INSAN
MEDIA PSIKOLOGI

Emotional Intelligence dan Psychological Well-being pada Manasias Lanjut Usia Anggota Organisasi berbasis Keagamaan di Jakarta
Bonar Hutapea

Hubungan antara Motivasi Kerja Perawat dengan Kecenderungan mengalami Burnout pada Perawat di RSUD Serui-Papua
Efa Novita Tawala, Widjajining Buši, Gatinia Narcholis

Faktor Protektif pada Penyesuaian Sosial Anak Berhakat
Yetti Wandonsari

Hubungan antara Kecerdasan Sosial dengan Gaya Penyelesaian Konflik Siswa Seminari Menengah ST. Vincentius A. Paulo Garum Blitar
Wenny Rosalia K. Prithastuti

Pengaruh antara Kematangan Emosi dan Self Efficacy terhadap Craving pada Mantan Pengguna Narkoba
Nurul Fitrianti, EM. Agus Subekti, Furi Aquarianawati

Penulihan Diri pada Korban Kekerasan Sekual
Phebe I. Suryadinata, Woelan Handadari

Perilaku Seksual Anak Jalanan Disinggasi dengan Teori Health Belief Model (HBM)
Yeni Rahma Dwijayanti, Ike Herdiana

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# Table of Contents

<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Emotional Intelligence and Psychological Well-being among Elderly People of Religion-Based Group</td>
<td>-</td>
</tr>
<tr>
<td>2</td>
<td>Relationship between Work Motivation of Nurses and Nurse’s Burnout tendency in RSUD Serui-Papua</td>
<td>-</td>
</tr>
<tr>
<td>3</td>
<td>Protective Factor in Social Adaptation among Gifted Children</td>
<td>-</td>
</tr>
<tr>
<td>4</td>
<td>Relationship between Social Intelligence and Conflict Strategies of Student in Middle level of Seminary St. Vincentius A Paulo Garum Blitar</td>
<td>-</td>
</tr>
<tr>
<td>5</td>
<td>Influence between Emotional Maturity and Self-efficacy on Craving in Ex-drug Users</td>
<td>-</td>
</tr>
<tr>
<td>6</td>
<td>The Healing Process of Sexual Abuse Victim</td>
<td>-</td>
</tr>
<tr>
<td>7</td>
<td>The Component of Health Belief Model in Sexual Behavior of Street Children</td>
<td>-</td>
</tr>
</tbody>
</table>
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,

Daftar Pustaka: