse individual's characteristic, perspective, view towards the abuser, as well as interpretation on sexual abuse.

Keywords: *psychological dynamics, incest, victim.*



Presenting Author's biography

Fathi Rizqina born in Lhokseumawe on April 25, 1989. She received the Bachelor degree in Psychology from Universitas Syiah Kuala (UNSYIAH), Aceh, Indonesia, in 2011. The Master degree in Clinical Psychology from Universitas Gadjah Mada (UGM), Yogyakarta, Indonesia, in 2015. She is currently an assistant researcher in the Universitas Gadjah Mada.

1. Introduction

Violence is the use of physical force and power, threats or acts towards self, individual or group of people or community that results in or is likely to result in bruising or trauma, death, psychological harm, developmental disorders or deprivation (Retaningrum, 2009). Women and children are the most vulnerable groups to become violence victims

Violence against women or children can happen anywhere and done by anyone. Violence can happen in the middle of the hustle and occur within the household. Most of violence is done by those who are close and well-known to the victim. According to the National Center for Injury Prevention and Control (Ryssel, 2010) child abuse is one of violence and violation. Child abuse is a negligence of

parents to their children resulting on physical abuse, neglect, sexual abuse, and violence that may cause serious injury to a child. Lawson (Marra 2009), divided the child abuse into four types which are emotional abuse, verbal abuse, physical violence, and sexual abuse.

Ratikan (in Walker, 2007) defined child sexual abuse as sexual activity either openly or covertly, between children and adults as well as with the parents, either by sexual contact direct or indirect, and children do so because of seduction or coercion. Sexual abuse itself includes touching the genitals, intercourse, rape, sodomy, exhibitionism, commercial exploitation through prostitution, and showing things that are pornographic.

One form of child sexual abuse in household is incest. Incest is defined as sexual intercourse committed by a man and woman who have the same degree in which the law forbids them to marry, the two people who have blood relations, both parents and siblings. Activities carried out from doing sexual stimulation mild to fondle the genital area that can cause trauma due to penetration (Romney, 1982).

Incest is one of the most extreme child abuses, often a serious psychological trauma and prolonged, especially in the case of parental incest. Adults who have been victims of childhood incest of adults often suffer from low self-esteem, difficulties in interpersonal relationships, and sexual dysfunction, as well as at high risk for mental disorders, including depression, anxiety, avoidance reactions, phobias, somatoform disorders, substance abuse, personality disorders and post-traumatic stress disorder are complex. Psychological consequences exacerbated by the stigma of the community about the value of honor and virginity of women, so that children who are victims of rape will find themselves as worthless and disgraceful (Widayarini, 2009; Mufidah, 2006). Experience of rape on children committed by family members who have a blood relative (incest) has severe impacts, because childhood is the search for identity and the need educational process with compassion and joy (Taslim, Sitepu, Hadiz & Aripurnami, 1998).

Factors causing the incest are very diverse and with other factors that affect each other. Although one factor may be the dominant factor, but these factors will be followed by other factors that will trigger a case of incest. Several factors cause incest can be divided into two groups which are internal factors and external factors. Internal factors include the condition of the biological and psychological incest offenders including parenting (Bass, Taylor, Knudson-Martin, Huenergardt, 2006). Whereas, external factors include family economic conditions, the level of education and knowledge, the level of understanding of religion (Limananti, Sudaryanto, Haryati, 2005), as well as socio-cultural conditions (Kardam & Bademci, 2013). In addition, there are three dominant factors causing the child abuse which are parental characteristics (Pazdera, McWey, Mullis, & Carbonell, 2013), child characteristics and environmental characteristics (Whealin, Davies, Shaffer, Jackson, & Love (2002).

Impact caused by incest is divided into two which are the initial impact and long-term impact (Strong, Devault, Sayad, & Yarher, 2005). The initial impact experienced by victims of incest usually occurs in the first two years. The impact is felt among other emotional disturbances, which is including fear, anger, hatred, shame, and guilt; Physical consequences, including insomnia, diet changes, pregnancy and Sexually Transmitted Infections (STIs) (Feerick & Snow, 2005); Sexual disturbances, including masturbation, enjoying sexual behavior, exposing genitals to others, and increased sexual behaviors; Social disturbances, including hampered in school education, early marriage (Abdulrehman, De Luca, 2001), and escape from the house (Kendall-Tackett, Williams, & Finkelhore, 1993).

