

THE ROLE OF FAMILY SUPPORT IN THE RECOVERY OF CHILD VICTIMS OF SEXUAL ABUSE IN URBAN AREAS FROM A LEGAL AND HUMAN RIGHTS PERSPECTIVE

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ABSTRACT

This journal explores the role of family support in the recovery of child victims of sexual abuse in urban areas. Although laws such as Law No. 35 of 2014 on Child Protection, Law No. 11 of 2012 on the Juvenile Criminal Justice System, and Law No. 39 of 1999 on Human Rights provide regulations regarding victim recovery, the family's role remains essential. Psychological support from the family plays a significant part in helping child victims heal, despite the various challenges that persist. This study highlights the dynamics of family support and the legal framework surrounding the recovery process of child victims of sexual abuse in urban settings

Keywords: *Recovery; Child Victims Of Sexual Abuse; Laws On The Protection Of Child Victims of Sexual Abuse; Family Support.*

INTRODUCTION

Sexual abuse against children is one of the most serious violations of human rights and has drawn significant concern from various parties. Cases of child sexual abuse frequently occur in both urban and rural areas; however, the incidence tends to be higher in urban regions due to factors such as population density, technological advancement, and more complex social dynamics compared to rural areas. According to data from the Indonesian Child Protection Commission (KPAI), the number of sexual violence cases against children in Indonesia continues to increase each year, particularly in urban areas where the complexity of social life makes such cases more likely to occur.¹

In this context, the family plays a crucial role in the recovery of children who are victims of sexual abuse. The family is the child's first and primary environment, capable of providing emotional, psychological, and social support. The recovery of child victims of sexual abuse requires active involvement from the family, offering special attention, emotional support, and a sense of security to help the child heal from the trauma they have experienced.² In addition, the family can also play a role in supporting the ongoing legal process to ensure that the perpetrator receives appropriate punishment and that the victim obtains justice.³

First, it is important to understand the role of the family in supporting the recovery process of child victims of sexual abuse. The family's role may encompass emotional, psychological,

¹Komisi Perlindungan Anak Indonesia (KPAI), "Laporan Tahunan 2023," puspakapa, 2023, https://puspakapa.org/assets/uploads/2024/04/FINAL_Laporan-Tahunan-2023-ID.pdf.

²Budi Rahayu, "Peran Keluarga Dalam Pemulihan Anak Korban Kekerasan Seksual," *Jurnal Psikologi Sosial Dan Klinis* 7, no. 2 (2021): 45–56.

³Fatimah Rahmawati, "Pendampingan Keluarga Terhadap Anak Korban Kekerasan Seksual Di Perkotaan," *Jurnal Hukum Dan Masyarakat* 12, no. 3 (2023): 88–101.

and physical aspects, all of which contribute to the child's recovery process. Second, this study will identify effective forms of family support that help children recover psychologically, such as emotional, social, or even financial support, and determine which are most significant in reducing the impact of trauma on the child. Furthermore, the study will explore factors that influence the effectiveness of family support in the recovery of child victims, including family background, education, and the availability of mental health services in urban areas. In addition, it will identify the barriers families face in providing optimal support, such as social stigma, limited access to services, or financial difficulties that hinder their ability to offer maximum support. Finally, the study will analyze how the interaction between family support and interventions from the government or social institutions can accelerate the recovery of child victims of sexual abuse, thus providing guidance for more holistic policies in addressing similar cases in urban areas.

The recovery of child victims of sexual abuse does not solely depend on family support but also requires adequate legal support and the protection of human rights. Under Indonesian law, children who are victims of sexual abuse are entitled to proper legal protection, including medical, psychological, and social assistance. For instance, Law No. 35 of 2014 on Child Protection stipulates that the government, society, and families share the responsibility of providing protection and assistance to children who are victims of sexual violence.⁴ This approach aligns with human rights principles that emphasize the importance of protecting children's rights and providing the necessary support to restore their physical and mental condition after experiencing trauma.

Considering the importance of the family's role in the recovery of child victims of sexual abuse, this article aims to analyze the role of the family in supporting the recovery of such victims in urban areas from a legal and human rights perspective. The focus of this study includes the support provided by families, the role of families in accompanying children through legal proceedings, and how law and human rights can strengthen the family's role in the recovery of child victims of sexual abuse.

