

# SELF DISCLOSURE IN COUNSELING PROCESS (A CASE STUDY OF FEMALE STREET CHILDREN CLIENTS WHO BECOME VICTIMS OF SEXUAL HARRASMENT)

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**Abstract:** The purpose of this research was to describe self disclosure in counseling process of female street children clients who become victims of sexual harassment. This study used a qualitative descriptive case study design. The main data sources are the female street children at the city of Semarang. The data collection techniques data were: in-depth interviews, focus group discussion, and use of documents. Data analysis techniques used was an interactive analytical model. Examination of the validity of the data was done by using triangulation. Results showed Female street children are able to reveal the relevant information from their sexual harassment experience at length but with slightly lowered tone of voice. Results showed female street children became easier to disclose the sexual harrasment experience when counselors also disclose his personal experiences to them. She prefers to say the bad experience to other women than with men. When they revealed that experience they tend to tell it calmly but sometimes their emotion was reflected in their gesture.

**Keywords:** self disclosure, counseling process, female street children clients, victims of sexual harassment.

Economic crisis in Indonesia, has implications for family economic conditions of diminished families. On one side of the limited employment opportunities, while on the other hand the demands of life that must be fulfilled among the people of Indonesia, especially the people of the lower classes. For the sake of the family make ends meet, not just the parents who worked, even the children also participate and help make a living. Often a child who must be willing to leave the bench level to help their parents. Related to this, the real cause of the phenomenon of the emergence of complex social problems and become part of people's lives are street children.

The presence of street children often is not considered by most people. Though the population of street children, the more years of increasing numbers. According to Ministry of Social Affairs of the site in 2008, the number of street children in Indonesia as many as 109 454 people. Meanwhile, according to Central Bureau of Statistics (BPS) in 2009 to record street children across Indonesia has increased reaching 250,000 people.

There are problems of Indonesia street children such as cases of sexual assault (sexual harassment) and sexual exploitation of street children. According to Child Abuse Prevention and Treatment Act 2006 (Carter 2004) sexual harassment can be defined as the employment, use, persuasion, inducement, enticement, or coercion of any child to engage in, or assists any other person to engage in, any sexually explicit conduct or simulation of

conduct for the purpose such of producing a visual depiction of conduct; or the rape, and in cases of caretaker or interfamilial relationships, statutory rape, molestation, prostitution, or other form of sexual exploitation of children, or incest with children.

Survey of street children by Capital Social Services since January 21, 2010, found as many as 114 in need of protection from the springy recorded 4023. Social Affairs of the Capital City Jakarta 496 springy categorize experiencing a serious problem of violence and economic exploitation of sexuality (Winarno, 2010). Almost all street children have been sexually abused, especially for girls living on the streets. When asleep, they often become victims of his friends or community streets, such as body and groped his genitals. Another form of violence is rape. Foundation Equivalent (Shalahudin,, 2000) in his report stated that 30% of female street children experience first sexual intercourse due to rape.

Female street children are vulnerable to commercial sexual exploitation, including prostitution, trafficking for sexual purposes and pornography. In 1997, YDA reported that there were 8% of street children in Semarang who prostituted. The next year increased to 28% and increased again to 46.4% (Shalahudin,, 2000).

But unfortunately, the problems of street children are sometimes so complex as a whole cannot be completed because not all street children can be interviewed in depth what threats they experienced while in the streets. And with the openness of the street children, the possibility of any problems they experience will be helped solved. In this case, the self-disclosure of street children should be raised in order to receive new knowledge and experience of others.

Self disclosure is a form of statement of feelings and reactions to what is experienced by one person to another as well as provides information about a person and his past is relevant, to provide an understanding of perceptions and reactions of others to what was experienced (Johnson, 2009). Self disclosure is a necessary factor in interpersonal relationships, because through the disclosure of one's self it can be known opinions, feelings, desires, attitudes, motivation and so on.

