

P ISSN: 2528-2638

E ISSN: 2580-5460

# JJIH

**JUSTISI: JURNAL ILMU HUKUM**

**Volume 10 No.1 Maret 2025**



PUBLISHED BY  
FACULTY OF LAW  
UNIVERSITY BUANA PERJUANGAN KARAWANG

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## THE EFFECT OF DOMESTIC VIOLENCE ON THE MENTAL HEALTH OF VICTIMS: A LEGAL AND SOCIOLOGICAL APPROACH TO ITS MANAGEMENT

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**Abstract:** Domestic violence (DV) is a serious social issue that has a significant impact on the mental health of victims. The psychological impact of domestic violence can include post-traumatic stress disorder (PTSD), depression, anxiety, and various other mental health problems that can hinder the well-being and productivity of victims. Addressing domestic violence requires a comprehensive approach, involving both legal and sociological perspectives. The legal approach aims to protect victims through laws and regulations that regulate sanctions against perpetrators and protective measures for victims. Meanwhile, the sociological approach focuses on understanding the social factors that influence the occurrence of domestic violence, such as cultural norms, gender inequality, and economic conditions, as well as providing social support to assist victims in the recovery process. This research examines in depth the impact of domestic violence on the mental health of victims and evaluates the effectiveness of the application of legal and sociological approaches in handling it. The results of this study are expected to serve as a basis for strengthening policies and intervention programs that are more effective in supporting victim recovery and reducing the incidence of domestic violence in the community.

**Keywords:** : domestic violence, mental health, legal approach, sociological approach, handling domestic violence

### 1. Introduction

The household is a place where a sense of comfort and security for the family, the household should be a place that provides peace (Sakinah) for everyone.<sup>1</sup> The family is part of God's plan to build God's institution to build divine generations that glorify God. However, problems in the family from biblical history often occur, one of the social problems that occur

<sup>1</sup> Serlika Aprita and others, 'Penyelesaian Hukum Kekerasan Dalam Rumah Tangga Secara Nonlitigasi Di Kelurahan Tanjung Raja Kabupaten Ogan Ilir Provinsi Sumatera Selatan', *DEVOTE: Jurnal Pengabdian Masyarakat Global*, 3.1 (2024), 69–73 <<https://doi.org/https://doi.org/10.55681/devote.v3i1.2549>>.

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in society is domestic violence.<sup>2</sup> Violence is an act that can be physical or non-physical, carried out actively or passively (not doing), desired by the perpetrator and there are consequences that can harm the victim both physically and psychologically.<sup>3</sup>

Violence, especially domestic violence, is a social problem that is Felix and often occurs in households, which has a negative impact not only on the victim, but also on the family and society as a whole in the social community.<sup>4</sup> Violence does not discriminate against gender, whether a woman or man is the perpetrator or the victim, or whether it happens to the children in the family.<sup>5</sup> However, it is very clear from the data presented that violence against women is very frequent in its presentation and very worrying.<sup>6</sup> Domestic violence is not a new issue, the concerning phenomenon in Indonesia is that domestic violence has been raised as a global issue, which has not received attention in Indonesia for a long time.<sup>7</sup>

Domestic violence can happen to anyone, even though the impact of this violence has the possibility of deep psychological trauma for the victim, even to the victim's family.<sup>8</sup> Domestic violence can even have a tremendous impact on the integrity of the household, not to mention ending in divorce.<sup>9</sup>

<sup>2</sup> Yonatan Alex Arifianto, 'Konseling Sebagai Kepedulian Pastoral Berbasis Cinta Kasih Terhadap Penanganan Kekerasan Dalam Rumah Tangga', *Jurnal Teruna Bhakti*, 6.2 (2024), 222–32 <<https://doi.org/10.47131/jtb.v6i2.204>>.

<sup>3</sup> Siti Maizul Habibah and others, *Deteksi Dini KDRT (Kekerasan Dalam Rumah Tangga): Sebagai Wujud Aktualisasi Warga Negara Dalam Perlindungan Hukum* (Gowa: Penerbit CV. Ruang Tentor, 2023). hlm. 65.

<sup>4</sup> Alyce D. Laviolette and Ola W. Barnett, *Why Battered Women Stay: It Could Happen To Anyone* (United States of America: Sage, 2014). p. 89.

<sup>5</sup> John Hamel, *Gender-Inclusive Treatment of Intimate Partner Abuse: Evidence-Based Approaches* (New York: Springer, 2014). p. 15.

<sup>6</sup> Arifianto.

<sup>7</sup> Tsania Fathhiyya Medina and others, 'Kriminalisasi Korban KDRT Ditinjau Dalam Perspektif Viktimologi (Studi Kasus: Putusan Nomor 256/Pdt.P/2021/PN Kwg)', *MANDUB: Jurnal Politik, Sosial, Hukum Dan Humaniora*, 2.3 (2024), 15–31 <<https://doi.org/https://doi.org/10.59059/mandub.v2i3.1347>>.

<sup>8</sup> Paige L Sweet, *The Politics of Surviving: How Women Navigate Domestic Violence and Its Aftermath* (California: University of California Press, 2021). p. 38.

<sup>9</sup> Sarkowi and others, 'Disorientasi Harmonisasi Rumah Tangga Dalam Keluarga Muslim Di Era Digital', *Medina-Te : Jurnal Studi Islam*, 18.2 (2022), 138–53 <<https://doi.org/10.19109/medinate.v18i2.15465>>.

