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The Healing Process of Sexual Abuse Victim

Pemulihan Diri pada Korban Kekerasan Seksual

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Abstract

This research was aimed to discover how the healing process of sexual abuse victim from their trauma. This research used qualitative approach with intrinsic case study. This research was conducted by exploring the experience of two sexual abuse victims who have recovered from their trauma. The researcher carried out depth interview as data collecting technique. Data were analyzed by thematic analysis technique. The result showed that sexual abuse victims passed through emotional process such as denial stage, angry stage, and depression stage, before finally they reached the acceptance stage. On the healing process, sexual abuse victims suffered from traumatic experiences such as feel profane the name of the family, feel shame, and feel dirty. They also suffered from sleep disorder, easily suspicious, inadequate emotion, etc. As the healing effort, they tried to consult their problem to psychologist and psychiatric, did meditation and yoga exercise, shared story with friend, and joined with the spiritual activity. Their supporting factors were support from environment, religion faith, and personality characteristic.

Keyword : self-healing, trauma, sexual, abuse,

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