Associated with the phenomenon that the lives of female street children are vulnerable with issues such as sexual violence, sometimes it is traumatic for the victim. If this is left alone without getting the proper attention and treatment, it can jeopardize the future of child victims. Relevant to the phenomenon, to help restoring the condition of the child victims of sexual abuse, it seems necessary to the counseling process. According Nurihsan (2003), counseling is one form of relationship that is helping in an effort to help others so that he is able to grow in the direction of his own choosing, able to solve his problems and be able to face the crises experienced in his life. Assistance referred to in this case is a process that requires a client-centered counselor confidence and trust of clients to counselors (Gibson & Mitchell, 2011).

Given the importance of openness or a counselee self disclosure even more about the traumatic experience of having experienced the counselee to the counselor in the counseling process, then this needs to be raised as a basis in helping to restore the psychological condition. Therefore, research is needed that examines self disclosure about the self-disclosure counselee in the counselor's experience of sexual harassment in the counseling process.

## **METHOD**

This study used a qualitative descriptive study design. Qualitative research design used in this study is a case study. The experts (Creswell, 2010; Emzir 2010) explained that the case study research strategy is specifically directed to explore a particular case so as to track the patterns of data, explore a theme or a case that has become the focus of the research questions and issues as well as finding research.

The main data sources are the street children of women who exist in the city of Semarang. However, other parties may become informants or sources of data from this study as peers and family of the informant. In this study there were two informants recruited. The informants were street children who are in the city of Semarang in particular the existing area of Simpang Lima, Johar, Poncol Station and Siranda area.

The collected data techniques to obtain the data were: in-depth interviews, focus group discussion, and use of documents (Adler & Adler, 1994; Fontana & Frey, 1994; Moleong, 2005). In-depth interviews (in-depth interviews) conducted to collect data on women's self disclosure of street children in Semarang. In-depth interviews conducted specifically street children of women who experience sexual harassment. In addition, the technique focus group discussion (FGD) were also carried out by researchers to collect data more comprehensive information on the process of self disclosure, especially in sexual abuse cases revealed girl street children.

Data analysis techniques used in the study this year is an interactive analytical model described Miles and Huberman (Emzir 2010), which includes the steps of: (1) collecting data, (2) data reduction, the reduction (discard) data were deemed not relevant to the interests of making the thesis guidance strategies, (3) presentation (display) data, a classification, appearance, description, distribution, and so on, and (4) inference or verification.

Examination of the validity of the data was done by using triangulation. Examination of the validity of the data with the technique of triangulation was done by comparing the data with other data (Moleong, 2005). Triangulation techniques used in this study is the triangulation of sources and techniques. Triangulation of data sources was done by comparing the stated subject of study with other subjects, including from one setting to another setting. Besides the technique of triangulation is the process of strengthening the evidence from different individuals, types of data in the description and the themes in qualitative research (Emzir, 2010).

## **RESULTS**

### **Analysis of Client “SE”**

In this case, victims of self disclosure can arise because there are some aspects or all background factors such as openness, trust and willingness to listen. Openness is meant here is the extent to which the speaker can express his experience. At the moment I first met the victim, investigators tried to tell in advance the lives of researchers, so the victim can know better the researcher. This is done as a researcher to establish good relations with the victim.

Furthermore, the trust is meant here that the other person can convince other people to be willing to tell his story openly. Having a good relationship can be established between

researchers with the victim, the victim will be able to bring confidence to the researcher to tell all his life experiences, including traumatic experiences. If confidence in the victim already exists, then the researcher can easily obtain the personal information of the victim.

Willingness to listen to the intent that the person is a person who voluntarily willing to listen to the story of a person. Victims of "SE" can self-disclosure to investigators because the victims feel comfortable when telling than when told by his brother. Willingness to listen will be seen from the reception and listener response. When the victim told, the researchers tried to listen well and provide positive reinforcement when the victim told me, so that victims feel heard. Actually, in the lives of victims require much less common to discuss his condition as an orphan and never get to experience sexual abuse which frightened her.