METHOD

The research method used in this article is a qualitative method with a normative juridical approach. Normative juridical research is a literature-based legal study conducted by reviewing library materials or secondary data only.⁵ This research aims to obtain materials in the form of theories, legal concepts, legal principles, and legislation related to the topic under discussion.

This method was chosen because the objective of the research is to gain an in-depth understanding of the role of the family in the recovery of child victims of sexual abuse in urban areas, and to examine it from the perspectives of law and human rights. Data collection was conducted through two main methods. First, a literature review, which involved analyzing relevant literature on the role of the family in the recovery of child victims of sexual abuse, as well as legal provisions and human rights principles related to child protection. This study includes primary sources such as books, academic journals, annual reports of relevant institutions (e.g., the Indonesian Child Protection Commission), and legislation such as Law No. 35 of 2014 on Child Protection. Second, case document analysis, which entailed reviewing cases of sexual violence against children recorded by child protection agencies and other legal institutions. The purpose of this document analysis is to understand case patterns, the role played by families in the recovery process, and how legal proceedings can support child

⁴"Undang-Undang No. 35 Tahun 2014 Tentang Perlindungan Anak" (2014.).

⁵Soerjono Soekanto and Sri Mahmudji, *Penelitian Hukum Normatif: Suatu Tinjauan Singkat* (Jakarta: PT. Raja Grafindo Persada, 2003).

victims. Through these two methods, the research is expected to provide a comprehensive overview of the significance of the family's role and legal support in the recovery of child victims of sexual abuse in urban settings.

ANALYSIS AND DISCUSSION

The family plays a crucial role in the recovery process of children who are victims of sexual abuse in urban settings. As the closest unit to the child, the family functions as the primary source of support that can assist the child in coping with the psychological trauma they have experienced. A supportive and caring family environment fosters a sense of safety for the child, which is essential for rebuilding self-confidence and overcoming the fear that may result from the traumatic experience.⁶ This family support encompasses various forms, ranging from emotional support and increased supervision to involvement in legal proceedings should the case reach the stage of trial.⁷

Research indicates that children who receive full support from their families in the form of emotional attention and environmental stability undergo a more effective recovery process.⁸ For example, families that actively involve the child in daily activities and provide space for the child to express their feelings can accelerate the child's emotional healing process. A study conducted by Rahmawati states that the family's role is crucial in restoring the child's sense of security and in reducing the negative impacts of trauma, particularly in urban environments which are more complex and vulnerable to social stressors.

Furthermore, in the context of law and human rights, family support also plays a crucial role in ensuring that the rights of child victims of sexual abuse are upheld. Pursuant to Law No. 35 of 2014 on Child Protection, the family has both the right and the obligation to accompany the child throughout legal proceedings, and to ensure the child's access to health, psychological, and social services. This role not only supports the child's emotional recovery but also helps to reduce the social stigma that is often attached to victims of sexual abuse. With the support of the family, the child is more likely to face the legal process with courage and obtain the justice necessary to support long-term recovery.⁹ Protection for child victims of sexual abuse in Indonesia is regulated under various laws, such as Law No. 35 of 2014 on Child Protection and Law No. 11 of 2012 on the Juvenile Criminal Justice System. Both laws emphasize the obligation of families, communities, and the state to safeguard children's rights from violence and to provide recovery support for child victims. From a human rights perspective, the principles of the Convention on the Rights of the Child (CRC) highlight every child's right to be free from all forms of violence and to receive psychological and physical recovery. These principles reinforce the importance of the family's role in the recovery of child victims by providing emotional support, legal protection, and access to necessary services.

The Role of the Family in Supporting the Recovery Process of Child Victims of Sexual Abuse in Urban Areas

The family plays a crucial and fundamental role in supporting the recovery process of child victims of sexual abuse. As the closest unit that understands the child's condition, the family is able to provide a safe, stable, and supportive environment necessary for restoring the mental

⁶Rahayu, "Peran Keluarga Dalam Pemulihan Anak Korban Kekerasan Seksual."

⁷Desi Lestari, "Dukungan Emosional Keluarga Dalam Pemulihan Anak Korban Kekerasan Seksual," *Jurnal Kesejahteraan Sosial* 4, no. 1 (2020): 12–25.

