

EFFECTIVENESS PACKAGE "COUPLES CARES" ON WOMAN PSYCHOLOGICAL CONDITION AS VICTIM OF DOMESTIC VIOLENCE IN SURAKARTA RESIDENCY

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ABSTRACT

Background. Women abuse occurs in all countries. Women who are abused by their partners suffer from depression, anxiety and PTSD.

Objective. To know differences of psychologic condition women abuse after given PASUTRI package to the intervention group and to know differences of psychologic condition between intervention and control group after given PASUTRI Package.

Methods. This research was a quasi experimental study. The design of this research was pre post two group with control design. The population is women abuse in Surakarta. The sampling method was purposive sampling. The instrument used were Depression Hamilton Scale, Anxiety Hamilton Scale and PTSD Scale. The analysis of variable used were McNemar test and Chi Square test.

Results. Psychologic condition women abuse after given PASUTRI Package in intervention group was more better than previous & psychologic condition after given PASUTRI Package in intervention group is more better than control group.

Conclusions. PASUTRI Package is effective to improve psychologic condition women abuse in Surakarta. It is recommended that PASUTRI Package is appropriate to treat women abuse and to interven the perpetrators.

Key word: Anxiety, depression, PTSD, women abuse, PASUTRI Package

INTRODUCTION

Violence on woman is a common phenomena all over the world. In 2002, *World Health Organization* (WHO), there were 1,6 million woman died because of domestic violence. Based on WHO survey result, around 10% - 69% women report the abuse done by their partners, sexual violence exist around 6-59%. National Committee in Indonesia noted there were 25.522 cases of violence on women which is handled by 215 institutions, the major case is a domestic violence which reaches 76 percent of the amount.

All domestic violence done by husband physically or psychologically causes damage on woman's health. According to research by Krug, et al (2002) woman who experiences domestic violence have physical and psychological problem. Those problems include willing of suicide, mental pressure, and physical problems such as dizzy, painful, limp, and vagina problems. This violence also influences woman reproduction, increasing sexual transmitted disease including (*Human Immunodeficiency Viruses*) HIV. The impact and number of domestic violence which increase needs a proper

intervention. Intervention package which is implemented in Indonesia focuses more on woman as victim without paying attention to husband as duer so that husband receive no treatment. It decrease no domestic violence. It needs a recovery package which treats duer and victim in order to get optimum result, easy to understand, and easy to implement.

Many intervention to recovery has already been applied to patient, but the effectiveness has not been studied in Indonesia. Result of study in abroad about each intervention effectiveness on domestic violence is Stith study (2002) which showed that intervention on married couple experiencing domestic violence reached 92 % after given the intervention. Other research by Fals-Stewart et al. (2002) reported that intervention on married couple of domestic violence case is more effective than individual intervention. Research by Bograd & Mederos (1999) stated that the given intervention on married couple gives direct benefit to couple than to individual and group. Meanwhile, research by Stith et al. (2003) reported that, after given intervention, husband also feel responsible for what he did and for quality improvement of their partners.

Intervention package which is implemented in Indonesia focuses more on woman as victim without paying attention to husband as duer so that husband receive no treatment. It decrease no domestic violence. It needs a recovery package which treats duer and victim in order to get optimum result, easy to understand, and easy to implement.

Based on that background, researcher is interested to do research about the effectiveness of Couples Care Package on woman psychological condition as victim of domestic violence in Surakarta Residence. Researcher chose Surakarta as research location because, based on the report of Surakarta Police office, violence on woman based on gender in Surakarta occupy second most in central java which increase annually. In 2008, the

case reached 64 cases (POLTABES Surakarta, 2009).

METHOD

Method of research is experimental quasy by design *pre post two group with control design*. Intervention group is given couple care package but control group is not. The population is women as victim of domestic violence in Surakarta which report to police office. Sampling technique used is *purposive sampling*. In determining the sample amount, researcher uses Sastroasmara & Ismail' formula (2002), from the calculation, there are 35 sample. It becomes 70 for two groups.