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Domestic violence is any act against a person, especially women, which results in physical, sexual, psychological, and or neglect, including threats to commit acts, coercion, or unlawful deprivation of independence within the scope of the household.<sup>10</sup> Some of the acts included in the scope of domestic violence have been formulated as criminal acts in the Criminal Code, the impact of domestic violence in addition to harming victims and suspects, also has an impact on children who witness the violence, so that children will experience high fear and stress and have an impact on children's mental health.<sup>11</sup>

In connection with this, in order to protect victims and prevent the government has actually issued legislation related to domestic violence, namely, Law No. 23 of 2004 on the Elimination of Domestic Violence which came into force on September 22, 2004.<sup>12</sup> In addition, Presidential Decree No. 181 of 1998 on the Commission on Violence against Women has also been enacted since October 9, 1998.<sup>13</sup>

All acts Domestic violence (DV) is a term that refers to acts committed by one or more individuals against.<sup>14</sup> These actions result in the physical, sexual, and psychological death of the victim, including the risk of exclusion, coercion, and arbitrary control of freedom or

<sup>10</sup> Anchal Meena, 'Domestic Violence On Women', *International Journal of Multidisciplinary Research*, 6.6 (2023), 1540–59 <[https://www.ijmrset.com/upload/5\\_Domestic\\_IJMRSET.pdf](https://www.ijmrset.com/upload/5_Domestic_IJMRSET.pdf)>.

<sup>11</sup> Yulia Ernida and others, 'Peningkatan Kesadaran Masyarakat Terhadap Dampak Kekerasan Dalam Rumah Tangga Bagi Kesehatan Mental Anak', *Rambideun: Jurnal Pengabdian Kepada Masyarakat*, 7.2 (2024), 251–56 <<https://doi.org/https://doi.org/10.51179/pkm.v7i2.2766>>.

<sup>12</sup> Saidah Siagian, John Kenedi, and Miti Yarmunida, 'Implementasi Undang-Undang Nomor 23 Tahun 2004 Tentang Penghapusan Kekerasan Dalam Rumah Tangga Perspektif Fiqh Siyash Dusturiyah', *Journal of Sharia and Legal Science*, 2.1 (2024), 73–96 <<https://doi.org/10.61994/jsls.v2i1.410>>.

<sup>13</sup> Tri Anggara Putra, Yeni Triana, and M Fadly Daeng Yusuf, 'Peningkatan Pengetahuan Masyarakat Kelurahan Limbungan Mengenai Perlindungan Hukum Terhadap Korban Kekerasan Dalam Rumah Tangga Berdasarkan Undang-Undang Nomor 23 Tahun 2004', 4.1 (2024), 1–9 <<https://journal.jotika.co.id/index.php/JPPMJ/article/view/145/125>>.

<sup>14</sup> Fatah Rafi Ardiansya, Hamidah Abdurrachman, and Kus Rizkianto, *Kekerasan Dalam Rumah Tangga Sebagai Pemicu Tindak Pidana Lainnya* (Pekalongan: PT. Nasya Expanding Management (NEM), 2024). hlm. 26.



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economic oppression that occurs in the household Domestic violence also has a serious effect on victims, one of which has an impact on mental health.<sup>15</sup>

Domestic violence is different from other types of crimes, for this reason the government provides special protection for victims regulated in PKDRT Law Number 23 of 2004 (2017). Special protection for victims of domestic violence is carried out both from the central and regional governments which are regulated in Permen KPPPA RI Number 4 of 2018 (KPPPA RI 2018).<sup>16</sup> However, domestic violence still remains a problem even though Law No. 23/2004 on the Elimination of Domestic Violence (PKDRT Law) has been enacted. The issue of domestic violence not only has a negative impact on individual victims, but also affects social welfare in general. As a form of social responsibility, the domestic violence prevention education program aims to provide the community with an understanding of the forms of domestic violence, the rights of victims, as well as prevention and handling steps that can be taken. The program is also designed to increase public awareness of the importance of gender equality and the protection of the rights of women and children.<sup>17</sup>

Based on data inputted by the Ministry of Women's and Children's Empowerment from January to December 2022, the number of cases of violence that occurred in Indonesia reached 433 cases with the percentage of female victims reaching 80% and the remaining 20% of victims were men.<sup>18</sup> The number of domestic violence cases is like an iceberg

<sup>15</sup> Dahris Siregar, Karolina Sitepu, and Elyani, 'Dampak Kekerasan Dalam Rumah Tangga (KDRT) Bagi Kejiwaan Anak Laki Laki Dan Perempuan Di Fakultas Hukum Universitas Tjut Nyak Dhien Medan', *Journal of Human And Education*, 3.2 (2023), 127–32 <<https://doi.org/https://doi.org/10.31004/jh.v3i2.167>>.

<sup>16</sup> Mariyawati and others, 'Pendampingan Terhadap Perempuan Pekerja Korban Kekerasan Dalam Rumah Tangga Di Kabupaten Banyumas', *Jurnal Analisa Sosiologi*, 12.2 (2023), 310–42 <<https://doi.org/10.20961/jas.v12i2.66258>>.

<sup>17</sup> Fernando and others, 'Edukasi Pencegahan KDRT Kepada Masyarakat Desa Wonoharjo', *Panggung Kebaikan: Jurnal Pengabdian Sosial*, 1.4 (2024), 43–52 <<https://doi.org/https://doi.org/10.62951/panggungkebaikan.v1i4.636>>.

<sup>18</sup> Hartanto, Arvita Hastarini, and Dista Amelia Sontana, 'Perlindungan Korban Tindak Kekerasan Dalam Rumah Tangga (Perspektif Viktimologi Dan KUHP Baru)', *Rampai Jurnal Hukum (RJH)*, 2.1 (2023), 1–11 <<https://doi.org/10.35473/rjh.v2i1.2253>>.

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phenomenon because only about ten percent has been revealed to the surface, the rest is covered up because it is considered taboo.<sup>19</sup>

The discussion is only limited to internal within the family because it is considered a disgrace to the family. Victims do not have a clear space or information on whether their problems should be reported to the police or to a women's and children's advocacy organization. The fact is that so far, people think that the issue of domestic violence is an internal problem that usually occurs in the household. Moreover, legally, domestic violence is a complaint offense, very different from the Criminal Code Article 351 (on physical abuse) and Article 356 (maltreatment with aggravation) which does not at all imply a complaint offense but a pure criminal case.<sup>20</sup>

One of the cases that had attracted the attention of the Indonesian people was the case of a celebrity, CI, who received domestic violence by her husband AT. CI as the victim admitted to experiencing violence committed by AT for 5 years which made CI experience trauma and shock. On the same occasion, CI emphasized to continue the legal process against her husband. CI as the victim reported her husband, AT, to the Bogor Police, West Java, on August 13, 2024. On the same day after reporting her husband, Cut Intan Nabila uploaded her first domestic violence video on Instagram which went viral. CI wants many women to learn from her case so that they can have the courage to act if they are victims of domestic violence.<sup>21</sup> And finally on August 14, 2024, AT was named by the police as a suspect in a domestic violence case. After being named a suspect, Armor, who was shown to the public in

<sup>19</sup> Jacqui True, *Violence Against Women: What Everyone Needs to Know* (United States of America: Oxford press, 2021). p 28.

