

PSYCHOLOGICAL FIRST AID (PFA) SERVICES FOR CHILD VICTIMS AT UPTD PPA SURAKARTA CITY

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Abstrak: Kekerasan dalam rumah tangga (KDRT) merupakan masalah sosial yang serius di Indonesia. Kekerasan Dalam Rumah Tangga (KDRT) bisa terjadi pada siapa saja, termasuk perempuan, laki-laki dan anak-anak. Kekerasan yang disebut Kejahatan Tersembunyi ini telah memakan banyak korban. Dari sekian banyak korban kekerasan dalam rumah tangga, anaklah yang paling sering menjadi korban kekerasan dalam rumah tangga. Anak berhak memperoleh perlindungan, perhatian, kasih sayang dan pendidikan demi kesejahteraan anak. Anak juga harus mendapat perlindungan khusus untuk kepentingan fisik dan mentalnya. Banyak korban kekerasan dalam rumah tangga, terutama anak-anak, tidak mendapatkan bantuan dan perlindungan yang memadai. Diperlukan penanganan yang serius untuk mengatasi masalah ini. Unit Pelaksana Teknis Daerah Perlindungan Perempuan dan Anak (UPTD PPA) Kota Surakarta merupakan layanan dan pengobatan yang sepenuhnya memberdayakan perempuan dan anak korban kekerasan. Oleh karena itu, layanan ini memberikan penanganan terhadap kondisi psikologis klien khususnya anak-anak pada awal menghadapi masalah tindak kekerasan yang dialami, yaitu dengan penerapan Psychological First Aid (PFA). Model Psychological First Aid (PFA) yang diberikan adalah model Johns Hopkins RAPID PFA. Terdapat lima fase dalam model RAPID PFA, yaitu: Rapport, Assessment, Priority, Intervention, dan Disposition. bertujuan untuk menilai tingkat kecemasan seseorang dan membantu mencari bantuan profesional. Korban yang diberikan PFA berjumlah 3 orang berinisial D, F dan NR. Berdasarkan hasil pelayanan PFA yang dilakukan di UPTD PPA Kota Surakarta, terlihat kondisi psikologis korban secara umum dalam kategori normal. Jadi, dapat disimpulkan bahwa penerapan PFA terbukti mampu membuat korban merasa lebih tenang, aman, dan terhubung.

Kata Kunci : KDRT, Anak, UPTD PPA, PFA.

Abstract: Domestic violence (KDRT) is a serious social problem in Indonesia. Domestic violence can happen to anyone, including women, men and children. This violence, which is called Hidden Crime, has claimed many victims. Of the many victims of domestic violence, children are the most frequently victims of domestic violence. Children have the right to receive protection, attention, affection and education for the child's welfare. Children must also receive special protection for their physical and mental interests. Many victims of domestic violence, especially children, do not receive adequate assistance and adequate protection. Serious treatment is needed to deal with this problem. The Regional Technical Implementation Unit for the Protection of Women and Children (UPTD PPA) of Surakarta City is a service and treatment that completely re-empowers women and children who are victims of violence. Therefore, this service provides treatment for clients' psychological conditions, especially children at the beginning of facing the problem of violent acts

experienced, namely by implementing Psychological First Aid (PFA). The Psychological First Aid (PFA) model provided is the Johns Hopkins RAPID PFA model. There are five phases in the RAPID PFA model, namely: Rapport, Assessment, Priority, Intervention, and Disposition. aims to assess a person's level of anxiety and help find professional help. The victims given PFA were 3 people with the initials D, F and NR. Based on the results of PFA services carried out at the Surakarta City PPA UPTD, it can be seen that the victim's psychological condition is generally in the normal category. So, it can be concluded that the application of PFA has been proven to be able to make victims feel calmer, safer and connected.

Keywords: Domestic Violence, Children, UPTD PPA, PFA.

