

# POST TRAUMA STRESS DISORDER IN VICTIMS OF TRAFFICKING AT THE KUSUMA BONGAS FOUNDATION, INDRAMAYU DISTRICT

**Gameta Syifa Ardina**

Politeknik Kesejahteraan Sosial Bandung, [syifagameta@gmail.com](mailto:syifagameta@gmail.com)

**Pribowo**

Politeknik Kesejahteraan Sosial Bandung, [pribowostks@gmail.com](mailto:pribowostks@gmail.com)

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## *Abstract*

The COVID-19 pandemic has increased the number of victims of trafficking in persons due to economic constraints. Victims of trafficking in persons experience various problems as a result of their traumatic experiences, making them vulnerable to experiencing indications of post-traumatic stress disorder (PTSD). Individuals with PTSD experience impairment in social functioning for more than six months. This research aims to determine the description of PTSD in trafficking victims, which can be seen from five aspects, namely re-experiencing, avoidance, negative alternations, hyperarousal, and social aspects. This research is descriptive research with quantitative methods. Respondents of this study were victims of trafficking in persons at the Kusuma Bongas Foundation in Indramayu using a census sample that used all members of the population as many as 32 people. The data collection instrument used was guided by the PTSD screening standard measurement tool published by DSM-V, namely PTSD Checklist-5 (PCL-5) with the addition of question items on social aspects. This instrument has been tested valid and reliable. The data collection technique used is the distribution of questionnaires with the home visit method. The results showed that there were 10 victims of trafficking who experienced indications of PTSD at the Kusuma Bongas Foundation with a percentage of 31.25% and all aspects of PTSD were included in the low category. The results of the problem analysis show that avoidance aspects and social aspects have high scores. The results showed that respondents tended to experience disturbances in their social aspects so that they needed a treatment program with reference to the perspective of social work.

## **Keywords:**

*Post Traumatic Stress Disorder; Human Trafficking; Social Group Work.*

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## INTRODUCTION

Victims of trafficking in persons according to Law No. 21 of 2007 concerning the Eradication of Trafficking in Persons are individuals who experience psychological, mental, physical, sexual, economic and social problems as a result of the crime of trafficking in persons. Data from the Witness and Victim Protection Agency (LPSK) in 2021 provides information that there were 210 victims of the Crime of Trafficking in Persons with a total of 75 male victims, while 135 female victims with an age range of 30 children and all of them were female, as well as 180 adults consisting of 75 adult males and 105 females. This proves that women are very vulnerable to becoming victims of human trafficking and the same thing was also stated by the 2020 Online Information System for the Protection of Women and Children (SIMFONI PPA) that the number of women and children who became victims of non-criminal trafficking in persons (TPPO) increased by 62, 5 percent. These data prove that Indonesia is very rife with cases of trafficking in persons, especially against women.

Information provided by the Kusuma Bongas Foundation in Indramayu, which is struggling for the psychological recovery of victims of trafficking in persons, said that due to the COVID-19 pandemic, trafficking in persons has increased due to economic constraints. Where this is very much in line with the three characteristics of victims of trafficking in persons in Indonesia, namely having an age range

of 31-52 years for forced labor and an age range below 30 years for victims with the aim of sexual exploitation, having a low level of education and understanding of procedures, and having an economic low (Syamsyudin, 2020:52). Economic problems are the reason a person is involved in a trafficking case because he is tempted by offers from several agents to work with high salaries but turns out to be deceived by not being given an appropriate salary and experiencing treatment that violates human rights.

Victims of trafficking in persons have different experiences of suffering, such as being held captive, physical violence, or sexual harassment during their trafficking period, which ranges from a month to a year (Syamsuddin, 2020). The duration of being a victim of trafficking in persons for a long time filled with feelings of fear makes them increasingly traumatized and loses their identity and has no hope for their future. Victims tend to isolate themselves from social interaction, have feelings of helplessness and self-blame and experience mental pressure and psychotic disorders (Aronowitz, 2009).

The London School of Hygiene & Tropical Medicine in 2006 collaborated with international and national organizations to find out the suffering experienced by women victims of trafficking in persons from 14 countries, this study proved that from a mental health perspective, 56 percent of KPO women experienced symptoms of mental disorders. PTSD and 38 percent of victims reportedly attempted suicide

and 95 percent experienced depression (Syamsudin, 2020:13).

The traumatic experience that the victim has experienced greatly disrupts his life, especially if the traumatic event that has been going on for more than one month is still an obstacle to his daily activities. If this problem is not handled, it can be an indication of an adjustment disorder called Post Traumatic Stress Disorder (PTSD). According to the American of Psychology Association (APA), Post Traumatic Stress Disorder (PTSD) is an experience of a person who experiences a traumatic event that can cause disruption to the individual's self-integrity so that the individual is afraid, helpless and traumatized (Townsend, 2009; Varcarollis, 2010).