<sup>20</sup> Muhammad Arif al Asyari and M. Sifa' F. Yulianis, 'Perlindungan Hukum Bagi Istri Sebagai Korban Kekerasan Dalam Rumah Tangga Menurut Undang-Undang Nomor 23 Tahun 2004 Tentang Penghapusan Kekerasan Dalam Rumah Tangga', *Socius: Jurnal Penelitian Ilmu-Ilmu Sosial*, 1.7 (2024), 56–67 <<https://doi.org/https://doi.org/10.5281/zenodo.10650166>>.

<sup>21</sup> Muhammad Ahsan Nurrija, 'Cut Intan Nabila Tertekan 5 Tahun Pendam Sakitnya Di-KDRT, Keluarga Gak Tahu', *Detikpop*, 2024 <<https://www.detik.com/pop/trending/d-7496459/cut-intan-nabila-tertekan-5-tahun-pendam-sakitnya-di-kdrt-keluarga-gak-tahu>>.

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an orange shirt, did not argue and admitted his guilt and admitted to having committed domestic violence more than once.<sup>22</sup>

From several previous studies discussing the effects of domestic violence committed by From several articles recruiting.<sup>23</sup> with the title Legal Protection Efforts Against Victims of Domestic Violence Especially Women in a Human Rights Perspective that domestic violence is any act against a person, especially women, which results in physical, sexual, psychological, and/or neglect including threats to commit acts, coercion, or unlawful deprivation of independence within the scope of the household.

In addition, according to with the title Overview of cases of victims of domestic violence at Pirngadi Hospital, Medan City in 2023, violence is an act that can be physical or non-physical, carried out actively or passively (not doing), desired by the perpetrator and there are consequences that can harm the victim both physically and psychologically. victims both physically and psychologically.<sup>24</sup>

And the last is according to with the title Impact of Domestic Violence (KDRT) on the Psychology of Boys and Girls at the Faculty of Law, Tjut Nyak Dhien University Medan that all acts of domestic violence (KDRT) are a term that refers to actions taken by a person or several individuals against another person. Such acts result in the victim's physical, sexual, and psychological harm, including the risk of exclusion, coercion, and arbitrary control of freedom or economic oppression that occurs within the household.<sup>25</sup>

<sup>22</sup> Imas Damayanti, 'Perjalanan Kasus KDRT Cut Intan Nabila, Netizen Rela Kawal Sampai Tuntas', *Berita Satu*, 2024 <<https://www.beritasatu.com/lifestyle/2838136/perjalanan-kasus-kdrt-cut-intan-nabila-netizen-rela-kawal-sampai-tuntas>>.

<sup>23</sup> Ridho Tri Septiawan and Indah Satria, 'Upaya Perlindungan Hukum Terhadap Korban Kekerasan Dalam Rumah Tangga Khususnya Perempuan Dalam Perspektif HAM', *Depositi: Jurnal Publikasi Ilmu Hukum*, 2.3 (2024), 233-249 <<https://doi.org/https://ifrelresearch.org/index.php/Depositi-widyakarya/index>>.

<sup>24</sup> Cecilia Angelica, 'Gambaran Kasus Korban Kekerasan Dalam Rumah Tangga Di Rsud Dr Pirngadi Kota Medan Tahun 2023' (Universitas HKBP Nommensen Medan, 2023) <[https://repository.uhn.ac.id/bitstream/handle/123456789/10220/CECILIA\\_H..pdf?sequence=1&isAllowed=y](https://repository.uhn.ac.id/bitstream/handle/123456789/10220/CECILIA_H..pdf?sequence=1&isAllowed=y)>.

<sup>25</sup> Dahris Siregar, Karolina Sitepu, and Elyani.



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Based on the discussion above, it can be seen that domestic violence (KDRT) is a problem committed by a husband against his wife which results in physical, sexual and psychological suffering. Ashiva Noor Rachmayani (2023) shows that domestic violence is an act that can be physical or non-physical, carried out actively or passively (not doing), desired by the perpetrator and there are consequences that can harm the victim both physically and psychologically. Siregar et al (2023) added that all acts of domestic violence (KDRT) are a term that refers to actions taken by a person or several individuals against another person. These actions result in the physical, sexual, and psychological death of the victim, including the risk of exclusion, coercion, and arbitrary control of freedom or economic oppression that occurs in the household. Thus, domestic violence is violence committed by a husband against his wife which causes the victim to suffer physically, sexually and psychologically.

The purpose of this article is to find out the forms of domestic violence, factors that cause domestic violence, the impact on the psychology of women victims of domestic violence and efforts to handle women victims of domestic violence. Basically, domestic violence can be avoided from the beginning by preparing several aspects to support married life, be it social, economic or psychological aspects. If some of these aspects are well prepared, then the possibility of avoiding domestic violence is very large.

## 2. Method

This research was conducted using written literature materials so that it can be said to be a type of normative juridical research where researchers conduct research by discussing the problems of this research using good written legal materials. The normative juridical research method is library legal research conducted by examining library materials or mere secondary data.<sup>26</sup> The research specification used is descriptive analysis research,

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<sup>26</sup> Hari Sutra Disemadi, 'Lensa Penelitian Hukum: Esai Deskriptif Tentang Metodologi Penelitian Hukum', *Journal of Judicial Review*, 24.2 (2022), 289–304 <<https://doi.org/10.37253/jjr.v24i2.7280>>.