INTRODUCTION

UPTD PPA Surakarta City has quite good quality human resources in handling cases by providing complaint services, victim outreach, legal assistance, and even medical services by making referrals to Safe Houses. However, UPTD PPA still lacks workforce assistance in the field of psychology who can provide counseling services and various other psychological interventions to help clients' problems. One intervention that can be carried out in dealing with a client's psychological condition at the start of facing the problem of violent acts experienced is by implementing Psychological First Aid (PFA).

PFA or Psychological First Aid is initial psychological assistance with a method of providing assistance to individuals experiencing stress or abnormal conditions such as trauma and disasters so that they feel calm and can cope with their conditions better (Psychosocial (Zalafi, Z, 2022)). According to WHO (2011) PFA is one of the first treatment methods that is supportive, practical and humanistic, which is used to help people who are experiencing stress due to a crisis or disaster. PFA is designed to be provided immediately after a disaster occurs with a non-coercive approach and adapted to applicable norms. PFA is an approach that can not only be carried out by health practitioners such as psychiatrists or psychologists, but can also be carried out by people in times of emergency.

PFA plays a role in fostering hope in victims by feeling more connected, calm and safe. In implementing PFA there are three principles that form the process of first aid itself. These principles consist of look (observe), which means observing the environment surrounding the victim, listen, which means listening actively, and link, which means connecting the victim with his family. PFA focuses on several things, namely: 1). Facilitate the availability of practical, non-coercive care and support; 2). Introduction and fulfillment of basic needs; 3). Willingness to listen without forcing the victim to speak; 4). Willingness to make the victim feel comfortable. 5). Facilitate victims to obtain information about social services and support; 6.) Protect victims from dangerous things.

PFA (Psychological First Aid) is something that is necessary because

clients/victims who come to report at the Surakarta City PPA UPTD come with various crisis conditions such as cases of sexual violence, domestic violence, beatings, trafficking and so on. In dealing with crisis situations, handling problems arise when professional staff such as counselors, psychologists and other clinical staff are not always able to handle the effects of disasters or crisis situations experienced by victims (Winurini, 2014). At UPTD PPA Surakarta City, in handling client/victim cases, they provide assistance. The assistants tasked with assisting clients/victims in various physical to psychological problems come from various educational backgrounds and psychologists at UPTD PPA Surakarta City who can provide examination assistance services for the victim's psychological condition are only one person with only two days of work.

Based on the background mentioned, we implemented a PFA (Psychological First Aid) program for clients/victims who had symptoms of psychological disorders. Psychological disorders experienced include stress, depression, anxiety, emotional and behavioral problems. The aim of implementing Psychological First Aid (PFA) is that it is hoped to help the case support staff at UPTD PPA Surakarta City in early detection of the victim's psychological condition and providing initial treatment to the victim.

SERVICE METHOD

In overcoming the problems mentioned above, we carry out Psychological First Aid (PFA) activities for victims (clients) at UPTD PPA Surakarta City after sexual violence experienced with the aim of reducing or stabilizing acute psychological or behavioral reactions experienced by victims (client). The Psychological First Aid (PFA) model provided is the Johns Hopkins RAPID PFA model. There are five phases in the PFA RAPID model, namely: Rapport, Assessment, Priority, Intervention, and Disposition.

RESULTS AND DISCUSSION

PFA is a systematic skill for dealing with the impacts caused by disasters or crisis situations in order to reduce the emergence of negative stress and prevent the emergence of worse mental health disorders (Everly, Philips, Kane, & Feldman, 2006). PFA is defined as the presence of support and the provision of compassion designed to stabilize and reduce acute distress, as well as, facilitate access to follow-up care. PFA is first aid that is done without coercion by anyone so that survivors are heard and accompanied (Sphere, 2004). The aim of providing Psychological First Aid (PFA) is to provide a sense of security in the form of support for people who need it, encourage optimization of the functioning of people who need support, and facilitate the actions of people who need support for recovery. In carrying out PFA there are steps that can be taken or phases that are carried out which are called the RAPID model, as follows:

- R is Rapport which means relationship and reflective listening. A step taken to gain good relations with people who are experiencing difficulties.