RESULTS

1. Respondent characteristic

Tabel.1 Respondent distribution based on age, education, occupation, and religion on intervention and control group In Surakarta (n1 = n2 = 35)

Respondent Characteristic	Intervention group		Control Group	
	n	%	N	%
Age				
20-30	10	28.6	10	28.6
31-40	18	51.4	16	45.7
41-50	6	17.1	8	22.9
>50	1	2.9	1	2.9
Education				
No school	1	2.9	1	2.9
Primary	7	20.0	4	11.4
Secondary	4	11.4	5	14.3
High	16	45.7	18	51.4
College	7	20.0	7	20.0
Occupation				
Jobless	13	37.1	19	54.3
Farmer/labor	6	17.1	4	11.4
Employee	10	28.6	6	17.1
Entrepreneur	5	14.3	4	11.4
Civil servant	1	2.9	2	5.7
Religion				
Islam	30	85.7	28	80.0
Christ	5	14.3	4	11.4
Chatolic	0	0	3	8.6
Social economy				
Low	13	37.1	12	34.3
Intermediate	17	48.6	10	28.6
High	5	14.3	13	37.1

Respondent age in intervention group is mostly 31 to 40 years which is 51,4 %. Meanwhile, control group in the same average age is 45,7%. Respondent education in intervention group is mostly high school student reaching 45,7% and in control group, high school students are 51,4 %. Occupation in intervention group is 37,1% jobless, meanwhile in control group, 54,3 % are jobless. The religion in intervention and control group is Islam. In intervention group, the socio economy of people is 37,1% intermediate class, meanwhile in control group, the 37,1% are high class. This condition is fit to Ely, Dulmus, Wodarski research (2004), one of factors causing domestic violence is low socio economic condition.

2. Univariate Analysis

Depression psychological condition

Statistic result from table 2 shows the difference of woman psychological depression

Table 2. The difference before and after given couple care package based on the depression of woman suffered from domestic violence in intervention group in Surakarta (n = 35)

Intervention group	Depression scale								Total	<i>p value</i>	
	undepressed		low		Medium		High				
	N	%	n	%	n	%	n	%			
Before	0	0,00	11	31,4	24	68,6	0	0,00	35	100	0,001
after	0	0,00	22	62,9	13	37,1	0	0,00	35	100	

Table 3 The difference before and after given couple care package based on anxiety psychological condition of woman suffered from domestic violence in intervention group in surakarta (n = 35)

Intervention group	Anxiety scale						Total	<i>P Value</i>	
	low		Medium		high				
	n	%	n	%	n	%			
Before	15	42,9	20	57,1	0	0,00	35	100	0,002
After	25	71,4	10	28,6	0	0,00	35	100	

Table 4 The difference before and after given couple care package based on PTSD psychological condition of woman suffered from domestic violence in intervention group in surakarta (n = 35)

Intervention group	PTSD scale						Total	<i>PVaLue</i>	
	low		medium		high				
	n	%	n	%	n	%			
Before	22	62,9	13	37,1	0	0,0	35	100	0,250
after	25	71,4	10	28,6	0	0,0	35	100	

before and after given couple care package in intervention group ($p < 0,05$).

Anxiety psychological condition

According table 3. the statistics result show the difference anxiety psychological condition of woman suffered from domestic violence before and after given couple care package in intervention group ($p < 0,05$).

PTSD psychological condition

Statistic result shows from table 4, that there is no difference PTSD psycholoical condition of woman suffered from domestic violence before and after given couple care package in intervention group ($p > 0,05$).

Table 5 Difference proportion of depression psychological condition of woman suffered from domestic violence before and after given couple care package to both intervention and control group In surakarta (n1= n2 =35)

Measurement	Group	Depression scale				Total		p value
		low		medium		n	%	
		n	%	n	%			
Before	Intervention group	11	31,4	24	68,6	35	100	0,597
	Control group	9	25,7	26	74,3	35	100	
after	Intervention group	22	62,9	13	37,1	35	100	0,001
	Control group	8	22,9	27	77,1	35	100	