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because it only describes the object of the problem which then analyzes and finally draws conclusions from the results of the research.<sup>27</sup>

This method also involves the provision of data sources using primary data taken from direct interviews, and there is secondary data taken from research reports, KPPA stage reports, National Commission on Violence Against Women, academic journals and official publications related to domestic violence. The author will then conduct a qualitative data analysis in which the researcher describes the facts and views of victims of domestic violence and the factors that influence the occurrence of domestic violence in the household. In accordance with the title and existing problems that will be discussed in the article in order to provide useful results for all of us.

### 3. Analysis or Discussion

The family is the smallest social unit in society that plays a very large role and influence on the social development and personality development of each family member. The family requires its own management and needs the head of the household as an important figure who leads the family in addition to several other family members. Family members consisting of father, mother, and children are a unit that has a very good relationship. This good relationship is characterized by harmony in the reciprocal relationship between all family members. The household should be a safe place for its members because the family is built by husband and wife on the basis of the inner and outer bond between the two. The household is also a place where there is a sense of protection and comfort. Apart from husband and wife, there are also children who always need love and attention from all family members. But in reality, not all families have harmony in their families, various kinds of

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<sup>27</sup> Ika Atikah, *Metode Penelitian Hukum* (Sukabumi: CV. Haura Utama, 2022). hlm. 37.

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violence often occur in a family<sup>28</sup>. Epistemologically, domestic violence is an act of physical, psychological violence, and lack of harmony in the household committed by husbands, wives and children. Domestic violence is a violation of human rights that must be eliminated.<sup>29</sup>

Domestic violence is a serious and prevalent social problem, relating to physical, emotional, or psychological abuse inflicted on an individual within a domestic setting, usually involving an intimate partner or family member. It is a complex phenomenon with far-reaching implications for individual and societal well-being, requiring a comprehensive and multifaceted approach to prevention and intervention that impacts millions of individuals worldwide.<sup>30</sup> Domestic violence (KDRT) has occurred a lot in our country Indonesia, whether the victims are women, children or even parents, it should be our concern in addressing the rise of domestic violence cases.<sup>31</sup> Violence in the KBBI is defined as something characterized by violence, treatment that causes someone to be injured or even die or that results in physical damage. If concluded, violence is a form of action that tends to be physical which causes injury, disability, pain or something that requires attention, such as coercion or unwillingness of the injured party. Violence is equated using the term “violence”, which in English means an invasion of a person's physical and mental integrity. Whereas in Indonesian it is only defined as physical action.<sup>32</sup>

<sup>28</sup> Ronald D. Hukubun and others, ‘Sosiolisasi Dampak Dalam Rumah Tangga Terhadap Kesehatan Mental Korban Kekerasan Dalam Rumah Tangga Di Negeri Latuhalat’, 2.1 (2023), 37–44 <<https://doi.org/https://doi.org/10.58192/sejahtera.v2i1.389>>.

<sup>29</sup> Dara Maisun, Inayah Rohmaniyah, and Hablun Ilhami, ‘Persepsi Masyarakat Tentang Kekerasan Terhadap Perempuan Dalam Rumah Tangga Di Sigli Aceh: Analisis Wacana Kritis Kekerasan Terhadap Perempuan Dalam Rumah Tangga Di Sigli Aceh Dara’, *Mukaddimah: Jurnal Studi Islam*, 6.1 (2022), 131–60 <<https://doi.org/10.14421/mjsi.61.2869>>.

<sup>30</sup> Salsadziba Putri Imanda, Adinda Putri, and Yuarini Wahyu Pertiwi, ‘Psychological Well Being Wanita Pada Korban Kekerasan Dalam Rumah Tangga’, *Observasi: Jurnal Publikasi Ilmu Psikologi*, 2.3 (2024), 261–74 <<https://doi.org/10.61132/observasi.v2i3.503>>.

<sup>31</sup> Ridho Saputra and Asep Suherman, ‘Tinjauan Yuridis Mengenai Kekerasan Dalam Rumah Tangga Terhadap Anak’, 1.2 (2024), 96–107 <<https://doi.org/https://doi.org/10.59011/vjlaws.1.2.2024.85-95>>.

<sup>32</sup> Dahris Siregar, Karolina Sitepu, and Elyani.

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The results of a national domestic violence survey in America show that all forms of domestic violence often occur in victims or wives aged less than 20-30 years. Likewise with husbands, domestic violence is mostly committed by husbands aged 20-35 years, because at that age, husbands are still difficult to control their emotions so that it affects their behavior, increasing age can increase mental and intellectual maturity so that they can make wiser decisions in acting and controlling emotions. The majority of mothers who experience domestic violence have a high school education.<sup>33</sup>

The forms of domestic violence can vary depending on influencing factors, such as gender, age, and roles in the family. Here are some of the most common forms of domestic violence; Physical Abuse, acts that cause physical harm to the victim, such as punches, kicks, or the use of weapons. Psychological Abuse, acts that cause emotional trauma or suffering to the victim, such as threats, verbal abuse, ostracism, or control over the victim's life. Sexual Violence, acts that involve coercion or threats in a sexual relationship, such as rape, sexual harassment, or coercion to perform certain sexual acts. Economic Violence, acts that control or limit the victim's access to economic resources, such as refusing to give money or limiting access to employment. Domestic violence can take many forms and levels of severity, and all forms of domestic violence can have a significant impact on the victim and the perpetrator's family. Therefore, it is important that we recognize the signs of domestic violence and take this issue seriously.<sup>34</sup>

Domestic violence is one type of Post Traumatic Syndrome (PTSD) which can trigger mental disorders in a victim and can cause more severe symptoms such as hallucinations. A woman who has experienced domestic violence will experience a lot of suffering, such as

<sup>33</sup> Nani Diana Lie, Sarce Makaba, and Hasmi Hasmi, 'Dampak Kekerasan Dalam Rumah Tangga Terhadap Kualitas Hidup', *Profesi (Profesional Islam): Media Publikasi Penelitian*, 21.2 (2024), 108–18 <<https://doi.org/10.26576/profesi.v21i2.221>>.