Trafficking victims may develop PTSD as a result of direct exposure to trauma involving a life-threatening event or witnessing death, serious physical injury, or sexual assault or witnessing another person's trauma or knowing that a close friend or family member experienced the incident or violence that triggered the trauma . In addition, victims of trafficking in persons who experience a history of sexual abuse in childhood, lack of social support, and limited coping skills can increase PTSD-indicated risk factors (DSM-V, 2013: 220).

Factors that cause PTSD are divided into three, namely biological, psychological, and social factors. Biological factors due to disturbances in brain function, especially the amygdala and other parts, disturbances in the regulation of anxiety mechanisms and also the presence of genetic factors.

Psychological factors, namely past experience and social support and family dysfunction. Social factors are related to social support and emotional support, where the higher the social support and emotional support a person receives, the lower the post-traumatic stress disorder they experience (Pratiwi, C.A., Karini, S.M., & Agustin W. R. 2012: 90).

Symptoms of Post Traumatic Stress Disorder (PTSD) according to the DSM-V are the presence of one or more of the following symptoms related to the traumatic event that began after the traumatic event occurred:

- a. Exposure to life-threatening traumatic events, serious injury, or sexual assault
- b. Feelings of re-experiencing the traumatic event (re-experiencing), this feeling can manifest in the form of flashbacks, nightmares, and negative emotions towards the traumatic event
- c. The desire to avoid stimuli that remind of traumatic events and feelings of numbness (avoidance), avoidance both to individuals, behaviors, situations, and places.
- d. Negative alternations in cognition and mood associated with the traumatic event that begin or worsen after the traumatic event occurs (negative alternations)
- e. Marked changes in arousal and reactivity associated with the traumatic event (hyperarousal)
- f. Symptoms occur for a month or more after the traumatic event
- g. the disorder causes clinically significant distress and interferes

with carrying out important social, occupational, or other functions

- h. The symptoms are not caused by the psychological effects of a substance (drug or alcohol) or another medical condition.

Victims of trafficking in persons have characteristics and a high probability of suffering from Post Traumatic Stress Disorder (PTSD). If this disorder is not treated, it can interfere with the social functioning of the victims, and the longer it is left untreated, the longer the healing process will take. Victims of trafficking in persons who experience PTSD experience difficulties in carrying out their social duties and roles, as well as dealing with problems in their lives because they often experience PTSD symptoms according to the American Psychiatric Association (APA, 2013) such as re-experiencing (trafficking victims' reactions to the emergence of memories of events, avoidance (actions of trafficking victims to avoid the occurrence of traumatic events), negative alternations (trafficking victims' assessment of themselves and their surroundings after a traumatic event), hyperarousal (physiological responses in the bodies of trafficking victims after a traumatic event), social (trafficking victim's behavior people in living their social life after a traumatic event).

One of the criteria for someone who is indicated to have PTSD is the inability to live their work and social life and other functions for more than one month (Diagnostic and Statistical

Manual of Mental Disorder-V). Someone who experiences PTSD has problems in terms of social functioning for more than one month which if left untreated can cause other disturbances, so this is an interesting issue to be researched by the social work profession. An individual's social dysfunction greatly affects all aspects of his life where this affects the individual's self-cognitive behavior. This research is an interesting issue within the social work profession as a basis for developing PTSD management programs for victims of trafficking in persons based on a social work perspective that focuses on the concept of person in environment. A similar matter related to the need for a social worker profession in handling PTSD was also directly stated by the National Center of PTSD which stated that psychologists and social workers had the right to provide assistance and diagnoses.

Dobson and Dobson's (2009) in the book *Modern of Social Work Therapy*, states that there is effectiveness in handling various problems such as anxiety, phobias, depression and post traumatic stress disorder (PTSD) by carrying out Cognitive Behavior Therapy (CBT) and according to Thyer and Kazi, a social workers have a responsibility in providing problem solving with CBT (Payne, 2013: 152). The description that has been mentioned above is proof that a social worker has relevance in handling cases of post traumatic stress disorder (PTSD)..

The Kusuma Bongas Foundation in Indramayu Regency is the only social welfare institution that focuses on the

problems of victims of trafficking in persons in Bongas District. This institution helps assist victims of trafficking in persons from repatriation to recovery cases originating from referrals from the Ministry of Women's Empowerment and Child Protection and the Social Service. The Kusuma Bongas Foundation is known both domestically and abroad as evidenced by the partnerships it has undertaken so that research conducted at this location can be more beneficial because it can be used as a basis for thinking in determining PTSD treatment programs for Victims of Trafficking in Persons. Based on Beneficiary Data at the Kusuma Bongas Foundation in 2022, there are 32 victims of trafficking in persons who become beneficiaries at the Kusuma Bongas Foundation.

Based on the results of the researcher's interview with the management of the Kusuma Bongas Foundation regarding victims of trafficking in persons, there are many cases of trafficking in persons in Indramayu, both in the form of forced labor and sexual exploitation. Many victims experience stress and even depression as a result of these traumatic events, and some victims still experience excessive fear when faced with normal situations related to these traumatic events. In addition, beneficiaries at the Kusuma Bongas Foundation are women, where women have a high level of vulnerability to the problem of trafficking in persons.

