

Terapi Menulis Ekspresif pada Gangguan Stress Pasca Trauma terhadap Remaja yang Mengalami Kekerasan dalam Hubungan Percintaan

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ABSTRACT

This research is motivated by the many cases of dating violence experienced by teenagers today. This can make one of the parties feel disadvantaged and experience trauma and trigger stress disorders. This stress disorder can have a traumatic impact on clients. Post-traumatic stress disorder arises from a very stressful event. In this case the client experienced trauma caused by dating violence. Based on the client's case, the appropriate therapy given is expressive writing. Expressive writing is a writing method that is done by expressing thoughts about what is felt within a person by narrating freely. Expressive writing is very useful for maintaining a person's mental health so that they can freely express themselves. Expressive writing therapy is important for clients, because clients who are victims often have irrational thoughts, lose hope, and have difficulty connecting with the real world. Therefore, they experience behavioral disorders such as being moody, having difficulty communicating healthily, passive behavior and tending to close themselves off. The data collection technique uses descriptive qualitative methods in the form of counseling using observation and interview approaches.

Keywords: Teenagers, Traumatic, Stress disorder

Introduction

Papalia and Feldman (2010) define adolescence as a developmental transition from childhood to adulthood that involves major physical, cognitive and psychosocial changes. Adolescents are defined as individuals who are in the age range of 11 years to 19 or 20 years. The concept of "storm-and-stress" developed by Stanley Hall (in Santrock, 2013) regarding adolescence, describes that this period is a period full of conflict and constantly changing mood states. The feelings and behavior shown by teenagers are greatly influenced by the mood they are feeling. At one time they may feel the need for privacy, but soon they will feel the need to be friends. Erikson (in Feist, Feist, & Roberts 2017) through his theory of psychosocial development explains that at each stage of human development, there will be different psychosocial crises and there will be challenges that will be developed at that stage. In adolescence, the psychosocial crisis that will occur is identity vs. identity confusion, teenagers will struggle to find out who they are and what other things are not themselves. Apart from that, teenagers will also start to discover their sexual identity. Adolescents will make many ways and efforts to find their self-identity and sexual identity, one of which is by starting to build intimacy or relationships with other people.

At this time, teenagers also begin to build new relationships with other people, one of which is romantic relationships or dating (Connolly & Johnson, 1993, in Santrock, 2013). A risk that often arises in dating relationships is violence in dating. The Center for Disease Control & Prevention (in

Stonard, Bowen, Lawrence, & Price, 2014) discusses violent behavior in dating by referring to violent behavior carried out and occurring between romantic partners who are not married or do not live together. There are several factors that influence the occurrence of violence in dating, based on research conducted by Rohmah and Legowo (2014) which found that feelings of jealousy, lack of attention, partner disobedience, and economic needs are triggers for partners to commit violence in dating relationships among young women. Violence in dating is one of the factors causing post-traumatic stress disorder.

According to Kring et al, post-traumatic stress disorder is a disorder that develops in people who have experienced surprising, frightening, or dangerous events and is included in abnormal psychology. Post-traumatic stress disorder is a condition formed due to exposure to psychological events that are beyond the human ability to withstand, overcome, or avoid which can result in intense fear and helplessness. Trauma comes from the Greek *tramos* which means wound. In the Big Indonesian Dictionary, trauma is a mental condition or abnormal behavior as a result of mental stress or physical injury. In the counseling dictionary, traumatic is the experience of a sudden and surprising event that makes a deep impression on a person's soul which can ultimately harm the person both physically and psychologically. According to James Drever, trauma is injury, pain or shock that occurs to a person's physical and mental state which results in serious disorders that interfere with the person's survival. Someone who has experienced trauma can be given a type of therapy so that they can heal them from the trauma itself. Expressive writing can be an option to help individuals solve the intrapersonal problems they face. Writing about past failures, negative events can change affective and emotional emotions positively, providing benefits in improving cognitive abilities (DiMenichi, Ceceli, Bhanji, & Tricomi, 2019). Expressive writing can be therapy for someone who experiences stress and traumatic events (Kupeli et al., 2019). Expressive writing can also be a source of happiness and satisfaction for each individual (Cayubit, 2021). Expressive writing has a positive effect on adaptive coping, facilitating problem solutions and improving cognitive abilities and abilities in social interaction. (Tonarelli et al, 2017).

Method

The method used in this research is descriptive qualitative using an observation and interview approach. According to Moleong (2008: 6) qualitative research is research that intends to understand phenomena about what is experienced by research subjects, for example behavior, perceptions, motivations, actions, holistically, and by means of descriptions in the form of words and language, in a context. specifically natural ones and by utilizing various natural methods. The data collection technique uses 2 methods, namely observation and interviews. According to Riyanto (2010: 96) observation is a data collection method that uses direct or indirect observation. Documentation of data collection methods is carried out by collecting and studying company documents related to the problem being researched. According to Sugiyono (2017:231), an interview is a meeting of two people to exchange information and ideas through questions and answers, so that the meaning of a topic can be described. This interview is used as a data collection technique if the researcher wants to conduct a preliminary study to determine the problem to be studied.

Results

Based on the results of the data collection process which has been carried out directly with clients, with data collection techniques namely interviews, observation and documentation which have been carried out by researchers related to the application of expressive writing therapy, writing about traumatic experiences can increase positive psychological effects for yourself, over a long period of time. Based on data that has been obtained and collected from all the results of the questions, which have been arranged systematically with the aim of data that you want to explore in depth. Clients experience gradual changes in their feelings of not trusting the people around them, which can make clients hurt and stressed. This gradual change was caused by the provision of expressive writing therapy which was carried out for 1 week 3 times for around 10-30 minutes.