<sup>34</sup> Naufal Hibrizi Setiawan, Sinta Selviani Devi, and Levana Damayanti, 'Pemahaman Dan Faktor Faktor Penyebab Kekerasan Dalam Rumah Tangga: Ti Jauan Literatur', 6.2 (2024) <<https://doi.org/https://doi.org/10.36859/jdh.v6i2.1574>>.

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trauma, fear, feelings of threat, and anxiety which can cause mental disorders.<sup>35</sup> Domestic violence can cause pressure which results in psychological disruption. A wife who experiences physical or sexual violence can cause a psychological crisis that makes her even more depressed and unable to trust herself. And especially the suffering of a wife who experiences sexual violence causes loss of sexual dysfunction and disease in her female area.<sup>36</sup>

The increasingly widespread and increasing behavior of domestic violence has made various groups concerned that as a result of the decline in the quality of life of women, especially housewives, it will also have an impact on the decline in the quality of life of the next generation of victims. In addition, it is feared that it will bring up and produce the next generation who have negative psychology and will do the same thing both as victims of violence and perpetrators of violence. Based on the results of interviews conducted by researchers with the head of the P3AP2KB office in June 2022, it was stated that the effect of domestic violence on women is helplessness that hurts their physical and psychological well-being so that their lives are unhappy and unproductive.<sup>37</sup>

In general, women with a history of domestic violence experience a lower quality of life due to physical impairment, social relationship barriers and psychological disorders. Women with a history of domestic violence will lose confidence in their activities because they feel helpless and feel inferior and unsure of their abilities. This condition is exacerbated by the social stigma that often blames victims, so many are reluctant to report violence or seek professional help. In many cases, victims of domestic violence feel trapped in a cycle of

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<sup>35</sup> Dilta Yundia Putri and others, 'Asuhan Keperawatan Pada Ny. r Dengan Halusinasi Pendengaran Melalui Terapi Musik Klasik', *Arrazi: Scientific Journal of Health*, 7 (2024), 251–56 <<https://doi.org/https://doi.org/10.51179/pkm.v7i2.2766>>.

<sup>36</sup> Saputra and Suherman.

<sup>37</sup> Arini Mifti Jayanti and Niken Wahyuni Retno Mumpuni, 'Mengelola Kualitas Hidup Perempuan Dewasa Awal Korban Kdrts Dengan Pelatihan Kognitif Perilaku Berbasis Kekuatan Di Yogyakarta', *Motiva: Jurnal Psikologi*, 7.1 (2024), 18–26 <<https://doi.org/10.31293/mv.v7i1.6806>>.



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violence, where economic and emotional dependence on the perpetrator makes it difficult for the victim to get out of the situation.<sup>38</sup>

Social support and psychological interventions play an important role in helping victims of domestic violence restore their psychological well-being. Support from family, friends, community, and mental health professionals can provide the safety and emotional support victims need to process their traumatic experiences. Services such as counseling, group therapy, and self-empowerment programs can help victims develop efficient problem solving and rebuild their self-confidence.<sup>39</sup>

In order to prevent the increasing prevalence of domestic violence and to enforce the law against perpetrators of domestic violence, the Government then formulated Law Number 23 of 2004 concerning the Elimination of Domestic Violence. Thus, the problem of domestic violence, which was initially a private matter, then the perpetrators can be punished for their actions. This is also a strategic step after Indonesia ratified the Convention on the Elimination of All forms of Discrimination Against Women through Law Number 7 of 1984.<sup>40</sup>

The existence of laws and regulations the existence of laws and regulations does not automatically lead to law and order. Similarly with the existence of Law No.23 Year 2004 on the Elimination of Domestic Violence, it does not necessarily mean that cases of domestic violence have disappeared. domestic violence cases then disappear. In fact, despite the existence of the law, victims of domestic violence sometimes do not immediately want to report the violence they experience. sometimes do not immediately want to report the violence they have experienced. There are many obstacles and reasons why victims are like

<sup>38</sup> Titi Ratna Garnasih and Fidia Hanan Zahara, 'Harga Diri Muslimah Obesitas Yang Mengalami Penelantaran Rumah Tangga', *Jurnal Psikologi Islam Dan Budaya*, 6.2 (2023), 109–32 <<https://doi.org/10.15575/jpib.v6i2.25461>>.

<sup>39</sup> Salsadziba Putri Imanda, Adinda Putri, and Yuarini Wahyu Pertiwi.

<sup>40</sup> Suheflihusnaini Ashady, 'Kebijakan Penal Terhadap Korban Kekerasan Dalam Rumah Tangga', *Jurnal Fundamental Justice*, 1.1 (2020), 1–27 <<https://doi.org/10.30812/fundamental.v1i1.630>>.

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that, for example, they feel ashamed because they feel it is the realm of privacy. because they feel that it is a private matter that will become a disgrace if it is known by others. if known by others. Seeing the situation above, the role of the legal apparatus needs to be much better. that is much better. The legal apparatus required to be able to prevent and to prevent and overcome the crime of domestic violence.<sup>41</sup>

Police officers as law enforcers have a tough task to handle an existing criminal offense, especially domestic violence and acts of violence that occur in an area are closely related to the social, economic, political and cultural situations and conditions of the community.<sup>42</sup> It is the obligation of the police to provide security and protection of the rights of victims of domestic violence. One of the efforts in providing security and legal protection for victims is by following up quickly on reports of cases of domestic violence, so that by speeding up the process it will minimize the occurrence of repetition of domestic violence experienced by victims.<sup>43</sup>

Obstacles in dealing with domestic violence begin during the investigation process. Police investigators are hampered because the community still considers domestic violence a private or family matter that does not deserve the intervention of other parties or the police. Because women (wives) have a soft conscience and are steeped in Eastern customs and culture, wives do not have the heart to take revenge on their husbands and ex-husbands by reporting their actions to the police, even though they have hurt or abused them both

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<sup>41</sup> Ashady.

<sup>42</sup> Gunawan Wahyu, Lauddin Marsuni, and Nur Fadhillah Mappaselleng, 'Pendekatan Sosiologi Hukum Terhadap Penyelesaian Tindak Pidana Kekerasan Dalam Rumah Tangga', *Journal of Lex Theory (JLT)*, 4.2 (2023), 461–78 <<http://www.pasca-umi.ac.id/index.php/jlt/article/view/1719/2010>>.