⁸M. Alwi, "Pengaruh Dukungan Keluarga Terhadap Psikologis Anak Pasca Pelecehan Seksual," *Jurnal Psikologi Dan Kesehatan* 3, no. 2 (2021): 33–45.

⁹Ratna Dewi, "Peran Hukum Dalam Mendukung Keluarga Dan Anak Korban Kekerasan Seksual," *Jurnal Hukum Dan HAM* 6, no. 1 (2023): 100–110.

health of a child experiencing trauma. The family, particularly the parents, plays a key role in addressing the child's emotional needs and creating an atmosphere that helps the child feel accepted and protected. Several studies have shown that this role is effective in reducing levels of anxiety and depression in child victims of sexual abuse.¹⁰

The urban context presents unique challenges for the recovery of child victims of sexual abuse. Urban communities tend to be more individualistic, so social support for the victim's family is often limited. Additionally, the complexity of social life and the high population density in urban areas increase the risk of child abuse, while access to mental health services or rehabilitation is sometimes difficult due to high costs and limited availability. This is further compounded by a culture that views family issues as private matters, causing families to often hesitate to seek professional help. This phenomenon makes families in urban areas more likely to face challenges in supporting their children's recovery.

According to data from the Indonesian Child Protection Commission (KPAI), cases of sexual violence against children continue to rise, particularly in urban areas. A study conducted by the Indonesian Child Protection Institute (LPAI) shows that full support from the family, including consistent emotional attention, helps the child overcome trauma more quickly. In some cases, family support has even been a determining factor in the success of the child's psychological recovery, which can also be assisted by interventions from psychologists or counselors. This approach can be compared to the child protection system in other countries, such as Sweden, which provides specialized rehabilitation services for child victims of violence by involving the family as an integral part of the recovery process.

One of the key aspects of the family's role is emotional support, which involves open communication and an empathetic attitude towards the child. This support allows the child to express their feelings without fear, which in turn helps to reduce psychological pressure and emotional instability.¹¹ Studies reveal that children who receive emotional support from their families tend to be more capable of adapting and recovering from the effects of abuse compared to those who do not receive sufficient familial support. In this regard, the family functions as a safe space where the child feels valued and heard, thereby increasing the likelihood of psychological recovery.

In addition to emotional support, the family also plays a role in assisting the child in re-engaging in social interactions. Urban environments often carry strong social stigma against child victims of sexual abuse, which can lead to feelings of isolation and difficulty in adapting to their surroundings.¹² In such situations, the role of the family is crucial in rebuilding the child's self-confidence by encouraging participation in social activities, both within the school environment and in the broader community. Through family-supervised engagement in social activities, the child can gradually regain self-confidence and strengthen social skills that may have been affected by the trauma.¹³

In addition to emotional and social support, the family also plays a role in accompanying the child through any legal proceedings that may be necessary. Child victims of sexual abuse often have to endure lengthy and sometimes distressing legal processes, such as reporting the case or attending court hearings. In this regard, the presence of the family as a companion is highly beneficial in providing a sense of security and moral support, ultimately strengthening

¹⁰Lestari, "Dukungan Emosional Keluarga Dalam Pemulihan Anak Korban Kekerasan Seksual."

¹¹Andi Wirawan, "Peran Keluarga Dalam Mengurangi Dampak Trauma Pada Anak Korban Kekerasan Seksual," *Jurnal Konseling Dan Psikoterapi* 5, no. 4 (2021): 200–210.

¹²Yuniar Setiawan, "Dampak Stigma Sosial Terhadap Pemulihan Anak Korban Kekerasan Seksual Di Kota Besar," *Jurnal Sosiologi Perkotaan* 3, no. 1 (2021): 55–70.

¹³Lestari Handayani, "Reintegrasi Sosial Anak Korban Pelecehan Seksual Dengan Dukungan Keluarga," *Jurnal Pemberdayaan Anak* 6, no. 2 (2022): 150–60.

the child's mental resilience in facing such difficult situations.¹⁴ Pursuant to Law No. 35 of 2014 on Child Protection, the family also has the right to ensure that the child victim has access to medical, psychological, and legal services, thereby facilitating the child's recovery process. With the family's support throughout this process, the child feels more empowered and confident to assert their rights and seek justice, which constitutes an essential component of long-term recovery.