Long-term impact experienced by incest victims is not only felt by the time children and adolescents, but it will imprint into adulthood. According to Morrill (2014) perceived impact among others, depression, suicidal curiosity, anxiety, eating disorders (anorexia and bulimia), such feelings are not real or "unreal" (Kremer, Orbach, Rosenbloom, 2013), anxiety, aggressive behavior (Kendall-Tackett, Williams, & Finkelhore, 1993), low self-esteem, interpersonal relations are not good (Abdulrehman, De Luca, 2001; Kendall-Tackett, Williams, & Finkelhore, 1993), revictimization (Mallie, Viljoen, Mordell, Spice, Roesch, 2011), and sexual behavior problems (Strong, Devault, Sayad, & Yarher, 2005). Other long-term impact experienced by victims of incest is related to the psychological and social relationships, among others, the inability of the victim to establish good social relations, health and behavioral problems, learning difficulties and hampered in education (Lev-Wiesel & Stenberg,

2012), and sexual violence will cause psychiatric problems such as posttraumatic stress, depression, and shows avoidance behavior (Kendler, Bulik, Silberg, Hetttema, Myers, & Prescott, 2000).

The impact of sexual violence on children will affect adolescence until adulthood. Rape victims have the possibility of experiencing stress and trauma after rape. Bad feeling due to the experience of sexual violence they experienced and buried would be worse from day to day, and make a bad identity for the victim (Illenia & Handadari, 2011). Traumatic experiences and bad feeling of self may cause the victim unable to forget the sexual abuse and can be a stress disorder called post-traumatic stress disorder (PTSD) (Lev-Wiese, 1999). According to Sahay (2013), dissociation would interfere with the normal function related to consciousness, identity, and memory functions to forget the experience of violence. In this way, aspects of the trauma can be sequestered out of consciousness as a psychological defense and survival. Awareness of the trauma often returns when the individual is triggered by something reminiscent of the traumatic experience (Sahay, 2013). The greatest consequence of child sexual abuse is the occurrence of self and social development disorders (Marra, 2009). Another factors that greatly affect the ability of children to solve problems, relate to others, temperament, and the breakdown of relationships within the family context as a result of incest (Curtois, 2000).

Finkelhor and Browne identified four traumagenic dynamics or main sources of trauma that describe the experience of victims towards sexual abuse including incest, including sexual trauma, betrayal, helplessness, stigmatization (Curtois, 2000). Finkelhor and Browne explained that the core of the psychological effects caused by violence. Four dynamics illustrate the unique trauma of sexual abuse compared to other childhood traumas such as divorce or a family of physical violence (in Senn, Carey, Doniger, 2012). These factors are the result of sexual abuses. The experience affects children's cognitive and emotional orientation toward the broader (Senn, Carey, Doniger, 2012). Trauma appears to distort the concept of self, world view, and emotional development of children. Effects experienced sexual violence is not only felt when childhood but also when the victim was an adult (Kelleher et al, 2013).

Sexual trauma refers to the process in which the sexuality of children (including sexual feelings and sexual behavior) is formed by the development which is not supposed to and dysfunctional interpersonal as a result of sexual abuse. Russell found that women who experienced sexual abuse tend to refuse sexual relations, and as a consequence become victims of sexual abuse in the household (Strong, Devault, Sayad, & Yarher, 2005). Finkelhor noted that victims prefer same-sex couples because they think men cannot be trusted (Strong, Devault, Sayad, & Yarher, 2005).

Betrayal refers to the dynamics in which children find that someone they depend on have hurt them or have failed to protect or betray their trust (Foster & Hagedorn, 2014). Trust is the main basis for victims of sexual violence. As an individual child's parents believe in and trust it to be understood. However, the trust of children and authority of parents become things that can threaten a child (Strong, Devault, Sayad, & Yarher, 2005).

Powerlessness refers to a process in which the child's will, desire, and a sense of accomplishment cannot be fulfilled. Fear, nightmares, phobias, and anxiety experienced by the victim accompanied by physical pain. Feelings of helplessness lead to people feeling weak. Victims find themselves incapable and less effective in their work. Some victims also feel physically ill. In contrast, the other victims have excessive intensity and drive in him (Strong, Devault, Sayad, & Yarher, 2005).

Stigmatization leads to negative connotations, shame, and guilt felt by children on the experience of violence experienced. Victims of sexual abuse feel guilty, ashamed, having a poor self-image. Guilt and shame are formed due to helplessness and feel that they do not have the power to control themselves. Victims often feel different from other people, and some of the victims angry at the body as a result of persecution. Other victims use drugs and drink alcohol to punish their body, dulling their senses, or trying to avoid the occurrence of memory (Strong, Devault, Sayad, & Yarher, 2005). Four trauma dynamics are the key concept in understanding the effects of sexual abuse in general.