Based on the description above regarding victims of trafficking in persons, trauma, Post Traumatic Stress

Disorder, and the problems that exist at the Kusuma Bongas Foundation, the researcher is interested in conducting research on "Post Traumatic Stress Disorder (PTSD) for Victims of Trafficking in Persons at the Kusuma Bongas Foundation, Kab. Indramayu". Researchers are interested in raising the title of this study to find out the description of PTSD experienced by victims of trafficking in persons at the Kusuma Bongas Foundation, Indramayu Regency.

## **METHOD**

The research method used in conducting this research uses a research method with a quantitative approach. The quantitative approach was chosen because it is in accordance with the research problem and research strategy, where the problem chosen requires identification and understanding of predictive results and to test a hypothesis that has been formulated, not to produce new findings that can be used as a reference for theory formation. This research uses quantitative research methods with descriptive surveys and census methods or total sampling in collecting data because all members of the population are under 100 so that all are used as respondents in the study. The research used the entire population as a sample with a total sample of 32 people who were victims of trafficking in persons at the Kusuma Bongas Foundation.

The measuring tool used is guided by the standard measuring tool in PTSD screening published by DSM-V in

2013 with the addition of three question items related to social aspects which are included in the PTSD indicator. The measuring instrument used was the PTSD Checklist-5 (PCL-5), which the researchers obtained from submitting an instrument via email from the National Center of PTSD in the U.S.

The validity test is carried out using the type of face validity that has been declared valid by the expert. In this study the reliability test was carried out on 15 victims of trafficking in persons at the Bambu Apus Safe and Trauma Center House, Jakarta which was carried out using the Alpha Cronbach formula using the SPSS statistics 25 application with a reliability test result of 0.922 in the good category.

The data sources used in this study consist of primary data sources and secondary data sources. Data collection techniques used are questionnaires and documentation studies. Quantitative data analysis techniques were carried out by editing data, grouping data, tabulating data, calculating data, and interpreting data.

## RESEARCH RESULT

The results of this study are a description of the answers to the statement items given to respondents through a questionnaire. Researchers present research results in the form of descriptive sentences, diagrams and tables to facilitate data analysis.

Respondents were categorized based on age, namely as follows:

Agen	Total	Percentage
21 – 30 years	8 people	25%
31 – 40 years	7 people	21,875%
41 – 50 years	17 people	53,125%
<b>Total</b>	<b>32 people</b>	<b>100%</b>

Source: Research Result Data for 2022

Respondents in this study were 32 people, most of whom were in the age range of 41-50 years, namely 17 people or 53.125%, while respondents based on age were at least 7 people, namely 21.875%. Respondents in this study were all female and did not consume addictive substances such as drugs or alcohol.

Respondents were also categorized based on education, with the following table:

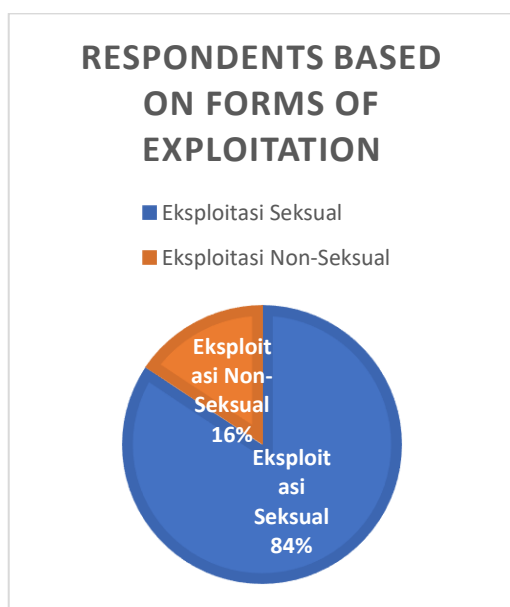
Education	Total	Percentage
SD	24 people	75%
SMP	4 people	12,5%
SMA/ sederajat	4 people	12,5%
<b>Total</b>	<b>32 people</b>	<b>100%</b>

Source: Research Result Data for 2022

Respondents were dominated by respondents who had an elementary

school education level (SD), namely 24 people with a percentage of 75%.