The purpose of expressive writing (Cayubit, 2021): Helping individuals channel their ideas, feelings and hopes into writing that lasts a long time and makes the individual feel safe and comfortable. Helping individuals express their feelings according to the problem they are facing so that individuals do not spend energy suppressing their feelings. Helping individuals reduce the pressure they feel so that they can reduce the stress felt by the individual. This expressive writing therapy is carried out on clients who do not trust other people around them, because of the trauma experienced by the client, especially boyfriends who should be a place to share their complaints and a place of refuge for girls who do not receive attention from their father. With the problems experienced by clients, expressive writing therapy can help reduce the client's feelings of stress and trauma in dating, and can help restore the client's trust in the people around him. As a result of interviews and observations carried out, the client said that since he entered junior high school, Klain had received bad treatment from his girlfriend, who he had always considered as a substitute for his father's role.

“menurut saya itu hubungan percintaan itu harus bisa jadi teman , keluarga, pengganti sosok ayah , pendengar cerita yang baik”. But in this case the client felt that he did not receive good treatment from his girlfriend. *“Jadi, seluruh dampak yang saya rasakan dikeadaan itu untuk kepercayaan saya hilang, baik itu fakta atau sesuatu yang saya cari tahu duluan, untuk ke cowok eee relationship saya tidak percaya, walaupun ada yang dekat saya tetap tidak percaya”*. Clients also always receive bad treatment, clients have ever been hurt with objects that could physically harm the client, *“waktu terakhir memergoki selingkuh itu kami cekcok dipukul pakai kunci motor, memar, saya tidak bilang sama ibu tetapi kelihatan sama ibu jadi tau”*. When the client is given time to describe the romantic relationship trauma experienced by the client, the client answers *“Mendeskripsikan..tidak bisa saya deskripsikan semuanya terasa sakit, benar – benar berat dikasih trauma dampaknya itu besar yang mungkin ada laki-laki ada yang tulus tapi, saya tidak mengukurnya tulus”*. *“eee.. contoh saya pernah mencoba membuka hubungan sama orang, terus itu saya mikir dia itu selingkuh. Jadi, dari pada selingkuh duluan saya selingkuh”*. The trauma experienced by the client can make the client anxious, and the problems he has experienced will occur again.

According to experts Anxiety helps a person to identify and respond to danger in fight or flight mode'. An appropriate amount of anxiety can help someone to perform better and stimulate creativity. However, anxiety that occurs continuously will cause a person to become unhealthy and can turn into panic, phobias and obsessive behavior. Excessive anxiety can have a negative impact on a person's

physical and mental health. Anxiety is one of a series of emotions that alert a person to things that might be worth worrying about, things that are potentially dangerous. (Swift, Cyhlarova, Goldie, & O'Sullivan, 2014).

Discussion

This counseling stage uses an expressive writing therapy approach. According to Pennbaker and Beall (in Baike & Wilhelm, 2005) state that writing about traumatic experiences can increase positive psychological effects for the self in the long term. This expressive writing technique basically uses books, journals or personal diaries and blogs. Several studies differ in the use of writing duration, because each case has a different level of problem depth, so different methods and duration are needed, for the therapy process more or less is needed. time 10-30 minutes in the expressive writing process. Subjects were asked to go into the room and asked to write about how the subject uses his time every day, his experiences in life, his feelings for the people around him, his past, present and dreams, and his personal conflicts. With a duration of 10-30 minutes in 3 or 5 days to 4 weeks, each student's writing ability is certainly different. In response to this, simple, informative instructions are given on how to write expressively (Fontenot, Carney, & Hansen, 2015).

After carrying out this therapy, the subject can experience a decrease in the level of anxiety, stress and trauma that previously existed in him. In the previous interview session, the subject explained that he often felt sad, anxious and also traumatized as a result of past events in 2018. We have provided psychotherapy to the subject in the form of Expressive Writing Therapy where this therapy aims to help individuals channel ideas, feelings and individual hopes into writing that lasts a long time and makes the individual feel safe and comfortable, helps the individual express and express his feelings according to the problems he is facing so that the individual does not spend energy suppressing his feelings. Apart from that, the subject can also learn that he can manage his thoughts, emotions and anxiety after doing this expressive writing therapy. In previous research conducted by (Graf, 2004) it was stated that someone who wrote emotional disclosure showed a significant reduction in symptoms of anxiety and depression as well as an increase in life function and better satisfaction.

Conclusion

This research discusses adolescence as a transition period involving physical, cognitive and psychosocial changes. It also discusses the concept of "storm-and-stress" in adolescence as well as the identity crisis that teenagers experience. Additionally, the text discusses violence in dating relationships, which can lead to post-traumatic stress disorder. One of the therapies described is expressive writing therapy, which can help individuals overcome trauma and anxiety. This expressive writing activity has a positive impact on increasing positive emotions in clients because clients can relax their thoughts through this therapy by freely expressing the contents of their thoughts. Clients can again build their confidence in other people if they change their own thought patterns. This expressive writing activity is also flexible even though the way this therapy works takes a long time and is a process that lasts for days. The research method used is descriptive qualitative with an

observation and interview approach. The research results show that expressive writing therapy is effective in reducing levels of anxiety, stress and trauma in adolescents.

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