2. Research Methodology

In this study, researchers used a qualitative research design with phenomenology. According Poerwandari (1998) phenomenology is an approach that seeks to understand the phenomenon as it is, without specific prediosition. This qualitative research design is natural, in the sense that the researchers did not attempt to manipulate the research setting, but conducted a study of a phenomenon in situations where these phenomena exist. In a study with qualitative method of phenomenology, a phenomenon explored through a unique life experience of each subject when experience. These phenomena have been explored and to an understanding of the complexity of the phenomenon reached (Smith, 2010). Researchers are trying to enter the world of conceptual subject so that researchers will understand what and how understanding them to give meaning to experience sexual assault or incest experienced.

Researchers used the perspective of Interpretative Phenomenological Analysis (IPA) in this study. IPA is a qualitative research perspective to see how someone give meaning or make sense of their life experiences (Shaw, 2010). IPA focuses on a detailed examination of the experiences suffered by someone. IPA is a qualitative research approach, experiential, and psychological, which is formed by the concepts and discussions on three key areas of philosophy of knowledge, namely phenomenology, hermeneutics, and idiography. All three became the foundation or the main theoretical perspective for IPA, and connect science with intellectualism phenomenology, hermeneutics, and the psychology of subjective experience and personal calculations (idiography) (Smith, 2010).

This research was conducted in several areas in Aceh such as, Banda Aceh and Aceh Besar. Research is also conducted in a nursing protection shelters women and children of victims violence in Banda Aceh. Researchers will determine the specific criteria to determine the subject of research, in which the criteria which will determine whether or not the sample used. In the selection of research subjects assign the following criteria:

- a. Female.
- b. 17-20 years old.
- c. In good condition or not loss of consciousness.
- d. Not experiencing psychiatric disorders or not using antidepressants.
- e. Had experienced sexual violence or incest who the abuser is the biological father.
- f. Ready become research subjects.

3. Results

In this study, researcher interviewed two subjects based on the criteria specified in the study. Determination of subject characteristics had been described in the research methodology. The table below describes demographics of two subjects based on age, family background, education, religion, and abuse duration experienced by the subject.

Tab. 1 General Description of Subjects

Dimension	Subject 1 (MN)	Subject 2 (H)
Age	20 years old	20 years old
Sequence in the family	First child	Third child
Number of siblings	4 (four)	3 (three)
Education level	Primary school	Senior high school
Religion background	Moeslem	Moeslem
Number of Children	1 (one)	1 (one)
Age of father	49 years old	58 years old
Father occupation	Farm laborers	Construction workers
Age of mother	44 years old	50 years old
Mother occupation	Laundry worker	Farmer
Relationship to the	Father and uncle	Father

perpetrator(s)		
Age when first abused	13 years old	14 years old
Sexual abuse duration experienced	1 year	2 years
Interview location	Banda Aceh	Aceh Besar
Number of meetings	4 times	3 times

A. Subject MN

Subject was a child who grew up in families that were less able to facilitate the needs of the subject, both physically and psychologically. Family of the subject had a low economic background. Father of the subject was a coconut climbing laborer, while mother of the subject was a laundry worker. The mother had a weakness which were cognitive or mental retardation and poor in verbal by speaking unclear words. The subject had three younger siblings, but one brother had died. Subjects had to drop out of school when she was in grade 1 because of the financial condition of the family that was not sufficient to pay for her tuition fee. Father of the subject was a temperament person, often berating the subject, her sisters and her mother. The father also often pinched his children, and when angry he always wreaked his anger on objects such as, slamming doors, hitting the table, or throwing things. Relations between the two parents was not in harmony. Subject often saw her parents quarreling and his father often scolded his mother.

Subject and his family live in the lush countryside. Her living condition was not very conducive because her home only had one bedroom which was occupied by five family members. All the activities of every person in the house had no privacy so it was not livable, consequently, become very vulnerable to sexual abuse. Family of subjects had poor relations with communities in the surrounding environment. The family was rarely socialize with the neighbourhood. Therefore, when the incidence of sexual abuse experienced by the subject unfolded, the citizens were not too concerned about the case. Subject also did not have many friends in the neighborhood.