In determining PTSD, respondent data is needed based on the form of exploitation, the respondent diagram is based on the form of exploitation, namely as follows:



Based on the form of exploitation, research respondents were divided into two, namely sexual exploitation and non-sexual exploitation with more cases of non-sexual exploitation as many as 27 people with a percentage of 84.375%, while respondents who experienced sexual exploitation were 5 people or 15.625%. The results of research on all aspects of research related to post-traumatic stress disorder (PTSD) are as follows:

**a. Aspects of Re-experiencing**

The re-experiencing aspect of post-traumatic stress disorder (PTSD), namely the reaction of trafficking victims to the emergence of memories of traumatic events. Based on this, there are five question

items in the re-experiencing questionnaire. The researcher did the calculation to determine the score limit in order to find out each level of category or class which was divided into three categories, namely low, medium and high to determine the level of re-experiencing experienced by victims of trafficking in persons. The questionnaire to find out the aspects of re-experiencing is divided into four questions:

1. Feelings arise memories and involuntary thoughts about the traumatic experience of being a victim of trafficking.
2. Recurring nightmares about the traumatic experience.
3. The traumatic feeling that the traumatic experience has suddenly happened again (as if experiencing it again).
4. Feeling very disturbed when something reminds you of the traumatic experience
5. Exaggerated physical reaction when there is something that reminds of the experience.

The researcher made a recapitulation of the re-experiencing aspect based on each question. The table of the recapitulation can be seen below:

Inquiry Number	Alternative Answers					Total Score
	0	1	2	3	4	

1.	12	6	4	7	3	47
2.	26	1	2	1	2	16
3.	23	2	2	2	3	24
4.	18	1	6	4	3	37
5.	21	3	3	2	3	27
<b>Total Score</b>						151

The results of the study on the re-experiencing aspect proved that many respondents had never experienced the feeling of accidentally appearing memories and thoughts about traumatic experiences with a percentage of 37.5%, and the percentage of respondents who had not experienced recurring nightmares for six months was 26 people. with a percentage of 81.25%. The data obtained from the results of the study showed that there were 23 respondents who did not experience flashbacks with a percentage of 71.875%.

The data recapitulation stated that there were more respondents who did not feel disturbed when something reminded them of the traumatic experience, namely 18 people with a percentage of 56.25% and as many as 21 people with a percentage of 65.625% did not experience excessive physical reactions when remembering traumatic experiences.

The overall score obtained in research related to PTSD in the re-experiencing aspect is 151 with a

maximum total score of 640 with an interval of 213. Following are the score limits for low, medium and high categories, namely as follows:

1. Low = 0 – 213
2. Medium = 214 - 427
3. High = 428 - 640

The PTSD-Checklist 5 (PCL-5) screening calculation states that a person experiences the re-experiencing aspect if he experiences at least one of the five question items, where based on the results of the study there are 16 people who experience the re-experiencing aspect with a low classification/category. The re-experiencing aspect is in a low category because the element of different conditions and situations in other countries and Indonesia makes it easier for respondents not to come into contact with the emergence of memories about the experience of being a victim of human trafficking..

#### **b. Aspect of Avoidance**

Avoidance is one aspect that indicates a person is experiencing PTSD, where the diagnostic criteria are the behavior of avoiding all forms related to previous trauma events, whether in the form of memories, thoughts or feelings, people, places, conversations, activities, objects, or situations that evoke traumatic memories. .

Based on this, there are two question items in the avoidance questionnaire. The researcher did the calculation to determine the score



limit in order to find out each level of category or class which was divided into three categories, namely low, medium and high to determine the level of avoidance experienced by victims of trafficking in persons. The questionnaire to find out aspects of avoidance is divided into two questions, namely:

1. Avoidance of memories, thoughts or feelings related to the traumatic experience of being a victim of trafficking in persons
2. Avoidance of things related to traumatic experiences such as people, places, conversations, activities, objects, or situations

The researcher made a recapitulation of the re-experiencing aspect based on each question. The table of the recapitulation can be seen below:

Inquiry Number	Alternative Answers					Total Score
	0	1	2	3	4	
1.	17	1	5	5	4	42
2.	16	5	0	6	5	43
<b>Total Score</b>						85

Source: Research Result Data for 2022

Based on the results of the study, there were 17 people or 53.125% of people who had never avoided memories, thoughts or feelings related to traumatic experiences who became victims of trafficking in persons, while respondents who experienced avoidance of things related to traumatic events were more than twice a month there are 11 people

with a total percentage of 34.375%. This proves that respondents who have never experienced avoidance of traumatic things with respondents who have experienced avoidance have the same percentage of 50%.

The overall score obtained in studies related to PTSD on the avoidance aspect is 85 out of a maximum total score of 256 scores. Based on the calculations that have been done, an interval of 85 is obtained. Therefore, the score limits for the low, medium and high categories are as follows:

1. Low = 0 – 85
2. medium = 86 - 171
3. High = 172 – 256

Based on this calculation process, it was found that the avoidance aspect in post traumatic stress disorder in victims of trafficking in persons is in the low category which has a score of 85. This calculation proves that among the 32 people who are victims of trafficking in persons at the Kusuma Bongas Indramayu Foundation, only a few experience avoidance aspects. Meanwhile, according to calculations adjusted for the PCL-5 instrument guidelines, there were 15 people who met the PTSD criteria on the avoidance aspect. The differences in the forms of victims of trafficking in persons based on their exploitation prove that there are more forms of sexual exploitation that lead to high aspects of avoidance.

