

If we are victims

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Abstrak

This paper is written based on the writer's experience as a psychologist who assists victims of sexual violence and discussions with the victims's companion. The writer reports that there are three problems. First, law enforcement dose not empathize with the survivors, making it ineffective. second the psychological impact on victims or survivors is not really understood by the public because the patriarchal culture is so entrenched. Third psychological intervention is necessary for strengthening the victims and human beings that should be responsible for their actions. In other words, sexual violence should not be the fault of the victims, but the fault and responsibility of the perpetrator. Helping subjects to reduce tension, minimizing the internalized guilt due to socialization of sexuality understanding that tends to marginalize women, and processing anger in a constructive manner is important. Sometimes the companion intends to give sympathy, but accidentally becomes angry and unable to calm down, adding to problems of the people she accompanies. Survivors then become increasingly angry, agitated, or unable to think straight. it is important to provide strength to victims to ensure be dine on all sides. Reworking the psychological side without ensuring availability and sustainability of fair legal system would cause the situation of women to be vulnerable. Psychological reinforcement should be done under any circumstances, especially if the legal system does not provide justice for the victims