<sup>43</sup> Damara Wibowo, 'Perlindungan Hukum Terhadap Korban Kekerasan Dalam Rumah Tangga Menurut Hak Asasi Manusia Selama Proses Penyidikan', *Jurnal Usm Law Review*, 4.2 (2021), 818 <<https://doi.org/10.26623/julr.v4i2.4187>>.

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physically and psychologically). Indonesian society prioritizes family values as the main principle.<sup>44</sup>

Legal protection in his theory according to Fitzgerald explains that the purpose of law is to be able to regulate various interests in society and provide protection for certain interests between each party. Legal protection must be able to provide protection to human rights for parties who suffer losses by others in order to enjoy all the rights guaranteed in the law.<sup>45</sup>

Social influence in the occurrence of domestic violence is quite large but does not affect the victim's decision to report the violence they receive to the police. This can be motivated by some of the stigmas that exist in society. Victims are worried about rejection and the negative image that society gives to victims and perpetrators. In addition, the community still considers that divorce is a shameful thing because it illustrates failure in building a household. The existence of negative stereotypes from society makes victims of domestic violence feel less confident, depressed, and tend to blame themselves as the party who deserves violence from the perpetrator.<sup>46</sup>

In connection with this, the role of certain parties is important to minimize the occurrence of domestic violence and provide social support to victims of domestic violence. Social support obtained by victims of domestic violence can vary from one individual to the next. The presence of high social support helps victims of violence to have the option to

<sup>44</sup> Afriliyani Gojali and Shafa Aulia Kirana, 'Faktor Sosial Yang Mempengaruhi Terjadinya Kekerasan Dalam Rumah Tangga: Tinjauan Sosiolegan Dan Hukum', *Syntax Literate ; Jurnal Ilmiah Indonesia*, 7.9 (2023), 15470–85 <<https://doi.org/10.36418/syntax-literate.v7i9.14400>>.

<sup>45</sup> Jhoni Lie and R. Rahaditya, 'Pertimbangan Hakim Dalam Upaya Pemenuhan Hak Korban KDRT Pada Undang-Undang Nomor 23 Tahun 2004', *Ranah Research : Journal of Multidisciplinary Research and Development*, 6.4 (2024), 1205–14 <<https://doi.org/10.38035/rj.v6i4.911>>.

<sup>46</sup> Karenina Aulery Putri Wardhani, 'Perlindungan Hukum Terhadap Perempuan Korban Kekerasan Dalam Rumah Tangga (KDRT) Pada Tingkat Penyidikan Berdasarkan Undang-Undang No. 23 Tahun 2004 Tentang Penghapusan Kekerasan Dalam Rumah Tangga (UUPKDRT)', *Jurnal Riset Ilmu Hukum*, 1.1 (2021), 21–31 <<https://doi.org/10.29313/jrih.v1i1.70>>.

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choose a system for managing problems that are interesting and productive in managing domestic violence behavior.<sup>47</sup> The social support factor provided by relatives and related institutions in providing health or psychosocial services to the wives of victims of domestic violence. The support obtained through relatives and family is the spirit and motivation for the wives of victims of domestic violence, this is one of the essences of social life in which there is an element of mutual interaction and influence. This positive influencing behavior is in the form of helping victims in financial, psychological and social terms. Help restore, relieve, and protect victims. This social support becomes the wife's source of survival because she can place herself in harmony and balance after experiencing dynamically changing circumstances due to violence. The social support provided by the family encourages informants to choose the freedom related to what they will choose.<sup>48</sup>

Communication in the family must be built properly every day, which can be started from trivial things such as greeting each other, chatting with laughter. In good communication there is openness to each other which causes the emergence of mutual understanding and mutual trust which can be the foundation in problem solving. Then families are expected to build heavier family relationships, by doing things together such as watching television or watching movies together at home, exercising together, and so on.

Some of the factors that often cause domestic violence include economic problems, the presence of a third person, socio-cultural factors. the assumption that violence is commonplace in the household is a socio-cultural factor that can make domestic violence problems difficult to overcome. Experiencing domestic violence is considered a chronic and

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<sup>47</sup> A Afdal and others, 'Social Support Pada Korban Kekerasan Dalam Rumah Tangga', *Al-Isyraq: Jurnal Bimbingan, Penyuluhan, Dan Konseling Islam*, 5.1 (2022), 91–108 <<https://jurnal.pabki.org/index.php/alisyraq/article/view/103/75>>.

<sup>48</sup> Atika Nur Ismalia, Siti Komariah, and Rika Sartika, 'Resiliensi Istri Korban KDRT: Faktor Mempertahankan Keutuhan Keluarga', *Ideas: Jurnal Pendidikan, Sosial, Dan Budaya*, 8.4 (2022), 1211 <<https://doi.org/https://doi.org/10.32884/ideas.v8i4.1006>>.

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stressful life event. A theoretical framework of coping strategies can be used to understand how women deal with domestic violence.<sup>49</sup>

Violence that occurs against women and children in the household not only has an impact on physical conditions but also on psychological conditions. Deep fear of children is also one of the impacts of domestic violence which results in a child having a closed attitude towards their environment. Domestic violence can cause pressure that results in psychological disruption. A wife who experiences physical or sexual violence can cause a psychological crisis that makes her more depressed and unable to trust herself. And especially the suffering of a wife who experiences sexual violence causes loss of sexual dysfunction and disease in her female area.<sup>50</sup>

In general, victims who experience domestic violence will leave an impact on themselves, be it a physical or psychological impact. These impacts include “fear, anxiety, fatigue, disorder, post-traumatic stress, depression, as well as eating and sleeping disorders which are long reactions to acts of violence.” A person who experiences depression will hamper their ability to live life. In addition, it disrupts the victim's eating and sleeping patterns which have an impact on health problems. Acts of domestic violence experienced by victims have an impact on their social life. Victims of domestic violence usually choose to close their cases due to shame, domestic violence cases are considered a disgrace to the family and if the environment knows the case that is being experienced it will only make themselves the subject of conversation in their environment, so with this it is not uncommon for victims to choose to remain silent and not report to the authorities.<sup>51</sup>

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<sup>49</sup> Rochani Nani Rahayu, ‘Kekerasan Dalam Rumah Tangga Di Indonesia Sebuah Narrative Literature Riview’, *Jurnal Ekonomi, Sosial & Humaniora*, 4.6 (2023), 38–50 <[com/index.php/jurnal/article/view/936/693](http://com/index.php/jurnal/article/view/936/693)>.