### c. Aspek *Negative Alternations*

The negative alternations aspect is an indicator of the occurrence of PTSD, where the negative alternations aspect is related to the respondent's assessment of himself and the surrounding environment after the traumatic event occurred. Someone who has had a traumatic experience has difficulty remembering important things/points from their traumatic experience, they unconsciously forget some important points so they don't hurt themselves too much.

Based on this, there are seven question items in the negative alternations questionnaire. The researcher performs calculations to determine the score limit in order to find out each level of category or class which is divided into three categories, namely low, medium, and high to determine the level of negative alternations experienced by victims of trafficking in persons. The questionnaire to find out the negative aspects of alternations is divided into seven questions:

1. Has difficulty remembering important details from the traumatic experience.
2. Have negative prejudices about yourself, the environment, and the world.
3. Blaming yourself or others for what happened to yourself or whatever happened after experiencing a traumatic

experience of being a victim of trafficking in persons.

4. Having strong negative feelings
5. Losing interest in doing activities that used to be enjoyable
6. Feeling alienated from others
7. No longer able to feel positive things after a traumatic experience

The researcher made a summary of the negative aspects of alternations based on each question. The table of the recapitulation can be seen below:

Inquiry Number	Alternative Answers					Total Score
	0	1	2	3	4	
1.	27	5	0	0	0	5
2.	21	4	3	2	2	24
3.	18	2	0	8	4	34
4.	19	5	1	2	5	33
5.	21	4	5	1	1	21
6.	27	2	1	1	1	11
7.	25	2	1	0	4	20
<b>Total Score</b>						148

Source: Research Result Data for 2022

The results of the study proved that as many as 27 respondents with a percentage of 84.375% had no difficulty remembering important points/points of their traumatic experiences, in fact

they had strong memories of these experiences and they were still clearly pictured in their minds. Respondents in the study also tended not to have negative prejudices about themselves and their surroundings as many as 21 people with a percentage of 65.625% and as many as 18 people or with a percentage of 56.25% never blamed themselves or others for what happened to themselves while they were victims of trafficking person. Respondents who blamed the traumatic experience tended to be victims of trafficking in persons with forms of sexual exploitation.

Social support from the local community in Bongas District is quite high so that as many as 27 people with a percentage of 84.375% do not feel isolated from their surroundings and as many as 25 people with a percentage of 78.125% of respondents can still feel positive things after a traumatic experience. Based on the results of the research that has been done, a recapitulation is obtained which shows that question item number 10 (ten) gets the highest score in the aspect of negative alternations, namely blaming oneself or others for what happens to oneself or whatever happens after experiencing a traumatic experience of being a victim of trafficking person.

The overall score obtained in research related to PTSD on the negative alternations aspect was 148 out of a maximum score of 896 and included in the low category. Based

on calculations adjusted to the guidelines for the PCL-5 instrument to find indications of PTSD, respondents must fulfill two of the seven indicators outlined in the form of questions in items number 8 to 14. Respondents who met PTSD criteria in the aspect of negative alternations were 12 people.

#### **d. Hyperarousal aspect**

The hyperarousal aspect is a physiological response in the respondent's body that is exaggerated as a result of the traumatic experience. Based on this, there are six question items in the hyperarousal questionnaire. The researcher performs calculations to determine the score limit in order to know each level of category or class which is divided into three categories namely low, medium, and high to determine the level of hyperarousal experienced by victims of trafficking in persons. The questionnaire to find out the hyperarousal aspect is divided into six questions, viz:

1. Feeling easily offended and quick to anger
2. Taking too many risks or doing things that can hurt yourself
3. Feeling more alert than before the traumatic experience
4. Often feel restless or easily startled
5. Having trouble concentrating
6. Having difficulty sleeping

The researcher made a summary of the negative aspects of alternations based on each question.

The table of the recapitulation can be seen below:

Inquiry Number	Alternative Answers					Total Score
	0	1	2	3	4	
1.	18	6	3	3	2	29
2.	22	8	2	0	0	12
3.	10	8	5	7	2	47
4.	22	1	4	4	1	25
5.	22	3	3	3	1	22
6.	17	8	1	4	2	30
<b>Total Score</b>						165

Source: Research Result Data for 2022

The results of the study regarding feelings of irritability and irritability were not experienced by many respondents, namely 18 people with a percentage of 56.25%. The hyperarousal aspect also examines the tendency of respondents to do things that are at risk of hurting themselves, where the results prove that the level of respondents doing things that hurt themselves is in the low category, namely as many as 22 people with a percentage of 68.75%, but this is inversely proportional to the increase in alert reactions that excessive which actually has a high value of 68.75%.

The hyperarousal aspect of this research instrument has 6 (six) question items with a total of 32

respondents. Data recapitulation shows that the overall score obtained in research related to PTSD on the hyperarousal aspect is 165 in the low category. Based on calculations adjusted for the PCL-5 instrument guidelines for screening PTSD on respondents, there were 13 people who matched the assessment on the hyperarousal aspect, namely having at least two of the six question items with a frequency of two or more times a month..