Subject had experienced sexual abuse in 2008. At that time the subject was 13 years old, but the incident was revealed one year later in 2009. After the sexual abuse uncovered, subject stayed at the Protection Home because family of subject did not want her to return home. After the incident, subject showed anxious behavior, fear and stress. Subjects who had experienced sexual abuse during one year period never reported the events that happened both to her mother and siblings. Subject admitted that she never reported the incident because of her fear of threat actor. This showed that the subject was emotionally less able to control and manage herself. After subject experienced sexual abuse by her father, it is known that subject was also sexually abused by other party, namely his own uncle who was a younger brother of his mother. Sexual abuse committed by her uncle happened because her uncle ever saw the subject's father sexually abused the subject.

Sexual abuse experienced by subject was first revealed because she got pregnant. Aunt of subject was aware of the change in subject. When checked by a midwife, her pregnancy has been four months. At that time, she told her aunt about the sexual abuse. After that violent incident uncovered, both the subject's father and uncle got imprisonment for 5 years. Meanwhile, the subject lived in the Orphanage since the incident was revealed in 2009 until now.

Subject gave birth a few months after she was brought to the Orphanage. Subject delivery was without assistance from her family, including her mother. At that time, subject was 14 years old and emotionally not ready to have a baby. Subject felt that she was not able to care for the baby and showed a rejection of her child. In 2012, subject decided to give her child to others because she felt unable to care and meet the needs of her child.

Until now, subject has not returned home because the family refused to repatriate her. In 2011, subject ever returned to home but when she arrived at the family home, her grandmother and another uncle could not accept her. If she returned home, her uncle would have burnt the house. Also, her grandmother requested perpetrators, the father and uncle, to be released from prison. If they were released, the subject could have come home. Since the family could not accept her, she returned to the orphanage. After the incident, she felt that her family rejected her, especially her grandmother. Thus,

subject never returned home again. During her stay at Orphanage, her mother very rarely visited her. She only visited the subject twice and never contacted the subject again.

Based on her experience, subject really missed and needed her mother but she felt helpless and not able to express herself to her mother. She felt that she was not able to be a good children and grandchildren, so that the family could not accept herself and until now she could not be together with her family. Because the subject repressed guilt feelings contrary to the unacceptance, she showed a feeling of self-blaming, need of acceptance, need of love, feel weakness, and safety needs. It was also influenced by external conflicts such as social values and culture grown by subjects related to the image of the subject against the perpetrators where the father figure as a leader in the family and as a protector so that the subject had great respect for actors, even when the subject could not refuse sexual abuse occur. The relationship between the perpetrator and the victim was not apart from the patriarchal system that developed in the people of Aceh. According to Suziani (in Limananti, Sudaryanto, Haryati, 2005), the condition of imbalanced power between the perpetrator and the victim due to the perpetrator has more power (powerful) than the victim. Besides the values that places men as protectors of family members and has the power, while the women placed in this position so that incest thereafter regarded as a disgrace to the family so that as much as possible covered and secret (Limananti, Sudaryanto, Haryati, 2005). As a result of the conflict within herself appear anxiety shown by behaviors that appear in the subject today as aggressive behavior because the subject could not control her emotions, not assertive, feeling insecure, inferior, fear of rejection, and having nightmares.

B. Subject H

Subject was a child who grew up in family that less able to facilitate the needs of subject, both physically and psychologically. The family had lower socioeconomic backgrounds. Father of the subject was a construction worker, while mother of the subject was a farmer. Both parents had low education levels. Subject was the third child of three siblings. She had one brother and one sister. The father was a temperament person, often berating the subject, her siblings, and her mother. The father also often cursed and vent his anger by hitting and throwing objects. Relation between parents and children was not too close. Relation of parents was also not harmonious. Subject often saw her parents quarreling and his father often cursed and beat her mother. Father and mother married because of arranged marriage. The father had relationships with another women several times so that it worsen the relationship between the father and mother of subject.

Sister of the subject had a history of sexual abuse committed by other party. Meanwhile, subject experienced sexual abuse committed by his own father. Subject had experienced sexual abuse in 2009. At that time, subject was 14 years old, but the incidence revealed two years later in 2011. Subjects who had experienced violence during the two years never reported the event both to her mother and siblings. Subject admitted that she never reported the incident because of fear of threat actors. This shows that the subject was emotionally less able to control and manage herself. Sexual abuse experienced by subject revealed when she got pregnant for three months, and the first person she told about the sexual abuse was her aunt. At the time the violence was revealed, it was known that it was her second pregnancy, whereas in the first pregnancy subject was unaware of her pregnancy, thus miscarriage.

After the violence revealed, the father ran away out of the village because he was chased by village residents. Until now both subject and the family did not know where was his father. While the subject had to go out of the village because of the fear of his father if he would go back and look for the subject, also the community in the neighborhood could not accept her. Subject had dropped out of school when she was in second grade of high school due to pregnancy. At first, subject lived with her brother, but currently she lived with her sister, while her mother remained in her native village. Subject had changed residence several times. It was because the subject was afraid if her father would have found her.