Legal Protection and Human Rights in the Recovery of Child Victims of Sexual Abuse in Urban Areas

Legal protection and human rights (HAM) for child victims of sexual abuse constitute a fundamental element in supporting their recovery, particularly in urban areas which have unique characteristics. In Indonesia, there are three primary laws that govern such protection and provide a clear foundation regarding the rights of child victims of sexual abuse, including the right to protection, justice, as well as access to medical and psychological assistance. These laws are Law No. 35 of 2014 on Child Protection, Law No. 11 of 2012 on the Juvenile Criminal Justice System, and Law No. 39 of 1999 on Human Rights. Within the scope of human rights, such protection is highly prioritized in accordance with the Convention on the Rights of the Child, which was ratified through Presidential Decree No. 36 of 1990. This Convention affirms the rights of child victims of violence to receive physical, psychological, and social recovery. The Convention also aligns with Law No. 23 of 2002, as amended by Law No. 35 of 2014 on Child Protection, which stipulates the child's right to life, survival, development, and protection from all forms of violence.

According to Article 9 paragraph (1) of Law No. 39 of 1999 on Human Rights, every person, including children, has the right to protection of their personal safety, family, honor, dignity, and other human rights. In the context of recovery, the family bears full responsibility to ensure that the child receives the protection as stipulated. In accordance with Article 59 paragraph (2) of Law No. 35 of 2014, the government, society, and families are obligated to provide legal assistance to child victims. The involvement of the family in the legal process also serves to strengthen the child's confidence in seeking justice, which is a crucial component of psychological recovery. Therefore, the government may provide accessible mental health services, for example by establishing trauma clinics in public hospitals or creating trauma recovery centers for children in major cities. With comprehensive support that encompasses legal, health, and social aspects, child victims of sexual abuse can achieve optimal recovery and live in a safe environment in accordance with human rights principles. This is essential to ensure the fulfillment of children's rights as mandated by law and in line with Indonesia's commitment to protecting the human rights of every child.

The Interaction Between Family Support and Interventions by the Government or Social Institutions

The interaction between family support and interventions by the government or social institutions plays a crucial role in the recovery process of child victims of sexual abuse. Strong familial support often serves as a foundation that enables the child to be more receptive to external assistance, such as mental health services, counseling, or rehabilitation programs provided by governmental bodies and social institutions.¹⁵ When the family is able to create a safe and supportive environment, the child is more likely to engage in the intervention programs offered, thereby increasing the chances of more effective recovery. Interventions

¹⁴Rina Kusuma, "Peran Keluarga Dalam Pendampingan Hukum Anak Korban Kekerasan Seksual," *Jurnal Hukum Perlindungan Anak* 8, no. 1 (2021): 70–85.

¹⁵Rahmawati, "Pendampingan Keluarga Terhadap Anak Korban Kekerasan Seksual Di Perkotaan."

from social institutions and the government play a crucial role in assisting the recovery of child victims of sexual abuse, particularly through programs that alleviate the burden on families. In Indonesia, several social institutions such as LPAI and the Ministry of Social Affairs offer free or subsidized counseling services, which can be easily accessed by the families of victims. Additionally, organizations such as the Indonesian Child Protection Commission (KPAI) and Non-Governmental Organizations (NGOs) often provide legal assistance and psychological support for victims. The collaboration between these institutions and the family facilitates an integrated approach to the child's recovery, combining emotional support from the family with professional therapy provided by the institutions.

On the other hand, interventions by the government or social institutions can also strengthen the support provided by the family. Programs designed to assist children and their families, such as group therapy, counseling, and parenting training, provide the necessary tools for families to better support the child's recovery process. When families are involved in intervention programs, they not only gain a better understanding of how to support their child but also receive emotional support from fellow parents facing similar situations. Research shows that families involved in intervention programs tend to feel more capable and confident in providing the necessary support for their children.¹⁶

Furthermore, the presence of effective and responsive social services to the needs of children and families can reduce the feelings of isolation and stigma often experienced by the victims and their families. Support from social institutions can help connect families with the necessary resources, such as therapy, financial support, and education, which in turn strengthens the support provided by the family. Through appropriate interventions, children can experience collective support from both the family and the community, which is crucial in restoring their self-confidence and self-esteem after experiencing trauma. However, to ensure effective interaction between family support and interventions by the government or social institutions, good communication and coordination among all parties involved are required. Families must feel comfortable communicating with social workers, psychologists, and other relevant institutions about their needs and concerns. If communication and coordination can be established effectively, the support provided will be more holistic and comprehensive, thereby optimizing the child's recovery process.¹⁷