<sup>50</sup> Rahayu.

<sup>51</sup> Finta Viblola and Afdal, ‘Analisis Pemahaman Fungsi Keluarga Pada Korban Kekerasan Dalam Rumah Tangga (KDRT) Ditinjau Dari Status Sosial Ekonomi Dan Latar Belakang Budaya’, *Jurnal Pendidikan Dan Konseling*, 4.4 (2022), 6142–54 <<https://doi.org/https://doi.org/10.31004/jpdk.v4i4.6461>>.



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According to Law Number 23 of 2004, Domestic Violence is any act against a person, especially women, which results in physical, sexual, psychological, and or domestic neglect, including threats to commit acts of coercion or deprivation of liberty against the law within the scope of the household.<sup>52</sup> Cases of domestic violence, especially against wives, are currently showing an increase in both number and severity. This violence includes physical, psychological, sexual violence, and neglect. The handling of these cases is carried out based on several legal regulations, including the Criminal Code (KUHP), Law No. 1/1974 on Marriage, and Law No. 23/2004 on the Elimination of Domestic Violence. According to Law No. 1/1974, the purpose of marriage is to form a happy and lasting family in which husband and wife support and respect each other to achieve spiritual and material well-being. The rights and obligations of husband and wife include mutual love, respect, loyalty, and assistance to each other.<sup>53</sup> Although there are laws and policies that aim to protect women victims of domestic violence, effective implementation is often hampered by a lack of understanding, suboptimal inter-agency coordination, and limited resources.<sup>54</sup>

As a form of implementation of the PKDRT Law, the government issued Government Regulation Number 4 of 2006 concerning the Implementation and Cooperation in the Recovery of Victims of Domestic Violence (PP Number 4 of 2006) which contains several main points, including; Implementation of Victim Rights Recovery This point emphasizes the provision of services and assistance to be able to provide support to the mental strength of victims both physically and spiritually which can be provided in the form of protection, medical, psychological, legal and social assistance to Victims. Cooperation This point

<sup>52</sup> Nurain Soleman, 'Analisis Perbandingan Hukum Islam Dan Undang Undang KDRT Tentang Kekerasan Dalam Rumah Tangga', *Al-Wardah: Jurnal Kajian Perempuan, Gender Dan Agama*, 14.2 (2020), 275–84.

<sup>53</sup> M. Noor Farchan and Dian Alan, 'Analisis Yuridis Tindak Pidana Kekerasan Dalam Rumah Tangga Yang Mengakibatkan Kematian', *Jurnal Riset Ilmu Hukum (JRIH)*, 3.2 (2023), 111–16 <<https://doi.org/10.29313/jrih.v3i2.2998>>.

<sup>54</sup> Ahmad Dahlan Baidowi, 'Perlindungan Hukum Perempuan Korban Kekerasan Dalam Rumah Tangga : Perspektif Hukum Dan Psikologis', *Jurnal Abdimas Al Hidayah*, 1.1 (2023), 8–18 <<https://www.ejournal.staihitkediri.ac.id/index.php/alhidayah/article/view/39/20>>.

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emphasizes the cooperation built by the government with various authorized institutions, such as non-governmental organizations (NGOs), the business world, and the global community to be able to provide services to victims in the form of adequate funds, facilities, and human resources from various parties in assisting recovery. The Role of Local Government at this point, local governments must be responsible for organizing a recovery service program for victims of domestic violence in their respective regions, this can be done for example by establishing an integrated service center to handle related cases. Financing In this point, the process of organizing the recovery of victims of domestic violence is included in the State Budget (APBN) and Regional Budget (APBD). Training and Education In this point, the government is required to organize special training and education activities for officers who will later be assigned to handle domestic violence cases as a form of commitment in order to improve the quality of services during the assistance process with victims. The presence of these regulations aims to provide a legal basis by ensuring coordination and effectiveness in implementing the restoration of victims' rights. Basically, the implementation of PP No. 4/2006 experiences various challenges in the field<sup>55</sup>. Although there are legal regulations that aim to protect women victims of domestic violence, the implementation of these laws and policies often faces obstacles. Challenges such as lack of awareness, misunderstanding, and limited resources in the justice system can reduce the effectiveness of legal protection that should be provided to victims of domestic violence.<sup>56</sup>

The importance of the role of certain parties to minimize the occurrence of domestic violence and provide social support to victims of domestic violence. Social support obtained by victims of domestic violence can vary from one individual to the next. The presence of high social support helps victims of violence to have the option to choose a system to manage problems that are interesting and productive in managing domestic violence behavior. In

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<sup>55</sup> Lie and Rahaditya.

<sup>56</sup> Ahmad Dahlan Baidowi.

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this case, one of the handlings of domestic violence behavior violations is to provide counseling to the surrounding community about gender equality, domestic violence risks and various issues identified with efforts to expand public awareness in managing domestic violence behavior. The next stage is to build an organization that includes the community, religious leaders and works with the government in expanding regional interest in overcoming domestic violence. Therefore, the social support received by victims of domestic violence can have a positive impact on the process of restoring the mental health of victims.<sup>57</sup>

Social support is very influential on the psychological recovery of women victims of violence. If education in the family has a good culture of communication, it can be ascertained that the victim also has a good culture of socializing outside the family. This will certainly further help the process of restoring mental health.<sup>58</sup> Domestic violence can actually happen to anyone. By conducting activities to increase public awareness of domestic violence (KDRT) in women in order to make citizens aware that domestic violence behavior is a crime that must be anticipated properly through counseling methods by providing exposure and consultation and assistance to the rights of victims of domestic violence with the aim of protecting the rights of victims and increasing awareness and awareness of the consequences of domestic violence by referring to Law Number 23 of 2004 concerning the Elimination of Domestic Violence by describing the types of behavior that are classified as acts of domestic violence, rights that should be obtained by victims of domestic violence and legal values that become a function of awareness for all parties involved, especially women.<sup>59</sup> So, the need for a preventive approach through community education to change social

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<sup>57</sup> Afdal and others.

