

**PENGALAMAN *SELF-SILENCING* PADA PENYINTAS
*CHILDHOOD SEXUAL ABUSE***

SKRIPSI



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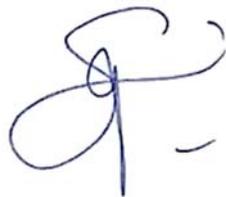
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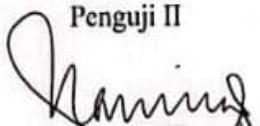
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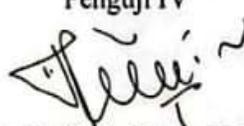
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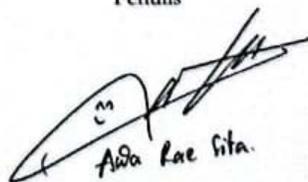
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INTISARI

Self-silencing adalah perilaku menahan diri untuk tidak mengungkapkan pengalaman, perasaan, dan kebutuhan pribadi. Pada penyintas *Childhood Sexual Abuse* (CSA) *self-silencing* disebabkan dari tekanan sosial dan stigma budaya terhadap pengalaman CSA. Penelitian ini bertujuan untuk mengeksplorasi pengalaman *self-silencing* pada penyintas CSA meliputi makna, dampak, dan faktor pendukung dan penghambat perilaku memendam tersebut. Penelitian ini menggunakan pendekatan kualitatif dengan metode fenomenologis. Data dikumpulkan melalui wawancara mendalam terhadap tujuh informan yang terdiri dari empat penyintas CSA dan tiga *significant others*. Temuan penelitian menunjukkan bahwa *self-silencing* dimaknai sebagai upaya menjaga rahasia, mempertahankan relasi, menghindari tekanan dan melindungi diri dari ancaman yang berkelanjutan. Dampak *self-silencing* meliputi dampak psikologis dan sosial, seperti tekanan emosional dan memandang negatif terhadap diri sendiri. Faktor pendukung dan penghambat yang memengaruhi perilaku *self-silencing* meliputi rasa ancaman, rasa takut, dan rasa malu. Temuan penelitian ini menjelaskan bahwa *self-silencing* bukan merupakan bentuk kelemahan, melainkan strategi yang digunakan penyintas untuk bertahan dalam situasi yang dirasakan tidak aman.

Kata kunci: *Self-silencing*, *Childhood Sexual Abuse*, Penyintas.

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ABSTRACT

Self-silencing is the behavior of refraining from expressing personal experiences, feelings, and needs. In survivors of Childhood Sexual Abuse (CSA), self-silencing is caused by social pressure and cultural stigma surrounding CSA experiences. This study aims to explore the experience of self-silencing in CSA survivors, including its meaning, impact, and factors that support and hinder this behavior of bottling up emotions. This study uses a qualitative approach with a phenomenological method. Data were collected through in-depth interviews with seven informants consisting of four CSA survivors and three significant others. The findings show that self-silencing is interpreted as an effort to keep secrets, maintain relationships, avoid pressure, and protect oneself from ongoing threats. The impacts of self-silencing include psychological and social impacts, such as emotional pressure and negative self-perception. The supporting and inhibiting factors that influence self-silencing behavior include a sense of threat, fear, and shame. The findings of this study explain that self-silencing is not a form of weakness, but rather a strategy used by survivors to survive in situations that are perceived as unsafe.

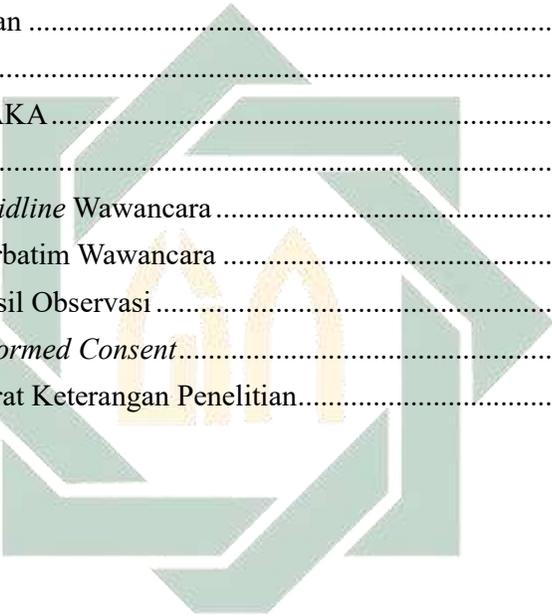
Keywords: Self-silencing, Childhood Sexual Abuse, Survivors.

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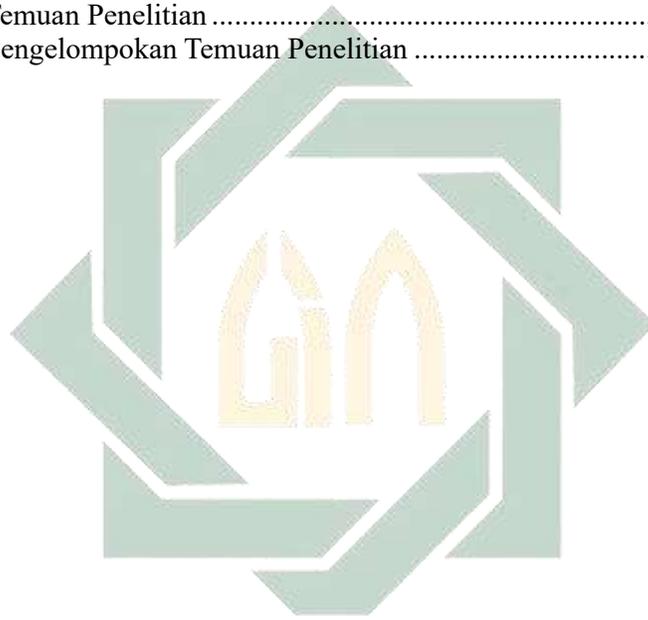
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