

Gambaran *Psychological Well-Being* Remaja Korban Kekerasan Seksual Yang Menerima *Labelling* Di Provinsi Jambi

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ABSTRAK

LATAR BELAKANG Korban kekerasan seksual akan mengalami berbagai dampak, baik secara fisik, psikologis dan sosial. Salah satu dampak sosial yang dirasakan oleh korban kekerasan seksual ialah menerima *labelling* dari lingkungannya. Dampaknya, korban akan mengalami ketidaknyamanan tambahan diatas semua dampak lainnya sebagai korban kekerasan seksual. Untuk itu, dibutuhkan pemahaman yang lebih mendalam mengenai *psychological well-being* korban kekerasan seksual yang menerima *labelling* dari lingkungannya.

TUJUAN Untuk mengetahui gambaran dan faktor yang mempengaruhi *psychological well-being* remaja korban kekerasan seksual yang menerima *labelling* di Provinsi Jambi.

METODE Penelitian ini menggunakan pendekatan kualitatif fenomenologi, dengan pengumpulan data melalui teknik wawancara mendalam. Analisis data yang digunakan adalah *Interpretative Phenomenological Analysis*. Kriteria partisipan adalah remaja korban kekerasan seksual dengan batas usia 17 tahun, dan menerima *labelling* serta berada di Provinsi Jambi. Partisipan dipilih menggunakan teknik *purposive sampling*.

HASIL Berdasarkan hasil analisis data, ditemukan enam tema yang menunjukkan gambaran *psychological well-being* korban, satu tema yang menggambarkan faktor yang mempengaruhi *psychological well-being*-nya, serta dua tema yang menggambarkan *labelling* yang diterima partisipan. Adanya *labelling* memberikan dampak negatif bagi korban karena memberikan perasaan negatif dan pengaruh bagi hidup mereka. Sementara faktor yang mempengaruhi *psychological well-being* korban kekerasan seksual yang ditemukan adalah dukungan sosial.

KESIMPULAN Gambaran dari *psychological well-being* pada partisipan meliputi penerimaan diri, hubungan positif dengan orang lain, kemandirian, penguasaan lingkungan hidup, tujuan hidup dan pertumbuhan pribadi. Sedangkan faktor yang mempengaruhi adalah dukungan sosial. Penerimaan *labelling* juga mempengaruhi perasaan dan kehidupan korban kekerasan seksual.

Kata Kunci : *Psychological well-being*, Kekerasan Seksual, Remaja, *Labelling*.

Psychological Well-Being of Adolescent Victims of Sexual Violence Who Received Labeling in Jambi Province

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ABSTRACT .

BACKGROUND Victims of sexual violence will experience various impacts, both physically, psychologically, and socially. One of the social impacts felt by victims of sexual violence is receiving labeling from their environment. As a result, victims will experience additional discomfort on top of all other impacts as victims of sexual violence. For this reason, a deeper understanding of the psychological well-being of victims of sexual violence who receive labeling from their environment is needed.

OBJECTIVE To find out the picture and factors that affect the psychological well-being of adolescent victims of sexual violence who receive labeling in Jambi Province.

METHOD This study uses a qualitative phenomenological approach, with data collection through in-depth interview techniques. The data analysis used is Interpretative Phenomenological Analysis. The criteria for participants were teenagers who were victims of sexual violence, with an age limit of 17 years, who received labeling, and who were in Jambi Province. Participants were selected using the purposive sampling technique.

RESULTS Based on the results of the data analysis, six themes were found that showed a picture of the victim's psychological well-being, one theme that described the factors that affected his psychological well-being, and two themes that defined the labeling that participants received. The existence of labeling has a negative impact on victims because it gives negative feelings and influences their lives. Meanwhile, the factor that affects the psychological well-being of victims of sexual violence is social support.

CONCLUSION The description of psychological well-being in participants includes self-acceptance, positive relationships with others, independence, mastery of the environment, life goals, and personal growth. Meanwhile, the influencing factor is social support. The acceptance of labeling also affects the feelings and lives of victims of sexual violence.

Keywords : Psychological well-being, Sexual Violence, Adolescents, Labelling.