Based on the experience of sexual abuse, subject felt very guilty about her mother, but she really missed and needed her. Subject felt that her attitude changed since sexual abuse unfold. She felt the changes experienced by her mother was due to her mistakes. Subjects felt that she had disappointed her mother and could not be a good daughter. Therefore, she was not able to be together with her

family, especially her mother. She was also afraid to have a relationship with the opposite sex and afraid to marry because of the sexual abuse. Because subject repressed guilt feelings contrary to the desires of unacceptance, subject showed a feeling of self-blaming, need for love, feel weakness, need of dependency, and safety needs. It was also influenced by external conflicts such as social values and culture by subject related to the image of subject against the perpetrator where the father figure as a leader in the family and as a protector so that the subject had great respect for actor, even when the subject could not refuse sexual abuse occur. The relationship between the perpetrator and the victim is not apart from the patriarchal system that developed in the people of Aceh. According Suziani (in Limananti, Sudaryanto, Haryati, 2005), the condition of imbalance power between the perpetrator and the victim due to the perpetrator has more power (powerful) than the victim. Beside the values that places men as protectors of family members and has the power, while the women placed in this position so that incest thereafter regarded as a disgrace to the family so that as much as possible covered and secret (Limananti, Sudaryanto, Haryati, 2005). As a result of the conflict within herself, it appeared anxiety shown by behaviors as compulsive behavior, expression of guilt and worthlessness, withdrawal, feeling insecure and inferior, feel weakness and helping feeling, and having nightmares.

4. Discussion

Based on the results, it can be seen that the psychological dynamics of MN and H had some similarities and differences. The similarity between the two could be seen based on the factors that influenced the occurrence of incest. Factors causing the incest is very diverse and affect each other. Although one factor may be the dominant factor, but this factor will be followed by other factors that will trigger a case of incest. In the case of MN and H, factors that influenced the occurrence of incest perpetrators were biological conditions, economic, education and knowledge of the victim and the offender, social and cultural environment, intentions and opportunities, and family factors including parental characteristics. Other similarities can be seen from the physical effects experienced by two objects including sleep difficulty, genital infections, and pregnancy.

Psychological impact of the victims was the experience of anxiety. It was just anxiety behavior arising shown differently on each subject influenced by how the two subjects interpreted experience of sexual abuse, their views towards the perpetrators, as well as how they judged themselves. Differences could also be seen on social relationships with family, the opposite sex, as well as the surrounding environment.

Finkelhor and Browne (in Senn, Carey, Doniger, 2012) described the four main dimensions of the impact of incest and sexual abuse of children, namely, 1) Sexual Trauma refers to a process in which the sexuality of children (including sexual feelings and sexual behavior) is formed by development is not supposed to and dysfunctional interpersonal as a result of sexual abuse. Russell found that women who experienced sexual abuse tend to refuse sexual relations, and as a consequence become victims of sexual abuse in the household (in Strong, Devault, Sayad, & Yarher, 2005). Finkelhor noted that victims prefer same-sex couples because they think men can not be trusted (in Strong, Devault, Sayad, & Yarher, 2005). 2) powerlessness which refers to the process in which the will, desire, and a sense of accomplishment child can not be met. Fear, nightmares, phobias, and anxiety accompanied by physical pain. Feelings of helplessness lead to people feeling weak. Strong, Devault, Sayad, and Yarher (2005) added that the victims of sexual violence find themselves incapable and less effective in their work. 3) Betrayal, referring to the dynamics in which children find that someone they depend on have hurt them or have failed to protect other words to have betrayed their trust (Foster & Hagedorn, 2014). 4) Stigmatization negative connotations, shame, and guilt felt by children on the experience of violence experienced. Guilt and shame are formed due to helplessness and feel that they do not have the power to control himself (Strong, Devault, Sayad, & Yarher, 2005) so that the victim had a poor self-image.

In general, two subjects of this study only had three dimensions that arose as a result of the sexual abuse they had experience including powerlessness, betrayal, and stigmatization. Two subjects felt that they were helpless for not being able to resist sexual assault that happened to them because when violence occurred, subjects always got threats from perpetrators. Subject also felt fear, nightmares, and anxiety. Both subjects felt betrayed by their father because they felt that a father was supposed to

protect and provide a good example has failed to do so. Both subjects also had a negative assessment of themselves where they were ashamed of the sexual abuse they experienced and felt that they were worthless.

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