- A, namely Assessment, which means an assessment that is used freely to obtain information about events experienced and see reactions (signs and symptoms) in response to these events.
- P is Priority, which means that after listening to the story, it will be determined how much intervention is necessary.
- I, namely Intervention, which means several efforts are made towards stabilizing and mitigating side effects by carrying out simple interventions that can be carried out.
- D is Disposition, which means that after hearing the story and providing intervention and seeing the results, you need recovery or referral to more professional staff (psychologist or psychiatrist).

Based on the RAPID model, the Team implemented PFA for victims of the Surakarta City UPTD PPA sexual violence case with implementation details as follows:

a. Building Rapport and Assessment



Picture 1. Implementation of Building Rapport and victim assessment

At this stage, we visited the victim's school on September 14 2023 for a client with the initials AJV. In implementing this stage, the psychologist and I always participate in the steps to resolve the victim's case so that it is easy to build rapport with the victim and able to create a feeling of comfort for the victim when we provide assistance. We try to calm the victim by stroking the victim's shoulders while guiding the victim to relax his breathing and saying that just relax and relax. Based on observations, the victim often came to the counseling room and told stories about what he had experienced. In carrying out this stage, during the interview process the victim with the initials AJV intensely answered the questions asked by us. AJV is very open and always responds to questions given. We pay attention to the sense of security of the victim with the initials AJV by ensuring the victim's food, drink, health and personal hygiene. After carrying out the interview stage, the victim is given psychological tests, namely the SSCT Test, BAUM Test, DAP Test, HTP Test.

b. Priorities & Intervention



Picture 2. Implementation of Building Rapport and victim assessment

After carrying out the building report and assessment, victims can be seen Symptoms of the problems experienced by AJV victims through the victim's story to us, in essence, he was a victim of domestic violence (KDRT) perpetrated by his father. And when telling the story, the victim answered with a blank look, tense, afraid, confused and still traumatized by what happened to him. Based on this, the intervention techniques used are:

1. Breathing Relaxation

In this intervention, team members provide an explanation of the benefits of doing it

relaxation. After that, the team members provide simple breathing and relaxation exercises

Relaxation music to calm the condition of victims who are anxious and have difficulty sleeping evening.

2. Art Therapy

Art therapy is used as an intervention to overcome anxiety or trauma victims by doing drawing activities. This intervention is carried out by members team because there are victims who have a hobby of drawing and find it difficult to tell stories

directly about what you are feeling right now.

c. Disposition

After carrying out Rapport, Assessment, Priority, and Intervention, then we can conclude the disposition steps we will take, namely that the victim is given a safe house. In this place, victims can be safer, more comfortable connected and can also relax from the problems that befall them.

CONCLUSIONS AND RECOMMENDATIONS

The Regional Technical Implementation Unit for the Protection of Women and Children (UPTD PPA) of Surakarta City is an agency that operates in the field of services to women and children with the aim of providing information and needs in the fields of politics, law, health, education, economics, protection and overcoming violence and trafficking against women and

children.

Cases of violence against women and children are considered quite high in the city of Surakarta and are still widespread. Based on 2021 Surakarta City UPTD PPA case report data, it is known that the total number of cases of violence against children was 53 cases. In 2022, the number of cases of violence against children will be 70. Based on data from observations made at the Surakarta City UPTD PPA complaint service, it was found that forms of violence against children and women that often occur are sexual violence, domestic violence, physical violence, bullying, child custody. One intervention that can be carried out in dealing with a client's psychological condition at the start of facing the problem of violent acts experienced is by implementing Psychological First Aid (PFA). PFA plays a role in fostering hope in victims by feeling more calm, safe and connected. It is hoped that the implementation of Psychological First Aid (PFA) can assist case assistance at the Surakarta City PPA UPTD in the initial treatment of victims. Based on the results of the disposition, the victim must be placed in a safety house. In this place, victims can be safer, more comfortable connected and can also relax from the problems that befall them.

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