Tabel 6, the difference of anxiety psychological condition proportion before and after given couple care package to intervention and controlgroup in Surakarta (n1= n2 =35)

measurement	group	Anxiety scale				Total		p value
		Low		medium		n	%	
		n	%	n	%			
Before	Intervention group	15	42,9	20	57,1	35	100	0,631
	Control group	17	48,6	18	51,4	35	100	
After	Intervention group	25	71,4	10	28,6	35	100	0,004
	Control group	13	37,1	22	62,9	35	100	

$\alpha \leq 0,05$

To know the difference proportion of woman psychological condition suffered from domestic violence before and after given couple care package in both intervention and control group using *chi square* test.

a. Depression psychological condition

Table 5 Difference proportion of depression psychological condition of woman suffered from domestic violence before and after given couple care package to both intervention and control group In surakarta (n1= n2 =35)

Measurement	Group	Depression scale				Total		p value
		low		medium		n	%	
		n	%	n	%			
Before	Intervention group	11	31,4	24	68,6	35	100	0,597
	Control group	9	25,7	26	74,3	35	100	
after	Intervention group	22	62,9	13	37,1	35	100	0,001
	Control group	8	22,9	27	77,1	35	100	

$\alpha \leq 0,05$

The statistics result shows no difference depression psychological proportion of woman , victim of domestic violence, before given couple care package to intervention and control group ($p > 0,05$). The statistics result shows the difference depression psychological proportion of woman , victim of domestic violence, after given couple care package to intervention and control group ($p > 0,05$).

b. Anxiety psychological condition

Tabel 6 the difference of anxiety psychological condition proportion before and after given couple care package to intervention and controlgroup in Surakarta (n1= n2 =35)

measurement	group	Anxiety scale				Total	<i>p value</i>	
		Low		medium				
		n	%	n	%			
Before	Intervention group	15	42,9	20	57,1	35	100	0,631
	Control group	17	48,6	18	51,4	35	100	
After	Intervention group	25	71,4	10	28,6	35	100	0,004
	Control group	13	37,1	22	62,9	35	100	

$\alpha \leq 0,05$

The statistic result shows no difference of anxiety psychological condition proportion of woman suffered from domestic violence before given couple care package to intervention and control group ($p > 0,05$). The statistic result shows the difference of anxiety psychological condition proportion of woman suffered from domestic violence after given couple care package to intervention and control group ($p < 0,05$).

c. PTSD psychological condition

Tabel 7 The difference of PTSD psychological condition proportion of woman suffered from domestic violence before and after given couple care package to intervention and control group in Surakarta (n1= n2 =35)

Measurement	Group	PTSD scale				Total	<i>p value</i>	
		Low		medium				
		n	%	n	%			
Before	Intervention group	22	62,9	13	37,1	35	100	1,00
	Control group	22	62,9	13	37,1	35	100	
After	Intervention group	25	71,4	10	28,6	35	100	0,314
	Control group	21	60,0	14	40,0	35	100	

$\alpha \leq 0,05$

The statistic result shows no difference of PTSD psychological condition proportion of woman suffered from domestic violence before given couple care package to intervention and control group ($p > 0,05$). The statistic result shows the difference of PTSD psychological condition proportion of woman suffered from domestic violence before given couple care package to intervention and control group ($p > 0,05$).

DISCUSSION

Based on research result, it is found that this research hypothesis is accepted, that is woman psychological condition of domestic violence victim after she is given couple care package is better than before intervention on intervention group. The important finding in this research shows that three psychological conditions of two groups before they are given couple care show the bigger percentage on moderate level than minor level of pschological disruption. This finding is appropriate with the research that is done by Avdibegović and Sinanović (2006). They stated

that woman of domestic violence victim is proved significantly getting depression, anxiety and PTSD.

Another research that supports this research is done by Krug et al (2002) that woman of domestic violence victim can get psychological disruption such as depression, anxiety and PTSD. Then Barnett (2000) added that the most pschological problem on woman of domestic violence victim is depression. This research result is appropriate with reserach that is done by Bancroft and Ascione (2008). They stated that there is significant relationship between woman of domestic violence victim and PTSD. research

result from Jones, Hughes and Unerstallerr (2001) says that woman that becomes victim of domestic violence is proved getting PTSD. this result shows that victim of domestic violence experiences psychological disruption because of complex pscholocigal conflict.