#### e. Social Aspect

Social aspects in a person's life can be seen from the individual's social functioning which is described in three question items related to fulfilling life's needs, interacting with other people, and carrying out appropriate roles in his life. The researcher made a recapitulation of social aspects based on each question. The table of the recapitulation can be seen below:

Inquiry Number	Alternative Answers					Total Score
	0	1	2	3	4	
1.	4	6	5	12	5	72
2.	27	1	2	1	1	12
3.	17	5	5	3	2	32
<b>Total Score</b>						116

Source: Research Result Data for 2022

Respondents who have difficulty meeting their daily needs have a frequent frequency, namely three times a month with a total of 12

people with a percentage of 37.5%. Respondents had various answers, but it could be said based on frequency that respondents tended to experience difficulties in making ends meet as a result of cases of trafficking in persons.

Difficulty in interacting with other people is an indicator of a person's problems in carrying out his social life. Based on the data obtained, as many as 27 people with a percentage of 84.375% did not experience difficulties in interacting with other people, while 15 respondents experienced difficulties in carrying out their roles in social life with different frequencies. Respondents experienced difficulties and felt they had failed in carrying out their role as a mother who had to set a good example and give enough love to her child.

The overall score obtained in research related to PTSD on social aspects is 116 out of a maximum total of 384. Based on this information, it can be concluded that victims of trafficking in persons at the Kusuma Bongas Foundation have problems with social aspects in the low category, because social support from the surrounding community is quite high.

## DISCUSSION

The results of the research that have been analyzed are described as a discussion of the description of Post traumatic stress disorder in victims of trafficking in persons at the Kusuma

Bongas Foundation, Indramayu. Researchers distributed questionnaires to determine the level of Post traumatic stress disorder experienced by all clients at the Kusuma Bongas Foundation, totaling 32 people and all of them were female. The results of the study stated that several respondents experienced traumatic events while being victims of trafficking in persons, such as experiencing physical violence or sexual harassment. The results of the entire study stated that all aspects of PTSD in respondents were included in the low interval class, so it can be concluded that even though they had traumatic experiences the respondents had a low probability of experiencing PTSD. The following describes the results of the research based on their respective aspects:

### 1. Re-experiencing aspect

The aspect of re-experiencing in post traumatic stress disorder (PTSD), namely the reaction of trafficking victims to the emergence of memories of traumatic events. Individuals who experience or witness the event directly who are included in the PTSD diagnostic criteria will generally experience the traumatic event again (re-experiencing) repeatedly either through nightmares, feeling like it is recurring (flashback), causing distress, hallucinations, and emotional responses. such as a racing heart or sweating when remembering the traumatic event.

The data that has been accumulated shows that many victims of trafficking in persons experience the appearance of involuntary memories and thoughts related to traumatic events, although with varying frequency ranges. Respondents stated that memories and thoughts that appeared unintentionally only appeared when the respondent was sad and also when he was pensive, while nightmares only occurred when the respondent was experiencing protracted sadness and when feelings of regret arose.

The difference in the location where the traumatic experience occurred made it easier for the respondents to forget the traumatic event, they made them experience only a few flashbacks. The data shows that there are as many as 3 people who experience an overreaction when something reminds them of the traumatic experience. The reactions that arise are varied but are dominated by physical reactions, the heart beats fast and sweats excessively.

The results of the data recapitulation show that the re-experiencing aspect is included in the low category. Screening with PTSD-Checklist 5 (PCL-5) states that a person experiences aspects of re-experiencing if they experience at least one of the five question items, where based on the results of the study there are 16 people who experience aspects of re-

experiencing with low classifications/categories. The re-experiencing aspect is in a low category because the element of different conditions and situations in other countries and Indonesia makes it easier for respondents not to come into contact with the emergence of memories about the experience of being a victim of human trafficking..

## 2. *Avoidance Aspect*

Avoidance is one aspect that indicates a person is experiencing PTSD, where the diagnostic criteria are the behavior of avoiding all forms related to previous trauma events, whether in the form of memories, thoughts or feelings, people, places, conversations, activities, objects, or situations that evoke traumatic memories. . The percentage of respondents who do not avoid is greater because they have been able to solve the problem and get the meaning of the problem. Several respondents stated that they had gotten the meaning of the problems they were experiencing and also believed that what happened to them was destiny, so that some of the respondents were very open and also told their cases from a positive perspective.

Respondents who still practice these mind avoidances state that they only do them before going to bed because they accidentally recall traumatic memories. Respondents who experienced avoidance of matters related to

traumatic events were respondents who had cases of violence at work and received sexual harassment. One of the respondents that we examined shared his fear of men with big bodies and black skin, the respondent said that men with these characteristics were perpetrators who had raped and beat the respondent until he was bruised, so that the respondent saw a man with these characteristics every time avoidance and still feel excessive fear. In addition, there are also respondents who avoid large trash cans because they have experience lifting large trash cans alone during the day and falling unconscious. Overreactions emerged when the respondents saw things related to their traumatic experiences such as excessive fear, anxiety, sweating, and crying.