If in the process of counseling, the skills required of a counselor is to listen, understand, and respond. As with the above three aspects are also included in the basic skills that need to be owned by the counselor. A counselor who has been able to be a good listener will be able to understand something and then be able to bring accurate and positive response. Thus the aspect of self disclosure that includes openness, trust, and willingness to listen to in essence also affect a person in the communication process even the counseling process

One's self disclosure to emerge due to a process or steps that follow. At first, someone will be closed with new people. Needs to be a relationship of trust and closeness between the individual and self disclosure that may arise. This is the same as in the case of "SE". Initially the researchers did not dare ask in person (to the point) what events suffered by victims, but gradually researchers first tried to get to know the characters and the lives of victims. This can be termed as a neutral subject that led investigators and victims to establish a close relationship. Moreover, the researcher is a novice in the lives of victims who seek to enter and know more victims of traumatic experiences.

Having considered the relationship between the researcher and the victim is established, the researchers directed the subject's experience of sexual harassment because it is a target of this study. It is not difficult to drive and make the victim is willing to tell openly sexual experience. Victims of "SE" was told in detail what treatment they experienced. Initially, researchers thought that to reveal such a case would require a long time but it was apparently the first meeting can make a person willing to tell a direct traumatic experience. The researcher was introduced to the victim by the companion NGO that helps take care of the victim in the police case. Chances are, the impression given by the researcher and co-researcher relationship NGOs also affect the openness of the victims told researcher.

Victim recounts that, when the investigators and the victim was in Semarang Polresta because by then it was no examination of kepolisisan about the case with the victim. Although the conditions are less conducive environment and crowded, but investigators still trying to dig up information about the victim and the victim also seemed to feel comfortable when asked by the researcher. This is evident when it was asked by investigators, the victim's family participate at what the investigators and the victim but the victim as if he does not care and continue to tell stories.

One's self-disclosure can be viewed from several dimensions, namely accuracy, motivation, time, frequency, depth and breadth. Intended accuracy is related to the accuracy of the information conveyed to the interlocutor's person. In the case of "SE", the information provided already contains dimensional accuracy due to information given to researchers from

the victims of sexual abuse they experienced, chronology of events and feelings experienced by the victim at this time is accurate and well justified by the family. Victims are willing to openly tell all his experience to researchers because the victim was to be heard and get support from others.

Condition of the victim who was the youngest of four brothers and is an orphan, making him want to find friends who are willing to listen. Moreover, according to the recognition of victims, although the youngest but the victim will always be a "defeat", rarely defended and ordered around like or scolded. Victim was not comfortable with a situation like this, but what I could let go and her can only deal with all sincerity. Therefore, when there is someone who will listen, the victim can feel comfortable and open. Urge the victim to reveal his personal experiences to others, including the dimension of motivation that comes in the victim.

### **Analysis of Client “WN”**

During the interview process of counseling for four consecutive times, the counselee showed that the higher self disclosure. The first interview can be said as a form of small talk. The small talk which is a standard expression of the most low or shallow, although there is openness between individuals but it does not happen relationships. In the first interview, it is more descriptive dimensions leads to self disclosure. Because at this first interview more self-disclosure contains facts about yourself and the less personal nature, such as revealing about the family history, habits, hobbies, goals, and other memorable experiences. In contrast to the next interview, the counselee more evaluative dimensions lead to self disclosure, the more a great deal about the feelings, thoughts, and personal assessments such as feelings of love or hate, embarrassing events.

Based on the research results it can be concluded that the counselee has two acts of sexual harassment. Namely that the counselee first stated that he had ravished by a madman at the fourth grade in the market. Since parents' counselee trading at the market, so most of the activities carried counselee in the market. It is narrated counselee when counseling interviews conducted for the second time. When telling an unpleasant personal experience the counselee reduced the volume, because he was afraid if the experience is not wearing it known to others. However counselee only tell a few, he felt the experience was not wearing it is not appropriate to tell others. Since there was someone who approached him, so he was finished..