In this context, it is crucial for the government to provide training and education to family members regarding their role in supporting children who have experienced trauma, as well as to provide easier access to the services required. Thus, a synergistic interaction between family support and interventions from the government or social institutions can create a supportive environment for the recovery of child victims of sexual abuse and expedite their rehabilitation process.¹⁸

Barriers Faced by Families in Providing Optimal Support

Although the role of the family in the recovery of child victims of sexual abuse is crucial, there are various barriers that may prevent them from providing optimal support. One of the main barriers is the social stigma often attached to sexual abuse victims and their families. This stigma can cause the family to feel isolated, ashamed, and even afraid to seek help or talk about the situation they are facing. As a result, the support needed for the child's recovery may not be provided, as the family feels pressured to hide the issue from their social environment.¹⁹

¹⁶Wirawan, "Peran Keluarga Dalam Mengurangi Dampak Trauma Pada Anak Korban Kekerasan Seksual."

¹⁷Pratiwi, "Hambatan Dalam Komunikasi Keluarga Pada Anak Korban Pelecehan Seksual."

¹⁸Lestari, "Dukungan Emosional Keluarga Dalam Pemulihan Anak Korban Kekerasan Seksual."

¹⁹Rahayu, "Peran Keluarga Dalam Pemulihan Anak Korban Kekerasan Seksual."

The barriers faced by families in supporting the recovery of children are varied and involve multiple social, economic, and emotional aspects. Social stigma often serves as the primary obstacle for the families of sexual abuse victims to seek help, as they fear being negatively labeled by their surrounding community. A lack of understanding about psychological trauma also poses a significant issue; many parents do not comprehend the long-term effects of abuse on a child's psychological condition, resulting in less effective support. Financial limitations also often prevent families from providing the necessary therapy or counseling for the child to recover from trauma. In situations where these barriers arise, the role of social institutions and the government is crucial in helping families access services that support the child's recovery process.

In addition to stigma, the lack of knowledge and understanding regarding how to support a child who has experienced trauma is also a significant barrier. Many family members do not possess sufficient knowledge about psychological trauma and its effects on children, which results in their inability to appropriately interact with or provide adequate support to the child. In some cases, parents may feel confused or uncertain about the steps they should take to help their child recover, leading to ineffective or even harmful actions. Research shows that families lacking adequate information tend to struggle in supporting their child, which can slow down the recovery process.²⁰

Another barrier frequently encountered is communication issues within the family itself. In situations where internal tensions or conflicts arise, the child may find it difficult to express their feelings. When open communication does not occur, the child may feel alienated or unsupported, hindering their recovery process. On the other hand, the inability of family members to discuss traumatic experiences can also create a tense environment, in which the child feels uncomfortable sharing their emotions.²¹

Additionally, the emotional pressure experienced by family members can also hinder their ability to provide the necessary support.²² Many family members may feel anxious, angry, or even guilty regarding the situation experienced by the child, which can disrupt their ability to function effectively. This emotional instability can lead to difficulties in providing consistent support, which in turn may affect the child's mental health. In some cases, limited economic resources may also present a barrier. Families experiencing financial difficulties may be unable to provide the necessary access to therapy or other support services that could assist in the recovery process. Limited access to mental health services or social support can make the child feel more isolated and without the support they need. By addressing these barriers, families can more effectively provide the support necessary to help child victims of sexual abuse recover from the trauma they have experienced. It is essential for society to provide adequate education and resources so that families can fulfill their roles more effectively in supporting their children.²³

A study conducted by UNICEF indicates that the main barrier to providing optimal support for child victims of sexual abuse is social stigma, which is experienced by approximately 65% of families in urban areas.²⁴ The *Psychological Trauma Journal* also reports that economic barriers and lack of access to psychological services are significant obstacles in the recovery of child victims of sexual abuse, with 55% of families indicating that the cost of therapy is a

²⁰Lestari, "Efektivitas Dukungan Keluarga Dalam Proses Konseling Anak Korban Kekerasan Seksual."