The results of the research that has been done on the avoidance aspect are included in the low category. The calculations that have been carried out and adjusted to the guidelines for the PCL-5 instrument show that there are 15 people who meet the PTSD criteria in the avoidance aspect. The different forms of victims of trafficking in persons based on their exploitation prove that there are more forms of exploitation in the form of sexual exploitation causing a high aspect of avoidance compared to physical violence or forced labor.

### **3. *Aspects of Negative Alternations***

The negative alternations aspect is an indicator of the occurrence of PTSD, where the negative alternations aspect is related to the respondent's assessment of himself and the surrounding environment after the traumatic event occurred. A person experiencing PTSD experiences an inability to remember important parts of the trauma, loses interest in positive activities, feels distant from other people and finds it difficult to feel positive feelings such as love, and feels that the future is shortening so that they don't expect to live like a normal individual.

The results of the research conducted show things that are different from the theory where the majority of respondents' answers said they had no difficulty remembering important things/points of their traumatic experiences, in fact they have strong memories of these experiences and are still clearly pictured in their minds. On questions related to negative prejudice about oneself, only a few experienced it and that was the result of cases where respondents forced themselves to work even though their families forbade it, so that when harassment, violence, or wages were not paid they tended to regret and consider themselves useless and feel that he is bad, especially if the case he experienced was a rape case.

Only a few respondents blamed other people for what

happened to them and only respondents with cases of sexual exploitation felt it, because they were promised to work in a restaurant but turned out to be employed as sex workers and experienced sexual violence and even became sufferers of PLHIV because of this case. Respondents who have high scores tend to blame other people who trafficked them, while respondents with low scores believe that everything that happens to them is destiny and provisions from God.

Respondents are more dominated by those who do not have strong negative feelings, respondents stated that they tend to be able to solve their problems three months after the incident and can start their normal life again. For some respondents who are victims of trafficking in persons in the form of sexual exploitation, they tend to have strong negative feelings, especially feelings of shame and fear. Changes in interest in activities that used to be enjoyable did not occur in the case of victims of trafficking in persons. Respondents tended to say that there was no significant change in interest in activities they used to enjoy,

Respondents said that the community environment in Bongas District provided positive social support, so that it could help respondents in recovering from the traumatic problems they experienced and they did not feel

isolated from other people. Several respondents said that after a traumatic event, they are more able to feel affection from those closest to them and are also more able to express love to those closest to them.

The research that has been carried out proves that the negative aspects of alternations in the PTSD case of victims of trafficking in persons are included in the low category with 12 victims of trafficking in persons who meet PTSD criteria in the negative aspect of alternations.

#### **4. *Hyperarousal Aspect***

Reactions that arise due to traumatic events experienced by a person vary, such as feelings of fear, irritability, emotional decline, blame, and feelings of guilt. Individuals who have had traumatic experiences and indicated PTSD often do risky things that can hurt them. Their self-assessment turns more negative and they feel they are no longer valuable, so they often hurt themselves.

Several respondents stated that they had done things that hurt themselves by cutting and drinking dangerous liquids, but these were done during the first month after the traumatic event occurred. Respondents are now more able to accept the shortcomings that exist in themselves and have started to think positively and reduce things that can hurt them. Respondents also stated



that they felt easily agitated, uneasy and easily startled only for two months after the traumatic experience, so that for now the respondents were able to adapt and were no longer easily agitated.

Respondents still often feel like they are being watched, especially for trafficking victims who have problems with the agent who dispatched them. Many of the respondents said that as a result of their illegal escape, they had problems with the agents and were sued because their work contracts had not expired and were threatened with demands in the form of tens of millions of dollars. A statement submitted by one of the victims of trafficking in persons said that when the respondent ran away, the respondent was chased by unknown persons and was even followed from Singapore airport to Indramayu and was rescued by the police. This incident has made respondents to this day still feel excessively wary because they feel they are being watched everywhere.

The results of the study show that the opposite is true of the theory, namely difficulty in concentrating, the respondents are actually dominated by those who have no difficulty concentrating and only remember traumatic events when the situation is calm before going to bed. Other respondents were afraid of a dark and quiet room after a traumatic event occurred because the condition of the room

reminded the respondent both of the rape they had experienced and the physical violence they had experienced. Emotional support from the closest people is quite high and really helps respondents feel safe and comfortable.

This calculation proves that respondents who are victims of trafficking in persons at the Kusuma Bongas Indramayu Foundation only experience hyperarousal aspects in the low category with a total of 13 people according to the assessment on the hyperarousal aspect, namely having at least two of the six question items with a frequency of twice or more a month.

## **5. Social Aspect**

Social aspects in a person's life can be seen from the individual's social functioning which is described in three question items related to fulfilling life's needs, interacting with other people, and carrying out appropriate roles in his life. Someone who experiences PTSD according to indicators will experience an imbalance in their social life because feelings related to trauma that arise accidentally disrupt their thoughts and activities.