The situation that is faced by victim of domestic violence is very complex, such as status psychological conflict as wife and mother of her children, at one side she wants to freed herself but there is economic dependency on the doer (husband), feeling affraid and hateful toward husband's action is faced with the responsibility as wife to serve her husband, protect her children and keep the whole family. Victim of domestic violence is often trapped in long violence cycle, no she has no power to save herself, and also gets difficulties to get helps. By having the huge number of domestic violence victim, it is needed to develop dignification programs for the victim and the doer.

Couple care package consists of two packages that are deep breath relaxation technique, progressive relaxation technique and victim and doer accompanion from closest family or friend. Researcher merges these three intervention forms because they are very easy to be studied, can be apllied everytime and they are supported by strong thought foundation, science, and the research results about the efectivity of those actions in treating psychological disruption.

The next is accompanion stage that is done on couple and it is done by the closest family or friend on both the doer and the victim. This research result is appropriate with Stith's research (2002). It shows that intervention on couple of domestic violence case is there is no violence after intervention on 92% respondents. The real condition is after reporting the violonce to police, the victim often feels affraid, anxiety and not safe to come home.

This far, especially in Surakarta, there is no safe home and the monitoring from police cannot guarantee the safeness of the victim in her home, so that the victim gets risk to experience violence again and feels not safe to come home. To overcome this discrepancy, one of the solutions is family empowering by having the closest person to be companion. Meanwhile, family and environment often feel reluctant to get involve because they think that domestic problem is a privacy. This fact shows that supports from the closest person are needed to help and protect the victim. The limited legal institute from government in this case is police force that become the strong reason to empower family.

Researcher chooses family empowering because it is deal if family problem is solved by the family members themselves. However the violence doer is her closest person, that may be loved by her, so that the victim faces many confused conflicts. It is not easy to tell her feeling to the outsider that she experiences violence. Because of that, according to Poerwandari (2008) the outsider is better to not advise too much or force his or her opinion. If we advise her too much, it can make the victim feels offended and she will be defensive and can refuse us. All we can do is becoming her companion that can act as friend.

Accompanion for the victim needs to get involve someone that can act as the real companion. Becoming companion means that becoming friend. We do not set counseling out, psychological therapy or spiritual guidance but we treat her with care, willing to hear, homage, willing to facilitate in solving her problem. It is needed abilities to hear, understand, then help to show alternative problem solving. Then, we let the victim contemplate and finally she can choose the best for herself. Thus, the accompanion of the closest person means that all of the actions include support, conversaton that is strenghtened her, and facilitation in problem solving (Poerwandari, 2005).

Couple care package also gives attention to the doer with family empowering. Intervention for the violence doer, according to Poerwandari (2008), is very important. Without intervention on the doer, it causes the victim feels trapped in the long violence cycle. This accompanion can be done by everyone that is trusted by the victim and the doer. The phenomena that includes the solving of domestic violence case still focusses on woman as the victim, whereas the doer is the person that needs more interventions.

The fact shows that the handling on domestic violence in the police is more focuss on the law handling. Domestic violence is not same with the other crimes, it needs therapy approach to the domestic violence doer because the doer is very different with the other crime doers. This statement is supported by Poerwandari (2008). She states that domestic violence happens in the personal scope that is full of emotional relationship, so that the problem solving is not same with the others

Intervention on the doer is husband is given report obligation as long as monitoring time and the approach that is done to the doer is the approach of law threat. This causes the doer feels affraid to do domestic violence again because he

will be afraid of jail, his good name will be blackened or pay fine but not because the doer realizes that violence is the action that cannot be accepted. Monitoring toward the doer must be done, but it still needs intervention that can be accepted by the doer and help the doer to realize what he done. The approach from the closest person may keep his good name and the doer feels more comfortable to share everything.

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CONCLUSION

The characteristic of the respondents are their ages 31-40 years old, their educations are majority high school, their jobs are majority housewife, their religions are majority Islam, and their level economy are majority low economical level. Woman of domestic violence victim Psychological condition is better than before intervention on the intervention group. Psychological condition on the group that gets couple care package is better than control group after intervention is done.

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