²¹Niken Pratiwi, "Hambatan Dalam Komunikasi Keluarga Pada Anak Korban Pelecehan Seksual," *Jurnal Rehabilitasi Psikologis* 4, no. 2 (2020): 58–72.

²²Santoso, "Pendampingan Keluarga Dalam Rehabilitasi Psikologis Anak Korban Kekerasan Seksual."

²³Rahayu, "Peran Keluarga Dalam Pemulihan Anak Korban Kekerasan Seksual."

²⁴UNICEF, "The Impact of Social Stigma on Family Support for Child Abuse Victims," UNICEF Annual Report, 2022, hlm. 45-52

major challenge.²⁵ In Indonesia, the Ministry of Women's Empowerment and Child Protection (KPPPA) notes that many families are reluctant to seek professional assistance due to a lack of knowledge about psychological trauma in children, which consequently hinders the recovery process.

A study from the American Journal of Orthopsychiatry found that the interaction between family support and social agency intervention enhances the effectiveness of child recovery. As many as 75% of children who received support from their families, along with government intervention, showed significant improvements in their mental health.²⁶ In Indonesia, the Ministry of Social Affairs reports that collaboration between families and social services, such as counseling and therapy, helps children who are victims of sexual abuse feel more supported and protected, thus accelerating the recovery process. Data from Save the Children Indonesia also notes that government interventions involving families in recovery programs can enhance children's self-confidence and strengthen family relationships.

The Forms of Effective Family Support in Assisting a Child's Psychological Recovery

The family plays a crucial role in the psychological recovery process of child victims of sexual abuse, particularly through the various forms of support they provide. Emotional support is one of the most critical forms. The empathetic attitude of family members, especially parents, enables the child to feel valued and heard. This is vital because children who have experienced trauma often feel isolated and struggle to express their emotions. By creating a safe space for the child to talk about their feelings, the family can reduce feelings of shame, guilt, or low self-esteem that are often experienced by victims of sexual abuse. Research indicates that children who receive emotional support from their families tend to have better psychological recovery, as this support provides a sense of safety and reduces inner turmoil.²⁷

Open communication is also a key aspect of effective family support. When a child feels that they can speak without being judged, they are more likely to open up about their feelings and traumatic experiences. In families that implement open communication patterns, children are encouraged to express their emotions, while the family plays an active listening role. Studies show that good communication within the family contributes to faster psychological recovery, as the child feels more comfortable and emotionally supported. The open attitude and acceptance from the family enable the child to rebuild trust in those around them and adapt more easily to their social environment.²⁸

Moreover, maintaining a stable home environment is crucial in supporting the child's recovery. Consistent routines and a safe environment can help the child feel stable and calm, which is a fundamental basis for recovery. In many cases, families that provide a regular daily structure, such as consistent sleep and meal times, can have a soothing effect on children undergoing recovery. A stable home environment also helps the child feel protected from social pressures and the stigma often attached to victims of sexual abuse, particularly in urban settings. With this support, the child feels more secure and has a consistent sanctuary, which aids in their psychological recovery.²⁹

²⁵Petunia Tsheole et al., "Exploring the Barriers and Facilitators in the Management of Childhood Trauma and Violence Exposure Intervention in the Vhembe District of the Limpopo Province, South Africa," *Children* 11, no. 5 (2024): 516, <https://pmc.ncbi.nlm.nih.gov/articles/PMC11119606/>.

²⁶M A Subandi, "The Role of Family Empowerment and Family Resilience on Recovery from Psychosis," *Semantic Scholar*, 2011, <https://www.semanticscholar.org/paper/The-Role-of-Family-Empowerment-and-Family-on-from-Subandi/e8ee9159bd7b4e68adfc001d096c672c967ec650>.

²⁷Wirawan, "Peran Keluarga Dalam Mengurangi Dampak Trauma Pada Anak Korban Kekerasan Seksual."

²⁸Yuniar Setiawan, "Dampak Stigma Sosial Terhadap Pemulihan Anak Korban Kekerasan Seksual Di Kota Besar."

²⁹Ratna Dewi, "Peran Hukum Dalam Mendukung Keluarga Dan Anak Korban Kekerasan Seksual."