Respondents who are victims of trafficking in persons complete their work illegally, where they run away from the agency or their place of work. When the respondent ran away, the respondent was forced to leave his belongings by force so that he could succeed and not be known

by other people. Some respondents reported that when they failed the escape attempt, they would receive harsher punishments from their employers. In addition, the difference in wages and salaries that have not yet been paid must be given up when the respondent chooses to run away. This made respondents experience difficulties in meeting their needs after the traumatic event occurred, especially for those who had not prepared future savings.

Several respondents stated that they had no difficulty in interacting with other people because the social environment was quite good and tended to support victims because the majority of the residents looked for work by becoming Indonesian migrant workers or socially disabled women (WTS), so when there were problems such as running away illegally then it is considered normal / commonplace.

Respondents stated that there are many roles in their lives that become difficult to live, such as the respondent who is a mother who has difficulty in carrying out her role because she cannot set a good example and also give enough love to her child. Several respondents felt that they had failed to educate their children because of their traumatic experience of being abused, so they felt that they were no longer a good mother to emulate.

Based on the results of the research that has been done, a

recapitulation was obtained which showed that more respondents felt difficulties in meeting their daily needs after a traumatic event occurred compared to difficulties in interacting with other people. The results of data recapitulation related to problems on social aspects are included in the low category that experience social problems based on calculations on the PCL-5 instrument.

Based on calculations using the PTSD Checklist-5 (PCL-5) instrument, there were 10 people with a percentage of 31.25% who met the requirements for indications of post traumatic stress disorder (PTSD) at the Kusuma Bongas Foundation, Indramayu. The percentage of trafficking victims who experience indications of PTSD has a fairly high value on the percentage of PTSD. Avoidance and social aspects are aspects that have a higher score compared to other aspects, although they are still in the low category. The avoidance aspect is carried out by victims of trafficking in persons in the form of avoidance that occurs because of fear of getting retaliation, fear of having problems with the law, fear of the memory being able to hurt them again. The social aspect is related to the circumstances of their social life, namely not being able to fulfill their life needs after returning to Indonesia by running away where their salary is not fully paid, they find it difficult to carry out their role

in social functions due to feelings of shame and avoidance they do, and the difficulty they interact with others after being traumatized by the excessive fear they felt.

The problems experienced by respondents who indicated PTSD made them experience difficulties in carrying out their daily activities. Based on this, it is necessary to have a program to deal with PTSD in victims of trafficking in persons at the Kusuma Bongas Foundation, Indramayu. The program is designed to improve the ability of victims of trafficking in persons to deal with post-traumatic stress disorder (PTSD). Therefore, the researchers recommend a program for handling PTSD problems for victims of trafficking in persons with the program name "TRAUMa (No Doubt Overcoming Problems)" with the slogan "Goodbye Trauma, Come Back Together". The program contains activities aimed at making changes in dealing with PTSD problems in its members and being able to use the support systems around them in dealing with trauma through therapeutic groups. The implementation of this program involves several parties including the SBMI branch of Indramayu, professional social workers and the Office for Women's Empowerment and Child Protection (DP3A). The involvement of several parties is expected to make the program run according to the expected goals.

## CONCLUSION

This research is entitled "Post Traumatic Stress Disorder (PTSD) in Victims of Trafficking in Persons at the Kusuma Bongas Foundation, Indramayu". In general, the purpose of the research that has been done is to find out the description of post traumatic stress disorder in victims of trafficking in persons.

The researcher's initial hypothesis that all trafficking victims had high symptoms of PTSD was refuted. The results of the study prove that all aspects of PTSD which may indicate victims of trafficking in persons at the Kusuma Bongas Foundation have indications of PTSD resulting in low scores. Victims of trafficking in persons do not all experience traumatic experiences. The results of the study actually showed a significant difference to the PTSD indication score based on the form of exploitation, where PTSD indications tended to be high in victims of trafficking in persons which included forms of sexual exploitation such as rape and sexual harassment.

The results of the study also show that the aspect with the highest category that is often felt by victims of trafficking in persons is the social aspect. This proves that victims of trafficking in persons who have indications of PTSD experience difficulties in carrying out their social roles and functions. Based on this, it is necessary to have a program to deal with PTSD in victims of trafficking in persons at the Kusuma Bongas Foundation, Indramayu.

The researcher recommends a program for dealing with PTSD problems for victims of trafficking in persons with the program name "PULIH (Slowly Carving Hope Rope)" with the slogan "Goodbye Trauma, Back to Recovery Together". The program contains activities that aim to make changes in dealing with trauma and PTSD problems in its members and can use the support system around them in dealing with trauma through therapeutic groups with the hope that victims of trafficking in persons who consist of one group can provide support, reduce more severe consequences of PTSD such as experiencing other mental health disorders, helping them get information related to trauma management and ending with improving coping skills in dealing with their problems

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