Experience of sexual harassment then the counselee never get indecent treatment of the opposite sex to be touched and squeezed her breasts when they wanted out of the crowd after a concert of music at the intersection of five, Semarang. This second experience of sexual harassment, the counselee to convey to the fourth interview, which at the fifth meeting of this can be said the relationship between the researchers have established a good relationship with the counselee.

When we see from the results of interviews that have been done, it can be explained that in order to make the counselee's self revealed disclosure about the experience of sexual harassment takes an approach through the intensity and quality of discussion meetings are conducted. Because, at the first meeting, the counselee more pleasant personal experiences and they are not tell her about the experience of sexual harassment.

Furthermore, the counselee self disclosure about sexual abuse experiences can be viewed from several aspects of self disclosure, including: precision. Based on the amount of information that has been revealed, the counselee is able to reveal the relevant information from personal experience. Individual experiences of sexual harassment at length but with a slightly lowered voice. Experience sexual harassment actually happened there and some of its members know clearly the event. On the other hand, the counselee himself reluctant to discuss sexual abuse experiences with others.

The second aspect, namely motivation. Counselee initially less motivated and convoluted to recount the experience of sexual harassment. But when asked about the continued, eventually counselee was told. Counselee feel uncomfortable if he have to discuss about the experience of sexual harassment, because he still hates the culprit. Motivation counselee to say more to come from outside as investigators. If researchers do not ask in depth, the counselee will not tell you the problem of sexual abuse.

The third aspect, the time. Based on the time of self-expression, it is known that the counselee is able to see the conditions and time of when he should be telling stories or doing self-disclosure. Especially if the conditions are emotionally stable, then the counselee will tell more personal issues in order.

The fourth aspect of the intensify. It can be determined based on the counselee's intensify reveal their sexual harassment experience intensively even though the researchers who are new people in the know. In addition, the increasing intensity of the encounter between the researcher with counselees, counselees increasingly more liberal and open to the researcher.

The fifth aspect of the depth and breadth. Disclosure of the depth of experience of sexual harassment experienced by counselee, it is known that the counselee is his experience in depth, why he could get indecent treatment of others, especially from the opposite sex. If the first experience, the counselee is not clear about the cause of what happened but the counselee sure because he was a kid then and did not get protection from their parents, then it is very vulnerable for him to get the indecent treatment of others. In contrast to the experience of sexual abuse, the counselee admit that the way the dresses are very tight and minimal, so it could have invited the evil intentions of others.

## **DISCUSSION**

In the initial counseling sessions, female street children prefer to reveal general information such as names, hobbies, routines, dreams, and family history. In the next counseling sessions, female street children prefer to talk about feelings, thoughts, and personal assessments such as feelings of love or hate, and embarrassing events.

Female street children is able to reveal the relevant information from their sexual harassment experience at length but with slightly lowered tone of voice. Female street children became easier to disclose the sexual harassment experience when counselors also disclose his personal experiences to them. This made them felt secure and didn't feel that as if they were being interrogated. When they revealed that experience they tend to tell it calmly but sometimes their emotion was reflected in their gesture.

Gender/partner of self-disclosure. In this case the female street children says that she prefers to say the bad experience to other women than with men. Deep trust in others. In this

case the trust manifested in the willingness of the counselor/partner of self-disclosure to be open, attentive and willing to listen to any complement of the female street children without judging they are being good or bad

## CONCLUSION

Conclusions of this research can be listed as follows:

- Female street children is able to reveal the relevant information from their sexual harassment experience at length but with slightly lowered tone of voice.
- Female street children became easier to disclose the sexual harassment experience when counselors also disclose his personal experiences to them.
- She prefers to say the bad experience to other women than with men.
- When they revealed that experience they tend to tell it calmly but sometimes their emotion was reflected in their gesture.

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