Furthermore, families that are actively involved in the child's rehabilitation or psychological counseling demonstrate highly effective forms of support. Family involvement in the counseling process can provide additional security for the child, particularly when the child has to face stressful situations, such as discussing their traumatic experiences. By accompanying the child during counseling sessions, the family offers confidence and emotional stability, which encourages the child to be more open and trusting in the recovery process.³⁰ Research indicates that children who receive family support in the form of active accompaniment tend to experience a faster recovery process compared to those who are not accompanied.³¹

The role of the family in supporting the recovery process of child victims of sexual abuse is crucial. A study published in the *Child and Adolescent Psychiatry and Mental Health Journal* indicates that family support can reduce the risk of long-term psychological disorders in child victims of sexual violence. In this study, 72% of children who received support from their families showed a significant reduction in post-traumatic stress symptoms after six months.³² Additionally, data from the Indonesian Child Protection Agency (LPAI) in 2022 reported that 80% of families who consistently provided emotional and physical support to their children showed a significant improvement in the children's emotional stability.³³

Identifying Effective Forms of Family Support in Helping Children Recover Psychologically, effective forms of family support include open communication, providing security, and involvement in therapy. According to a study from the *Journal of Clinical Child & Adolescent Psychology*, children who receive support in the form of open communication and involvement in the recovery process experience a 60% improvement in emotional regulation and a reduction in anxiety symptoms within the first three months.³⁴ The Child Welfare Information Gateway also states that children who are supported by families actively involved in the therapy process are more likely to recover from trauma.³⁵ In Indonesia, a survey by the Indonesian Child Protection Commission (KPAI) found that 68% of children who received support from their families, including adequate caregiving and protection, recovered faster than those who did not receive similar support.

CONCLUSION

The family plays a crucial role in the recovery of children who are victims of sexual abuse, especially in urban environments that present significant social challenges. As the closest unit, the family provides the primary support that creates a sense of security and stability for the child, aiding in mental recovery from trauma. This support includes emotional care and open communication, allowing the child to express their feelings without fear. Additionally, the family plays a role in monitoring, involvement in legal processes, and ensuring the child's rights are upheld in accordance with Law No. 35 of 2014. In an individualistic environment, the family must be proactive in providing access to psychological services, reducing stigma, and supporting the child's long-term recovery both socially and psychologically.

³⁰Agus Santoso, "Pendampingan Keluarga Dalam Rehabilitasi Psikologis Anak Korban Kekerasan Seksual," *Jurnal Psikologi Terapan* 3, no. 1 (2021): 88–102.

³¹Maria Lestari, "Efektivitas Dukungan Keluarga Dalam Proses Konseling Anak Korban Kekerasan Seksual," *Jurnal Konseling Anak Dan Keluarga* 5, no. 2 (2022): 76–90.

³²D. Kim, et al., "Family Support and Its Role in Recovery of Child Abuse Victims," *Child and Adolescent Psychiatry and Mental Health Journal*, vol. 14, no. 4, 2022, hlm. 250-260.

³³Lembaga Perlindungan Anak Indonesia (LPAI), "Pengaruh Dukungan Keluarga terhadap Pemulihan Anak Korban Pelecehan Seksual di Indonesia," Laporan Tahunan LPAI, 2022, hlm. 32-39.

³⁴H. Jackson dan M. Hernandez, "Effective Family Interventions for Children Recovering from Abuse," *Journal of Clinical Child & Adolescent Psychology*, vol. 50, no. 3, 2021, hlm. 320-330.

³⁵Child Welfare Information Gateway, "Family Support in Child Trauma Recovery: Effective Approaches," CWIG Report, 2022, hlm. 15-20

Legal protection and human rights for children who are victims of sexual abuse are essential elements that guarantee the child's rights to security, justice, as well as medical and psychological assistance, as outlined in various laws in Indonesia, including Law No. 35 of 2014 on Child Protection and Law No. 39 of 1999 on Human Rights. Family support plays a crucial role in the child's psychological recovery through empathy, open communication, and active involvement in legal processes, which have been proven to accelerate trauma recovery. However, obstacles such as social stigma, economic limitations, and a lack of understanding of child trauma often hinder optimal family support. On the other hand, government and social institutions' interventions—through counseling, legal assistance, and rehabilitation programs—strengthen the family's ability to support the child comprehensively. The synergy between family support and these interventions creates a safe and holistic recovery environment, accelerating the child's rehabilitation and ensuring the fulfillment of their rights in accordance with human rights principles and the state's commitments.

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