<sup>58</sup> Putri Aulia Viskarini and Yudi Suharsono, 'Pengaruh Dukungan Sosial Terhadap Harga Diri Remaja Putri Korban Pelecehan Seksual', *Cognicia*, 11.1 (2023), 47–53 <<https://doi.org/10.22219/cognicia.v11i1.25003>>.

<sup>59</sup> Dwi Ayu Rahmadani and Suartini Suartini, 'Peningkatan Kesadaran Masyarakat Terhadap Kekerasan Dalam Rumah Tangga (KDRT)', *Jurnal Pemberdayaan Masyarakat Universitas Al Azhar Indonesia*, 4.2 (2022), 70 <<https://doi.org/10.36722/jpm.v4i2.960>>.

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norms, recognize signs of domestic violence, and encourage behavioral changes that can reduce cases of domestic violence in the community.<sup>60</sup>

Therefore, awareness-raising is not only about changing the knowledge of individuals but also about changing the culture and behavior in the community. individuals but also extends to cultural and behavioral changes in the community. While the results achieved are positive, it is important to remember that awareness-raising is not the ultimate goal. is not the end goal. Continuity in supporting and maintaining community awareness must be maintained. awareness must be maintained. In addition, ongoing evaluation is required to assess effectiveness of the program and adjust the approach used to suit the community dynamics. community dynamics. With increased understanding, community awareness can become the main driving force in shaping a safer and more domestic violence-free society.<sup>61</sup>

The importance of an integrated approach between law and psychology in providing comprehensive protection for victims of domestic violence. The synergy between these approaches can provide more effective legal and psychological support. Legal approaches can provide sanctions to perpetrators of domestic violence, but the limitations in the psychological recovery of victims are still a challenge. Psychological support was found to have a positive impact in helping victims recover from trauma.<sup>62</sup>

From a political perspective, public service is one of the goals of nation building. Public services reflect the implementation of the state's role in serving its citizens. From a socio-cultural point of view, public services are a way to meet the basic needs of society to achieve social welfare, which is practically based on values, beliefs and even religion. From a legal perspective, public services can be seen as an obligation given to the government by laws

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<sup>60</sup> Ahmad Dahlan Baidowi.

<sup>61</sup> Muhamad Amin and Murdiono Murdiono, 'Antisipasi Kekerasan Dalam Rumah Tangga (KDRT) Di Desa Pandai, Kabupaten Bima, NTB: Peningkatan Kesadaran Dan Pemberdayaan Masyarakat', *Journal of Entrepreneurship and Community Innovations (JECI)*, 2.2 (2024), 80–90 <<https://doi.org/https://doi.org/10.33476/jeci.v2i2.157>>.

<sup>62</sup> Ahmad Dahlan Baidowi.

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and regulations to fulfill the basic rights of citizens or residents to public services. Law Number 25 of 2009 concerning Public Services emphasizes that the apparatus (organizers) in organizing public services, among others, are fair and non-discriminatory, careful, thorough and thorough, respectful, friendly and not harassing, firm and trustworthy, and there is no Making long, uncomplicated decisions, following legitimate and acceptable supervisory instructions, supporting the values, integrity and reputation of the organizer, protecting the organizing body at all times.<sup>63</sup>

countermeasures require a holistic approach. Community awareness and empowerment, local government support, and inter-agency collaboration are important foundations for creating significant change, only with the involvement of all parties and sustainable efforts can a safe and free environment from domestic violence be achieved. The importance of raising public awareness of domestic violence is a starting point for identifying and understanding the adverse impacts of domestic violence. By having a deeper understanding, the community is expected to be more responsive to acts of violence, not only as victims but also as agents of change. This awareness can form the basis for creating a supportive environment and motivate the community to unite in an effort to fight domestic violence.<sup>64</sup>

### 3. Conclusion

Based on the research carried out by the author, the author concludes as follows:

1. A household is supposed to be a safe and comfortable place that offers tranquillity (Sakinah) to all its members. However, domestic violence (DV) is often a social problem that threatens this function, even becoming a phenomenon that harms not

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<sup>63</sup> Mahatma Rajaswari Dewi, A.A Sagung Poetri Paraniti, and Benny Hariyono, 'Optimalisasi Pelayanan Publik Terhadap Korban Kekerasan Dalam Rumah Tangga Di Dinas Perlindungan Perempuan Dan Anak Kota Denpasar', *AL-DALIL: Jurnal Ilmu Sosial, Politik, Dan Hukum*, 1.3 (2023), 13–28 <<https://doi.org/10.58707/aldalil.v1i3.552>>.

<sup>64</sup> Amin and Murdiono.



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only the victim, but also the family and society. Domestic violence can take the form of physical, sexual, psychological, or neglect violence, and the perpetrators can be of any gender or even affect the children in the family. Data shows that women are often victimized at an alarming rate. In Indonesia, domestic violence has been regulated in Law No. 23 Year 2004 on the Elimination of Domestic Violence, as an effort to protect victims and reduce cases of violence. However, domestic violence is still considered a disgrace by many parties, making it difficult to disclose and often only resolved within the family. This violence has the potential to cause psychological trauma to victims and other family members, and even impact the mental health of children who witness it. Education and domestic violence prevention programs are important to raise public awareness about victims' rights and the importance of gender equality and protection for women and children. In certain cases, such as that experienced by celebrity CI, victims who dare to report can be an inspiration for other women not to be afraid to fight domestic violence. Domestic violence is a complex issue that requires special attention from the government and society to prevent further impacts and minimize the number of cases in the future.

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